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| **English** | **Tongan** |
| Hello | Mālō e lelei (mālō ‘etau lava) |
| Please | Fakamolemole (kātaki) |
| Thank you | Mālō ‘aupito |
| Be quiet (Listen to me) | Fakalongolongo (Fanongo mai) |
| Get out your books  | To’o ki ‘olunga ho’o tohí (pepea) |
| Sit down | Tangutu ki lalo |
| Put your bag down | Tuku ho’o kató ki lalo |
| Remove the iPod | ‘Ave ‘a e ‘aipoti |
| Goodbye | nofo ā (to stayer) OR ‘alu ā |
| Start work | Kamata ho’o ngāué |
| Happy Birthday | Fakamonū’ia atu ho ‘aho fā’ele’í |
| Great job! | Ma’alahi ho’o ngāué |
| Keep it up | ‘Oua toe tuku ha ivi |
| You’re doing well | Tōatu ho’o ngāué |
| I’m proud of you | ‘Oku ou fiefia (pōlepole) lahi ho’o ngāué |

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| **English** | **Tongan** |
| One TwoThreeFour FiveSixSevenEightNineTenElevenTwentyTwenty-oneThirtyThirty-oneOne hundredTwo thousand | TahaUaToluFāNimaOnoFituValuHivaTaha noaTaha tahaUa noaUa tahaTolu noaTolu tahaTeauUa noa noa noa |

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|  **English** |  **Tongan** |
| MondayTuesdayWednesdayThursdayFridaySaturdaySunday | MōniteTūsitePuleluluTu’apuleluluFalaiteTokonakiSāpate |
| JanuaryFebruaryMarchAprilMayJuneJulyAugustSeptemberOctoberNovemberDecember | SānualiFēpueliMa’asi‘EpeleliMēSuneSiulai‘AokosiSepitema‘OkatopaNōvemaTisema |