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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 TwoThreeFour FiveSixSevenEightNineTenElevenTwentyTwenty-twoThirtyThirty-oneOne hundredTwo thousand | TahaUaToluFāNimaOnoFituValuHivaTaha noaTaha tahaUa noaUo uaTolu noaTolu tahaTeauUa noa noa noa |

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