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| **English** | **Niuean** |
| Hello | Fakaalofa atu |
| Please | Fakamolemole |
| Thank you | Fakaaue lahi |
| Be quiet  (Listen to me) | Fakanogonogo mai |
| Get out your books | Aaki mai e tau pepa haau |
| Sit down | Nofo ki lalo |
| Put your bag down | Tuku e kato haau ki lalo |
| Remove the iPod | Uta kehe e iPod haau |
| Goodbye | Koe kia (1) or Mua kia (2) or Mutolu kia (>2) |
| Start work | Kamata e gahua haau |
| Happy Birthday | Monuina e Aho Fanau |
| Great job! | Mitaki lahi |
| Keep it up | Fakatumau e tau gahua mitaki |
| You’re doing well | Gahua mitaki |
| I’m proud of you | Kua fakamatalahi e koe … a au(1), a maua(2), a mautolu(3) |

With thanks to Pefi Kingi and Ro Kalauni

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| **English** | **Niuean** |
| Monday  Tuesday  Wednesday  Thursday  Friday  Saturday  Sunday | Aho gofua  Aho ua  Aho lolu  Aho tulotu  Aho falaile  Aho faiumu  Aho tapu |
| January  February  March  April  May  June  July  August  September  October  November  December | Januali  Fepuali  Mati  Apelia  Me  Juni  Julai  Aukuso  Sepetema  Oketopa  Novema  Tisema |

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| **English** | **Niuean** |
| One  Two  Three  Four  Five  Six  Seven  Eight  Nine  Ten  Eleven  Twenty  Twenty-two  Thirty  Thirty-one  One hundred  Two thousand | Taha  Ua  Tolu  Fā  Lima  Ono  Fitu  Valu  Hiva  Hogofulu  Hogofulu ma taha  Uagofulu  Uagofulu ma ua  Tologofulu  Tologofulu ma taha  Teau  Ua e afe |