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| **English** | **Tongan** |
| Hello | Mālō e lelei |
| Please | Fakamolemole (on its own) kātaki (with a request) |
| Thank you | Mālō ‘aupito |
| Be quiet  (Listen to me) | Fakalongolongo (Fanongo mai) |
| Get out your books | To’o ki ‘olunga ho’o tohí |
| 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)  ‘alu ā (to a leaver) |
| 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 laukau ʻaki koe |

With thanks to ‘Alisi Tatafu and Fisi’itotoa Bloomfield

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| **English** | **Tongan** |
| One  Two  Three  Four  Five  Six  Seven  Eight  Nine  Ten  Eleven  Twenty  Twenty-one  Thirty  Thirty-one  One hundred  Two thousand | Taha  Ua  Tolu  Fā  Nima  Ono  Fitu  Valu  Hiva  Taha noa  Taha taha  Ua noa  Ua taha  Tolu noa  Tolu taha  Teau  Ua noa noa noa |

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| **English** | **Tongan** |
| Monday  Tuesday  Wednesday  Thursday  Friday  Saturday  Sunday | Mōnite  Tūsite  Pulelulu  Tu’apulelulu  Falaite  Tokonaki  Sāpate |
| January  February  March  April  May  June  July  August  September  October  November  December | Sānuali  Fēpueli  Ma’asi  ‘Epeleli  Mē  Sune  Siulai  ‘Aokosi  Sepitema  ‘Okatopa  Nōvema  Tisema |