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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** |
| MondayTuesdayWednesdayThursdayFridaySaturdaySunday | Aho gofuaAho uaAho loluAho tulotuAho falaileAho faiumu Aho tapu |
| JanuaryFebruaryMarchAprilMayJuneJulyAugustSeptemberOctoberNovemberDecember | JanualiFepualiMatiApeliaMeJuniJulaiAukusoSepetemaOketopaNovema Tisema |

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|  **English** | **Niuean** |
| One TwoThreeFour FiveSixSevenEightNineTenElevenTwentyTwenty-threeThirtyThirty-oneOne hundred Two thousand | TahaUaToluFāLimaOnoFituValuHivaHogofuluHogofulu ma tahaUagofuluUagofulu ma toluTologofuluTologofulu ma tahaTeau Ua e afe |