elementary

Samoan Language

for health care providers

John Mayer

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TO THE READER

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John Mayer
University of Hawai'i
Department of Indo-Pacific Languages
Spalding 459
2540 Maile Way
Honolulu, HI 96822
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Advanced Readings

"Utu" Lice
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Pulea o le Fānauga Birth Control
(Adapted from "Mo Ulagā‘i e Uiga ‘i le Pulea o le Fānauga", Hawaii State Department of Health. n.d.)

Ma‘i Tō Pregnancy
(Adapted from "Ou te le‘i Mana‘o ‘Ou te Tō, ‘o le ā Nei le Mca ‘Ou te Faia??", Office of Planned Parenthood of Hawaii. Translated by Fepulea‘i Vita Tanielu and J. Mayer. 1982)

"O Fa‘ama‘i e Fe‘avea‘ina ‘ona ‘o Sexually Transmitted Diseases
Fai‘āiga po ‘o le STD
(Adapted from "Ma‘i Afi po ‘o le ā le Tonu?", Hawaii State Department of Health. 1988)

Punitia o Alātoto ma le Atherosclerosis and High Blood Pressure
Toto Maualuga
(Adapted from "Atherosclerosis and High Blood Pressure", Tel-Med Hawaii. Translated by Fepulea‘i Vita Tanielu and J. Mayer. 1978)

General Publications on Samoan Health Care

References on the Samoan Language
PART I

BASIC SAMOAN LESSONS
LESSON ONE

PRONUNCIATION

The writing system in Samoan was devised by the London Missionary Society in the mid 1800's. Prior to western contact Samoan had no written form. The early missionaries distinguished 5 vowel and 10 consonant sounds and assigned the following symbols to them:

A E I O U

F G L M N P S T V ('glottal stop)

Three additional consonants found in other Polynesian languages were added to help Samoanize certain foreign words:

H K R

In strict Samoan orthography, according to the system first devised, long vowels were shown with a mark above the vowel (ā). The glottal stop was indicated by a symbol, usually an inverted comma (a'a). In modern Samoan the long vowel marker and the glottal stop are seldom used, even in the classroom. Children learning Samoan are expected to be able to know the correct pronunciation of a word from context. Thus, a native speaker would be able to distinguish between the following:

ōlona tama (ōlona tāmā) his/her father
ōlana tama (ōlana tāmā) her child

This text marks all vowels as long if they are pronounced long and uses the glottal stop.

VOWELS

The five vowels are pronounced much the same as in many European languages. Each of these vowels can be lengthened (said longer). Length is indicated by the macron over the vowel (ā, ē, etc.). In addition, a, e, and o may be reduced if in unstressed positions in a word. Stress is on the second last or penultimate syllable (or a final diphthong or final long syllable). The following pronunciation guide is based on standard American English pronunciation.

<table>
<thead>
<tr>
<th>VOWEL</th>
<th>REDUCED</th>
<th>LENGTHENED</th>
</tr>
</thead>
<tbody>
<tr>
<td>a</td>
<td>as in father</td>
<td>ōtā as in but</td>
</tr>
<tr>
<td>e</td>
<td>as in leg</td>
<td>ōpepe as in peg</td>
</tr>
<tr>
<td>i</td>
<td>as in susi</td>
<td>ńō as in toll</td>
</tr>
<tr>
<td>o</td>
<td>as in hone</td>
<td>ōtō as in Jœ (no w-glide)</td>
</tr>
<tr>
<td>u</td>
<td>as in blue</td>
<td>susi as in Sue</td>
</tr>
</tbody>
</table>

CONSONANTS

There are thirteen consonants in use in the Samoan alphabet. At the present time most of the letters coincide more or less with the standard American English pronunciation.

f as in English
gh as in the English tongue or sing (never as in good)
h as in English
k as in English
l as in English
m as in English
n as in English
p not as aspirated as American p, but not voiced like American b
r as in English (often replaced with l)
s as in English
t as in English
v as in English
w as in English (such as the casual pronunciation of words like button - bu'un or the common expression for no - uh-uh)
LISTEN TO THE FOLLOWING SYLLABLES AND REPEAT:

<table>
<thead>
<tr>
<th>pa</th>
<th>pe</th>
<th>pi</th>
<th>po</th>
<th>pu</th>
</tr>
</thead>
<tbody>
<tr>
<td>ta</td>
<td>te</td>
<td>ti</td>
<td>to</td>
<td>tu</td>
</tr>
<tr>
<td>ka</td>
<td>ke</td>
<td>ki</td>
<td>ko</td>
<td>ku</td>
</tr>
<tr>
<td>ma</td>
<td>me</td>
<td>mi</td>
<td>mo</td>
<td>mu</td>
</tr>
<tr>
<td>na</td>
<td>ne</td>
<td>ni</td>
<td>no</td>
<td>nu</td>
</tr>
<tr>
<td>ga</td>
<td>ge</td>
<td>gi</td>
<td>go</td>
<td>gu</td>
</tr>
<tr>
<td>fa</td>
<td>fe</td>
<td>fi</td>
<td>fo</td>
<td>fu</td>
</tr>
<tr>
<td>va</td>
<td>ve</td>
<td>vi</td>
<td>vo</td>
<td>vu</td>
</tr>
<tr>
<td>sa</td>
<td>se</td>
<td>si</td>
<td>so</td>
<td>su</td>
</tr>
<tr>
<td>la</td>
<td>le</td>
<td>li</td>
<td>lo</td>
<td>hi</td>
</tr>
</tbody>
</table>

LISTEN TO THE FOLLOWING WORDS AND REPEAT:

<table>
<thead>
<tr>
<th>papa</th>
<th>pata</th>
<th>tapa</th>
<th>sata</th>
<th>suka</th>
</tr>
</thead>
<tbody>
<tr>
<td>mana</td>
<td>manu</td>
<td>namu</td>
<td>galu</td>
<td>futu</td>
</tr>
<tr>
<td>nini</td>
<td>mama</td>
<td>fala</td>
<td>fili</td>
<td>pili</td>
</tr>
<tr>
<td>gutu</td>
<td>suka</td>
<td>puta</td>
<td>lota</td>
<td>gaga</td>
</tr>
<tr>
<td>faga</td>
<td>taga</td>
<td>gata</td>
<td>sasa</td>
<td>loto</td>
</tr>
<tr>
<td>vave</td>
<td>vele</td>
<td>vasa</td>
<td>vana</td>
<td>fana</td>
</tr>
<tr>
<td>faga</td>
<td>saga</td>
<td>sana</td>
<td>lisi</td>
<td>pisi</td>
</tr>
<tr>
<td>misa</td>
<td>lale</td>
<td>lele</td>
<td>kesi</td>
<td>pese</td>
</tr>
<tr>
<td>sala</td>
<td>pala</td>
<td>mala</td>
<td>fale</td>
<td>lali</td>
</tr>
<tr>
<td>lole</td>
<td>mole</td>
<td>sole</td>
<td>soli</td>
<td>gali</td>
</tr>
</tbody>
</table>

LISTEN TO THE FOLLOWING WORDS AND REPEAT:

<table>
<thead>
<tr>
<th>pa’a</th>
<th>ma’a</th>
<th>ta’a</th>
<th>la’a</th>
</tr>
</thead>
<tbody>
<tr>
<td>ta’i</td>
<td>fa’i</td>
<td>pa’i</td>
<td>ma’i</td>
</tr>
<tr>
<td>fu’a</td>
<td>pu’a</td>
<td>pu’e</td>
<td>su’e</td>
</tr>
<tr>
<td>si’u</td>
<td>si’o</td>
<td>li’o</td>
<td>pi’o</td>
</tr>
<tr>
<td>a’o</td>
<td>sa’o</td>
<td>na’o</td>
<td>ma’o</td>
</tr>
<tr>
<td>a’u</td>
<td>la’u</td>
<td>sa’u</td>
<td>pa’u</td>
</tr>
<tr>
<td>lo’u</td>
<td>so’u</td>
<td>po’u</td>
<td>o’u</td>
</tr>
<tr>
<td>‘eu</td>
<td>‘ua</td>
<td>‘ea</td>
<td>‘ia</td>
</tr>
<tr>
<td>i’a</td>
<td>a’a</td>
<td>i’u</td>
<td>u’a</td>
</tr>
</tbody>
</table>
LISTEN TO THE FOLLOWING WORDS AND REPEAT:

tagata  faga  maga  paga
tegeta  ega  sogi  togi
fogata  gata  agi  gafa
sugeta  luga  gali  lagi
ugata  galu  oge  lagi
togata  tago  togo  gogo
lagata  saga  laga  aga

VOWEL COMBINATIONS

Double vowels. Identical vowels occurring together in a word are usually separated by a glottal stop, which is often not written in everyday Samoan. There are exceptions however as in the cases of compound words or prefixed and suffixed words resulting in duplicated vowels. In many instances these duplicated vowels are pronounced together as one long vowel.

faalogo  fa’alogo  to listen
taalofa  tālofa  I love (common greeting)
tala atu  talătu  beyond

Diphthongs. Combinations of vowels retain their separate sounds, so that each vowel in the combination is pronounced. The resulting harmony of vowels may in some cases give rise to several sounds in which the components are less easy to distinguish. Among the possible combinations there are several similar sounding diphthongs which are at first difficult for foreigners to tell apart.

ae and ai  vae  leg  vai  water
ci and e  sei  flower behind ear  sē  stick bug
ao and au  fao  anail  fau  to build
oe and oi  toe  to be left over  toi  a kind of tree
ou and o  pou  a post  pō  night

Diphthongs should be pronounced so that the mouth finishes in the position of the final vowel. Proper pronunciation is of the highest importance since a slightly altered pronunciation can change the meaning of a word.

MORE ABOUT PRONUNCIATION

Y SOUND: There is no 'y' in Samoan. However when i precedes another vowel, the resulting sound is often pronounced as y:

lōia  like loiya  lawyer
faia’ina  like faiya’ina  to lose
Januari  like yan u ari  January

W SOUND: There is no 'w' in Samoan. Certain vowel combinations can give rise to a w-like glide sound. A u followed by a vowel, especially i, is an example:

uati  like uwatī  watch
'aua  like ‘auwa  don’t!

A common mistake is to mispronounce an o followed by a vowel as a w-sound. This kind of error can change the meaning of the word since the resulting diphthong will be heard as a u rather than as an o combination. Remember to round your lips when saying the u-vowel. Lip rounding is not as prominent with the o-vowel.

igoa  not igowa  name
sōia  not sowia  stop!
### LISTEN TO THE FOLLOWING WORDS AND REPEAT:

<table>
<thead>
<tr>
<th>fai</th>
<th>tai</th>
<th>mai</th>
<th>nai</th>
</tr>
</thead>
<tbody>
<tr>
<td>lou</td>
<td>pou</td>
<td>fou</td>
<td>tou</td>
</tr>
<tr>
<td>pae</td>
<td>vae</td>
<td>sae</td>
<td>mac</td>
</tr>
<tr>
<td>lau</td>
<td>mau</td>
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<td>lao</td>
<td>mao</td>
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<td>au</td>
<td>ou</td>
<td>ai</td>
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<tr>
<td>sao</td>
<td>sau</td>
<td>sou</td>
<td>sai</td>
</tr>
<tr>
<td>nai</td>
<td>fai</td>
<td>gao</td>
<td>gau</td>
</tr>
<tr>
<td>nunu</td>
<td>niu</td>
<td>tiute</td>
<td>fiu</td>
</tr>
<tr>
<td>leo</td>
<td>leoleo</td>
<td>seu</td>
<td>seuseu</td>
</tr>
</tbody>
</table>

### LISTEN TO THE FOLLOWING WORDS AND REPEAT:

<table>
<thead>
<tr>
<th>tina</th>
<th>tinā</th>
<th>tama</th>
<th>tamā</th>
</tr>
</thead>
<tbody>
<tr>
<td>pele</td>
<td>pelē</td>
<td>sē</td>
<td>sesē</td>
</tr>
<tr>
<td>fua</td>
<td>fuā</td>
<td>malū</td>
<td>mālū</td>
</tr>
<tr>
<td>toto</td>
<td>totō</td>
<td>tōtō</td>
<td>fofō</td>
</tr>
<tr>
<td>mamā</td>
<td>māmā</td>
<td>mama</td>
<td>mā</td>
</tr>
<tr>
<td>fafa</td>
<td>fafa</td>
<td>lulu</td>
<td>lūlū</td>
</tr>
</tbody>
</table>

### LISTEN TO THE FOLLOWING WORDS AND REPEAT:

<table>
<thead>
<tr>
<th>olaga</th>
<th>pagotā</th>
<th>faigatā</th>
<th>mauagatā</th>
</tr>
</thead>
<tbody>
<tr>
<td>tagata</td>
<td>fa'agota</td>
<td>fa'ataga</td>
<td>faigaluega</td>
</tr>
<tr>
<td>galo</td>
<td>fa'agalo</td>
<td>fa'agaloina</td>
<td>togafiti</td>
</tr>
<tr>
<td>togafitia</td>
<td>magafā</td>
<td>matafāgota</td>
<td>matafaga</td>
</tr>
<tr>
<td>gesegese</td>
<td>gagana</td>
<td>gata'aga</td>
<td>pua'ī</td>
</tr>
<tr>
<td>lavaea'i</td>
<td>fuvlā'au</td>
<td>ōma'ī</td>
<td>tauima'i</td>
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<td>fa'ama'i</td>
<td>fa'asaga</td>
<td>fa'asaga</td>
<td>fa'ec'au</td>
</tr>
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<td>fatu</td>
<td>fai'ai</td>
<td>susu</td>
<td>fatafata</td>
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<td>fa'a'i</td>
<td>ua</td>
<td>moa</td>
<td>to'alal</td>
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<td>pute</td>
<td>suilapalapa</td>
<td>tapulima</td>
<td>ogālima</td>
</tr>
<tr>
<td>manava</td>
<td>mānava</td>
<td>fulufulu</td>
<td>lauulu</td>
</tr>
<tr>
<td>ulu</td>
<td>vi</td>
<td>gau</td>
<td>nifo</td>
</tr>
<tr>
<td>gutu</td>
<td>laugutu</td>
<td>tainifo</td>
<td>tuasiveti</td>
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<tr>
<td>ate</td>
<td>fatuga'o</td>
<td>ulupu'o</td>
<td>tau'au</td>
</tr>
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</table>
LISTEN TO THE FOLLOWING WORDS AND REPEAT:

<table>
<thead>
<tr>
<th>English</th>
<th>Samoan</th>
<th>English</th>
<th>Samoan</th>
</tr>
</thead>
<tbody>
<tr>
<td>'ao'ao</td>
<td>mapeva</td>
<td>masui</td>
<td>pi'o</td>
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<tr>
<td>gagase</td>
<td>se'e</td>
<td>fau'a</td>
<td>tafe</td>
</tr>
<tr>
<td>tamāloa</td>
<td>tama'ita'i</td>
<td>(toea'ina)</td>
<td>lo'omatua</td>
</tr>
<tr>
<td>laumata</td>
<td>taliga</td>
<td>'ava</td>
<td>fula</td>
</tr>
<tr>
<td>taetuli</td>
<td>fiva</td>
<td>laulaufaiva</td>
<td>vailā'au</td>
</tr>
<tr>
<td>nini</td>
<td>penisini</td>
<td>tui</td>
<td>fuafua</td>
</tr>
<tr>
<td>ala'ai</td>
<td>gā'au</td>
<td>tauaso</td>
<td>fānau</td>
</tr>
<tr>
<td>faifai</td>
<td>taitai</td>
<td>paupau</td>
<td>paopao</td>
</tr>
<tr>
<td>saesae</td>
<td>paepac</td>
<td>laulau</td>
<td>laolao</td>
</tr>
<tr>
<td>souvou</td>
<td>vaevae</td>
<td>moemoe</td>
<td>toetoe</td>
</tr>
<tr>
<td>poi</td>
<td>loi</td>
<td>fo'e</td>
<td>toe</td>
</tr>
<tr>
<td>mouc</td>
<td>sei</td>
<td>pei</td>
<td>nei</td>
</tr>
<tr>
<td>fa'atali</td>
<td>fa'ama'i</td>
<td>fa'a'ainu</td>
<td>fa'a'ai</td>
</tr>
<tr>
<td>fealua'i</td>
<td>felloa'i</td>
<td>femisa'i</td>
<td>fe'avea'i</td>
</tr>
</tbody>
</table>

CIRCLE EACH WORD BELOW THAT CANNOT BE A SAMOAN WORD. REMEMBER THAT SAMOAN WORDS CANNOT END IN A CONSONANT AND THAT CONSONANTS CANNOT OCCUR IN CLUSTERS (TWO OR MORE TOGETHER):

<table>
<thead>
<tr>
<th>English</th>
<th>Samoan</th>
<th>English</th>
<th>Samoan</th>
</tr>
</thead>
<tbody>
<tr>
<td>fale</td>
<td>tamas</td>
<td>lele</td>
<td>elel</td>
</tr>
<tr>
<td>lefa</td>
<td>sāmoan</td>
<td>kitara</td>
<td>quata</td>
</tr>
<tr>
<td>alla</td>
<td>ā</td>
<td>uati</td>
<td>lo'u</td>
</tr>
<tr>
<td>l'o'u</td>
<td>lefu</td>
<td>fā</td>
<td>isit</td>
</tr>
<tr>
<td>laulau</td>
<td>sou</td>
<td>sou'</td>
<td>feoloolo</td>
</tr>
<tr>
<td>tattoo</td>
<td>fafine</td>
<td>wahine</td>
<td>lomey</td>
</tr>
<tr>
<td>gagana</td>
<td>i'i</td>
<td>yelo</td>
<td>taimi</td>
</tr>
<tr>
<td>minute</td>
<td>Malia</td>
<td>pepe</td>
<td>pepay</td>
</tr>
<tr>
<td>Julai</td>
<td>Ianuari</td>
<td>zo'o</td>
<td>tofu</td>
</tr>
<tr>
<td>ata</td>
<td>'aisa</td>
<td>dua</td>
<td>wacha</td>
</tr>
<tr>
<td>stagi</td>
<td>Tomasi</td>
<td>tamas</td>
<td>afā</td>
</tr>
<tr>
<td>gaza</td>
<td>basi</td>
<td>si</td>
<td>is</td>
</tr>
<tr>
<td>Lisa</td>
<td>lavalava</td>
<td>tagata</td>
<td>PangoPango</td>
</tr>
<tr>
<td>taco</td>
<td>Rosa</td>
<td>Tom</td>
<td>kazu</td>
</tr>
<tr>
<td>tasi</td>
<td>milionia</td>
<td>Polynesia</td>
<td>'Amerika</td>
</tr>
<tr>
<td>Tonga</td>
<td>Fiji</td>
<td>Rusia</td>
<td>atu</td>
</tr>
<tr>
<td>lima</td>
<td>toe</td>
<td>gaga</td>
<td>male</td>
</tr>
</tbody>
</table>
LESSON TWO

SAMOAN WORDS TAKEN FROM OTHER LANGUAGES

The Samoan language has many loan words from other languages. Many of these borrowed words come from English, Latin, Greek and other Polynesian languages as well as from other non-Polynesian languages. The translation of the bible into Samoan in the 19th century provided many Latin and Greek based words, and continued contact with New Zealand and the United States has given rise to countless new Samoan words based on English. Samoan borrowings most often follow the pronunciation of the foreign word rather than its spelling.

LISTEN TO THE FOLLOWING WORDS AND REPEAT.

<table>
<thead>
<tr>
<th>samoan word</th>
<th>pronunciation</th>
</tr>
</thead>
<tbody>
<tr>
<td>uati</td>
<td>taimi</td>
</tr>
<tr>
<td>pepa</td>
<td>suka</td>
</tr>
<tr>
<td>povi</td>
<td>pata</td>
</tr>
<tr>
<td>naifi</td>
<td>telefoni</td>
</tr>
<tr>
<td>kuka</td>
<td>pia</td>
</tr>
<tr>
<td>'aisakulimi</td>
<td>leitiō</td>
</tr>
<tr>
<td>niu'mōnia</td>
<td>supo</td>
</tr>
<tr>
<td>kūkama</td>
<td>tamato</td>
</tr>
<tr>
<td>sisi</td>
<td>falaca</td>
</tr>
<tr>
<td>meli</td>
<td>sikaretē</td>
</tr>
<tr>
<td>sālāti</td>
<td>āpoti</td>
</tr>
<tr>
<td>kuata</td>
<td>sikulūtalāiva</td>
</tr>
</tbody>
</table>

peni          | penisini       |
| sene         | pasi           |
| fiva         | piki'āpu       |
| televise     | mīsela         |
| kītara       | pusi           |
| sipuntē      | pusi           |
| kofe         | pinati         |
| soi sosi     | pulumu         |
| paipatē      | tī              |
| falai        | loka           |
| futū         | pakete         |

WRITE A SAMOAN WORD BASED ON THE SOUND OF EACH ENGLISH WORD BELOW:

<table>
<thead>
<tr>
<th>english word</th>
<th>samoan word</th>
</tr>
</thead>
<tbody>
<tr>
<td>list</td>
<td>TV</td>
</tr>
<tr>
<td>wheel</td>
<td>line</td>
</tr>
<tr>
<td>dollar</td>
<td>pass</td>
</tr>
<tr>
<td>list</td>
<td>inch</td>
</tr>
<tr>
<td>cocoa</td>
<td>office</td>
</tr>
<tr>
<td>copy</td>
<td>goose</td>
</tr>
<tr>
<td>bee</td>
<td>ice</td>
</tr>
<tr>
<td>care</td>
<td>gas</td>
</tr>
<tr>
<td>kiss</td>
<td>continent</td>
</tr>
<tr>
<td>ribbon</td>
<td>tomato</td>
</tr>
<tr>
<td>John</td>
<td>Thomas</td>
</tr>
<tr>
<td>Susan</td>
<td>Maria</td>
</tr>
<tr>
<td>Tonga</td>
<td>Fiji</td>
</tr>
<tr>
<td>America</td>
<td>Germany</td>
</tr>
</tbody>
</table>
LESSON THREE

PRONUNCIATION: SIMPLE PHRASES

Commands in Samoan usually follow an intonation pattern that is level until the second last syllable when the tone rises. It then falls on the next (last) syllable, falling below the initial tone of the phrase.

Questions generally follow an intonation pattern that rises on the first accented beat of the phrase and remains high until the second last syllable of the phrase where it falls and remains at a low tone through the last syllable.

LISTEN TO THE FOLLOWING PHRASES AND REPEAT:

COMMANDS

Nofo i lalo!
Tū i luga!
Fa'atali i'i!
'Aua le pisa'
Saini lou igca!
Fa'amolemole, sau i'i!
Sau!
Fa'a logo le lci!
Aua!
Tautala fa'agesegese!
Tusi lou igoa!
'Aumai le pepa!
Inu ile vai!
Sōia le pisa!
Alu 'ese!
'Ua 'uma!
Fa'a logo mai!
Sōsō atu!

QUESTIONS

'O ai lou suafa?
'O le a lea?
'O le a lau galuega?
'O ai 'oe?
'Ua mālamalama?
'Aiseā?
Āfea?
'O fea le faleuila?
'Ua 'e sau?
'E te alu?
'Ua ma'i 'oe?
'Ua 'uma?
'Ua fia'ai 'oe?
'O fea lou tinā?
'O ailea?
'O i'ina Lene?
'Ua tā se fia?
E iai sau peni?
LESSON FOUR

PRONUNCIATION: DECLARATIVE SENTENCES

Declarative sentences in Samoan usually show a pattern of rising intonation on each accented syllable of the phrase followed by a falling tone on each syllable after each rising tone. The penultimate syllable of the phrase takes the major accent and has a rising tone followed by a falling tone on the finalsyllable.

Unlike English, there is generally no change in word order in Samoan between declarative statements and yes-no questions. The fact that the sentences is a question is indicated by a change in intonation when the question is spoken, or a question mark when the sentence is written. The question markers po and pe may be added at the beginning of the sentence for formality or emphasis. Po is used before 'o and 'ua, pe is used elsewhere.

Articles or determiners before nouns often change from definite to indefinite in yes-no interrogatives that question the existence of the noun (Is it a book?, Is there any coffee? etc.). For more information on definite and indefinite articles/determiners see Lessons 7, 8 and 25.

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. 'Ua timu.
2. 'Ua timu? (Po 'ua timu?)
3. 'Ua ma'i Sara.
4. 'Ua ma'i Sara? (Po 'ua ma'i Sara?)
5. E sā le ulaula.
6. E sā le ulaula? (Pe sā le ulaula?)
7. 'Ua tā le tolu.
8. 'Ua tā le tolu?
10. E mamao lona fale?
11. 'Ua fia'ai le tama.
12. 'Ua fia'ai le tama?
13. 'Ua tū'ua le ā'oga.
14. 'Ua tū'ua le ā'oga?
15. 'Ua 'āmatatia lotu.
16. 'Ua 'āmatatia lotu?
17. E fe'ai le maile.
18. E fe'ai le maile? (Pē fe'ai le maile?)
19. E lē faiagaluega lona uso.
20. E lē faiagaluega lona uso.

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. E iai la'u ta'avele.
2. E iai sa'u ta'avele?
3. E iai le kofe.
4. E iai se kofe?
5. E iai lana telefoni.
6. E iai sana telefoni?
7. E iai o'u uso.
8. E iai ni o'u uso?
9. E iai le pepe a Sina.
10. E iai se pepe a Sina?
LESSON FIVE

SHORT GREETINGS

This is a short dialogue of typical greetings and polite exchanges. For more complete conversations and dialogues between Health Care Providers and Clients see Part II.

LISTEN TO THE DIALOGUE AND REPEAT:

1. Tālofa.
2. Tālofa.
3. Tālofa lava.
4. Tālofa lava.
5. Mālō.
6. Mālō fo‘i.
7. Mālō le soifua.
8. Mālō fo‘i le soifua.
9. 'O ā mai 'oe?
11. 'Ae a'oe?
12. Manuia fo‘i, fa‘afetai.
13. Tōfā soifua.
15. Tōfā.
16. Tōfā.
17. Fā.
18. Fā.

********************

1-6 Hello. 11 How about you?

7-8 A formal greeting. 12 Fine also, thanks.

9 How are you? 3-18 Bye.

10. Fine thanks.

********************

FOR 10 and 12 SUBSTITUTE: Feoloolo. (fair) Fa‘a‘alēmanua. (Not very well)
LESSON SIX

COMMANDS
Simple commands in Samoan involve the use of a verb in its citation or root form. The subject (you) is not usually said, as it is understood by both the speaker and the listener.

Sau! Come!
Nofo i lalo! Sit down!
The subject, object or other noun phrase (location, time, etc.) can be added after the verb:
Sau’oe! You come!
Nofo i lalo i le nofoa! Sit down in the chair!

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:
1. Nofo i lalo! Sit down!
2. Nofo i 'ō! Sit over there!
3. Nofo i 'i! Sit here!
4. Tū i luga! Stand up!
5. Fa’atali i 'i! Wait here!
6. Fa’atali mai i 'ō! Wait over there!
7. 'Aua le pisa! Be quiet!
8. Alu e tū i le laina! Go and wait in the line!
9. Saini lou igoa! Sign your name!
10. Sau i 'i, fa’amolemole! Come here, please!
11. Alu i ‘ō, fa’amolemole! Go over there, please!
12. Sōsō atu, fa’amolemole! Move over, please!
13. Sōsō mai, fa’amolemole! Move this way, please!
14. Fa’atumu le pepa lea! Fill out this paper/form!
15. Inu le fuālā’au! Take the pill!
16. 'Aumai le pepa! Bring the paper/form!
17. 'Aua le ulaula! Don’t smoke!
18. Sōia le pisa! Stop making noise!
19. 'Aua le popole! Don’t worry!
20. Tatale lou ‘ofutino! Take off your shirt!
COMMON NOUNS

THE DEFINITE ARTICLE
Le is the singular article used whenever the noun is definite in the mind of the speaker. Note that even though English would use the indefinite article in some definite situations, Samoan does not. This is particularly evident, for example, in the answer to the question, What is that?
'O le povi. It's a cow.

INDEFINITE ARTICLE
Se replaces le when the indefinite is to be expressed. It is used when:
(a) Referring to one of many.
'Aumai se tālā. Give me a dollar.
(b) When questioning something’s existence.
'O se puā'a lāle? Is that a pig?
(c) Expressing negative
E le le se puā'a. It's not a pig.

THE PARTICLE 'O
The particle 'o is used before nouns or pronouns. As a general rule, if the noun is at the beginning of a sentence (initial position) the particle 'o must be used before the noun. Nouns spoken in isolation are also preceded by 'o ('o Sāmoa or 'o a‘u for Samoa and me). The following summarizes the usage of the particle 'o:
1. 'O is only used before a noun or pronoun. When it occurs before any word it has the effect of transforming that word into a noun.
'O le teine 'aulelei. The beautiful girl.
'O le 'aulelei o le teine. The beauty of the girl.
2. It must come before a noun or pronoun when these stand alone.
'O le maile. The dog.
'O a‘u. Me.
'O Sāmoa Samoa.
3. In verbless sentences that identify or equate two or more nouns (or pronouns), 'o is used before each noun.
'O o’o la’u uē. You are my friend.
When the identity precedes the identified, 'o can be omitted before the identified.
'O Mila 'o le tausima'i. Mila is a nurse.
'O le tausima'i Mila.
4. 'O comes before interrogative pronouns, demonstratives and indefinite pronouns in isolation or at the beginning of sentences
'O ai ‘oe? Who are you?
'O lenā. That.
'O se isī. Another.
5. In sentences, 'o precedes a noun or pronoun when it occurs before the verb. It is not used if the subject follows the verb. An exception is the pronoun ia (he/she/it)
'O le lama lenā sā pa‘ū. That boy fell.
Sā pa‘ū le lama lenā. That boy fell.
'O ia sā ma‘i. He was sick.
Sā ma‘i 'o ia. He was sick.
LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. 'Aumai le peni.
   'Aumai le ã?
   'O le peni.

2. 'Aumai le pepa.
   'Aumai le ã?
   'O le pepa.

3. 'Aumai se i pu vai.
   'Aumai se ã?
   'O se i pu vai.

4. 'Ave le tusi i le teine.
   'Ave le ã?
   'O le tusi.

5. 'Ave le fagu i le tama.
   'Ave le ã?
   'O le fagu.

Bring the pen
Bring the what?
The pen.
Bring the paper/form.
Bring the what?
The form/paper.
Bring a glass of water.
Bring a what?
A glass of water.
Give the book to the girl.
Give the what?
The book.
Give the bottle to the boy.
Give the what?
The bottle.

LISTEN AND REPEAT:

'O le tusi. It's a book.
'O le peni. It's a pen.
'O nofoa lea. This is a chair.
'O le fōma'i lenã. That's the doctor.
'O le tausima'i lenã. That's the nurse.

'O se tusi? It's a book?
'O se peni? It's a pen?
'O se nofoa lea? This is a chair?
'O se fōma'i lenã? Is that a doctor?
'O se tausima'i lenã? Is that a nurse?

SAY THE FOLLOWING NOUNS IN THE SINGULAR AND PLURAL:

'O le peni apen
'O le tusi a book
'O le fōma'i a doctor
'O le tausima'i a nurse
'O le falema'i a hospital
'O le fagu a bottle
'O le tui a shot
'O le fuālā'au a pill
'O le potu a room
'O le ma'i a patient

'O peni pens
'O tusi books
'O fōma'i doctors
'O tausima'i nurses
'O falema'i hospitals
'O fagu bottles
'O tui shots
'O fuālā'au pills
'O potu rooms
'O ma'i patients
"O le tagata  a person  'O tagata  people
'O le tama  a boy  'O tama  boys
'O le teine  a girl  'O teine  girls
'O le fafine  a woman  'O fafine  women
'O le tamāloa  a man  'O tamāloa  men
'O le tamā  a father  'O tamā  fathers
'O le tinā  a mother  'O tinā  mothers

PRACTICE SAYING THE FOLLOWING SENTENCES:

1. 'Aumai le fagu ma le ipu.
2. 'Ave le tusi i le fōma'i.
3. Alu 'i le potu ma nofo i lalo.
4. 'O le tamā ma le tinā.
5. 'O le tama ma le teine.
6. 'Ave le mea lea i le tausima'i.
7. 'Aumai 'uma pepa.
8. Saini 'uma pepa.
9. 'O tama ma teine.
10. 'O le tinā ma tausima'i.

BRING THE BOTTLE AND THE GLASS.
TAKE THE BOOK TO THE DOCTOR.
GO TO THE ROOM AND SIT DOWN.
THE FATHER AND THE MOTHER.
THE BOY AND THE GIRL.
TAKE THIS TO THE NURSE.
BRING ALL THE FORMS/PAPERS.
SIGN ALL THE FORMS.
BOYS AND GIRLS.
THE MOTHER AND THE NURSES.

TRANSLATE THE FOLLOWING INTO SAMOAN:

1. The doctor.
2. The doctor and the nurse.
3. The nurses.
4. Give the glass to the nurse.
5. Bring the form.
6. Go in the room.
7. Go in the room and sit down.
8. Drink (take) the pill.
9. Drink (take) the medicine.
10. Sleep at home (i le fale).
LESSON EIGHT

SINGULAR AND PLURAL OF NOUNS AND DEMONSTRATIVES

SINGULAR AND PLURAL
All nouns must show an article to denote singular. Omitting the article results in the plural of the noun. For this reason it is important to always include the article if singular is to be expressed. Plural is assumed unless the article is present.

'Ole penitala.
The pencil.
'O penitala.
Pencils.

Although most Samoan nouns do not change form from singular to plural, there are some exceptions:
lo'omatu'a  lo'omatutua  old woman
toea'ina     toea'i'ina     old man
matua        mātua         parent
tamāloa      tamāloa       man
taule'ale'a  tāulele'a     untitled man
to'alua      ta'ito'aua    spouse
tuafafine    tuafafine     male's sister
tamaiti'i    tamaiti       child / little boy
tieneiti'i   teineiti       little girl

Ni is the plural form of se. When it is used in place of se, the noun becomes plural. It can be translated as some.
'Aumai ni tālā.
Give me some dollars.
'O ni pua'a lá?
Are those pigs?
E lē'o ni pua'a.
They aren't pigs.

THE DIMINUTIVE ARTICLE
Si is the diminutive article. It is used to express smallness or endearment. It is used like the definite article (le) and the indefinite article (se) just before the noun:
'O lepepe.
The baby / It's a baby.
'O se pepe?
Is it a baby?
'O sipepe.
The (dear little) baby.

Nai is the plural form of si:
'O aso.
The days.
'O ni aso.
Some days.
'O ni nai aso.
Some (few) days.

DEMONSTRATIVE PRONOUNS
The Samoan demonstrative pronouns distinguish three degrees of spatial or relational orientation in contrast with only two for English (this and that or these and those). The three categories in Samoan are listed below. Alternate forms of some demonstratives are listed in parenthesis.

<table>
<thead>
<tr>
<th></th>
<th>Singular</th>
<th>Plural</th>
</tr>
</thead>
<tbody>
<tr>
<td>Near the speaker:</td>
<td>lenei (le) this</td>
<td>nei (ia)  these</td>
</tr>
<tr>
<td>Away from the speaker and/or near the listener:</td>
<td>lenā (lele) that</td>
<td>nā those</td>
</tr>
<tr>
<td>Distant from speaker/listener:</td>
<td>lelā (lale) that</td>
<td>lā those</td>
</tr>
</tbody>
</table>

19
There are other variations of these demonstratives which are common in colloquial speech (i.e. lēa, lāla). Lenei, nei (this, these) are more formal than lea and ia. Lele and lāle are often used in reference to a location (there) and this is often the case for lea as well (here). Note that nei, na and la are the roots in the singular demonstratives which have prefixed the definite article le. When not used as locatives (here, there) these words may occur before or after the noun:

'O lenei tama.  
This boy.
'O le tama lenei.  
This boy.

LISTEN TO THE FOLLOWING AND REPEAT:

lea – this
'O le moega lea.  
This is a bed.
'O le ipu lea.  
This is a cup.
'O le nofoa lea.  
This is a chair.
'O le ta’avale lea.  
This is a car.
'O le fagu lea.  
This is a bottle.
'O le aluga lea.  
This is a pillow.
'O le 'ie 'afu lea.  
This is a sheet.
'O le telefonia lea.  
This is a phone.
'O le televise lea.  
This is a television.

lenā – that
'O le se evae lenā.  
That is a shoe.
'O le potuta’ele lenā.  
That is the bathroom.
'O le fa’aiga lenā.  
That is the restaurant.
'O le fōma’i lenā.  
That is the doctor.
'O le tausima’i lenā.  
That is the nurse.
'O le mea’ai lenā.  
That is the food.
'O le ipu vai lenā.  
That is a glass of water.
'O le ipu susu lenā.  
That is a glass of milk.
'O le fuāla’au lenā.  
That is a pill.

ia – these
'O moega ia.  
These are beds.
'O ipu ia.  
These are cups.
'O nofoa ia.  
These are chairs.
'O ta’avale ia.  
These are cars.
'O fagu ia.  
These are bottles.
'O aluga ia.  
These are pillows.
'O ‘ie ‘afu ia.  
These are sheets.
'O telefonia ia.  
These are phones.
'O televise ia.  
These are televisions.
nā - those
'O se'evaenā. Those are shoes.
'O potutā'ele nā. Those are bathrooms.
'O falca'iganā. Those are restaurants.
'O fōma'i nā. Those are doctors.
'O tausima'i nā. Those are nurses.
'O mea'ai nā. (Those) That is food.
'O ipu vai nā. Those are glasses of water.
'O ipu susu nā. Those are glasses of milk.
'O fuālā'au nā. Those are pills.

ANSWER ACCORDING TO THE WORD GIVEN:

What questions:
'O le ā lea? (What is this?) moega 'O le moega lea.
'O le ā lenā? fagu 'O le fagu lenā.
'O ā nā? (What are those?) aluga 'O aluga nā.
'O ā nā? ipu ma fagu 'O ipu ma fagu nā.
'O le ā le mea lea? (What is this thing?) se'evaec 'O le se'evaec lea mea lea.
'O le ā le mea lea? fuālā'au 'O le fuālā'au lea mea lea.
'O ā mea ia? 'ie'afu 'O ūie'afu mea ia.
'O le ā le mea lenā? ipu vai 'O le ipu vai lea mea lenā.
'O ā mea nā? se'evaec 'O se'evaec mea nā.

yes and no questions (note that the negative phrase e lē, not, also requires the use of the indefinite articles - se or ni.):
'O se fagu lea? 'ioe 'ioe, 'o le fagu lea.
'O ni fōma'i nā? 'ioe 'ioe, 'o fōma'i nā.
'O se telefoni lenā? 'ioe 'ioe, 'o le telefoni lenā.
'O se ipu susu lea? leai Leai, e lē 'o se ipu susu lenā.
'O se tausima'i lenā? leai Leai, e lē 'o se tausima'i lenā
'O ni aluga nā? leai Leai, e lē 'o ni aluga nā.
'O ni fuālā'au ia? leai Leai, e lē 'o ni fuālā'au nā.
'O se fale'aiga lenā? leai Leai, e lē 'o se fale'aiga lenā.
'O ni nofoa ia? leai Leai, e lē 'o ni nofoa ia.
'O se ipu vai lea? 'ioe 'ioe, 'o le ipu vai lea.
LESSON NINE

SIMPLE COMMANDS

TRANSLATE THE FOLLOWING INTO SAMOAN:

1. Sit down please.
2. Fill out this form.
3. Move over, please.
4. Don’t worry.
5. Please take off your shirt.
6. Please sign your name.
7. Is that the doctor?
8. Bring all the forms.
9. What, please?
10. Don’t smoke, please.
11. Wait over there.
12. Bring the bottle and cup.
13. Is that a glass of water?
14. How are you?
15. What is that?
16. That’s a pill.
17. Go in the room and sit down.
20. Drink the pill. (Take the pill.)
21. Sit over there and fill out this form, please.
22. Call (telefoni) the nurse.
23. Drink the glass of milk.
24. Wait in that room.
TRANSLATE THE FOLLOWING INTO ENGLISH:

1. 'O se fōma'i lenā?
2. 'O le ā lenā?
3. Saini lou igoa, fa'amolemole.
4. Tālofa lava.
5. Nofo i 'ō ma fa'atumu le pepa lea, fa'amolemole.
7. 'O le ā, fa'amolemole?
8. 'Aumai 'uma pepa, fa'amolemole.
9. Nofo i lalo fa'amolemole.
10. 'Aua le ulaula, fa'amolemole.
11. 'O ā mai 'oe?
12. 'Aumai le fagu ma le ipu.
13. 'O se ipu vai lenā?
14. Fa'atali mai i 'ō.
15. Fa'atumu le pepa lea.
16. 'O le fuālā'au lenā.
17. Alu i le potu ma nofo i lalo.
18. 'Aua le popole.
19. Tōfā soifua.
20. Inu le fuālā'au.
21. Tatala lou 'ofutino, fa'amolemole.
22. Fa'atali mai i le potu.
23. Inu le ipu susu.
24. Telefoni i le tausima'i.
25. Fufulu le ipu.
LESSON TEN

EQUATIONS AND IDENTITIES

Sentences of the type I am a student or She is my friend relate two nouns as being equal or showing identity. The English structure uses a form of the verb to be between the two nouns being equated or defined. Samoan does not use a verb for these types of sentences, but just places the two nouns together:

'O a'u.  I
'O le tama.  The boy
'O a'u'o le tama.  I am a boy.
'O Sina 'o la'u uō.  Sina is my friend.
'O mātou 'o tagata a'oga.  We are students.

When the specific of the equation or identity follows the general, the nominal particle may be deleted from the specific noun:

'O Lisa 'o le Samoa.  Lisa is a Samoan.
particular general
'O le Samoa Lisa  Lisa is a Samoan.
general particular

The question word fea (where) can be used in this same pattern to form the question:

Where is Lisa from?  'O Lisa 'o se fea?

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. 'O Sina 'o le Ini'i.  1. Sina is an Indian.
2. 'O Samu 'o le Sāmoa.  2. Samu is a Samoan.
3. 'O Tele 'o le Tōga.  3. Tele is a Tongan.
4. 'O Mele 'o le Hawai'i.  4. Mele is a Hawaiian.
5. 'O Tomi 'o le Sa'i'a.  5. Tomi is a Chinese.
6. 'O Sulu 'o le Siapani.  6. Sulu is a Japanese.
7. 'O Lita 'o le Filipaina.  7. Lita is a Filipino.
8. 'O Mareko 'o le Pālāgi.  8. Mareko is a Caucasian.
9. 'O Tai 'o le Kōlea.  9. Tai is a Korean.
10. 'O Pili 'o le Tagata Uli.  10. Pili is a Black.

ANSWER THE FOLLOWING QUESTIONS:

1. 'O Sulu 'o se fea?
2. 'O Tomi 'o se fea?
3. 'O Lita 'o se fea?
4. 'O se fea Tai?
5. 'O se fea Mele?
6. 'O se fea Tele?
7. 'O se fea Samu?
1. 'O Sulu 'o le Siapani.
2. 'O Tomi 'o le Saina.
3. 'O Lita 'o le Filipaina.
4. 'O Tai 'o le Kōlea.
5. 'O Mele 'o le Hawai'i.
6. 'O Tele 'o le Tōga.
7. 'O Samu 'o le Sāmoa.
LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. 'O le mea lea 'o le fa'amalama.
2. 'O le mea lenā 'o le faitoto'a.
3. 'O a'u 'o le fōma'i.
4. 'O ia 'o le fōma'i.
5. 'O 'oe 'o se fōma'i?
6. 'O lo'u igoa 'o Sina.
7. 'O le igoa o le fōma'i 'o Tū.
8. 'O Tū 'o le fōma'i.
9. 'O le mea lea 'o le vai.
10. 'O Mele 'o le tauisma'i.

This thing is a window.
That thing is a door.
I am a doctor.
He/she is a doctor.
Are you a doctor?
My name is Sina.
The doctor's name is Tū.
Tū is a doctor.
This is water.
Mele is a nurse.

TRANSLATE THE FOLLOWING SENTENCES:

1. I am a doctor.
2. Are you a doctor?
3. Is Fotu a nurse?
4. This is coffee (kofe).
5. Mele and Fotu are doctors.
6. The nurse's name is Mitī.
7. Mitī is a Samoan.
8. Is Kala a Tongan?
9. Is she a nurse?
10. Tū and Fili are ʻapālagi.
11. My name is Ela.
12. Rosa is my mother.
13. That person is my mother.
15. Cancer (kānsea) is disease (fa'ama'i).
16. The doctor is a woman.
17. The nurse is a Samoan.
LESSON ELEVEN

NEGATIVE OF SIMPLE NOUN PHRASES

The word le is used to show negation. It can be translated as not and negates whatever it precedes. It is most often used with the word e, the indefinite tense/aspect marker, although it may occur with any of the five main Samoan tense/aspect markers (see Lesson 22). The definite article (le) often changes to the indefinite article (se) with le.

'O le maile.  
('It's a dog.)  
'O maile.  
(They are dogs.)  
'O Sina 'o le Saina.  
(Sina is Chinese.)  
E le 'o se maile.  
(It's not a dog.)  
E le 'o ni maile. (note that ni is added in the plural)  
E le 'o Sina 'o se Saina.  
(Sina is not Chinese.)

LISTEN TO THE FOLLOWING AND REPEAT:

1. 'O le fa'ale'amea'i lea.  
2. 'O le ta'avalae.  
3. 'O a'u.  
4. 'O oe 'o se fo'oma'i?  
5. 'O le ko'fe lea.  
6. 'O lona tamā.  
7. 'O Mele 'o le fo'oma'i.  
8. 'O Tuna 'o le Tōga.  
9. 'O a'u 'o le tausima'i.  
10. 'O le mea lea 'o le vai.

1. E le 'o se fa'ale'amea'i lea.  
2. E le 'o se ta'avalae.  
3. E le 'o a'u.  
4. E le 'o oe 'o se fo'oma'i?  
5. E le 'o se ko'fe lea.  
6. E le 'o sona tamā.  
7. E le 'o Mele 'o se fo'oma'i.  
8. E le 'o Tuna 'o se Tōga.  
9. E le 'o a'u 'o se tausima'i.  
10. E le 'o se vai le mea lea.

TRANSLATE, THEN CHANGE TO NEGATIVE:

1. It's me.  
2. I am his father.  
3. Are you a doctor?  
4. This is coffee.  
5. Mele is a nurse.  
6. That building (fa'ale) is the hospital.  
7. Kalo is a policeman (leoleo).  
8. That is your (lou) doctor.
9. Sara and Mele are doctors.
10. Fili is a Samoan.
11. Is Fili a Samoan?
12. That is your room.
13. These are pills.
14. Galu is a patient.
15. Lina is my (lo'u) mother.
16. That's a glass of milk.
17. Those are bottles of water.
18. That room is the bathroom.
20. Those are pillows.

CHANGE TO NEGATIVE:

1. 'O le 'ie 'afu.
2. 'O tausima'i.
3. 'O fagu susu.
4. 'O nofoa nā.
5. 'O le mea'ai lenā.
6. 'O le potu tā'ele lea.
7. 'O Fito ma Galu 'o fōma'i.
8. 'O Sina 'o le Pālagi.
9. 'O le vai'aïsa lenā.
10. 'O ia 'o le fōma'i.
11. 'O lo'u igoa lenā.
12. 'O le vailā'au lea.
13. 'O Toma 'o le Sāmoa.
14. 'O le fale lea 'o le falema'i.
LESSON TWELVE

NEGATIVE COMMANDS

The word 'aua (don't) is used to express a negative command. It is used to tell or warn someone not to do something. Sōia (stop) is also used as a negative command. It is used to tell someone to desist from doing something. Both words usually add the word le (the definite article) before the verb.

Nofo i lalo.  
(Sit down.)
Tautala'apālagi.  
(Speak English.)

'Aua le nofo i lalo.  
(Don't sit down.)
Sōia le tautala fa'apālagi.  
(Stop speaking English.)

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. 'Aua le pisa.
2. 'Aua le nofo i lī.
3. Sōia le pepelo.
4. 'Aua le inua le mea lenā.
5. Sōia le misa.
6. 'Aua le popole.
7. Sōia le ulaula.
8. 'Aua le ulaula.
9. 'Aua le 'aia le mea lenā.
10. 'Aua le faia le mea lenā.
11. 'Aua le sau.
12. 'Aua le alu.
13. Sōia le palauvale.
14. 'Aua le inu pia.
15. 'Aua le fa'atali.

1. Be quiet.
2. Don't sit here.
3. Stop lying.
4. Don't drink that.
5. Stop arguing.
6. Don't worry.
7. Stop smoking.
8. Don't smoke.
9. Don't eat that.
10. Don't do that.
11. Don't come.
12. Don't go.
13. Stop cursing.
14. Don't drink beer.
15. Don't wait.

TRANSLATE THE FOLLOWING:

1. Stop lying.
2. Don't smoke.
3. Don't sit down.
4. Stop smoking.
5. Don't drink coffee.
6. Don’t eat pizza.
7. Stop swearing.
8. Don’t sit there.
9. Don’t fill out the form.
10. Don’t sleep.
11. Don’t wait.
12. Stop worrying.
13. Don’t give the form to the doctor.
14. Don’t go in the room.
15. Stop laughing (‘ata).
16. Don’t sign the form.
17. Don’t take your shirt off.
18. Stop arguing.
19. Stop standing.
20. Be quiet (stop making noise).

CHANGE TO NEGATIVE COMMANDS:

1. Tū i luga.
2. Nofo i lalo.
3. 'Ai le mea lea.
4. Alu i le potu lena.
5. Fa’atali mai.
6. Moe i le potu lea.
7. 'Ave le fagu i le tausima'i.
8. Inu le vai lea.
9. 'Ai tele.
10. Inu pia.
11. Moe so'o.
PERSONAL PRONOUNS

Samoan pronouns have many of the same categories of meaning as in English, but there are three important differences. First, while Samoan and English both have first, second and third person singular pronouns (I, you, he/she/it) and plural pronouns (we, you, they), Samoan also recognizes a set of pronouns that corresponds to sets of two people (we-2, you-2 and they-2). Second, Samoan makes no distinction in gender (as in English he, she, it). Third, Samoan pronouns for we distinguish between we with the listener included and we with the listener excluded. Note that in the list below, all Samoan pronouns are proceeded by the noun/pronoun marker 'o.

**SINGULAR**
- I, me: 'o a'u
- you: 'o 'oe
- he, she, it: 'o ia

**PLURAL**
- we, us: 'o tå'tou (listener included)
- you-all: 'o 'outou
- them, they: 'o lå'tou
- we-2, you-2 and they-2: 'o tå'ua (listener included)
- you-2 and they-2: 'o må'ua (listener excluded)
- you-2 and they-2: 'o 'oulua
- they-2: 'o lå'ua

**PAIR OR DUAL**
- we, us (2 people): 'o tå'ua (listener included)
- you (2 people): 'o 'oulua
- they, them (2 people): 'o lå'ua

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. 'O a'u 'o le lōia.
2. 'O ia 'o le peresitene.
3. 'O lå'tou 'o tagata a'oga.
4. 'O må'tou 'o tasmama'i.
5. 'O må'ua 'o leoleo.
6. 'O lå'tou 'o faa'oga.
7. 'O 'oe 'o se 'ave pasi?
8. 'O tå'tou 'o tagata 'Amerika.
9. 'O lå'ua 'o fōma'i.
10. 'O 'oulua 'o ni faife'a'u?

1. I'm a lawyer.
2. He's the president.
3. They are students.
4. We are nurses.
5. We (2) are policemen.
6. They are teachers.
7. Are you a bus driver?
8. We're Americans.
9. They (2) are doctors.
10. Are you(2) ministers?

TRANSLATE THE FOLLOWING SENTENCES:

1. I'm a patient.
2. I'm a doctor.
3. I'm a nurse.
4. I'm a policeman.
5. They are Samoans.
6. They(2) are Chinese.
7. We are students.
8. Are you a minister?
9. Are you(2) nurses?
10. Are you-all Filipino?

CHANGE TO NEGATIVE SENTENCES:
1. 'O a'u 'o le lōia.
2. 'O ia 'o le peresitenc.
3. 'O lātou 'o tagata ā'oga.
4. 'O lá'ua 'o tausina'i.
5. 'O 'oc 'o se leoleo?
6. 'O lātou 'o faia'oga.
7. 'O ia 'o le 'ave pasi.
8. 'O tātou 'o tagata 'Amerika.
9. 'O lá'ua 'o fōma'i.
10. 'O lātou 'o faife'a'u.

FOR THE DIAGRAMS BELOW, 'T' REPRESENTS THE SPEAKER, 'X' ARE OTHER PEOPLE, THE ARROW SHOWS TO WHOM 'T' IS SPEAKING AND THE SHADOW TYPE SIGNIFIES THE PEOPLE 'T' IS TALKING ABOUT. WRITE THE PRONOUN 'T' WOULD USE IN EACH CASE:

1. T----> X
2. T--------> X
3. T--------> X
4. T----> X
5. T----> XXX
6. T
7. T----> X
8. T----> XXXX
9. T--------> X
10. T--------> X
11. T----> XX
LESSON FOURTEEN

POSSSESSION

Samoan has two genitive markers corresponding to the English word of. The first, o, is used for nouns to which the possessor has an inalienable relationship, that is, ownership that is not transferrable or able to be taken away. Nouns of this sort include body parts, relatives, etc. The second class of nouns are those which can be alienated from the possessor. The marker for these nouns is a. Nouns of this type may include friends, animals, and objects such as a book or a car.

'Se tamā o Sara. (The father of Sara.) Sara's father.
'O le tīnā o Fa'ata. (The mother of Fa'ata.) Fa'ata's mother.
'O le uō a Mele. (The friend of Mele.) Mele's friend.
'O le ta'avale a Lene. (The car of Lene.) Lene's car.

The proper use of the a or o marker is very important not only because the wrong possessive may sound incorrect to a native speaker, but because the actual meaning of words may change with the a or o form:

'O le susu a a'u. My milk.
'O le susu o a'u. My breast.
'O le ata a a'u. My image.
'O le ata o a'u. My picture. (which I possess)

Below is a very general list of categories for o and a nouns which may serve as a guide in deciding which class of possessives to use. There are exceptions of course, but most nouns are fairly consistent to this list:

Inalienable Possessions: o Class
1. Family relations
2. Emotions
3. Body and its parts
4. Clothing
5. Houses, boats and their parts
6. Land

Alienable Possessions: a Class
1. Most personal property
2. Language, words, speech
3. Animals, plants
4. Work and sports
5. Food
6. Customs, conduct, behavior

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. 'O le ta'avale a Sita lenā.
   That's Sita's car.
2. 'O le tīnā o Fa'ata.
   That's Fa'ata's mother.
3. 'O le uso o Mele lenā.
   That's Mele's sister.
4. 'O le tuagane o Rita lenā.
   That's Rita's brother.
5. 'O le tuaafane o Tomasi lea.
   That's Tomasi's sister.
6. 'O le uso o Paulo lenā.
   That's Paulo's brother.
7. 'O le uō a Miti lea.
   This is Miti's friend.
8. 'O le fale o mātou lea.
   That's our house (way) over there.
9. 'O le ta'avale a lāiōu lenā.
   That's their car.
10. 'O le fa'i fe'a o 'outou lea?
    Is this your (all of you) minister?
11. 'O le maile a ai?
    Whose dog? (The dog of who?)
12. 'O le tupe a ai?
    Whose money?
13. 'O le peni a ai?
14. 'O le ipu kofe a ai lea?
15. 'O le leitiū a ai lenā?

Whose pen?
Whose cup of coffee is this?
Whose radio is that?

TRANSLATE THE FOLLOWING SENTENCES:
Note: Same sex siblings are termed uso (brother-brother, sister-sister). A sister’s brother is her tuagane. A brother’s sister is his tuafaine. Father is tamā and mother is tinā.

1. Whose car is that?
2. Whose dog is that?
3. Whose coffee is that?
4. Whose mother is that?
5. Whose father is that?
6. That's our hospital.
7. That's Sara's friend.
8. This is my dog.
9. That's her medicine.
10. That's the doctor of my sister.
11. That's their minister's father.
12. That's Mele's sister.
13. This Rita's brother.
15. That's Tomasi’s brother’s car.
16. That's Paulo’s sister.
17. Our father.
18. Our mother.
19. Their friend.
20. Our (2) car.
21. Your (you-all) house.
22. Their(2) cat (pusi).
23. Our(2) doctor.
24. His sister’s friend (uū).
25. Her brother’s friend.
26. My cup of coffee.
27. Don’t go in his room.
28. Don’t sit in Sina’s chair.
29. Don’t be noisy in Galu’s room.
LESSON FIFTEEN

REVIEW PRACTICE

TRANSLATE THE FOLLOWING SETS OF SENTENCES:

COMMANDS

1. Sit down, please.
2. Please fill out this form.
3. Go in that room and wait.
4. Please drink this.
5. How are you?
6. Please go stand in that line.
7. Please move over.
8. Take these pills, please.
9. Take this form to the nurse.
10. Come here, please.

QUESTIONS

1. What is that?
2. What are these?
3. Is that a glass of water?
4. Are these the pills?
5. Is this the hospital?
6. Is that the doctor?
7. What is your father’s name?
8. Is that your mother?
9. Is that Sila’s mother?
10. Is that your father’s car?
EQUATIONS AND IDENTITIES

1. Is Toma Samoan?
2. Is Lita a pālagi?
3. Is Mele a nurse?
4. This is your medicine.
5. Are you a doctor?
6. Is this water?
7. He isn’t a policeman.
8. They aren’t ministers.
10. That’s not my coffee.
11. It’s not the flu (fulū).
12. Tomorrow (taeao) is my birthday (aso fānau).

NEGATIVE COMMANDS

1. Don’t smoke in Fata’s room.
2. Don’t go in Mika’s car.
3. Stop cursing in the hospital.
4. Don’t wait for (mo) Sara’s friend.
5. Don’t do that.
6. Don’t worry.
7. Don’t take the nurse’s pen.
8. Don’t go in their room.
9. Stop being noisy.
10. Don’t run (tamoe) in the hospital.
11. Don’t argue.
12. Don’t drink coffee.
LESSON SIXTEEN

USEFUL PHRASES

1. 'O le ā le mea lea/lenā?
2. 'O le ā lea?
3. 'O le ā lenā?
4. 'O le ā?
5. 'O le ā le fa’aSāmoa o le ‘upu run?
6. 'O le ā le fa’apālagi o le ‘upu palusami?

7. 'Ua ē mālamalama?
   ('Ua mālamalama ‘oe?)
8. 'Ua 'ou mālamalama.
   ('Ua mālamalama a’u.)
9. Tautala fa’agesegese, fa’amo lemole.
10. Toe fai, fa’amo lemole.
11. E fa’alēlele i lā‘u fa’aSāmoa.
12. 'O ‘oe o se Sāmoa?
13. 'E te iloa tautala fa’aSāmoa?
14. 'E te iloa tautala fa’aPeretania?
   ('E te iloa nau?)
15. 'Ou te lē iloa. (Ta’ilo.)
16. Fa’a fetai lava.
17. Fa’a fetai fo’i.
18. Fa’amo lemole.
19. Tūlou.

20. E lē āfāina
21. 'Io; ʻi; 'loʻe; 'o lea lava.
22. Leai.
23. Masalo
24. 'Ailoga
25. 'O aí lou igoa? 'O aí lou suafa (polite)?
26. 'O loʻu igoa ‘o Lita.
27. 'Ua lava.

What is this/that thing?
What’s this?
What’s that?
What?
What’s the Samoan for the word run?
What’s the English for the word palusami?
Do you understand?

I understand.

Speak slowly, please.
Please repeat.
I don’t speak Samoan very well.
Are you Samoan?
Can you speak Samoan?
Can you speak English?

I don’t know.
Thank you.
You’re welcome.
Please.
Excuse me (for moving in front of someone).
No problem (reply to tūlou)
Yes; yeah; YES!; yes (polite).
No.
Perhaps.
Probably not.
What’s your name?
My name is Lita.
That’s enough.
LESSON SEVENTEEN

NUMBERS

The Samoan counting system is now based on the decimal system. The basic numbers go up to ten. After ten, the basic numbers are used in combination with sefulu (ten), selau (100), afe (thousand) and miliona (million).

<table>
<thead>
<tr>
<th>UNITS</th>
<th>TENS</th>
</tr>
</thead>
<tbody>
<tr>
<td>tasi</td>
<td>sefulu tasi</td>
</tr>
<tr>
<td>lua</td>
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</tr>
<tr>
<td>tolu</td>
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</tr>
<tr>
<td>fā</td>
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</tr>
<tr>
<td>lima</td>
<td>sefulu lima</td>
</tr>
<tr>
<td>ono</td>
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</tr>
<tr>
<td>fitu</td>
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<tr>
<td>valu</td>
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</tr>
<tr>
<td>iva</td>
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<tr>
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<tr>
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<td>fāsefulu tolu</td>
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<tr>
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<td>52</td>
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<tr>
<td>onosefulu lima</td>
<td>65</td>
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<td>fitusefulu ono</td>
<td>76</td>
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<td>valuefulu fitu</td>
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<td>ivasefulu iva</td>
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<table>
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<td>selau</td>
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</tr>
<tr>
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<td>300</td>
</tr>
<tr>
<td>fā selau luasefulu</td>
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<tr>
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<td>ono selau limasefulu tolu</td>
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<table>
<thead>
<tr>
<th>THOUSANDS</th>
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<tbody>
<tr>
<td>afe</td>
<td>1,000</td>
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<tr>
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</tr>
<tr>
<td>luasefulu afe</td>
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<tr>
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<td>lua afe lua selau luasefulu lua</td>
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<tr>
<td>tolu afe tolu selau tolosefulu tolu</td>
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<td>fitu afe fitu selau fitusefulu fitu</td>
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</tr>
<tr>
<td>iva afe iva selau ivasefulu iva</td>
<td>9,999</td>
</tr>
<tr>
<td>lua selau luasefulu lua afe lua selau luasefulu lua</td>
<td>222,222</td>
</tr>
<tr>
<td>fitusefulu ono afe</td>
<td>76,000</td>
</tr>
<tr>
<td>afe iva selau onosefulu lua</td>
<td>1962 (for years/dates)</td>
</tr>
<tr>
<td>afe fitu selau fitusefulu ono</td>
<td>1776</td>
</tr>
<tr>
<td>SAMOAAN</td>
<td>ENGLISH</td>
</tr>
<tr>
<td>---------------------------------------</td>
<td>---------------------------</td>
</tr>
<tr>
<td>afe valu selau tolosefulu</td>
<td>1830</td>
</tr>
<tr>
<td>afe iva selau</td>
<td>1900</td>
</tr>
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</table>

**MILLIONS**

<table>
<thead>
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<th>ENGLISH</th>
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<tr>
<td>miliona</td>
<td>1,000,000</td>
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<tr>
<td>lua miliona</td>
<td>2,000,000</td>
</tr>
<tr>
<td>sefulu milicna</td>
<td>10,000,000</td>
</tr>
<tr>
<td>luasefulu miliona</td>
<td>20,000,000</td>
</tr>
<tr>
<td>lima selau fïfusefulu ono miliona</td>
<td>576,000,000</td>
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<tr>
<td>valu selau ivasefulu tolu miliona lua selau</td>
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</tr>
<tr>
<td>sefulu fâ afe ono selau limasefulu fitu</td>
<td>893,214,657</td>
</tr>
</tbody>
</table>

**WRITE THE FOLLOWING NUMBERS:**

luasefulu
fitu afe
ono selau fïfusefulu tasi
selau
afe iva selau onosefulu ono
fitu miliona fitu afe fitu selau fïfusefulu fitu
tolusefulu fâ
fâ selau onosefulu tasi
sefulu iva
iva selau limasefulu valu
afe iva selau valusefulu tolu
afe iva selau
afe fitu selau luasefulu lua
luasefulu ono

**SAY AND WRITE THE FOLLOWING NUMBERS IN SAMOAN:**

555
6,000
8,887
1978
1945
1901
2,000,889
34,000
37,986,001
LESSON EIGHTEEN

USING THE NUMBERS

The numbers in Samoan may come first in the sentence and if they do, are preceded by a tense/aspect marker (remember: there is no word in Samoan comparable to the English to be (is/are/am). Tense/aspect is changed by using a different marker (see Lesson 22):

E tolu pua’a a Timi.
Sā tolu pua’a a Timi.
Timi has three pigs.
Timi had three pigs.

Word order depends upon what is being stressed:
'O āmea nā?
'O pua’a e tolu.
E fia pua’a nā?
E tolu pua’a nā.
What are those?
Three pigs.
How many pigs (there)?
Three pigs (there).

The word fia is used as the question word for counting. It is usually translated as how many/much:
E fia ipu?
E fia le tau?
How many cups?
How much (is) the price?

When counting people the prefix to’a- is used for all the numbers as well as fia and any other words of quantity (many, few):
E to’a’afitu tama.
E to’atasi le tagata.
E to’a’afia teine?
E to’a’tele lātou.
Seven boys.
One person
How many girls?
There are a lot of them.

The prefix fa’a- added to a number will give the English adverbial forms of once, twice, etc. The word lona before the numbers will give the English ordinals (except for first = muamua and last = mulimuli).

fa’a’atolu
muamua
lona lua
mulimuli
three times, thrice
first
second
last

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. E valu ipu kofe.
2. E lua nofoa.
3. E to’a’afitu fōma’i.
4. E to’alua mā’ua.
5. E to’a’afia lātou.
6. E to’a’afia ‘outou?
7. E fia tui?
8. E fia fuālā’au e iru?
9. E fia le tau o le tusi?
10. E fia le tau o le vailā’au?

1. Eight cups of coffee.
2. Two chairs.
3. Seven doctors.
4. There are two of us.
5. There are four of them.
6. How many of you are there?
7. How many shots?
8. How many pills (should be) taken?
9. How much is the book?
10. How much is the medicine?
LISTEN TO THE FOLLOWING AND REPEAT:
1. 'Aumai ni tui se fā.
2. 'Aumai ni sipuni se lua.
3. E to'afitu mātou.
4. E to'atasì lo'u uso.
5. E to'atele tagata.
6. E to'afia tagata?
7. E fia fuāmoa nā?
8. E tolu fuāmoa nā.
9. E to'afia le 'au 'ēiga o Salu?
10. E to'afā le 'au 'ēiga o Salu.

1. Bring me four forks.
2. Bring (me) two spoons.
3. There are seven of us.
4. I have one brother.
5. There are plenty of people.
6. How many people?
7. How many eggs are there?
8. There are three eggs there.
9. How many (in) Salu's family?
10. There are four (in) Salu's family.

TRANSLATE THE FOLLOWING SENTENCES:
1. Three girls.
2. Four boys.
3. Six doctors.
4. Twelve nurses.
5. 1939
6. How many sisters does Paula have?
7. How many cups of coffee?
8. How many in Pili's family?
9. How many people are there?
10. There are five of us.
11. There are three rooms.
13. One spoon and two forks.
14. Bring me two pillows and a sheet.
15. Bring me three glasses of water.
16. There are five boys and eight girls.
17. How many people in the room?
18. There are a lot of people in the room.

19. There are a lot of hospitals in Hawaii.


21. 1992

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. Sau fa'aluva.
2. Inu fa'atolu i le aso.
3. 'O le tama muamua.
4. 'O le aso mulimuli.
5. 'O le aso muamua ma le aso mulimuli.
6. 'O le potu lona tolu.
7. E to'afia 'outou?
8. E fitu futu le 'urni o Tui.
10. Moe fa'atolu i le aso.
11. 'Ai fa'atolu i le aso.
12. '?Aumai le mea lona lua.
13. 'Avatu le pepa muamua i le fōma'i.
14. Fai fa'afia?
15. 'O lona to'afia lea o tama?

1. Come twice.
2. Drink three times a day.
3. The first boy.
4. The last day.
5. The first and last day.
6. The third room.
7. How many of you (are there)?
8. Tui's height is six feet.
9. Sara is five feet.
10. Sleep three times a day.
11. Eat three times a day.
12. Give me the second one.
13. Give the first form to the doctor.
14. Do it how many times?
15. Which boy is this? (which order?)

TRANSLATE THE FOLLOWING SENTENCES:

1. Take two pills three times a day.

2. Do it three times.

3. Do it once.

4. The first time (taimi).

5. Talo is five feet seven inches ('inisii).

6. Give this to the first nurse.

7. Come on the last day.

8. Come on the first day of the week (vaiaso).

9. Apply (nini) four times a day.
LESSON NINETEEN

BUYING AND SELLING

American Samoa uses American currency and American names for paper bills and coins. Western Samoa has its own currency, but it follows the decimal system:

sene
cent (one cent coin)
luase sene	two cent coin
lime sene
ten cent coin
sefulu sene
twenty cent coin
'afatala/såleni/luasefulu sene	five cent coin
talå
ten cent coin
talå
twenty cent bill
lua talå	five dollar bill
lima talå
ten dollar bill
sefulu talå
dollar bill
luasefulu talå
ten dollar bill

The word tau is used for price and fa'atau can mean buying (fa'atau mai) or selling (fa'atau atu). The prefix ta'i- before the numbers and fia will give a distributive meaning (each):

'O le tau o le ta'avale.
The price of the car.
E fia le tau?
What's the price?
E fia le tau o le kofe?
How much is the coffee?
E ta'isia i le sanu'isi?
How much per sandwich?
E ta'ilua talå.
Two dollars each.

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. E fia le tau o le ta'avale?
   1. How much is the car?
2. E fia le tau o le ipu susu?
3. E fia le tau o le tusi?
4. E ta'i fia i le 'apa'ini?
5. E ta'isia i le ipu supo?
6. E ta'ilua talå i le ipu susu.
7. 'Aumai se lua talå.
8. 'Aumai le lima talå fitusefulu sene.
9. Tu'u le valu talå ka ia Kalala.
10. 'O le å le tau o le vaila'au?
11. E fia le tau o le vaila'au?
12. E tolu talå onosefulu lima sene.
13. Give me 5 dollars and 70 cents.
14. Give this eight dollars to Kalala.
15. What's the price of the medicine?
16. How much is the medicine?
LESSON TWENTY

TELLING TIME

When telling time in Samoan it is convenient to divide the clock into four sections, each with its own grammatical structure:

- on the hour: tā (to strike)
- past the hour: e te'a ai (past)
- half past: 'afa (half)
- before the hour: toe (remaining)

The common phrase for asking the time of day is:
'Ua tā le fia? or 'Ua tā se fia?

For asking the time of an event in past or future the common phrase is:
'O le ā le taimi (o le fono)?
'O le fitu.

Another variation common in American Samoa is telling the time in a digital fashion:
'Ua lua tohusefulu.
'Ua valu fāsefulu lima.

Also common in American Samoa is a variation for half-past:
'Ua ā le vaitā o le lima.

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. 'Ua tā le fia?
2. 'Ua tā se fia?
3. 'Ua tā le lima.
4. 'Ua 'afa le fitu.
5. 'Ua toe lima minute i le iva.
6. 'Ua lua minute e te'a ai le valu.
7. 'Ua te'a le ono.
8. 'Ua te'a le lima?
9. 'Ua toe fefulu minute i le iva.
10. 'Ua toe fefulu tā le tasi.
11. 'O le ā le taimi o le fono?
12. 'O le 'afa le tolu.

WRITE THE FOLLOWING IN SAMOAN:

1. 7:00
2. 8:00
3. 5:30

What time is it?
What time is it?
What time is it?
What time is it?
What time (is the meeting)?
Seven.

It's two thirty. (2:30)
It's eight forty-five. (8:45)

It's five thirty (5:30)
It's five thirty (5:30)
It's five thirty (5:30)
It's five thirty (5:30)
It's five thirty (5:30)
It's five thirty (5:30)
It's five thirty (5:30)
4. 6:30
5. 7:50
6. 8:45
7. 9:15
8. 10:10
9. 12:25
10. 6:20
11. It's past three.
12. It's almost two
13. What time is it?
14. What time is the meeting?
15. What time is school (ā'oga)?
16. Is it nine o'clock?
17. Is it past ten?
18. What time is the party (pāti)?
19. Church is at eight.
20. The meeting is at ten thirty.

WRITE THE FOLLOWING IN ENGLISH:

1. 'O le ā le taimi o le lotu?
2. 'Ua tā se fia?
3. 'Ua tā le sefulu lua.
4. 'Ua 'afa le sefulu tasi.
5. 'Ua te'a le lima.
6. 'Ua sefulu mānute e te'a ai le lua.
7. 'Ua toe kuata (quarter) i le tasi.
8. 'Ua toe sefulu lima minute i le ono.
9. 'Ua tociititi tā le fitu.
10. 'Ua 'afa le lua?
11. 'O le ā le taimi o le fono?
12. 'O le ā le taimi o le ā'oga?
13. 'O le ā le taimi o le 'aiga (meal)?
14. 'O le lima le taimi o le fono.
15. 'Ua tā le vaitea o le lima.
LESSON TWENTY-ONE

REVIEW PRACTICE

TRANSLATE THE FOLLOWING SENTENCES INTO SAMOAN:
1. Hello Sara.
2. How are you?
3. Are you a Samoan?
4. What time is it?
5. Is that a watch?
6. Are you a doctor?
7. How much is that book?
8. What time is the meeting?
9. How much is a bowl of soup?
10. The pills are $15.
11. The eggs are 50 cents for two.
12. Fata is six feet tall.
13. Give the nurse the first paper.
14. Come on the last day.
15. The first time.
16. The last time.
17. Drink it three times a day.
18. Church is at eight.
19. What time is the meeting (fono)?
20. What time is the party?
21. Go in the last room and take off your shirt.
22. That's the fifth person.
23. Bring me three chairs.
24. How many glasses of milk.
TRANSLATE THE FOLLOWING SENTENCES INTO SAMOAN:

1. I am a nurse.
2. Are they Samoans?
3. How much is the medicine?
4. 1951
5. 1830
6. What are those?
7. Take two pills at four o’clock.
8. 1992
9. Is that Filli’s mother?
10. Are they nurses?
11. Take the last form to the nurse.
12. Come here, please.
13. Don’t sit there, please.
14. Sign the first paper, please.
15. Is it five thirty?
16. She is Kati’s sister.
17. Stop being noisy.
18. That’s not my car.
19. Is he a policeman?
20. Do you understand?
21. Excuse me.
22. Speak slowly, please.
23. What’s the Samoan for the word ‘knee’?
24. Please repeat slowly.
25. Can you speak English?
26. I don’t know.
LESSON TWENTY-TWO

SIMPLE VERBAL SENTENCES

Tense and aspect in Samoan are indicated by words which are referred to in this book as tense/aspect markers. Verbs do not themselves change form to express tense as they do in English (go, went, gone). Tense and aspect in Samoan are represented by markers which provide such information as present, past, completed, habitual, definite, etc. The actual verb phrase in Samoan consists of a tense/aspect marker followed by the verb:

- E a'a u Sara. present/indefinite Sara goes.
- 'Ua a'a u Sara. present/perfect Sara has gone.
- 'Ole'o a'a u Sara. present/continuous Sara is going.
- Na a'a u Sara. past/completed Sara went.
- Sā a'a u Sara. past/indefinite Sara had gone.
- 'Ole'a a'a u Sara. future Sara will go.

The e tense/aspect marker indicates habitual action. The 'ua tense/aspect marker indicates a present tense with emphasis on action or state just beginning or in a temporary state. 'Olo'o is used for present continuous tense. Na is used to indicate past tense and sā to indicate a past perfect tense. 'Ole'a is used for the future and sometimes is replaced with e (which can be used as a future marker).

These six markers (and a few others) are used to show the tense/aspect of verbs in Samoan sentences. Since, as was noted above, Samoan words are not generally classed into discreet parts of speech as in English, a word normally thought of as an adjective in English may be used as an adjective, noun or verb in Samoan. Since these markers only occur with verbs, we will call any word they precede a verb

- 'aulelei adjective: The beautiful girl.
- E 'aulelei le teine. (verb) The girl is beautiful.
- Sā 'aulelei le teine. (verb) The girl was beautiful.
- 'O le 'aulelei o le teine. (noun) The beauty of the girl.

Most verbal sentences in Samoan follow the pattern of verb phrase first then the subject. This is the reverse of normal English word order. However, Samoan sentences can also follow the English pattern of subject first followed by the verb.

- Na a'a u le tama. The boy went.

<table>
<thead>
<tr>
<th>verb</th>
<th>subject</th>
<th>verb</th>
</tr>
</thead>
<tbody>
<tr>
<td>'O le tama</td>
<td>na a'a u</td>
<td></td>
</tr>
<tr>
<td>subject</td>
<td>verb</td>
<td></td>
</tr>
</tbody>
</table>

Note: If the subject precedes the verb, it begins with the noun marker, 'o. When the subject follows the verb, no noun marker is normally used:

- 'Ua a'a u le teine. The girl has gone.
- 'O le teine 'ua a'a u. The girl has gone.

The following are the six most common Samoan tense/aspect markers:

E: Habitual actions or constant states: Present indefinite

Represented by e (when the subject follows the verb), and te (when the subject, a dependent pronoun, precedes the verb). Below are some of the uses of e/te.

(a) Implied future (usually translating with the phrase going to).

- 'Ou te nofo. I'm going to stay.
B nofo a'u.
(b) Present: indefinite.
E mūmū le ta'avale.
(c) Negative present, past and implied future. E or te is joined with the negatives le (not-
implied future), le'o (not-present continuous); and le'i (not-past).
E le alu a'u. ('Ou te le alu.)
E le'o alu a'u. ('Ou te le'o alu)
E le'i ai 'oe. ('E te le'i ai)
(d) To express an infinitive-complement. The marker te/e precedes the second verb.
'Ou te alu 'ou te fāgota.
E mana'o le tama e alu.

1. E 'umi Tui.
2. E pu'upu'u Fata.
3. E puta Lene.
4. E pa'e'e Galu.
5. E matua le teine.
6. E la'iiti le tama.
7. E fa'amā'a'ima'i le pepe.
8. E mālosi le toea'ina.
10. E poto le u'o a Tili.

'I'm going to stay.
The car is red.
I won't go.
You did not eat.
I'm not going.

1. Tui is tall.
2. Fata is short.
3. Lene is fat.
4. Galu is thin.
5. The girl is old.
6. The boy is young.
7. The baby is sickly.
8. The old man is healthy/strong.
9. The old lady is weak/sickly.
10. Tili's friend is smart.

'Sua: Short term states, feelings and actions just starting: Present (immediate) or
present perfect. Represented by 'u'a.
(a) Immediate present. Actions or states that have just now been realized:
'Ua timu.
'Ua sau le tama.
(b) Present perfect. An action or state just completed:
'Ua 'ou sau.
(c) Past perfect is formed with 'u'a and a verb such as 'uma (to be finished) or leva
(to be a long time) along with the main verb:
'Ua 'uma ona 'ou 'ai 'ae 'e te le'i sau.

1. 'Ua timu.
2. 'Ua mālūlū.
3. 'Ua matagi.
4. 'Ua lā.
5. 'Ua veve'a.
6. 'Ua ma'i Sara.
7. 'Ua ita le lo'omatu'a.
8. 'Ua fiafia le fafine.
9. 'Ua ūgā le ulu o Fata.
10. 'Ua oti le tamāloa.

I have come.
I had eaten before you came.
1. It's raining.
2. It's cold.
3. It's windy.
4. It's sunny.
5. It's hot.
6. Sara is sick.
7. The old lady is angry.
8. The woman is happy.
10. The man has died.
'Olo'o: Present continuous - actions going on now. Represented by 'olo'o.
This marker is used for the present progressive. It implies that the action or state began earlier and is still going on.

'Olo'o 'ai a'u. ('Olo'o o'u 'ai.)
Note that o'u is used instead of 'ou with the 'olo'o marker, and the short form of 'olo'o is just 'o:
'O fea 'o iai Sina?.

1. 'Olo'o moe le pepe.
2. 'Olo'o 'ai le fafine.
3. 'Olo'o ta'alo le teine.
4. 'Olo'o 'ata le toea'ina.
5. 'Olo'o tautala le io'omatua.
6. 'Olo'o tagi le fafine.
7. 'Olo'o tatalo le faihe'a'u.
8. 'Olo'o faigaluega le fōma'i.
9. 'Olo'o tā'ele le tamāloa.
10. 'Olo'o su'esu'e le faiā'o'ga.

I am eating.

1. The baby is sleeping.
2. The woman is eating.
3. The girl is playing.
4. The old man is laughing.
5. The old lady is talking.
6. The woman is crying.
7. The minister is praying.
8. The doctor is working.
9. The man is bathing.
10. The teacher is studying.

Na: Past tense and Sā: Past perfect, actions or states begun in the past.
Represented by na and sā. Na is most often used for events that have occurred in the past and are completed. Sā is used for events that took place in the past, but may or may not have been completed. Thus, sā may be considered a past perfect, and na the simple past.

Na oti ananafi le tama.
Sā iinu pia le teine.

The boy died yesterday.
The girl had been drinking beer.

Na: past tense.
1. Na alo Sia.
2. Na savali Tito.
3. Na 'a'au le uso o Lita.
4. Na pa'ū le pepe.
5. Na tatalo le tamāloa.

Sā: past perfect.
1. Sā ita le uō a Tu'i.
2. Sā faigaluega le mātaī.
3. Sā tā'ele le teine.
4. Sā tatalo le faihe'a'u.
5. Sā fāgota le tama.
6. Sā 'a'au le teine.
7. Sā ita le io'omatua.
8. Sā mālōlo le tāne a Sina.
9. Sā moe le pepe.
10. Sā siva le tama.

1. Sia went.
2. Tito walked.
3. Lita's sister swam.
4. The baby fell.
5. The man prayed.
6. The boy was fishing.
7. The old lady was mad.
8. Sina's husband was resting.
9. The baby was sleeping.
10. The boy was dancing.
'Ole'ā: Future. Represented by 'ole'ā. This marker refers to definite future (rather than the implied future of the present indefinite, e).

'Ole'ā alu Tui taeao.
The future marker is often contracted to 'ā.
'O le mea 'ā fai?

1. 'Ole'ā moe le uso o Tui.
2. 'Ole'ā 'ai a'u.
3. 'Ole'ā alu 'oe?
4. 'Ole'ā tā'ele le toca'ina.
5. 'Ole'ā ita le fōma'i.
1. 'Ole'ā moe le uso o Tui.
2. 'Ole'ā 'ai a'u.
3. 'Ole'ā alu 'oe?
4. 'Ole'ā tā'ele le toca'ina.
5. 'Ole'ā ita le tama.
6. 'Oleā sau le fōma'i nānai.
7. 'Oleā ma'i 'oe.
8. 'Oleā moe le mai.
9. 'Oleā toe mālosi 'oe.
10. 'Ole'ā toe sau Tala taeao.

Tui will leave tomorrow.

What things will you do?
1. Tui's brother will sleep.
2. I will eat.
3. Will you go?
4. The old man will bathe.
5. The doctor will be mad.
1. Tui's brother will sleep.
2. I will eat.
3. Will you go?
4. The old man will bathe.
5. The man will be mad.
6. The doctor will come later.
7. You will be sick.
8. The patient will rest.
9. You will be well again.
10. Tala will return tomorrow.
LESSON TWENTY-THREE

REVIEW PRACTICE

TRANSLATE THE FOLLOWING SENTENCES:
1. I ate.
2. Is Lafi sleeping?
3. Does your leg hurt?
4. She is strong.
5. Meki is thin.
6. The old lady is talking.
7. Is the patient bathing?
8. The old man is eating.
9. It's hot.
11. The girl's mother is laughing.
12. Lale's friend is tall.
13. Ioane was fat.
14. Miki is very short.
15. Kalo is happy.
16. Did Oli walk?
17. Has the doctor gone?
18. Mele is very thin.
19. Was Mafa's baby sleeping?
20. Will you go to Kaiser?
21. I will return tomorrow.
22. The doctor is busy (pisi).
LESSON TWENTY-FOUR

NEGATIVE VERBAL SENTENCES

The word le before any verb gives the negative form of the verb. Le can occur with any tense/aspect marker:

'Ua alu le pasi. The bus has left.
'Ua lele alu le pasi. The bus isn't going to go (now).
E alu le pasi. The bus goes. / The bus is going to go.
E lele alu le pasi. The bus doesn't go/isn't going.
Sà alu le pasi. The bus went.
Sà lele alu le pasi. The bus didn't go.
Na alu le pasi. The bus went.
Na lele alu le pasi. The bus didn't go.
'Ole'o alu le pasi. The bus is going (moving).
'Ole're lele alu le pasi. The bus isn't going (moving).
'Ole'a alu le pasi. The bus will go.
'Ole're lele alu le pasi. The bus won't go.

There are two variations to the above pattern for the present and a past negative markers. For the present continuous tense (Sala is not sleeping.) the marker e le'o is common. For the past incomplete (Sala hasn't gone.) e le'i may be used:

E le'o fiafa Sina. Sina's not happy.
E le'i moe le pepe. The baby didn't sleep (yet).

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. E le inu pia Fotu. 1. Fotu doesn't drink (beer).
2. E le ulaula Tuna. 2. Tuna doesn't smoke.
3. E le'o moe le ma'i. 3. The patient isn't sleeping.
4. E le'i faia le mea'ai. 4. The food wasn't prepared.
5. E le'i sau Iona. 5. Iona didn't come.
6. E le'i telefon maile le foma'i. 6. The doctor didn't call.
7. E le'o ita le tagata lena. 7. That person isn't mad.
9. E le'i tahina le valu. 9. It's not (yet) 8 o'clock.
10. E le'o aalo le ma'i. 10. The patient isn't awake.
11. E le'i va'a le mea'ai. 11. The food isn't cooked yet.
12. E le alu le va'a'ale. 12. The plane isn't going to go.
13. E le'if aipoipo Sina. 13. Sina hasn't been married.
14. E le alu 'oe? 14. You are not going?
15. 'Ua le malie Nonu. 15. Nonu isn't pleased.
TRANSLATE THE FOLLOWING SENTENCES:

1. It's not one o'clock.
2. Oli is not coming.
3. Isn't Tui eating?
4. Did the nurse come?
5. It's not raining.
6. The minister didn't come.
7. Their mother doesn't smoke.
8. Did the baby sleep?
9. Are you hungry (fla'ai)?
10. Are you thirsty (fia inu)?
11. Will Mili rest?
12. Didn't Mili rest?
13. Doesn't your foot hurt?
14. They aren't happy.
15. It isn't cold.
16. The nurse didn't work.
17. The patient's family isn't happy.
18. Lene will not stay (nofo).
19. The patient didn't sleep well.
20. The doctor will not come later.
21. This medicine is not good.
22. I don't understand.
23. I didn't get my shot yet.
24. The old man doesn't drink coffee.
LESSON  TWENTY-FIVE

POSSESSIVE WITH THE PRONOUNS

The possessives in Samoan are derived from the pronouns presented in Lesson Thirteen and the possessive markers of Lesson Fourteen. The pronouns are prefixed with la or lo in the case of singular nouns, and a or o in the case of plural nouns:

'O la mātou ta'avale.
'O lo mātou tamā.
'O a lātou ta'avale.
'O o lātou tamā.

Our car.
Our father.
Theirs cars.
Theirs fathers.

As with the singular and plural articles (le and se), the possessive markers la and lo change to an s form (sa and so) when the statement is indefinite or when questioning something's existence:

'O lo mātou fale.
'O so mātou fale?
E le' o so mātou fale.

Our house.
Is it our house?
It's not our house.

Plural indefinite adds the word ni:

'O o lātou uso.
'O ni o lātou uso?
E le' o ni a mātou uō.

Their sisters.
Are they their sisters?
They aren't our friends.

The singular possessive pronouns have evolved into the following forms:

<table>
<thead>
<tr>
<th>Single</th>
<th>Plural</th>
</tr>
</thead>
<tbody>
<tr>
<td>my</td>
<td>lau/lo'ua</td>
</tr>
<tr>
<td>your</td>
<td>lau/lo'ua</td>
</tr>
<tr>
<td>his/her</td>
<td>lana/iona</td>
</tr>
</tbody>
</table>

The following table lists the Samoan Possessives, both the a and o forms.

**DEFINITE**

<table>
<thead>
<tr>
<th>for singular nouns</th>
<th>for plural nouns</th>
</tr>
</thead>
<tbody>
<tr>
<td>lo'u, la'u</td>
<td>my</td>
</tr>
<tr>
<td>lou, lau</td>
<td>your</td>
</tr>
<tr>
<td>lona, lana</td>
<td>his, her, its</td>
</tr>
<tr>
<td>lo tá, la tá</td>
<td>our(2)</td>
</tr>
<tr>
<td>lo mā, la mā</td>
<td>our(2)</td>
</tr>
<tr>
<td>lo lua, la lua</td>
<td>your(2)</td>
</tr>
<tr>
<td>lo lá, la lá</td>
<td>their(2)</td>
</tr>
<tr>
<td>lo tátou, la tátou</td>
<td>our</td>
</tr>
<tr>
<td>lo mātou, la mātou</td>
<td>our</td>
</tr>
<tr>
<td>lo tou, la tou</td>
<td>your</td>
</tr>
<tr>
<td>lo lātou, la lātou</td>
<td>their</td>
</tr>
</tbody>
</table>
INDEFINITE

for singular nouns
so'u, sa'u
sou, sau
sona, sana
so tā, sa tā
so mā, sa mā
so lua, sa lua
so là, sa là
so tātou, sa lātou
so mātou, sa mātou
so tou, sa tou
so lātou, sa lātou

my
your
his, her, its
our(2)
our(2)
your(2)
their(2)
our
our
your
their

for plural nouns
ni o'u, nia'u
ni ou, ni au
ni ona, ni ana
ni o tā, ni a tā
ni o mā, ni a mā
ni o lua, ni a lua
ni o là, ni a là
ni o tātou, ni a tātou
ni o mātou, ni a mātou
ni o tou, ni a tou
ni o lātou, ni a lātou

CONCERNING THE POSSESSIVES

From the table, it should be evident that although there are separate possessive forms for singular and plural nouns as well as for definite and indefinite possessive statements, there are clear patterns for the formation of these possessives:

'O la'u maile.
'O a'u maile.
'O sia'u maile.
'O sa'u maile?
'O nia'u maile?

My dog.
My dogs.
My dear little dog.
Is it my dog?
Are they my dogs?

Definite. Possessives used with definite singular nouns begin with l. For plural nouns the l is dropped.

'O lō lātou tuagāne.
'O o lātou tuagāne.
'O la'u pua'a.
'O a'u pua'a.

Their brother.
Their brothers.
My pig.
My pigs.

Indefinite. If the statement being uttered is a question of existence or a negation, the singular possessive changes the l to s. The plural possessive, however, drops the consonant and adds the indefinite article ni.

'O so lātou tuagāne?
'O ni o lātou tuagāne?
E lē'o sa'u pua'a.
E lē'o ni a'u pua'a.

Is it their brother?
Are they their brothers?
It's not my pig.
They aren't my pigs.

Diminutive. The diminutive articles si and nai may also be used with all the possessives. When si is used, the singular markers (l or s) are dropped:

'O la'u tama.
'O si a'u tama.
'O lo mātou tinā.
'O si o mātou tinā.

My child.
My (dear little) child.
Our mother.
Our (dear little) mother.
For the plural forms, the word nai is used in the same way:

'O a'u maile.
'O nai a'u maile.
'O ni au tama'i moa?
'O ni nai au tama'i moa?

My dogs.
My (dear little) dogs.
Are they your chicks?
Are they your (dear) chicks?

In careful or formal speech, the long forms (independent) of the following pronouns are sometimes heard with the possessive prefixes (both a and o):

<table>
<thead>
<tr>
<th>short form</th>
<th>formal form</th>
</tr>
</thead>
<tbody>
<tr>
<td>la tā</td>
<td>la tā'ua</td>
</tr>
<tr>
<td>la mā</td>
<td>la mā'ua</td>
</tr>
<tr>
<td>la lua</td>
<td>la 'oulua</td>
</tr>
<tr>
<td>la lā</td>
<td>la lā'ua</td>
</tr>
<tr>
<td>la tou</td>
<td>la 'outou</td>
</tr>
</tbody>
</table>

our(2)  
our(2)  
your(2)  
their(2)  
your(pl)

In colloquial speech, the la/lo and sa/so markers for singular nouns often become reduced to se/le. Likewise, the a and o markers for plural nouns are often dropped.

'O lo tātou fale.  
'O sa tātou povi?  
'O o mātou uso.  
'O ni o tou nofoa?

'O le tātou fale.  
'O se tātou povi?  
'O mātou uso.  
'O ni tou nofoa?

Our house.  
Is it our cow?  
Our brothers.  
Are they your chairs?

There is an alternative pronoun for the first person singular derived form ('i)ta which is frequently heard in songs and colloquial speech. It follows the same patterns as the other possessives.

'O lota nu'u.  
'O lata maile.

My village.  
My dog.

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. 'O la'u uō teine lele.  
2. 'O lana tama lenā.  
3. 'O lou fale lea.  
4. 'O lona potu moe lea.  
5. 'O lo mātou tinā lele.  
6. 'O sau tāne lea?  
7. 'O sana āvā lele?

1. That's my girlfriend.  
2. That's her child.  
3. This is your house.  
4. This is his bedroom.  
5. That is our mother over there.  
6. Is this your husband?  
7. Is that his wife?

CHANGE THE FOLLOWING TO PLURAL:

1. 'O la'u pepa lea.
2. 'O lo'u uso lenā.
3. 'O sau uati lea?
4. 'O sou tuafaine?
5. 'O sana tuagane?
6. 'O so 'outou fale lele?
7. 'O la lātou fōma'i.
8. 'O lo mātou fale ma'i.
9. 'O la mā'ua tama.
10. 'O lo'u vae.
11. 'O lona lima.
12. 'O lo'u taliga.
13. 'O lou mata.
14. 'O lo'u se'evae.
15. 'O lo'u pūlou.

CHANGE THE FOLLOWING SENTENCES TO THE NEGATIVE:
1. 'Ua tīgā lo'u ulu
2. 'Ua tīgā lo'u marava.
3. 'Ua tīgā lona tua.
4. Sā fula lona vae
5. Sā fula (swollen) lona lima.
6. Sā fula lo'u ua.
7. 'Olo'o moc lo'u eso.
8. 'Olo'o 'ai la'u uō.
9. 'Olo'o faigaluega lona tinā.
10. 'Olo'o mālōlō lou tamā.
A VERB FORM FOR TO EXIST

Samoan has no equivalent for the English helping verbs to be and to have. The following are ways of expressing the different uses of these two English verbs in Samoan.

1. Auxiliary verb function. Samoan has no auxiliary verb. Present perfect, etc., is expressed through the tense/aspect markers:
   - *Fale is eating.*
   - *Fale has eaten.*
   - *Fale was eating.*
   - 'Olo'o 'ai Fale.
   - 'Ua 'ai Fale.
   - Sā 'ai Fale.

2. Showing equivalence or identity in English requires the use of the verb to be. Samoan does not have a verb for this function. Two nouns being identified or equated are placed together, each beginning with the noun marker 'o (see Lesson 10):
   - *Hana is a girl.*
   - *Sāmoa is a country.*
   - 'O Hana 'o le teine.
   - 'O Sāmoa 'o le atunu'u.

3. The use of a form of to be with adjectives in English to give a verbal meaning to the adjective (predicate adjective) is accomplished in Samoan with the tense/aspect markers:
   - *The car is red.*
   - *The boy is sick.*
   - E mūmū le ta'avale.
   - 'Ua ma'i le tama.

4. The stating of existence in English usually requires the word to be. In Samoan the verb *iai* (to exist) serves the same function:
   - *E iai le va'a.*
   - *There is a boat.*
   - *There was a dog.*
   - tm exists a boat
   - Sā iai le maile.
   - tm existed a dog

5. Possession is usually shown in English with a form of the verb to have. Samoan uses the verb *iai* (to exist) and the possessives:
   - *E iai la'u ta'avale.*
   - *I have a car.*
   - *She had a job.*
   - tm exists my car
   - Sā iai lana gahuega.
   - tm existed her job

6. The locatives (locations) can be used with the verb *iai* (to exist) to make statements of locations:
   - *E iai le mogamoga i huga o le laulau.*
   - *There is a roach on top of the table.*
   - *Was there a policeman in the house?*
   - Sā iai se leoleo i totonu o le fale?

   The most common locatives in Samoan are:
   - i totonu  *inside*  iluga  *on top*
   - i tafa  *outside*  itala ane  *beside*
   - itua  *behind*  itafatafa  *beside*
   - iluma  *in front*  i tua  *inland*
   - ilalo  *under*  itai  *seaward*
LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. E iai la'u kofe.
2. E iai sau ta'avalu?
3. E iai sa tou telefoni?
4. E iai sou avanoa?
5. Ša iai lana tupe.
6. Ša iai la mātou fōma'i i Šāmoa.
7. 'Ole'a iai lo'u fale.
8. 'Ua iai sau pepa?
9. E iai sa lātou telefoni?
10. E iai sou to'alua?

1. I have some coffee.
2. Do you have a car?
3. Do you-all have a phone?
4. Do you have time?
5. He had some money.
6. We had a doctor in Samoa.
7. I will have a house.
8. Do you have a form?
9. Do they have a phone?
10. Do you have a spouse?

The negative of iai is formed with the negative marker lē. The two words are frequently contracted to leai:

E leai la'u tāne.
E le iai sa'u tāne.
E leai sa'u tāne.
E le iai sana ta'avalu.
E leai sana ta'avalu.

I have a husband.
I don't have a husband.
I don't have a husband.
He doesn't have a car.
He doesn't have a car.

TRANSLATE THE FOLLOWING SENTENCES INTO SAMOAN:

1. I don't have a phone.
2. Does she have a car?
3. They don't have a doctor.
4. There isn't any coffee.
5. We don't have a house.
6. Lene doesn't have a wife.
7. Did you have a job?
8. Does your friend have a child?
9. Do you have a pen?
10. Did you-all have a meeting (fono)?

11. I have a hat.

12. I have a shirt.

13. She has a new baby.

14. We have an appointment (taimi fa’atonuina).

15. Do you have shoes?

16. Do you have money?

17. Do you have a spouse?

18. Kalo doesn’t have an appointment.

19. Is there any ice water?

20. Does Pili have a girl friend?

21. Did Fili have a job?

22. There isn’t any sugar (suka).

23. There isn’t any ice water.

24. Is there anybody (tagata) in the room?

25. Is there any food in the refrigerator?

26. Is there any medicine (vailā’au)?

27. Is there a knife (naifi)?
LESSON TWENTY-SEVEN

SIMPLE VERBAL SENTENCES WITH A LOCATION

The most common Samoan word order is VERB PHRASE + SUBJECT. The verb phrase is most often first in Samoan sentences, and the other components will follow in variable order, largely determined by emphasis. The most important concept is to begin sentences with the verb phrase. English usually requires a subject to begin the sentence. If a location phrase is to be added to the Samoan sentence, it will often follow the verb and the subject. The word i (also 'i) is the basic 'preposition' for Samoan. It can be translated as in, to, at, on, etc. When specifying a location, the word i (or 'i) is used for the preposition:

E nofo Mele i Makiki.  
verb subject location  
Mele lives in Makiki.

"Ua alu Mika i le fale.  
verb subject location  
Mika has gone home.

The word 'i is normally used to show motion or movement to a location. The word i is used to show position in time or space. In actual practice the two words tend to lose distinction in fast or colloquial speech.

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. 'Ua savali Pita i le fale ma'i.
2. 'Sā tamo'o Lene i le paka.
3. Na malaga le tausima'i i Sāmoa.
4. 'Ole'a alu le toea'ina i Kailua.
5. 'Olo'o 'a'au la'u uō i Kailua.
6. Sā tafao lona tamā i Waikiki.
7. 'Ole'a toe fo'i le lo'omatu'a 'i Maui.
8. Na tolotolo le pepe 'i lona moega.
9. 'Ua pa'u le tama 'i le vailafe.
10. Na uhufale le faife'a'u i le falesā.
11. 'Olo'o lele le va'alele 'i Hawai'i.
12. 'Ua folau le va'a'i Sāmoa.
13. 'Ua a'e Milo i lu'ga o le mauga.
14. Sā savali le teine fōma'i i le fale talavai.

1. Pita has walked to the hospital.
2. Lene was running at the park.
3. The nurse traveled to Samoa.
4. The old man will go to Kailua.
5. My friend is swimming at Kailua.
6. His father walked about Waikiki.
7. The old lady will return to Maui.
8. The baby crawled to its bed.
9. The boy has fallen in the river.
10. The minister entered the church.
11. The plane is flying to Hawaii.
12. The boat has sailed to Samoa.
13. Milo is climbing the mountain.
14. The nurse walked to the pharmacy.
LESSON TWENTY-EIGHT

SIMPLE VERBAL SENTENCES WITH TIME

A time phrase can be added to the sentences so far constructed. The time component is usually added after the verb. It may occur before the verb, but if this is the case the word a1 is usually added after the verb to mark where the time phrase should have come.

'Ou te alu i le pō.  
Nā alu anapō Togo.  
'O nei lava e fai a1 le fono.  

I'll go at night (tonight).  
Togo went last night.  
The meeting will be held now (soon).

In general, adverbs of time, place, direction and manner, are usually represented by words which serve as adverbs in both meaning and usage although they may frequently be used as other parts of speech as well. Adverbs may either precede or follow the word they modify, depending on the adverb. In some cases, two adverbs may be used, one preceding and the other following the verb.

'Aua 'e te moe so'o.  
'Ou te toe moe.  
'E te toe moe fo'i?  

Don't sleep so much.  
I'll sleep again.  
Are you going to sleep again too?

Adverbs of direction (mai, atu, ane, ifo, etc.) are frequently contracted with the verb they modify in colloquial speech. In many cases the -a, and -ina verbal endings are attached to the adverb instead of the verb:

alu (go) + atu (away from the speaker)  
fa'atau (to buy) + mai (to the speaker) + -a  
alatu to go  
fa'ataumaia to purchase

The following are some common words expressing time:

<table>
<thead>
<tr>
<th>Aunafu</th>
<th>yesterday</th>
<th>Aso Gafua</th>
<th>Monday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aunau</td>
<td>just now</td>
<td>Aso Lua</td>
<td>Tuesday</td>
</tr>
<tr>
<td>Aunlelā</td>
<td>earlier today</td>
<td>Aso Lulu</td>
<td>Wednesday</td>
</tr>
<tr>
<td>Aunao</td>
<td>earlier this morning</td>
<td>Aso Tofī</td>
<td>Thursday</td>
</tr>
<tr>
<td>Aunapo</td>
<td>birthday</td>
<td>Aso Faraīle</td>
<td>Friday</td>
</tr>
<tr>
<td>Aunie</td>
<td>now, today</td>
<td>Aso To'ona'i</td>
<td>Saturday</td>
</tr>
<tr>
<td>Aunina</td>
<td>month</td>
<td>Aso Sā</td>
<td>Sunday</td>
</tr>
<tr>
<td>Vaiaso</td>
<td>week</td>
<td>le asō</td>
<td>later today</td>
</tr>
<tr>
<td>Tausaga</td>
<td>year</td>
<td>taeao/ātaeo</td>
<td>today</td>
</tr>
<tr>
<td>I le taeo</td>
<td>morning</td>
<td>pea</td>
<td>tomorrow</td>
</tr>
<tr>
<td>I le aoauli</td>
<td>noon</td>
<td>toe</td>
<td>still</td>
</tr>
<tr>
<td>I le afiaf</td>
<td>afternoon</td>
<td>vave</td>
<td>again</td>
</tr>
<tr>
<td>I le pō</td>
<td>night</td>
<td>so'o</td>
<td>quickly</td>
</tr>
<tr>
<td>Vaehuagāpō</td>
<td>midnight</td>
<td>saga</td>
<td>continually</td>
</tr>
<tr>
<td>Vaia</td>
<td>period of time</td>
<td>seasea</td>
<td>to continue</td>
</tr>
<tr>
<td>Taimi</td>
<td>time</td>
<td>toeititi</td>
<td>seldom</td>
</tr>
<tr>
<td>Vaiaso 'ua te'a</td>
<td>last week</td>
<td>leva</td>
<td>soon, almost</td>
</tr>
<tr>
<td>Vaiaso 'ā sau</td>
<td>next week</td>
<td>Iaunari</td>
<td>long time</td>
</tr>
<tr>
<td>Fepuari</td>
<td>February</td>
<td>Mati</td>
<td>January</td>
</tr>
<tr>
<td>'Aperila</td>
<td>April</td>
<td>Mē</td>
<td>May</td>
</tr>
<tr>
<td>Funi</td>
<td>June</td>
<td>Iulai</td>
<td>July</td>
</tr>
<tr>
<td>'Aokuso ('Aukuso)</td>
<td>August</td>
<td>Sētema</td>
<td>September</td>
</tr>
<tr>
<td>'Oketopa</td>
<td>October</td>
<td>Nōvema</td>
<td>November</td>
</tr>
<tr>
<td>Tēsema</td>
<td>December</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:
1. Na sau lo'u uso ananafi.
2. Sā ma'il le toea'ina iā Mē.
3. Toeitiiti alu le pasi.
4. Na moe vave le pepe.
5. E alu nei le teine.
6. Sau taeao i lo mātou fale.
7. 'O ni nai māsina 'ua te'a.
8. So'o se aso.
9. So'o se taimi.
10. Sau i so'o se aso.
11. 'Ole'a fa'i lou tuinānēi.
12. E fai le fono i le Aso Sā.
13. E fai le ta'otoga taeao.
15. Sā ulaula lo'u tamā i le tausaga 'ua te'a.

1. My brother came yesterday.
2. The old man was sick in May.
3. The bus will leave soon.
4. The baby slept quickly.
5. The girl is going now.
6. Come to our house tomorrow.
7. A few months ago.
8. Any day.
9. Any time.
10. Come any day.
11. You will be given a shot later.
12. The meeting will be on Sunday.
13. The operation will be tomorrow.
14. The girl didn't sleep last night.
15. My father smoked last year.

TRANSLATE THE FOLLOWING SENTENCES:
1. I was sick last week.
2. What day is this?
3. Sara ate earlier today.
4. Did you sleep today?
5. The doctor will be here later?
6. Come back (toe sau) next Monday.
7. Take two pills at noon.
8. What is your birthday?
10. Poto is seldom sick.
11. Hana was born (fānau) in November.
12. Don't come on Thursday morning.
13. Don't go to the hospital later.
14. Don't keep talking in the room.
15. What month is this?
16. What time is your operation?
17. What year did your friend die?
LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:
1. 'O le ā le māsina lenei?
2. 'O le ā le māsina 'ua te'a?
3. 'O ai le māsina ā sau?
4. 'O ai le māsina lenei?
5. 'O le asafia lenei?
6. 'O le asafia ananafi?
7. 'O le asafia taeao?
8. 'O le ā le aso ʻātacea?
9. 'O le ā le aso ananafi?
10. 'O le aso fitu le asō.
11. 'O le aso muamua o Me taeao.
12. 'O lo'u aso fānau taeao.
13. 'O le ā le tausaga lenei?
14. 'O le tausaga fia lenei?
15. 'O le tausaga fia le tausaga ʻā sau?

1. What's this month?
2. What was last month?
3. What is next month?
4. What is this month?
5. What is today's date?
6. What was yesterday's date?
7. What's the date tomorrow?
8. What day is tomorrow?
9. What day was yesterday?
10. Today is the 7th.
11. Tomorrow is the 1st of May.
12. My birthday is tomorrow.
13. What is this year?
14. What is this year?
15. What year is next year?

TRANSLATE THE FOLLOWING SENTENCES:
1. What is today?
2. What date was last Friday?
3. What is your birthday?
4. Today is the 3rd of March.
5. Yesterday was the 20th of May.
6. Is today Monday?
7. Will you come on Saturday at noon?
8. Was Fotu sick last week?
9. Will you bring your friend tomorrow to the hospital?
10. Did Nonu sleep at the hospital last night?
11. Is the doctor coming to his office (ʻōfisa) later?
12. Did you take (drink) your medicine last night?
13. What year did come to Hawaii?
14. My head hurts all the time.
LESSON  TWENTY-NINE

VERBAL SENTENCES WITH OBJECTS

Sentences that have a direct object as well as a subject still tend to follow the same basic, preferred word order (verb first). The order of the other components (subject, object, time, location) is not as fixed as the verb first principal. Word order does not indicate grammatical case (subject, object, etc.) as it does in English. For this reason it is necessary to mark the subject or the object to tell them apart. One class of verbs marks the object with 'i (also I). Verbs of this class are mostly verbs of perception or feeling (see, hear, love, etc.). It may be helpful to view this kind of an object as a location to which the action or verbal process is being directed or focused.

E alofa le tīnā 'i lana pepe.  The mother loves (to/at) her baby.
verb  subject location/object/focus
'Olo'o fa'a'ologologo Mika 'i le pese.  Mika is listening to the song.
verb  subject loc./obj./focus

The other class of verbs marks the subject with the word e. This class includes verbs of process and interaction (cook, eat, build, etc.). Since the subject in this class of verbs is clearly marked, the object is not marked in any way.

Sā kuka e Nina le moa.  Nina cooked the chicken.
verb  subject object
Na 'ai le maile e le i'a.  The fish ate the dog.
verb  obj.  subj.
Na 'ai e le maile le i'a.  The dog ate the fish.
verb  subject object

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. Sā matamata le tēne 'i le tīfaga.
2. 'Olo'o kuka e le fa'afine le mea'ai.
3. Sā 'ave e Fosi la'u peni.
4. 'Olo'o fa'a'ologologo le fōma'i 'i lona fatu.
5. E alofa le tīnā 'i lana pepe.
6. 'Ua ita le tausima'i 'i le ma'ai.
7. 'Olo'o sāuni e le teine le potu.
8. Sā tatala e le fōma'i le 'ēfisa.
9. E fiafia le toea'ina 'i le talo.
10. Sā sasa e le teine lona tei.
11. 'Ua inu e le ma'i le fuālā'au.
12. 'Ole'a tapena e le tama le potu.

1. The girl watched the movie.
2. The woman is cooking the food.
3. Fosi took my pen.
4. The doctor is listening to her heart.
5. The mother loves her baby.
6. The nurse is mad at the patient.
7. The girl is getting the room ready.
8. The doctor opened the office.
9. The old man likes taro.
10. The girl spanked her little brother.
11. The patient took the pill.
12. The boy will clean the room.

TRANSLATE THE FOLLOWING SENTENCES:

1. The dog bit (ʻai) the boy.

2. The dog bit the boy's leg.
3. Did your mother bring the forms?
4. Is your father working today?
5. Will your mother come tomorrow?
6. Does your child go to school (ā'oga)?
7. Did you go to the hospital last night?
8. Is the food ready (vela)?
9. Did you take the medicine?
10. Were you sick on your birthday?
11. Did your sister clean the room?
12. Sina is buying (fa'atau) the food.
13. Do you have a phone?
14. Do you have a license (laiene)?
15. Do you have any money?
16. Is your father at home (i le fale)?
17. What day is it?
18. Is today Monday?
19. Did your mother sign (saini) the form?
20. The nurse is mad at you.
21. Don’t bring your friend later.
22. Did you see (va'ai) Mareko’s father last night at the hospital?
23. I don’t like that medicine.
24. Leti closed (tapuni) the window (fa'amalama) earlier.
25. I'll write to you next month.
26. The old man was bathing in the ocean (sami) on Saturday.
27. The policeman shot (fana) the thief (gaoi) this morning.
28. The nurse helped the doctor.
LESSON THIRTY

WISHES AND DESIRES

The prefix fia- is used before verbs to give the meaning to want to, or to like to. Since it is a prefix, fia- cannot occur in isolation (without a verb). In writing, it is often not attached to its verb.

'Uamoe Kalo.
'Ua fia moc Kalo.
Sā alu le tama.
Sā fia alu le tama.

Kalo is sleeping.
Kalo is sleepy. (Kalo wants to sleep.)
The boy went.
The boy wanted to go.

The verb mana'o usually translates as to want or to desire. Because it is more of a perceptive verb, it marks the object with the word 'i (see Lesson 29):

'Ua mana'o le pepe 'i le susu.
Sā mana'o le lo'omatua 'i le fōma'i.

The baby wants the milk.
The old lady wanted the doctor.

If a verb follows mana'o (want to go, want to eat) the second verb uses the e tense/aspect marker:

Na mana'o Fata e alu.
'Ua mana'o le pepe e moc.

Fata wanted to go.
The baby wants to sleep.

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. 'Ua fia 'ai le ma'i.
2. Sā fia alu le tamāloa.
3. E fia malaga le lōia i Sāmoa.
4. E le fia savali le teine i le fale'oloa.
5. E fia ta'oto le lo'omatua.
6. 'Ua fia malōlo le fōma'i.
7. Sā mana'o le pepe 'i lona tinā.
8. Sā mana'o le tamaititi e alu.
9. 'Ole'a mana'o le faise'au 'iā 'oe.
10. E fia toc fo'i le teinciti 'i Sāmoa.
11. E fia tā'ele lau uō.
12. 'Ua fia inu 'Afa.

1. The patient is hungry.
2. The man wanted to go.
3. The lawyer wants to travel to Samoa.
4. The girl doesn't want to walk to the store.
5. The old lady wants to recline.
6. The doctor wants to rest.
7. The baby wanted its mother.
8. The little boy wanted to go.
9. The minister will want you.
10. The little girl wants to return to Samoa.
11. Your friend wants to bathe.
12. Afa's thirsty.

TRANSLATE THE FOLLOWING SENTENCES INTO SAMOAN:

1. Are you hungry?
2. Do you want to sleep?
3. Do you want to take a shower?
4. Are you thirsty?
5. Would you like to recline?
6. Would you like to see the doctor?
7. Would you like to watch TV?
8. Would you like to listen to the radio (leitiō)?
9. Would you like to walk outside (i fafo)?
10. Do you want to go to the toilet (fale uila)?
11. The boy's father wants to leave.
12. My friend wants to see you.
13. The old man wants to go shopping (fa’atau).
15. Do you want to drink some coffee?
16. Did you want to talk (tautala) to the doctor yesterday?
17. Does the old lady want her shoes?
18. Does your mother want to drink cocoa (koko)?
19. Does your sister want to go to the meeting on Tuesday?
20. Is Nele tired?
21. Is the little boy hungry?
22. Does the old man want to sit down?
23. Did you want to wash (fufulu) your hands?
24. Did she want to brush (fufulu) her teeth?
25. Do you want to wash (tā) your shirt?
26. Did you wash your hands?
27. Do you want to see Doctor Lene?
28. I want to go to the cafeteria.
29. The patient isn’t tired.
30. Do you want to read the newspaper (musepepa)?
31. Do you want a minister?
LESSON THIRTY-ONE

CAN, SHOULD AND MUST

The verbs mafai, tatau and ao are similar to the English auxiliary verbs. These verbs all occur together with a main verb like the English auxiliary verbs can, should and must. All three of these verbs (as well as several other Samoan verbs) connect to the second verb with the particle ona. The second verb does not take a tense/aspect marker since it is "joined" to the first verb and its marker with ona. The verb ao may also use ina as its linker to the second verb instead of ona.

E alu Tuli. verb subject
E mafai ona alu Tuli. verb subject
E tatau ona alu le teine. verb subject
E ao ona alu la'u uō. verb subject
Tuli is going to go.
Tuli can go.
The girl should go.
My friend must go.

For sentences expressing the negative (can't, shouldn't, etc.) the negative marker, lē, comes before the first (auxiliary) verb:
E lē mafai ona alu Tuli.
Tuli can't go.

Other words that are used with the same type of sentence structure include:

'āmata (star):
'umā (finished)
leva (long time)
sili (most)
faigatā (difficult)
faigofie (easy)
fa'apēfea (how)
pei (just like)
talu (since)

FILL IN THE BLANKS ACCORDING TO THE ENGLISH TRANSLATION:

1. E_________ alu a'u?
2. E_________ moe 'oe.
3. Sā_________ 'ai le tama.
4. E_________ nofo i lalo le teine.
5. E_________ inu le lua fuālā'au.
6. Sā_________ alu le toea'ina.
7. E_________ nofo 'oe i le falema'i.
1. Can I go?
2. You should sleep.
3. The boy should have eaten.
4. The girl should sit down.
5. You should take two pills.
6. The old man should have gone.
7. You must stay at the hospital.
8. Vili can't come.
9. Lita can't sleep.
10. E__________ulaula tātou.

11. E__________fa'atumu muamua le pepa lea.

12. E__________savalī ('oe)?

13. E__________tautala fa'aSāmoa ('oe)?

14. E__________tautala fa'aSāmoa ('oe)?

15. E__________sau taeao.

16. E__________fo'i mai i le Aso Lua.

17. E__________savalī ('oc).

18. E__________'ai ('oe).

19. Sā__________'ave lau ta'avae?

20. E__________'ave lau ta'avae?

10. We shouldn’t smoke.

11. You must fill out this form first.

12. Can’t (you) walk?

13. Can (you) speak Samoan?

14. Can’t (you) speak Samoan?

15. (You) shouldn’t come tomorrow.

16. (You) should return on Tuesday.

17. (You) shouldn’t walk.

18. (You) must eat.

19. Were you able to drive your car?

20. Can’t you drive your car?

TRANSLATE THE FOLLOWING SENTENCES INTO SAMOAN:

1. Can I sit here, please?

2. Should I come back next week?

3. Can I use (fa’aagā) your telephone?

4. Can Kita eat ice cream (‘aisakulimī)?

5. Lene shouldn’t smoke.

6. You can’t smoke here.

7. Can you sign your name on this form, please?

8. You must take these pills.

9. Your father must sign this form.

10. Can you turn on (ki) the TV, please?

11. Can you turn off (tapē) the light (mōli), please?

12. Can you wait in that room, please?

13. You should walk.

14. Tell Siaki he should be here at 3.

15. Can you call my friend later?

16. Can you talk?

17. Should I call first?
PLURAL FORMS FOR VERBS

Most verbs and adjectives change form in Samoan from singular to plural. In most cases the plural form of the word reduplicates a syllable or lengthens a syllable. In some cases the plural form is markedly different from the singular form, but these can be thought of as exceptions to the normal plural formation. The plural forms are used when the subject is plural.

'Olo'o nofo le tama.
'Olo'o nofo nofo le tama.
E lāpo'a le pepe.
E lāpo'opō'a pepe.

The boy is sitting/staying.
The boys are sitting/staying.
The baby is large.
The babies are large.

The most common patterns of plural formation are:
1. Reduplication of the accented syllable.
   'ā'i
   ta'a'alo (the 1st syllable lengthens)
   lāpo'a
   'a'ai (to eat)
   tā'a'alo (to play)
   lāpo'opō'a (large)

2. Lengthening a previously short vowel.
   ulaula
   va'ai
   ulaula (to smoke)
   vā'ai (to see)

3. The prefix fe may be added to verbs to form the plural. This prefix may be accompanied by a suffix as well.
   ita
   tagi
   feitai (to be angry)
   fetāgisi (to cry)

4. Some words that are already in a duplicated form often drop a syllable in the plural.
   pa'cpa'e
   uliuli
   papa'e (white)
   ūli (black)

5. A few verbs change completely in the plural.
   alu
   sau
   ō (to go)
   ōmai (to come)

6. Some verbs do not change at all from the singular.
   fesili
   sasa
   fesili (to question)
   sasa (to beat)

CHANGE THE FOLLOWING SENTENCES TO THE PLURAL:
1. 'Ua 'ai le teine.
2. Sā moe le pepe.
3. 'Olo'o tā'e le tama.
4. 'Ole'a sāvali le fa'afine.
5. 'Ole'a nofo i lalo le tausima'i.
6. 'Ua tamo'e 'o ia (her).
7. Na galue (work) le fōma'i.
8. Sā tagi (fetagisi) teine.
9. E mafai ona alu le tama.
10. E lē tatau ona sau (ōmai) 'oe.
11. 'Ua ita (feitai) lona uso.
12. 'Ua matamata le teine i le TV.
13. 'Ua oti (feoti) le fafine.
14. Sā 'a'au (fe'ausi) 'o ia i le sami.
15. Na 'ai 'oe?

TRANSLATE INTO SAMOAN:
1. The doctors are eating in the cafeteria.
2. They are angry with the nurses.
3. Do you-all live in Hawaii?
4. They are sitting down next to the window.
5. The babies are fat.
6. The women were listening to the minister.
7. Three doctors were sick yesterday.
8. Your parents (mātua) are very old.
9. They are well (mālosi).
10. The whole ('ātoa) family is sick.
11. All of the people in that room are asleep.
12. My friends are standing up in the back of the room.
13. Can your parents return tomorrow at three?
14. We should swim at Waikiki later.
15. Can your children walk to the hospital?
ADJECTIVES AND ADVERBS

Adjectives and verbs are generally interchangeable in Samoan. When a word is used verbally, it is preceded by a tense/aspect marker. An adjective usually follows the noun it modifies. Nouns may frequently add the suffix -a or the prefix fa'a- to form verbs or adjectives:

'ele'ele

dirt

Sāmoa

fa'aSāmoa

'Samoan style

'Ua 'ele'elea lona 'ofutino.

Her shirt is dirty.

'O le mea'ai fa'aSāmoa.

Samoan food.

Most words used as adjectives have a plural form the same as when the word is used as a verb. The plural is most frequently formed by duplicating the accented syllable. (See Lesson 32 for the formation of verbal plurals.)

lāpo'a

'ena'ena

large

brown

lāpopo'a

'ce'ena

Adjectives used as verbs (predicatively) precede the noun.

'Ua puta Sini.

Sini is fat.

Adjectives used to qualify nouns will normally follow the noun.

'O lelema puta.

The fat boy.

There are exceptions, such as indefinite adjectives (lai, sina, tasi) which precede the noun.

'O le isi teine.

The other girl.

Demonstratives used as adjectives may precede or follow the noun. (See Lesson 8.)

'O le teine lenei.

This girl.

This girl.

Adverbs modify a verb (or a word that is used as a verb) and may precede or follow the word they are modifying. Words used as adverbs may be used as other parts of speech as well:

E lea ga le vave.

verb noun

E vave le teine.

verb noun

E lē lelei le tali vave.

verb noun adjective

E 'ai vave le teine.

verb adverb noun

Haste is bad.

The girl is quick.

A quick answer is not good.

The girl eats fast.

The adverbs of time have already been presented in Lesson 28. The numbers were presented in Lesson 17. Other common words that can be used as noun modifiers (adjectives) or verbal modifiers (adverbs) include:

mūmū red

lelei good

uliuli black

leaga bad

pa'epa'e white

mālōlū cold

'ene'ena brown

vevela hot

samasama yellow

lanu moana blue

vaivai soft

malō hard

lanu mea mata green

'umi tall

lanu moli orange

pu'u pu'u short

mālosi strong

lāpo'a large

lanu 'efu'efu grey

sinā white

pea still

lanu siliva silver

la'itiiti small

lanu 'auro gold

fa'ama'ama'i sickly

poto smart

pulepule spotted
WRITE THE MISSING WORD IN THE BLANKS BELOW

1. 'O le aso _______.
2. 'O le vai _______.
3. 'O le ta'avele _______.
4. 'Aumai se vai _______.
5. 'Ua _______ ma'i Hana.
6. 'Ua vevela _______ ou mata.
7. 'Ua maualuga _______ lona fiva.
8. 'Olo'o ma'i _______ lou uso.
9. 'Aumai se 'ie _______.
10. E le vevela _______ le vai.
11. 'O Fata 'o le fōma'i _______.
12. E lai se vali _______.
13. Su'e se 'ofu tino _______.
14. Sau _______.
15. Fai _______.

1. A hot day.
2. Cold water.
4. Bring some hot water.
5. Hana is sick again.
6. Your face is very hot.
7. His fever is very high.
8. Your sister is still sick.
9. Bring a clean cloth.
10. The water isn't too hot.
11. Fata is a good doctor.
12. Is there any red paint?
13. Look for a yellow shirt.
15. Do it well.

TRANSLATE THE FOLLOWING SENTENCES INTO SAMOAN:

1. Your son is very ill.
2. Your friend eats a lot.
3. Write your name again on the paper.
4. We will have the meeting in the new room.
5. Hana is always sleeping.
6. The new house was painted blue.
7. The short girl hit the big boy.
8. Don't drink too much.
9. Put this big bottle on the shelf (fata).
10. Is Hana still sleeping?
11. Today is really cold.
12. There is no hot water.
13. Risati's little red car looks nice.
14. Put the heavy box under the table.
15. Do you want a glass of cold water?
16. Go into the first room.
17. Don't eat too much.
18. Speak slowly, please.
19. The TV is off (pē) again.
20. Come quickly!
21. Don't drink too fast.
22. My head really hurts.
23. The patient (ma'i) slept late ('umi) yesterday.
24. Do you have a clean glass, please?
25. The patient is very tired.
26. Your son is a good boy.
27. This sheet is very dirty.
28. Is the doctor still busy?
29. Do you want another pillow (aluga)?
30. Do you want some cold water.
LESSON  THIRTY-FOUR

COMPARATIVE AND SUPERLATIVE

Words used as adjectives do not inflect (add endings) like English adjectives to show the comparative or superlative forms (fast, faster, fastest). The quality being compared is used as a verb in Samoan and word(s) i 10 is inserted between the two nouns being compared. If the second noun being compared is a proper name, ia may be used instead of i 10. In colloquial speech nai 10 is often used in place of i 10.

E puta Sita.
E puta tele Sara.
E puta Sara i 10 Sita.
E puta Sara ia Sita.
E mamefa le pulu i 10 le fulumoa.

Sita is fat.
Sara is very fat.
Sara is fattier than Sita.
Lead is heavier than feathers.

Another way to show comparison is to state opposite characteristics for the nouns that are being compared using the word 'ae (but):

E 'umi Tavita 'ae pu'upu'u Mika.

Tavita is taller than Mika.
(Tavita is tall but Mika is short.)

The superlative form is expressed using the verb sili (to be the most) and the linker ona:

E poto Futu.
E sili ona poto Futu.

Futu is smart.
Futu is the smartest.

COMPARE THE NOUN IN PARENTHESIS WITH THE MAIN NOUN:

1. E manaia le Tylenol. (Aspirin)
2. E poto le tausima'i. (le foma'i)
3. E 'umi le pepe a Meki. (pepe a Lisa)
4. E milosi le ma'i le aso leci. (ananafi)
5. E lelei le mea'ai ile fa'e'aiga o Burger King. (McDonald's food)
6. E vevela le tau i Hawaii. (Alaska)
7. E tauagata le olaga i Hawaii. (Samoan)
8. E faigata le fa'aligisi. (fa'aSamoan)
9. E puta le fafine. (lana tane)
CHANGE THE FOLLOWING SENTENCES INTO THE SUPERLATIVE:

1. E 'aulelei lou tinā.
2. E lelei le āmio a le tausima'i.
3. E mativa le toea'ina.
4. E mālosi le kofe na faia e Hana.
5. Sā vevela tele le Aso Gafua na te'a nei.
6. E lelei le fōma'i lenā.
7. E mauagatā le vailā'au lenā.
8. E lelei le mea'ai le fale'aiga o le falema'i.
9. E aogā le tolenei. (exercise)
10. E leaga le ulaula sikaleti.

TRANSLATE THE FOLLOWING SENTENCES:

1. Mele is older than Lisa.
2. Fili is taller than Gofu.
3. Nene's baby is bigger than Miti's baby.
4. This is the best treatment.
5. My brother is younger than your sister.
6. Kaiser is better than Castle Hospital.
7. This is the most difficult day.
8. This medicine is better than that one.
9. Today is colder than yesterday.
10. Tomorrow will be the coldest.
11. Your brother is sicker today than yesterday.
12. Can you bring the biggest bottle?
13. My leg hurt the worst yesterday.
14. The other medicine is better.
LESSON THIRTY-FIVE

A SPECIAL WORD ORDER FOR PRONOUN SUBJECTS

Pronouns used as subjects of a sentence may very often be moved up to the front of the sentence into the verb phrase. Most of the pronouns have a shorter form that is used when the pronoun is incorporated with the verb:

<table>
<thead>
<tr>
<th>a'u</th>
<th>I</th>
<th>Na alu a'u.</th>
<th>I went.</th>
</tr>
</thead>
<tbody>
<tr>
<td>'ou</td>
<td>I</td>
<td>Na 'ou alu.</td>
<td>I went.</td>
</tr>
<tr>
<td>'oe</td>
<td>you</td>
<td>Na alu 'oe?</td>
<td>You went?</td>
</tr>
<tr>
<td>'e</td>
<td>you</td>
<td>Na 'e alu?</td>
<td>You went?</td>
</tr>
<tr>
<td>ia</td>
<td>he/she/it</td>
<td>Na alu 'o ia.</td>
<td>H/s/i went</td>
</tr>
<tr>
<td>na</td>
<td>h/s/i</td>
<td>Na na alu.</td>
<td>H/s/i went.</td>
</tr>
<tr>
<td>tātou</td>
<td>we</td>
<td>Na ō tātou.</td>
<td>We went.</td>
</tr>
<tr>
<td>tātou</td>
<td>we</td>
<td>Na tātou ō.</td>
<td>We went.</td>
</tr>
<tr>
<td>mātou</td>
<td>we</td>
<td>Na ō mātou.</td>
<td>We went.</td>
</tr>
<tr>
<td>mātou</td>
<td>we</td>
<td>Na mātou ō.</td>
<td>We went.</td>
</tr>
<tr>
<td>'outou</td>
<td>you-all</td>
<td>Na ō 'outou.</td>
<td>You-all went.</td>
</tr>
<tr>
<td>tou</td>
<td>you-all</td>
<td>Na tou ō.</td>
<td>You-all went.</td>
</tr>
<tr>
<td>lātou</td>
<td>they</td>
<td>Na ō lātou.</td>
<td>They went.</td>
</tr>
<tr>
<td>lātou</td>
<td>they</td>
<td>Na lātou ō.</td>
<td>They went.</td>
</tr>
<tr>
<td>tā'ua</td>
<td>we2</td>
<td>Na ō tā'ua.</td>
<td>We went.</td>
</tr>
<tr>
<td>tā</td>
<td>we2</td>
<td>Na tā ō.</td>
<td>We went.</td>
</tr>
<tr>
<td>mā'ua</td>
<td>we2</td>
<td>Na ō mā'ua.</td>
<td>We went.</td>
</tr>
<tr>
<td>mā</td>
<td>we2</td>
<td>Na mā ō.</td>
<td>We went.</td>
</tr>
<tr>
<td>'oulua</td>
<td>you2</td>
<td>Na ō 'oulua.</td>
<td>You2 went.</td>
</tr>
<tr>
<td>lua</td>
<td>you2</td>
<td>Na lua ō.</td>
<td>You2 went.</td>
</tr>
<tr>
<td>lā'ua</td>
<td>they2</td>
<td>Na ō lā'ua.</td>
<td>They2 went.</td>
</tr>
<tr>
<td>lā</td>
<td>they2</td>
<td>Na lā ō.</td>
<td>They2 went.</td>
</tr>
</tbody>
</table>

The tense/aspect marker changes to te when it is used with the forms of the pronouns that come before the verb. The pronoun is placed before the tense/aspect marker te rather than after it as is the case with the other tense/aspect markers:

E alu a'u.  I will go.
E momoe lā'ua.  They2 will sleep.

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. 'Ua 'ou fia moe.
2. 'Ua lā fia 'a'ai.
3. E mafai ona 'ou nofo?
4. 'Ou te lē mālamalama.
5. E te fia alu taeao?
6. 'Ua mā fia vā'ai 'i le fōma'i.
7. E tatau ona tou fā'atāli i fafo.
8. E te alu pē leai.

1. I'm tired.
2. They2 are hungry.
3. Can I stay?
4. I don't understand.
5. Do you want to go tomorrow?
6. We want to see the doctor.
7. You-all should wait outside.
8. Are you going or no (not).
9. Na 'e fa'atumuina le pepe lea?
10. 'Ua 'e'ai?

9. Did you fill out this form?
10. Have you eaten yet?

TRANSLATE THE FOLLOWING SENTENCES INTO SAMOAN:

1. Do you understand?
2. Can you speak English?
3. Are you sick?
4. Can you eat?
5. Does your stomach (manava) hurt?
6. Is your father here?
7. Does your wife work?
8. Does your husband work?
9. Are you Samoan?
10. Take the larger bottle.
11. They will arrive (taunu'u) at three.
12. What time is it?
13. What time is your appointment (taimi fa'atunuina)?
14. Do you have a car?
15. Does your wife have a driver's license (laisenc 'ave ta'avale)?
16. You can't stay here.
17. Please be quiet.
18. Please turn your radio down (fa'aleola'itiiti).
19. Can I use (fa'aaogā) your bathroom, please?
20. My father works at the bank (fale tupe).
QUESTIONS AND QUESTION WORDS

Yes and No questions in Samoan have the same word order as a Samoan statement:

'Ua timu.       'Ua timu?                  It is raining.       Is it raining?
Sā ita Nita.    Sā ita Nita?               Nita was angry.     Was Nita angry?

These types of questions give no new information, only agreement or disagreement.

'Ua timu?       'oe.                      Is it raining?      Yes/No.
'Ua timu?       'oe.                      Is it raining?      Yes/No.

Question words, on the other hand, will give you new information (time, location, number, name, etc.). There are about a dozen important question words in Samoan that correspond to the English wh-question words. These question words may occur in the normal position (after the verb). However, because the purpose of these types of questions is to obtain new information, question words are frequently placed at the beginning of a sentence rather than after the verb. This serves to emphasize the question word. If a question word comes at the beginning of the sentence, the word ai is inserted after the verb to mark the change in word order.

E alu 'i fea 'oe? ('E te alu 'i fea?)
'O fea e alu 'i ai 'oe? ('O fea 'e te alu 'i ai?)
Na sau anafe a lou uso?
'O anafe a na sau ai a lou uso?

Where are you going?
Where are you going?
When did your sister come?
When did your sister come?

The following are the basic Samoan question words:

'O ai who 'O ai 'ua alu?
'O fea where 'O fea na 'e moe ai?
'O le a what 'O le a lea?
'O åfe'a when (future) 'O åfe'a e alu ai 'oe?
'O anafe a when (past) 'O anafe a na alu ai 'oe?
'Aisea why 'Aisea 'ua tagi ai 'oe?
E Fa'apēfe'a how E Fa'apēfe'a le tau?
E fa'apēle how much E fa'apēle le tau?
'E lēfe'a which 'O lēfe'a e sili?
E fa'ape'le what's it look like?
Fa'amata what do you think?
Fa'amata e timu?

Who went?
Where did you sleep?
What's this?
When are you going?
When did you go?
Why are you crying?
How's the weather?
What's the price?
Which is best?
What's the house look like?

Think it will rain?

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. 'O le a lea mea?
2. 'O ai 'oe?
3. 'O ai lou suafa?
4. 'O fea le faile?
5. 'O le a lau telefoni?
6. E fa le tau o le ipu kofe?
7. 'O fea na alu ai 'oe?

1. What's this?
2. Who are you?
3. What's your name?
4. Where's the house?
5. What's your phone number?
6. How much is a cup of coffee?
7. Where did you go?
8. What does your brother look like?
9. Why has Mickey come?
10. How's the boy?
11. Where do you stay?
12. Where are you from?
13. Whose child is that?
14. How many people in your family?
15. When did this pain start?

TRANSLATE THE FOLLOWING SENTENCES INTO SAMOAN:

1. Who is that?
2. Where is my doctor?
3. When will you come back?
4. What time is the meal?
5. How many patients in the room?
6. When did your friend die?
7. Who is smoking?
8. How many sisters does Hana have?
9. What's your name?
10. What's your friend's name?
11. Do you have a car?
12. What is your father's name?
13. Where do you live?
14. How's your brother?
15. Where is your mother?
16. Where are your parents (mātua)?
17. What time is it?
LES S O M E  A D V A N C E D  S T R U C T U R E S

'Ae and 'Auā (but and because)
The words 'ae (but) and 'auā (because) are used to link simple sentences (verb, subject, object, location, time, etc.). Information that is repeated in the combined sentences is often dropped.

'Ua fia moe le tama. 'auā Sā lē moe le tama anapō.
The boy is tired because The boy didn't sleep last night.

'Ua fia moe le tama 'auā sā lē moe anapō.
'Ou te fia malaga i Sāmoa. 'ae E leai sa'u tupe.
'I want to travel to Sāmoa. but I have no money.

'Ou te fia malaga i Sāmoa 'ae leai sa'u tupe.

Two additional words in Sāmoan that can be used to function as because are 'ona and leaga.
The word 'ona may substitute for 'auā, but it is more frequently used when the phrase following because is a noun-phrase (because of the traffic,...because of the dog):

'E leā mātou 'auā 'olo'o timu. We aren't going because it's raining.
'Ou le le le le 'ona 'o lau maile. I'm afraid because of your dog.

The word leaga is normally used as because in sentences with a "negative" theme:

'Ou te alu i le falema'i 'auā 'ua tigā lo'u ulu. I'm going to the hospital because my head hurts.

'Ou te alu ile falema'i leaga 'ua tigā lo'ululu.

'Aiseā (why)
The question word 'aiseā is added to the beginning of an independent clause. ('Ua alu Simi + 'aiseā = 'Aiseā 'ua alu ai Simi?). As with other examples of sentences that begin with a question word, the particle ai is added after the verb when 'aiseā is used.

'Ua alu Simi + 'aiseā 'Aiseā 'ua alu ai Simi?
Simi left. why Why did Simi go?

An other common structure for why is the phrase: 'O le ā le mea (What's the reason). It is used like 'aiseā and the particle ai also follows the verb.

'Ua alu Simi. + 'O le ā le mea 'O le ā le mea 'ua alu ai Simi?
Simi left. what's the reason What's the reason Simi left?

Ma (and)
Besides joining nouns ('O le tama ma le teine.: The boy and the girl.) or modifiers ('O le tama poto ma le atamai.: The smart clever boy.), ma can be used to join two or more sentences. The second tense/aspect marker may be left out.

'Ole'ā alu le teine 'i le fale. ma 'Ole'ā moe le teine 'i le fale.
The girl will go home. and The girl will sleep at home.

The combined sentences ('Ole'ā alu le teine 'i le fale ma 'ole'ā moe le teine 'i le fale) become:

'Ole'ā alu le teine 'i le fale ma moe ai. The girl will go home and sleep there.
Pe/Po (or)
Both of these words can be used to express the English or. As with ma, these words can join nouns, modifiers or complete sentences. When joining sentences, repeated information is often dropped, including the tense/aspect marker in rapid or casual speech. The choice of whether to use pe or po depends upon the sounds of the words that follow them. Po is used before words that begin with o or u, and pe is used elsewhere:

'Ua 'ai le 'oea'a'ina? po
Is the old man eating?
or
The combined sentences ('Ua 'ai le 'oea'a'ina po 'ua moe le 'oea'a'ina) become:
'E fia alu le lo'omatu'a?
Does the old lady want to go?
or
The combined sentences (E fia alu le lo'omatu'a pe e fia nofo le lo'omatu'a) become:
E fia alu le lo'omatu'a pe fia nofo?

'Āfai/Ā: Conditional (if / when)
Conditional in Samoan is represented by 'ā and 'āfai. The difference between the two are:
'ā....uses no tense/aspect marker
'Ā timu, 'ou te lē alu.
If it rains I won't go.
'ā....translates more as 'when'
'Ā 'e alu 'ave le mea lea.
When/If you go, take this.

The word pe is usually added to 'ā and 'āfai if they occur in the middle of a sentence:
'Ā 'e alu 'ave le mea lea.
If you go take this.
'Āfai 'e te alu, 'ave le mea lea.
If you take this.

'Ana: Unfulfilled Conditional (if only)
When expressing an unfulfilled condition (...if it had not rained...) the conjunction 'ana is used. No tense/aspect marker is normally used with the word 'ana since the word itself indicates that the sentence is in the past.

...'ana sau 'oe...
...If you had come...

The second part of the sentence frequently uses the tense/aspect marker e (or te with pronouns). Because this marker is used in a sentence that also contains the word 'ana in the other half, the e (or te) tense/aspect marker translates into the English as would or would have.

'Ana sau 'oe 'ou te fia'ia.
'Ana lē timu mātou te 3 i Waikiki.

If you had come I would have been happy.
If it had not rained we would have gone to Waikiki.

Relative Clauses
The basic sentence pattern of Verb + Subject + (Object) + Location + Time gives sentences like the following:

Na pē died
le maile the dog
i le fale in the house
ananafi.
yesterday
V
S
L
T

83
When adding a modifying word, such as brown or Simi’s to the noun dog, the modifier usually follows the noun:

\[
\begin{array}{ll}
\text{le maile} & 'ena'ena \\
\text{the dog} & \text{brown} \\
\text{N} & \text{Modifier} \\
\text{le maile} & \text{a Simi} \\
\text{the dog} & \text{of Simi} \\
\text{N} & \text{Modifier}
\end{array}
\]

Whole sentences can also be added to nouns to modify the noun or give more information about the noun. These sentences also follow the noun. In addition, any information that is being repeated can be deleted:

'Ua pē le maile. + Sā ma'i le maile
died the dog sick the dog

The combined sentences ('Ua pē le maile sā ma'i le maile) become:

'Ua pē le maile sā ma'i. The dog that was sick died.

It is possible to add a relative pronoun between the noun and the modifying sentence. The demonstratives of Lesson 8 are used for non-human nouns. The relative pronouns le and e are used for singular and plural human nouns respectively:

'Ua pē le maile o lena sā ma'i. The dog that was sick died.
'Ua maiū le toe’a ina 'o le sā gase gase. The old man who was sick died.

\textbf{Ina 'Ua and 'A 'o: (when and while)}

Both of these words are compounds that contain a tense/aspect marker and another word or marker. Ina 'ua is made of the linking word ina and the tense/aspect marker 'ua. 'A 'o is made of 'a (but) and the tense/aspect marker 'o (short for 'olo'o). Because of this, it is not necessary to use another tense/aspect marker with 'a 'o or ina 'ua in the clause that contains these conjunctions.

'A 'o is usually translated into English as while, or at the same time as. It can be used in any tense (past, future, etc.). The tense/aspect marker of the first half of the sentence places the 'a 'o phrase in the desired time context:

Na moe a'u. (or Na 'ou moe) 'a 'o Na 'ai Sina.
slept I ate Sina

The combined sentences (Na 'ou moe 'a 'o na 'ai Sina) become:

Na 'ou moe 'a 'o 'ai Sina. I slept while Sina ate.

\textbf{Ina 'ua generally gives a sentence a past tense meaning. It is used to express sentences that are frequently translated into English with the word when (when you called, when the baby woke up, etc.).}

Na tagi le pepe. ina 'ua Na pa'u le pepe.
The baby cried. The baby fell.

The combined sentences (Na tagi le pepe ina 'ua na pa'u le pepe) become:

Na tagi le pepe ina 'ua pa'u. The baby cried when it fell.

\textbf{'Ae Le'i and 'A'o Le'i (before)}

The combination of the word 'ae, but, and the negative past marker e le'i (sometimes 'o le'i with 'a) can be used to join clauses to give the English meaning before. Since 'ae le'i (or 'a o le'i) has a tense/aspect marker in its composition (the e in 'ae le'i and the 'o in 'a o le'i) a tense/aspect marker is not required in the 'ae le'i clause:

'Ole'ā telefoni atu Sina 'ia 'oe. 'ae le'i
Sina will call you.

The combined sentences ('Ole'ā telefoni atu Sina 'ia 'oe 'ae le'i 'ole'ā alu atu Sina 'i lou fale.) become:

'Ole'ā alu atu Sina 'i lou fale. Sina will go to your house.

'Ole'ā telefoni atu Sina 'ia 'oe 'ae le'i alu atu 'i lou fale.
Sina will call you before she goes to your house.
Ona...lea (and then...)
When joining two sentences together to express a sequential relationship the structure ona...lea can be used. In this type of sentence construction the second clause has its tense/aspect marker dropped. The word lea is added after the verb in the second sentence:

Na tū i luga Sara. ona...lea Na savali Sara 'i fafo. Sara stood up. Sara walked outside.

The combined sentences (Na tū i luga Sara.ona...lea na savali Sara 'i fafo). become:

Na tū i luga Sara ona savali lea 'o Sara i fafo.
The subject of the second clause can be eliminated as redundant information:

Na tū i luga Sara ona savali lea 'i fafo. Sara stood up and walked outside.

Note that if the subject of the second clause is included it is marked with the noun marker 'o.

'Ina 'ia (in order to)
The word 'ina is used as a verbal linker much the same as ina in the ina 'ua construction above. The particle 'ia is the imperative tense/aspect marker and therefore, the clause which contains 'ina 'ia does not usually have an additional tense/aspect marker for its verb:

Sā vave sau Tui 'ina 'ia Na maua 'oe e Tui Tui came early. Tui got (reached) you.
The combines sentences (Sā vave sau Tui 'ina 'ia na maua 'oe e Tui) become:

Sā vave sau Tui 'ina 'ia maua 'oe. Tui came early in order to find you.

Talu (since)
Talu is usually translated as since and can be used to join clauses or to introduce phrases, especially phrases with reference to time:

since 1989
since yesterday
since school started
since it rained
since (because) you were mad
since my trip to Samoa.

talu mai le 1989
talu maianana'i

talu ona 'amata le'a'oga
talu ona timu
talu a'ia ia
talu a'ia la'u malaga i Sāmoa

Talu is used with mai when a specific time follows (1989, today, yesterday, etc.):

talu mai le Aso Sā

Talu is followed by ona when it is used with a verb:

talu ona ita 'oe (talu ona 'e ita)
talu ona ma'ia Simi

Talu is followed by ai when it is used with a noun:

talu a'ia i lou alofa
talu a'ia le afā

Talu is followed by ona when it is used with a verb:

talu ona ita 'oe (talu ona 'e ita)
talu ona ma'ia Simi

Talu is followed by ai when it is used with a noun:

talu a'ia i lou alofa
talu a'ia le afā

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:
1. 'Ou te alu atu pe 'ana 'ou iloa lou tuātusi.

2. 'Aisea na le alu ai le tama i le falema'i?

3. Sā 'ou fa'atali 'iā 'oe 'ac 'e te le'i sau.

1. I would have come had I known your address.

2. Why didn't the boy go to the hospital?

3. I waited for you but you didn't come.
4. 'Aua 'e te sau pe 'āfai e tīmu.

5. Toe sau taeao pe 'āfai 'olo'o tīgā pca lou ulu.

6. 'O le ā le mea 'ua pua'i ai 'oe?

7. E mafai ona 'e sau i le Aso Lua pe 'āfai e iai le fōma'i?

8. Na tū i luga le tamāloa 'a 'o nonofo mātou.

9. E le mafai ona va'ai 'oe e le fōma'i 'auā 'ua 'e tuai mai.

10. E tatau ona 'e toe sau 'i le Aso Gafua po 'o le Aso Lua.

TRANSLATE THE FOLLOWING SENTENCES INTO SAMOAN:

1. I’m hungry but my stomach hurts.

2. I didn’t work last week because I was sick.

3. Can you read this while I talk on the phone?

4. Solo wouldn’t be sick had she been careful (fa‘acteete).

5. Do you want a male or a female doctor (tāne, tama‘ita‘i)?

6. Don’t smoke if you want to live (ola) long (‘umi).

7. Why didn’t your mother come?

8. You should wait but that’s OK (‘ua lelei).

9. How did you cut (lavea) your hand?

10. When will the hospital be opened (tata’ala)?
11. What time do you close (tapuni)?
12. Where is your father or your mother?
13. What does the doctor look like?
14. Who gave you this medicine?
15. Why did you drink that?
16. How often do you smoke each day?
17. When did you see the doctor?
18. Fill out this form before you come back tomorrow.
19. Take two pills and then go to sleep.
20. Can you fill out this form while you wait?
21. Eat well in order to be healthy.
22. Come early so that you can fill out the forms.
23. My child has been sick since last Tuesday.
24. I haven't seen a doctor since I came from Samoa.
25. You should take a shower first and then sleep.
PART II

FURTHER PRACTICE
(TOPICAL DIALOGUES)
TALANOAGA 'ESE'ESE
VAEGA I. TELEFONI

1. Sara, 'o le ē le nūmera a Tala?
2. Nina, 'e te iloa le nūmera a Tala?
3. Tālofa, 'o i'inā Tala?
4. Tala, 'o Pīta lea. 'O ā au mea 'o fai nei?
5. E mafai ona 'e sau nānci?
6. Pē tusa 'o le līma i le aifāi.
7. Ia, tōfā.

1. 'Ou te lē iloa. Fesili 'ā Nina.
2. 'O le 944-8331.
3. 'O a'u 'o Tala. 'O a'i lea?
4. Leai se mea. Sā 'ou matamata 'i le T.V.
5. 'Ua lelei. I le ā le taimi?
6. Ia, tā feiloa'i lā i'inā.
7. Fā.

(VOCABULARY)
'UPU FOU

<table>
<thead>
<tr>
<th>nūmera</th>
<th>telephone number</th>
</tr>
</thead>
<tbody>
<tr>
<td>vili</td>
<td>to dial</td>
</tr>
<tr>
<td>nei</td>
<td>now</td>
</tr>
<tr>
<td>nānci</td>
<td>later</td>
</tr>
<tr>
<td>pē tusa</td>
<td>approximately</td>
</tr>
<tr>
<td>feiloa'i</td>
<td>to meet</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>iloa</th>
<th>to know</th>
</tr>
</thead>
<tbody>
<tr>
<td>i'inā</td>
<td>there, overthere</td>
</tr>
<tr>
<td>mafai</td>
<td>to be able, can</td>
</tr>
<tr>
<td>'u a leleci</td>
<td>OK</td>
</tr>
<tr>
<td>aifāi</td>
<td>afternoon</td>
</tr>
<tr>
<td>fā</td>
<td>goodbye</td>
</tr>
</tbody>
</table>

(NOTES)
FA'AMATALAGA

Laina 1: Nūmera can also be said nūmera telefoni or telefoni
'Ou te lē iloa can be said ta'ilo. The preposition 'iā ('iā Nina) is used before proper
names and pronouns, otherwise use ā.
The word iloa shows immediate action, without hesitation.
Laina 3: 'O i'inā Tala? may be a contraction of 'olo'o iai i'inā Tala?
Laina 4: 'O ā au mea 'o fai nei? also said as 'O ā au mea nā e fai?
The word mea may be translated as activity (What are your activities now being done?)
E leai se mea also said as E leai ni mea.
Matamata 'i le TV also said as matamata-TV.
Laina 5: For more on mafai see Lesson 31.
I le ā le taimi? also: 'O le ā le taimi?
Laina 6: Ia is a word used for emphasis at the beginning of sentences.
Tā is the short form of the first person dual inclusive pronoun tā'ua (you and I).
Laina 7: Ia is an expletive generally used in questions and suggestive commands to help soften
the effect of the utterance.
Laina 8: The more abbreviated the expression tōfā soifua, the more familiarity is implied (tōfā
soifua, soifua, tōfā, fā).
VAEGA II. IGOA

1. 'O ai lou suafa?
2. 'O ai lou fa'ai'u?
3. 'O ai suafa o ou mātua?
4. 'O ai le fa'ai'u o lou tamā?
5. E iai se suafa matai o lou tamā?
6. 'O fea e sau ai?

1. 'O Saito.
2. 'O Palauni.
3. 'O le igoa o lo'u tamā 'o Palauni, 'a 'o lo'u tinā e igoa iā Rosa.
4. 'O Ale.
5. 'Joe, 'o 'Anapu.
6. Mai le nu'u 'o Sa'anapu i 'Upolu.

'UPU FOU

<table>
<thead>
<tr>
<th>suafa</th>
<th>name</th>
<th>fa'ai'u</th>
<th>last name</th>
</tr>
</thead>
<tbody>
<tr>
<td>mātua</td>
<td>parents</td>
<td>'a</td>
<td>but</td>
</tr>
<tr>
<td>matai</td>
<td>titled family leader</td>
<td>mai</td>
<td>from</td>
</tr>
<tr>
<td>nu'u</td>
<td>village</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

FA'AMATALAGA

Laina 1: **Suafa** is a polite synonym for **igoa**.
Avoid using polite words when talking about yourself.

Laina 2: **Fa'ai'u** literally means **the ending**.
Last names are traditionally the father's given name, and therefore change each generation.
The family mātua name remains constant over time.

Laina 3: The conjunction **'a**, **but**, is also said as **'ae**.
**Mātua** is the plural form of **mātua** or **parent**.

Laina 6: A family matai title controls land within a traditional Samoan village or **nu'u**.
The matai title is significant for the family because it gives the family its history and a political voice in the village and national government.
VAEGA III. TAIMI

1. 'Ua tā le fia?
2. 'O le ā le taimi e taunu'u mai ai le fōma'i?
3. 'Ua leva ona 'c fa'atali?
4. 'O le ā lou taimi fa'atonuina?
5. 'Ua te'a nei le sefulu.

1. 'Ua tā tonu lava le tohu.
2. E māsani ona taunu'u i le te'a o le iva.
3. 'Ioc. 'Ua fai sina leva.
4. 'O le iva.
5. 'Ua 'ou iloa. 'Ua tuai tele le fōma'i.

'UPU FOU

tā     lava        to strike (the hour)
     taunu'u      (emphasis)
     māsani      arrive
     leva        usually
     fai sina    long time
     tuai        'quite a bit'
     late

tonu  taimi    exactly
     fōma'i      time
     te'a        doctor
     fa'atali    past
     taimi fa'atonuina to wait
     tele        appointment

     very; much

FA'AMATALAGA

Laina 1: 'Ua tā le fia? also said as 'Ua tā se fia?
    Tā or strike, may have originated from early clocks that chimed on the hour.

Laina 2: The particle mai indicates direction or motion towards the speaker.
    The particle ai is inserted after the verb when the sentence begins with a question word ('O le ā).

Laina 3: Leva is joined to the main verb (fa'atali) with ona in the same manner as the mafai and tatau type verbs (see Lesson 31).
    Fai sina- is a phrase that can be used to express a tendency towards a state or condition.
VAEGA IV. TAIMI FA’ATONUINA

1. Tālofa.
2. Fa'amolemole, po 'o iai i'inā Dr. Pita?
3. 'O a'u 'o Fa'ama'i.
4. 'Ou te mana'o i le fōma'i e va'ai a'u i le asō.
5. 'Ua lelei. Mata e lelei le te'a o le tasi i le aoauli?
7. Ia, fā.

1. Tālofa.
2. 'O ai lea e sāunoa?
3. 'O le a le mea 'e te fia sāunoa ai i le fōma'i?
4. E le 'o iai nei i le asō. 'Ae ā taeao?
5. E lelei le 'afa o le tasi?
6. Ia, feiloaitaeao.
7. Fā.

'UPU FOU

iai to exist; to have
mana'o to want
asō today
mata perhaps, maybe
aoauli noontime
sāunoa to speak
va'ai to see
'æe but
te'a past
'afa half; halfpast

FA'AMATALAGA

Laina 2: The verb form iai can frequently be dropped ('O i'inā Dr. Pita?).
The tense/aspect marker olo'o is frequently contracted in questions (Po 'olo'o iai i'inā Dr. Pita?)
The question marker po may be used to soften the impact of the question and to make the
utterance more formal or polite. Po is used before 'o and 'ua, while pē is used elsewhere.
Sāunoa is a polite synonym for tautala, to speak.
Avoid using polite words when talking about yourself.

Laina 4: Lengthening the final syllable of aso (day) changes the word to today (asō).
VAEGA V. TAIMI FA’ATONUINA

1. 'Ia, Mr. Ma'i, e mafa'i ona 'e toe fo'i mai i le vaïaso 'ā sau?
2. E mana'o le fōma'i e toe fia va'ai 'oe.
3. 'Ua lelei. 'Ole'a i'ai i'inei le fōma'i i le aso 'ātca.
4. 'O le ā se taimi e talafeagai mo 'oe?
5. 'Ac ā le vaïtā o le lua?
6. E ā le 'afa o le tasi?
7. Ia, 'o le Aso Lua i le vaïtā o le tasi.

1. 'Aiseā?
2. E ā le aso tolū o Mē? 'O le Aso Lua lca.
3. 'O le ā se taimi e lelei?
4. 'A 'o le'i tāina le lua.
5. E le talafeagai mo a'u.
7. Ia, fa'afetai.

'UPU FOU

toe fo'i return vaïaso week
'aiseā why 'ātoa whole
talafeagai to agree 'a 'o le'i before
vaïtā half-hour mo with; for

FA’AMATALAGA

Laina 1: The tense/aspect marker 'ole'ā is often contracted to 'ā (le vaïaso 'ā sau, next week or the coming week).
'Aiseā is also written 'ai se ā.

Laina 4: The word mo, for indicates there is no right of ownership. Right of ownership is indicated by the word ma, for. The endings -ina or -a are suffixed to transitive verbs (tā + ina) that follow the negative past marker, le'i.

Laina 5: Vaïtā is used for half past the hour (from vā lī tā, or space between the chiming).
VAEGA VI. FA’ATAU/FALE TALAVAI

1. Fa’amolemole, pē fia le tau o le talavai lea?
2. E taugatā tele. E iai se isi mea taugōfie?
3. E fia le tau o le isi itū’aiga iale?
4. E iai se isi itū’aiga?
5. 'Ua lelei 'olcā’ou 'avea lā le itū’aiga taugōfie.
6. Tou te taliaina se siaki?
7. 'Ioe.

1. E $15 (tālā) i le fagu.
2. 'Ioe, 'ac pito sili atu lea.
3. E na'o le $5 (tālā) i le fagu.
4. Leai, pau lava nā.
5. Ia, e $5 (tālā).
6. E iai sou laisene 'aveta'avale Hawai'i?
7. Ia, 'ua lelei.

'UPU FOU

fia          how much          tau          price
talavai     medicine          tālā        dollar
taugatā     expensive         se isi       another
taugōfie    inexpensive       pito sili atu (superlative)
itū’aiga    kind; type         lāle        there; that
na'o        only              pau          that's all
lava        emphasis          nā           those
'avea       to take           tou          you-all
'itiaina    to accept         siaki        a check
laisene     licence           'aveta'avale driver

FA’AMATALAGA

Laina 1: The question marker pē may be used to soften the impact of the question and make the utterance more formal or polite. Po is used before 'o and 'ua.
Pē fia le tau? also pe e fia le tau?
E $15 (tālā) i le fagu also E ta'1-15 tālā i le fagu.

Laina 2: The suffixes -gatā (-with difficulty) and -gōfie (-with ease) may be used with other base words (faigatā: hard to do; managōfie: easy to get, etc.)
'Åe pito sili atu lea also said as 'ae sili lea (this is the best).

Laina 3: The demonstrative lāle (that over there) can also be said as lele.

Laina 5: The suffixes -a or -ina are usually affixed to transitive verbs when the subject precedes the verb ('ave + a = 'avea, to take; and Line 6 talia + ina = taliaina, to accept).

Laina 6: The short form of the pronoun 'outou (you-all) is used when the pronoun subject ('outou) is incorporated into the verb phrase (e taliaina). Note that the tense/aspect marker e changes to te when the pronoun is incorporated into the verb phrase.
VAEGA VII. FA'AMATALAGA TAU I LE TAGATA-1

1. 'O ai lou suafa?
2. 'O fea 'e te nofo ai?
3. 'E te faigaluega?
4. 'O 'e faigaluega lā?
5. 'O le ā le 'umi 'e te le 'o faigaluega?
6. E faigaluega lau āvā?
7. E to'afia tagata o lou 'āiga?

1. 'O Tua.
2. I Kali'i.
3. Sā 'ou faigaluega i le Foodland.
4. Lcai, 'o lea e tīgā lo'u tua.
5. Tusa nei 'o le fā māsina.
6. 'Ioe, 'olo'o faigaluega i le falema'i.
7. E na'o mā'ua ma la'u āvā ma le fānau e to'alima ma lo'u uso.

'UPU FOU

nofo to reside; live
ūgā pain; to hurt
tusa approximately
āvā wife
to'afia how many (people)
mā'ua us (two people)
uso brother
faigaluega to be employed
ūmi period of time
māsina month
falema'i hospital
'āiga family
fānau child(ren)

FA'AMATALAGA

Laina 2: A polite synonym for nofo is alāla. The particle ai is inserted after the verb when sentences begin with a question word('O fea).

Laina 4: The tense/aspect marker 'olo'o is frequently contracted in questions ('Olo'o 'e faigaluega lā?)

Laina 6: To'alua (spouse) or the polite synonym faletua (wife) may be substituted for āvā.

Laina 7: When counting people, the prefix to'a- is affixed to the number (it is also affixed to the question word fla: how many?). A phrase such as My wife and I or My friend and I is constructed using the first person dual exclusive pronoun mā'ua (mā'ua ma la'u āvā: wē-2 and my wife or my wife and I). The word fānau means collective offspring whether referring to one or many. It is used with the singular article le (le fānau e to'alima: the five children))

Same sex siblings are termed uso. A man's sister is his tua'afine. A woman's brother is her tuagane.
VAEGA VIII. FA'AMATALAGA TAU I LE TAGATA-2

1. 'O le ā nei le 'umi talu ona 'e i Hawai'i?
2. Na 'e sau 'aiscā?
3. Na 'e l'u i se 'a'oga maualuga?
4. 'Ua 'e toce fo'ī i Sāmoa talu ona 'e sau?
5. 'Ole'ā 'e nofo mau i Hawai'i?

1. Pē ā ma le sefulu tasi tausaga.
2. E alu i le ā'oga.
3. 'Ioe, i le 1975.
4. I le 1974 ina 'ua mālū le tinā o lo'u tamā.
5. 'Ioe. 'Ua māua la'u galuega ma lo'u 'āiga i'inci.

'UPU FOU

talu  | since  | pē ā ma le  | approximately
'taiscā' | why   | ā'oga    | school
'i'u' | finish  | ā'oga maualuga  | high school
'toce fo'ī' | return  | mālū      | to die
'nofo mau' | reside  | māu       | permanent
'maua' | to have; get  |

FA'AMATALAGA

Laina 1: The verb iai is often deleted in locative phrases ("O le ā nei le 'umi talu ona 'e i Hawai'i? = 'O le ā nei le 'umi talu ona 'e iai i Hawai'i?").

Laina 3: 1975 = afe iva selau titusefulu lima.

Laina 4: 1974 = afe iva selau titusefulu fā
Mālū (to die) is a polite synonym for otī. The words pē and mate (to die) are used for non-humansubjects.
There are no terms for grandmother or grandfather. Parental figures are normally referred to by first names or matai titles. Otherwise the relationship must be defined in specific terms (the mother of my father: le tinā o lo'u tamā).

Laina 5: Nofo mau is used to indicate permanent residence.
'Āiga can refer to spouse as well as family.

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VAEGA IX. FA’AMATALAGA TAU I LE TAGATA-3

1. 'Ua 'e fa'aipoipo?
2. 'O le 'a le 'umi taua ona 'e fa'aipoipo?
3. 'O fea e sau ai lou faletua?
4. 'O se Sāmoa?
5. 'O faigaluega 'o ia?
6. 'Ua to'aflia nei ou alo?

1. 'Ioe.
2. 'Ua lima tausaga.
3. Na fānau i Kalefōnia.
4. 'Ioe, 'ac na ola lava i Kalefōnia.
5. Leai, e nofo fale ā ma le fānau.
6. To'atolu, 'a 'ua toe ma'i tō fo'i.

'UPU FOU

fa'aipoipo to wed faletua wife
fānau to be born ola to live; grow up somewhere
faigaluega to be employed nofo fale stay at home (housewife)
le fānau children to'aflia how many (people)
alō children ma'i tō pregnant

FA’AMATALAGA

Laina 3: Faletua (wife) is a polite synonym for the more common terms to'alua (spouse) or āvā (wife). The polite term for the wife of a talking chief (tulāfale) is tausi. The common term for husband is tāne or to'alua (spouse). The polite term for husband is all'i.

Laina 4: Sāmoa here is used as Samoan person or tagata Sāmoa.

Laina 5: The word ā indicates emphasis (e nofo fale ā : just only stay at home).
   The word fānau means collective offspring whether referring to one child or many children. It is used with the singular article le (e nofo fale ā ma le fānau: stay home with the children).

Laina 6: When counting people, the prefix to'a- is affixed to the number or the question word fla (to'aflia: how many people? and to'atolu: three people).
   Alo is a polite term for child(ren).
   ma'i tō (pregnant) also said as tō or ma'ltaga (polite).
VAEGA X. FA'AMATALAGA TAU I LE TAGATA-4

1. 'O le ā lou tuātusi?
2. 'O le ā lau telefoni?
3. 'Ua 'e fa'aipoipo?
4. 'E te ā'oga?
5. 'Ua leva ona 'e iai i le Iunivesitē?
6. E fia ou tausaga?
7. 'O le ā lou aso fānau?

1. 'O le 222 Dole St.
2. 'O le 779-4356.
3. Leai. Na 'ou fa'aipoipo 'a 'ua tete'a ma la'u tāne.
4. 'Io e. 'Ou te ā'oga i le Iunivesitē. 'O la'u matātā fa'apitoa 'o matā'upu tau tausima'i.
5. 'Ua fā nei tausaga. 'Olo'o o'u fa'amoemoe 'ou te fa'a'u'u mai le ā'oga i le 1999.
6. Tolusefulu.
7. 'O le aso valu o Iuni.

'UPU FOU

<table>
<thead>
<tr>
<th>tuātusi</th>
<th>address</th>
<th>fa'aipoipo</th>
</tr>
</thead>
<tbody>
<tr>
<td>tete'a</td>
<td>to divorce</td>
<td>ā'oga</td>
</tr>
<tr>
<td>matātā</td>
<td>subject;major</td>
<td>fa'apitoa</td>
</tr>
<tr>
<td>matā'upu</td>
<td>subject;field</td>
<td>tau</td>
</tr>
<tr>
<td>tausima'i</td>
<td>nurse</td>
<td>leva</td>
</tr>
<tr>
<td>fa'amoemoe</td>
<td>to hope; aspire</td>
<td>fa'a'u'u</td>
</tr>
<tr>
<td>tausaga</td>
<td>year(s); age</td>
<td>aso fānau</td>
</tr>
</tbody>
</table>

to wed

to attend school

special; specialty

concerning

to graduate

long time

birthday

FA'AMATALAGA

Laina 1: 222 Dole St. said as lua lua lua Dole Street.

Laina 2: telefoni can also be said nūmera telefoni or nūmera. 779-4356 said as fitu fitu iva - fā tolu lima ono.

Laina 3: tāne also said as to'alua (spouse).

Laina 4: 'E te ā'oga? (Do you attend school?) also said as 'E te alu i le ā'oga? (Do you go to school?).

Laina 5: 1999 said afe iva selau ivasefulu iva.
1. 'Ua to'aflia lau fānau?
2. 'O ā o lātou mātutua?
3. 'O ā'o'oga 'ilātou?
4. 'O iai ni fa'safitāuli i a lā mea ā'o'oga?
5. 'O iai se fa'amoeomoe e ā'o'oga lā'ua i le U.H.?

1. To'atolu, lua tama ma le teine.
2. 'O le teine e luasefulu tasi, 'a 'o tama e sefulu lima ma le sefulu fitu.
3. 'Ua l'u le teine mai le U.H., 'a 'o tama e to'alua e ā'o'oga i le ā'o'oga mauaʻula o le Kaiser.
4. Leai. 'Olo'o lelei lava o lā togi e maua.
5. 'O le tama matua 'ole'a ā'o'oga i le UCLA, 'a 'o le tama la'iitiiti 'ole'a ā'o'oga i le U.H.

### 'UPU FOU

<table>
<thead>
<tr>
<th>fānau</th>
<th>child(ren)</th>
</tr>
</thead>
<tbody>
<tr>
<td>i' u</td>
<td>to finish; complete</td>
</tr>
<tr>
<td>fa'safitāuli</td>
<td>problem</td>
</tr>
<tr>
<td>togi</td>
<td>grades</td>
</tr>
<tr>
<td>tama matua</td>
<td>older son</td>
</tr>
<tr>
<td>mātutua</td>
<td>ā'o'ega maua'ula</td>
</tr>
<tr>
<td>ā'o'ega</td>
<td>mea ā'o'ega</td>
</tr>
<tr>
<td>fa'amoeomoe</td>
<td>tama la'iitiiti</td>
</tr>
<tr>
<td>ages</td>
<td>high school</td>
</tr>
<tr>
<td></td>
<td>school work</td>
</tr>
<tr>
<td></td>
<td>to hope; aspire</td>
</tr>
<tr>
<td></td>
<td>younger son</td>
</tr>
</tbody>
</table>

### FA'AMATALAGA

Laina 1: When counting people, the prefix to'a is affixed to the number or the question word fia ('Ua to'aflia lau fānau?; To'atolu).
Lua tama ma le teine also said as to'alua tama ma le teine.
TOPICAL DIALOGUES
(TRANSLATION)

I. TELEPHONE CONVERSATION

1. Sara, what's Tala's telephone number?
2. Nina, do you know Tala's number?
3. Hello, is Tala there?
4. Tala, this is Pita. What are you doing now?
5. Can you come over tonight?
6. About 5 pm.
7. O.K. Bye.

1. I don't know, ask Nina.
2. It's 944-8331.
3. This is Tala. Who's this?
4. Nothing. I was watching TV.
5. Sure. What time?
6. O.K. See you then.

II. NAMES

1. What's your name?
2. What's your last name?
3. What are your parents' names?
4. What's your father's last name?
5. Does your father have a matai title?
6. Where is it from?

1. It's Saito.
2. It's Palauni.
3. My father's name is Palauni and my mother's name is Rosa.
4. It's Ale.
5. Yes, it's 'Anapu.
6. It's from Sa'anapu village in 'Upolu.

III. TIME

1. What time is it?
2. What time does the doctor usually get here?
3. Have you been waiting long?
4. What time is your appointment?
5. It's past ten now.

1. It's 3 o'clock.
2. He usually gets here after 9.
3. Yes, for quite some time.
4. Nine o'clock.
5. I know. The doctor is very late.
IV. CALLING FOR AN APPOINTMENT

1. Hello.
2. Is doctor Pita there, please?
3. This is Mr. Fa'ama'i.
4. I'd like to see him today.
5. That's O.K. How about after 1:00 p.m.?
6. Yes, thank you.
7. OK. Bye.

1. Hello.
2. Who is calling?
3. Why do you want to talk to the doctor?
4. He's not in today. How about tomorrow?
5. Is 1:30 OK?
6. OK. We'll see you tomorrow then.

V. MAKING AN APPOINTMENT

1. Well Mr. Ma'i, can you come back next week?
2. The doctor wants to see you again.
3. That's O.K. The doctor will be in all day.
4. What time is convenient for you?
5. How about 2:30?
6. How about 1:30?
7. All right then, Tuesday at 1:30.

1. Why?
2. O.K. How about Tuesday, May 3rd?
3. What's a good time?
5. I can't.
6. That's O.K.
7. O.K. Thanks.

VI. BUYING/PHARMACY

1. Excuse me. How much is this medicine?
2. That's expensive. Is there anything cheaper?
3. How much is the other stuff?
4. Do you have anything else?
5. O.K. I'll take the cheaper one.
6. Would you take a check?
7. Yes.

1. It's $5 per bottle.
2. Yes, but this is better.
3. It's only $5 per bottle.
4. No, that's all.
5. That will be $5.
6. Do you have a Hawaii driver's license?
7. O.K.
VII. BIOGRAPHICAL INFORMATION-1

1. What's your name?
2. Where do you live?
3. Do you work?
4. Are you still working?
5. How long have you been off work?
6. Does your wife work?
7. How many are in your family?

1. It's Tua.
2. In Kalihi.
3. I was working at Foodland.
4. No, I hurt my back.
5. About 4 months.
6. Yes, she works at the hospital.
7. Just my wife and I and our 3 kids and my brother.

VIII. BIOGRAPHICAL INFORMATION-2

1. How long have you lived in Hawaii?
2. Why did you come to Hawaii?
3. Did you graduate from high school?
4. Have you been back to Samoa?
5. Are you going to stay in Hawaii?

1. About 11 years.
2. To go to school.
4. In 1974 when my grandmother died.
5. Yes. I have a job here and a family.

IX. BIOGRAPHICAL INFORMATION-3

1. Are you married?
2. How long have you been married?
3. Where is your wife from?
4. Is she Samoan?
5. Does she work?
6. How many kids do you have?

1. Yes.
2. Five years.
3. She was born in California.
4. Yes, but she was raised in California.
5. No. She stays at home with the kids.
6. Three, but she's pregnant now.
X. BIOGRAPHICAL INFORMATION-4

1. What's your address?  
2. What's your telephone number?  
3. Are you married?  
4. Do you go to school?  
5. Have you been at the University long?  
6. How old are you?  
7. What's your birthday?

1. It's 222 Dole St.  
2. It's 779-4356.  
3. No. I was married but I'm divorced.  
4. Yes. I go to the University. My major is nursing.  
5. Four years now. I hope to graduate in 1999.  
6. I'm 30.  

XI. BIOGRAPHICAL INFORMATION-5

1. How many children do you have?  
2. How old are they?  
3. Do they go to school?  
4. Are there any problems with their school?  
5. Are they going to go to the University of Hawaii?  

1. Three. Two boys and a girl.  
2. The girl is 21 and the boys are 15 and 17.  
3. The girl graduated from UH (the University of Hawaii) but the boys go to Kaiser H. S.  
4. No. They get very good grades.  
5. The older one will go to UCLA, but the younger one will go to UH.
(QUESTIONS AND ANSWERS)
FESILI MA TALI
VAEGA I: 'O LE MANU'A

1. E tīgā lou vae?

2. Na fa'apēfēa ona lavea lou vae?

3. E mafai ona 'e savali?

4. Na fa'afēfe a ona 'e sau i'inei?

5. 'O e faigauega?

6. E fa'apēfēa ona 'e alu ile ā'oga?

7. E tatau ona folo ni au 'asipulini se lua pe āfa'i o tīgā lou vae.

8. 'Aua e te alu ile ā'oga taeao.

1. 'Ioe, 'aemaise pe ā 'ou savali.

2. Na 'ou pa'ū.

3. Fa'alēlelei.

4. Na 'aumai a'u e la'u uō.

5. Leai, 'ou te ā'oga.


7. E fa'aafēfēa le ā'oga?

8. 'Ua lelei.

(VOCABULARY)

'UPU FOU

tīgā to be in pain
pe ā if; when
pa'ū to fall
fa'apēfēa how?
māsāni to be accustomed to
'asipulini aspirin
'āua don't

'aemaise especially
fa'apēfēa how
mafai can; able; possible
i'inei here
folo to swallow
pe āfa'i if; when

(NOTES)

FA'AMATALAGA

Laina 1: pe ā 'and pe āfa'i (Line 7) are similar in meaning. The former has a more "when, ...at the time..." translation. The later has a more "if, ...should it come about..." meaning. Both pe ā 'and pe āfa'i may drop the pe if they begin the sentence rather than occur in the middle of the sentence.

Laina 2: Fa'apēfēa is joined with the main verb, lavea, with the linker ona (See Lesson 31). A more colloquial form of fa'apēfēa is fa'afēfēa (Lines 4 and 7).

Laina 5: 'O the contracted form of the tense/aspect marker 'olo'o (see also Line 7). 'Ou te ā'oga, can also be said as 'Ou te alu i le ā'oga.

Laina 7: When specifying a definite amount from an indefinite source it is common to use both the plural indefinite (ni) and singular indefinite (se) articles (folo ni au 'asipulini se lua or 'aumai ni nofoa se fā: bring four chairs).

Laina 8: 'Aua e te alu can also be said 'Aua 'le alu.
VAEGA II: ULAULA

1. 'O ā āuga o lou ma'i?
2. 'Ua leva ona 'e lagona le tīgā?
3. 'O le ā le taimi e māsani ai ona tīgā?
4. Masalo e sili ona tu'u le ulaula tapa'a.
5. E tīgā lou fatafata pe 'ā 'e mānava?
6. E fiia au sikareti e ula i aso ta'itasi?
7. E sili ona 'aua 'e te toe ulaula.

1. E tīgā lo'u manava.
2. 'Ioc. 'Ua tolu nei vaiaso.
3. Pe 'ā 'ou ulaula.
4. 'Ua 'ou le mafai ona tāofi.
5. I isi taimi.
6. Lua pepa.
7. 'Ua 'ou iloa, 'a 'ua le mafai ona tu'u.

(VOCABULARY)
'UPU FOU

āuga    symptom
lagona    to feel; sense
pe 'ā    if; when
masalo    perhaps; maybe
tu'u    to stop; give it up
tāofi    to stop; give it up
mānava    to breathe
ula    to smoke
pepa    package; package
leva    to be a long time
māsani    to be accustomed to
ulaula    to smoke
sili    to (be) best
tapa'a    tobacco
fatafata    chest
sikareti    cigarette
ta'itasi    cach
tagau    don't

(NOTES)
FA'AMATALAGA

Laina 2: For more about verbs linked with ona see Lesson 31.
Laina 4: Tu'u and tāofi have the same meaning, to quit or give up.
Tapa'a is used as a synonym for sikareti

Laina 6: Ta'ī- is a distributive numeral prefix that often translates as each.
Ta'ī can be affixed to the prefix used in counting humans (to'a-) in which case it begins the word (ta'īto'afā: four each, groups of four).
Pepa is from the English, paper and is used to refer to small packages of manufactured goods (pepa māsi: package of biscuits or crackers).

Laina 7: 'Aua 'e te toe ulaula can also be said 'Aua le toe ulaula.
VAEGA III: MOE

1. 'O le ā le fa'afitauli?
2. 'Aiseā?
3. 'O le ā le taimi e māsani ona 'e moe ai?
4. 'O le ā le taimi na 'e moe ai anapō?
5. 'O le ā le taimi e māsani ona 'e ala ai?
6. 'O le ā le taimi na 'e ala ai i le taeao nei?
7. 'O iai se mea 'o fa'apopolecina ai 'oe?
8. 'O iai se fa'afitauli i lau galuega?
9. 'Aiseā?

1. 'Ua lē mafai ona 'ou moe.
2. 'Ou te lē iloa.
3. Pē tusa 'o le sefulu tasi.
4. Fa'atoā 'ou moe i le tolu i le vaveao.
5. 'A'ō le'i taina le lima i le vaveao.
6. 'A'ō le'i taina le lima i le vaveao.
7. Leai.
8. 'Ou te lē flafia 'i ai.
9. E lē lelei le totogi.

(VOCABULARY)
'UPU FOU

fa'afitauli  problem
TUSA  approximately
fa'atoā  only just now
māsani  to be accustomed to
'a 'o le'i  before
fa'apopolecina  to worry about something

'aiseā  why
anapō  last night
vaveao  pre-dawn hours
ala  to awaken
taeao  morning
totogi  pay; wages

(NOTES)
FA'AMATATALAGA

Laina 2: 'Ou te lē iloa can be said also as ta'iloa, although this form is not usually suitable for formal situations.

Laina 3: The question marker pē is also written as po before 'ua and 'o.

Laina 4: Fa'atoā as a verbal modifier (just now) precedes rather than follows the verb as is the case with most verbal modifiers.

Laina 5: 'A 'o le'i may also be said 'ae le'i.
The -ina or -a verbal endings are affixed to transitive verbs that are preceded by le'i. Vaveao refers to the pre-dawn morning hours before sunrise.
VAEGA IV: GALUEGA MA LE TA'AVALE

1. 'E te faigaluega?
2. I lea?
3. 'O le ā lou toto gi?
4. E iai sau ta'avale?
5. 'O le ta'avale a ai 'olo'o 'e fa'aao gā?
6. E iai sou laisene 'aveta'avale?
7. 'Ua tatau ona fa'i sou laisene.
8. E faigōfie ona maua.

1. 'Ioe.
2. I le Star Market.
3. E selau tala'i le vaiaso.
4. E leai.
5. 'O le ta'avale a la'u uō.
7. E leai so'u taimi.
8. Masalo læ 'ole'a' ou su'e i le su'ega i le vaiaso 'ā sau nei.

(VOCABULARY)
UPU FOU

faigaluega to work; be employed
fa'aao gā to use
driving licence
'aveta'avale driver (car)
drivers's licence
laisene'aveta'avale take (a test); search
su'e coming; next; future
totogi pay; wages
tatau should
laisene licence
faigōfie easy
su'ega test

(NOTES)
FA'AMATALAGA

Laina 1: 'E te faigaluega? also can be said 'E iai sau galuega? (Do you have a job?).
Laina 2: The question word fla (how much, how many) may also be used when asking
questions concerning quantity (E fla lou totogti?).
Laina 5: There is no word in Samoan for the English interrogative whose.
Questions of the sort Whose car is it? must be phrased in Samoan using the interrogative
pronoun ai (who) and follow the pattern The car of who? (O le ta'avale a ai?).
Laina 8: The suffix -gōfie (easy to) and the opposite suffix -gata (hard to) occur frequently
and are very productive affixes (fa'alokogata: disobedient; maunāgōfie: easy to get.
La is an expletive generally used in questions and suggestive commands to help soften
the effect of the utterance.
The basic meaning of su'e is to look for or search for. Taking a test may be viewed as a
search for knowledge. The word su'ega is formed from su'e and the -ga noun suffix.
'Ā sau is used after time terms (day, month, year, etc.) to indicate the next or coming
period. The 'ā marker is an abbreviated form of the future tense/aspect marker 'ole'a.
VAEGA V:  FĀ’ATA

1. E iai se mea ’ou te fesoasoani ai ’iåte ’oe?
2. I'i le iī tu taumatau. ’Aiseā?
3. ’O le ā le mea ’e te mana’omia ai?
4. Na fai muamua sou fā’ata?
5. E tatau ona ’e fa’atumua muamua le pepe lea.
6. Ia, to fa’afo’i mai pe ā ’uma ona fa’a’asogāina, fa’amolemole.
7. Fesili i le teine fōma’i lale.

1. Ia, ’O fea e fai ai fā’ataga?
2. ’Ou te mana’o e fā’ata a’u.
3. Mo le a’oga.
4. Tusa ’ua sefulu nei tausaga.
5. E iai sau peni?
6. Ia, ’o le ā le taimi e tapuni ai?

(VOCABULARY)
’UPU FOU

fesoasoani help; assistance
fā’ataga X-ray
taumatau right side
mana’o to want
ā’oga. school
tusa about; approximately
pepe form; application
pe ’ā if; when
tapuni to be closed

’iåte preposition: to
i'i over there
’aiseā why
mana’omia to need
muamua before; first
fa’atumua to fill out
fa’afo’i to return; take back
fa’a’asogāina to use
teine fōma’i nurse

(NOTES)
FA’AMATALAGA

Laina 1: The preposition ’iåte is a special form of the preposition ’i used before pronouns. An alternate form ’iā may also be used before pronouns and proper names.
The word fa’ataga is from fa’a- and ata (picture or image) and the noun suffix -ga.
Fa’aata is pronounced and spelled fa’ata.

Laina 2: A variation of i'i popular in American Samoa is igā'i.

Laina 3: The suffix -mia added to mana’o (to want) changes the basic meaning of the word (mana’omia: to be needed) and provides a ‘passive type’ perspective for the new word.
This is true for other words of the -mia, -sla, -tia, etc., type as well (aloafa: to love vs alofagia: to be loved; ula: to make fun, joke vs ulagia: to be ridiculed).
The correct ending (-fia, -dia, etc.) is not readily predictable in modern Samoan.

Laina 4: Muamua (first) is used here to indicate a former or previous occurrence.
In Line 7 muamua means first.

Laina 7: Teine fōma’i can also be said without reference to sex as tausima’i (nurse).
VAEGA VI: TAIMI FA’ATONUINA - 1

1. E ia'i sou taimi fa'atonuina?
2. 'O ai le fōma'i 'e te fia va'ai 'i ai?
3. E fa'apēfe'a ona fōliga?
4. 'O le a lana'upu na fai atu iâte 'oc?
5. 'O 'e ma'i lava?
6. 'Olo'o tele ma'i a le fōma'i i lenei taimi. E mafai ona 'e fa'atali?
7. Po'o le sefulu lima minute.

1. E leai.
2. 'Ou te lē iloa lona igoa.
3. E matua ma e fai lana tioata.
4. Na fai mai 'ou te sau i le asō pe 'āfai 'ou te fa'alogoina lava 'ou te ma'i.
5. 'O lea lava, 'ou te fa'alogoina le fa'ananiva.
6. 'O le a le 'umi 'ou te fa'atali ai?
7. Ia.

(VOCABULARY)
'UPU FOU

fa'atonuina to reserve; direct
taimif'a'atonuina appointment time
fōliga appearance; countenance
fai to wear
'upu statement; words
pe 'āfai if; when
lava emphasis
fa'ananiva dizzy
ia. OK

fa'apēfe'a how
ona his/her
matua old; mature
tioata eye glasses
asō today
fa'alogoina to sense; feel
'o lea lava yes (polite)
fa'atali to wait

(NOTES)
FA'AMATALAGA

Laina 2: A more polite word for igoa is suafa. As a general rule it is appropriate to show politeness and respect to strangers and persons of higher rank or station.

Laina 3: A colloquial synonym for fa'apēfe'a is fa'afesfe'a.
Fōliga is used here as appearance and is plural. It can also be used as a polite term for face, in which case it is also plural, as is the common word for face, mata.
Ona is the plural form of the third person singular possessive marker (lona: his/her).
The word fai is often used in phrases translated in English as: to wear or to put on (fai lona pīlo: put on/wear his hat; fai lou ʻofutino: put on your shirt).
Tioata can also refer to glass pane. Eyeglass is also said as mata tioata.

Laina 4: 'Upu can mean word. It can also be used to refer to a complete statement. In both cases it is used in the singular (lana ʻupu: her word, her statement).
Lengthening the final syllable of asō (day) changes the word to today (asō).
Fa'alogoina may be said as lagona.

Laina 5: 'O lea lava is a polite form of 'ioe (yes) or 'i (yeah).

Laina 7: The question marker po occurs before 'o and 'ua. It occurs as pe elsewhere.
Ia is a word used for emphasis at the beginning of utterances.
VAEGA VII: TAIMI FA’ATONUINA - 2

1. Tālofa, 'ua leva ona 'e tatali?
2. 'Ua 'uma ona 'e ta'ua lou igoa i le tausima'i?
3. 'O ai lou igoa?
4. 'O le a le mea 'e te fia va'ai ai i le fōma'i?
5. Na 'āmata anafe'a?
6. 'O inu ni au vailā'au?
7. 'O fea na maua ai?
8. Alu i le potu lale ona tatala lea 'o lou 'ofutino.

1. Leai, e le'i levala va.
2. E leai.
3. 'O lo'u igoa 'o Lisa.
4. E tūgā lo'u tua.
5. 'O le Aso Sā 'ua te'a atu.
6. 'O lea e inu a'u fuālā'au.
7. Na'ou aumaia mai la'u uō.

(VOCABULARY)
'UPU FO

<table>
<thead>
<tr>
<th>Term</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>leva</td>
<td>long time</td>
</tr>
<tr>
<td>levaleva</td>
<td>long time</td>
</tr>
<tr>
<td>tua</td>
<td>back; back of the body</td>
</tr>
<tr>
<td>'āmata</td>
<td>to start</td>
</tr>
<tr>
<td>'ua te'a</td>
<td>past</td>
</tr>
<tr>
<td>'ō lea</td>
<td>now; at this time</td>
</tr>
<tr>
<td>maua</td>
<td>to get; obtain</td>
</tr>
<tr>
<td>lale</td>
<td>over there</td>
</tr>
<tr>
<td>'ofutino</td>
<td>shirt</td>
</tr>
<tr>
<td>tatali</td>
<td>to wait</td>
</tr>
<tr>
<td>ta'ua</td>
<td>to mention; tell</td>
</tr>
<tr>
<td>tausima'i</td>
<td>nurse</td>
</tr>
<tr>
<td>anafe'a</td>
<td>when (in the past)</td>
</tr>
<tr>
<td>vailā'au</td>
<td>drug</td>
</tr>
<tr>
<td>fuālā'au</td>
<td>pill; fruit</td>
</tr>
<tr>
<td>potu</td>
<td>a room</td>
</tr>
<tr>
<td>tatala</td>
<td>open; take off</td>
</tr>
</tbody>
</table>

(NOTES)
FA’AMATALAGA

Laina 1: The use of the reduplicated form of leva (levaleva: long, prolonged) with the negative past marker e le'i (it hasn't been) serves to soften the effect of a statement which may imply fault or blame on the person being waited for.

Laina 2: Tausima'i is a neutral (genderless) term for nurse. Since most nurses in Samoa are female, it is common to refer to nurses as teine fōma'i (female healer), although the term tausima'i (patient care giver) is also common and perhaps more appropriate. Samoan doctors, male or female are termed fōma'i.

Laina 5: English uses only one word for the interrogative pronoun when.
Samoan distinguishes between when in the past (anafe'a) and when in the future (āfe'a).

Laina 6: Vailā'au is a traditional term which has been used to refer to medicine (vai: liquid or water) prepared from plants (la'au) or plant products.
Vailā'au is also used in modern times to refer to chemicals and drugs.

Laina 6: 'O lea is a common phrase used to prefix a present tense statement. It often indicates an action or activity that is currently occurring or currently in focus.

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QUESTIONS AND ANSWERS

(TRANSLATION)

PART I: AN INJURY
1. Does your leg hurt?
2. How did you injure your leg?
3. Can you walk?
4. How did you come here?
5. Do you work?
6. How do you go to school?
7. You should take two aspirin if your leg hurts.
8. Don’t go to class tomorrow.

1. Yes, especially when I walk.
2. I fell.
3. Not too well.
4. My friend brought me.
5. No, I attend school.
6. I usually walk.
7. What about school?
8. OK.

PART II: SMOKING
1. What’s the problem (sickness)?
2. Has it hurt long?
3. When does it usually hurt?
4. Perhaps you shouldn’t smoke.
5. Does your chest hurt when you breathe?
6. How many cigarettes do you smoke a day?
7. It's best if you don't smoke again (anymore).

1. My stomach hurts.
2. Yes. For three weeks now.
3. When I smoke.
4. I can't stop.
5. Sometimes.
6. Two packs.
7. I know but I can't stop.

PART III: SLEEPING HABITS
1. What's the problem?
2. Why?
3. What time do you usually sleep?
4. What time did you sleep last night?
5. What time do you usually wake up?
6. What time did you wake up this morning?
7. Are you worried about something?
8. Is there a problem with your job?
9. Why?

1. I can't sleep.
2. I don't know.
3. About 11 p.m.
4. I didn't sleep until 3 a.m.
5. Before 5 a.m.
6. Before 5 a.m.
7. No.
8. I don't like it.
9. The pay isn't good.
PART IV: WORK/CAR
1. Do you work?
2. Where?
3. How much do you make?
4. Do you have a car?
5. Whose car do you use?
6. Do you have a license?
7. You should get a license.
8. It's easy to get.

PART V: X-RAY
1. Can I help you?
2. Over there on the right side. Why?
3. What do you need it for?
4. Have you had an X-ray before?
5. You must fill out this form first.
6. Here, please return it when you are finished.
7. Ask that nurse over there.

PART VI: AN APPOINTMENT - 1
1. Do you have an appointment?
2. Which doctor do you want to see?
3. What does he look like?
4. What did he tell you?
5. Are you still sick?
6. The doctor is busy now, can you wait?
7. About 15 minutes.

PART VII: AN APPOINTMENT - 2
1. Hello, have you been waiting long?
2. Did you give your name to the nurse?
3. What is your name?
4. Why do you want to see the doctor?
5. When did this start?
6. Are you taking any medicine?
7. Where did you get them?
8. Go in that room and take off your shirt.

1. Yes.
2. At Star Market.
3. About $100 a week.
4. No.
5. My friend's car.
6. No.
7. I don't have time.
8. Maybe I'll take the test next week.

1. Where can I get an x-ray?
2. I need to get an x-ray.
3. For school.
4. About 10 years ago.
5. Do you have a pen?
6. OK. What time do you close?

1. No.
2. I don't know his name.
3. He is old and wears glasses.
4. He said to come back today if I'm still sick.
5. I still feel dizzy.
6. How long will I wait?
7. OK.

1. No, not long.
2. No.
3. My name is Lisa.
4. I have a back ache.
5. Last Sunday.
6. I'm taking some pills.
7. From my friend.
PATIENT HISTORY
VITAL SIGNS

1. Afe i luga le lima o lou 'ofu.
2. 'Ou te fia fuaina le maualuga o lou toto.
3. 'Ou te fia faiatouina le tātā o lou uaua.
4. 'Ou te fia faiatouina lau mānava.
5. 'O ai na iloa 'e te ma'i?
6. 'O ā mea 'e te lagona i lou tino?

1. Roll up your sleeve.
2. I'm going to measure your blood pressure.
3. I'm going to take your pulse.
4. I'm going to count your respiration.
5. Who knows you are sick?
6. What do you feel?

'UPU FOU

afe to turn (up)
maualuga height; amount
faiatouina to count
uaua artery; vein
lagona to feel; sense

fuaina to measure
toto blood
tātā to beat
mānava to breathe

COMPLAINTS

7. 'O ā āuga o lou ma'i?

a. niniva
b.ulu tigā
c. lē fia'ai
d. fulū
e. tafe 'e isu
f. tale
g. fīva
h. tīgā 'uma le tino
i. ma'a'iliki
j. lē mafai ona gāioio so'ogā ivi
k. vaivai le tino
l. lē lelei le tātā o le fatu
m. tīgā 'e fatafata
n. tīgā le fatafata pe ā mānava
o. tīgā le fa'a'i pe ā folo
p. māmāfa le isu
q. fia pu'ai, fa'ataifau
r. nenefu le va'ai
s. to'ulu lauulu
t. totouia le mata
u. pa'a le mata
v. e anu toto

7. What are your symptoms?

a. dizzy
b. headache
c. loss of appetite
d. flu
e. runny nose
f. cough
g. fever
h. body ache
i. chills
j. painful joints
k. weakness
l. irregular heart beat
m. chest pains
n. pain when breathing
o. pain when swallowing
p. congested nose
q. nausea
r. blurred vision
s. hair loss
t. black eye
u. something in the eye
v. bloody sputum
HISTORY

8. 'O le a le 'umi talu ona tīgā lou manava?
10. 'Ua leva ona tīgā lou manava?
11. E māsani ona tīgā lou manava pe 'ā 'e ulaua?
12. 'O anafea na 'āmata ai le tīgā?

8. How long has your stomach hurt?
9. How many days has your stomach hurt?
10. Has your stomach hurt long?
11. Does your stomach hurt when you smoke?
12. When did the pain start?

'UPU FOU

talu  since
manava  stomach
māsani  usually
anafea  when (past)
tīgā  pain; to hurt
leva  long time
ulaua  to smoke
'āmata  to start; begin

ALLERGIES

13. E iai se vailā'au e leaga ai lou tino?
14. E iai se mea'ai/īnu e le mafai ona 'e 'ai ai?

13. Are you allergic to any drug?
14. Is there anything you can’t eat or drink?

'UPU FOU

vailā'au  medicine; drugs
mea'ai  food
leaga  bad; adversely affect
mea inu  drink

MAJOR ILLNESSES

15. Sā tāofia 'o muamua i se falema'i?
16. Sā fai sou ta'otoga/tūpiga i se taimi 'uā mavae?
17. Sā 'e gasegase i se taimi 'uā mavae?
18. 'O le a le aso/tausaga/māsina?
19. 'O anafea na fai ai le ta'otoga?

15. Have you ever been hospitalized before?
16. Have you ever had surgery before?
17. Have you ever been ill before?
18. Whatday/year/month?
19. When did you have the surgery?

'UPU FOU

tāofia  to be held; hospitalized
muamua  first; before
fai  to make; to perform
tūpiga  operation
gasegase  to be sick; sickness
falema'i  hospital
ta'otoga  operation
mavae  past; in the past
20. What is your illness?
   1. high blood pressure
   2. diabetes
   3. T.B.
   4. chest illness
   5. stomach illness
   6. filariasis
   7. stomach ache
   8. kidney
   9. swollen liver
   10. hepatitis
   11. meningitis
   12. rheumatism, gout, arthritis
   13. heart disease
   14. heart attack
   15. stroke
   16. asthma
   17. shortness of breath
   18. venereal disease (gonorrhea)
   19. paralyzed leg
   20. paralyzed leg (also asleep)
   21. skin disease (tinea)
   22. wart
   23. sore/skin ulcer
   24. ring worm
   25. broken/sprained leg
   26. pink eye
   27. loss of sight
   28. stye in the eye
   29. hearing loss
   30. cancer
   31. throat infection
   32. convulsions
   33. lump/tumor
   34. infection
   35. sprained ankle
   36. strained back
   37. sprained hand, shoulder
   38. head abrasion

HOSPITAL/MEDICATION/CARE

21. 'O fea le falema'i e māsani ona 'e alu 'i ai?
22. 'O fea le falema'i e te fia alu 'i ai?
23. E iai ni va'ilau 'o inu e 'oe?
24. E iai ni toga fitiga 'o fai i'a 'oc?
25. 'O le a le taimi mulimuli na va'ai ai 'oe e le fōma'i?
26. 'E te toe ahu āsea i le fōma'i?
27. 'O ai e tausia 'oe?
28. E lelei le tausiga o 'oe?
29. E lava le tausiga o 'oe?
30. 'O ā mea e fa'aagaiena i le tausiga o 'oe?

25. When was the last time you saw a doctor?
26. When are you going to see the doctor again?
27. Who cares for you?
28. Do you receive good care?
29. Do you receive sufficient care?
30. What is used to provide care for you?

'UPU FOU

māsani mulimuli to be used to last time; last
togafitiga fōma'i doctor
tausia care lelei good; well
tausiga lava sufficient; enough
fa'aagaiena to use; utilize

HEREDITARY ILLNESS

31. E iai se itu'aiga o ma'i i lou 'āiga?
32. E iai se isi o lou 'āiga e maua i le ma'i suka/etc?

31. Does your family have a history of a particular illness?
32. Is there anyone in your family with diabetes/etc?

'UPU FOU

itu'aiga kind; type
maua to get; to have
isi ma'i suka other (person)
māsani diabetes
togafitiga fōma'i
tausia care
fa'aagaiena to use; utilize

LIFE CHANGES

33. E iai ni suiga i totonu o lou 'āiga i mea sā māsani ai? (E pei 'o ni suiga i galuega, po 'o le lua vā ma se isi?)
34. E iai se mea e fa'alētonu i lou 'āiga?

33. Are there any recent changes in your family? (like job changes or relationships?)
34. Are there any problems in your family?

'UPU FOU

suiga change
vā relationship
māsani to be used to
fa'alētonu problem

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VISION

35. E iai se 'ese'esega i lau va'ai?
36. E iai se fa'alētonu i lau va'ai?
37. E leaga lau va'ai?
38. 'E te fa'aasogāina se mata tioata?
39. E tigā ou mata?
40. E nenefu lau va'ai?
41. E mama'i ou mata?
42. 'O fea le taimi mulimuli na va'ai ai ou mata?

35. Are there any changes in your vision?
36. Are there any problems with your vision?
37. Is your vision poor?
38. Do you use glasses?
39. Do your eyes hurt?
40. Is your vision cloudy?
41. Are your eyes infected?
42. When were your eyes last checked?

'UPU FOU

'esese'ega
leaga
mata tioata
nenefu
difference
bad
eye glasses
cloudy; blury
va'ai
fa'aasogāina
tigā
fea
vision; to see
to use; utilize
pain
where; when

HEARING/SPEECH

43. E iai se fa'alētonu i lau fa'alogo?
44. E 'ato'atosa lelei lau fa'alogo?
45. 'E te fa'aaogāina ni mea fa'alogo?
46. E iai se mea e tafe mai i lou taliga?
47. E iai se fa'alētonu i lau tautala?
48. 'O le a lau gaganaga?
49. 'O le a lau gaganaga moni?

43. Is there any problem with your hearing?
44. Is your hearing ok?
45. Do you use hearing aids?
46. Do you have any discharge from ear?
47. Do you have any speech problems?
48. What is your language?
49. What is your native language?

'UPU FOU

fa'alētonu
'ato'atosa
tafe
tautala
problem
completely
to flow; run
to speak
fa'alo'o
mea fa'alogo
taliga
gaganaga moni
hearing; to listen
hearing aid
ear
true (native) language

RESPIRATION

50. E iai se fa'alētonu i lau mānava?
51. E tigā pe faigata pe 'a e mānava?
52. E tale 'oe? 'E te tale so'o? E maua 'oe i le tale?
53. E iai se fatu tale pe 'a 'e tale?

50. Do you have any problems breathing?
51. Do you have pain or difficulty breathing?
52. Do you cough a lot?
53. Is there phlegm when you cough?
54. 'E te anu toto?
55. E maua so'o 'oe i le fulū.
56. 'O anafea sa fā'ata ai 'oe?
57. Sā fā'ata 'oe muamua?
58. 'O le ā le tūlaga o lou fā'ata?

54. Do you cough/spit blood?
55. Do you frequently get the flu?
56. When was the last time you had a chest x-ray?
57. Have you ever had a chest x-ray?
58. What were the results of your chest x-ray?

'UPU FOU

| mānava    | to breathe  | faigatā   | difficult |
| tale      | to cough    | fatu tale | phlegm    |
| anu toto  | bloody sputum | so'o     | frequently |
| fulū      | flu         | anafea    | when      |
| fā'ata    | (chest) x-ray | tūlaga   | result; condition |

CIRCULATION

59. E iai se fa'alētonu o lou fatu?

59. Do you have any problems with your heart?

60. E fufula ou vae?
61. E pepē ou vae?

62. E niniva 'oe?
63. E vaivai ou tino?
64. E tōtōliagōfie lou tino?
65. E fa'alētonu le tātā o lou fatu?
66. E tīgā lou fatafata?

'UPU FOU

| fatu   | heart   | fufula | to be swollen |
| pepē   | to be numb | niniva  | dizzy        |
| tōtōliagōfie | easy to bruise | tātā  | to beat      |

DIGESTION

67. E lelei lau 'ai?
68. E lava lau 'ai?
69. E fa'afia ona 'e 'ai i le aso?
70. E fia ni ipu vai 'e te inu i le aso?

67. Do you eat well?
68. Do you get enough food?
69. How often do you eat each day?
70. How many glasses of water do you drink each day?
71. Do you have difficulty chewing?
72. Do your teeth hurt?
73. How are your teeth? Are your teeth OK?

74. What kinds of food do you usually eat?
1. starchy foods (taro, banana)
2. protein (meat, fish, poultry)
3. leafy foods
4. vegetables
5. vitamins
6. minerals
7. carbohydrates
8. sea food
9. meat

75. Do you snack?
76. Are you nauseous? Do you feel like throwing up?
77. Is it painful to swallow?
78. Do you have any problems going to the toilet?
79. How many times do you go to the toilet each day?
  defecate
  urinate
80. Do you have diarrhea?
81. Are you constipated?
82. Do you make frequent trips to the toilet?
(PERSONAL INFORMATION)
TALA’AGA O LE TAGATA

1. Tāne_____  Tama’ita’i____
2. ‘O ai lou suafa?
3. ‘O fea lou alaalafaga māsani?
4. ‘O le ā lou tuātusi?
5. ‘O le ā lau telefoni?
6. ‘O le ā lou aso fānau?
7. ‘O fea le nu’u na ‘e fānau ai?
8. ‘O ‘e fa’aipoipo i le taimi nei?
9. ‘Āfai ‘o le ‘ioe, ‘o le ā le ‘umi talu ona ‘e fa’aipoipo?
10. Sā ‘e fa’aipoipo muamua?
11. ‘O le ā le matua o lau āvā/tāne?
12. ‘O se Sāmoa lau āvā/tāne?
13. ‘Āfai e ā le ‘ose Sāmoa, ‘o se tama’ita’i/ali’i fea?
14. E to’aafia le lua fānau?
15. E iai se lua fānau fai?
16. ‘O ā ni gagana e mafai ona ‘e tautala ai?
17. ‘O ā gagana e māsani ona fa’aaoagā i totonu o le ‘āiga?
18. ‘O ‘e a’oga ile wai‘aimi nei?
19. ‘Āfai ‘e te ā le ‘o a’oga nei, ‘o le ā le vasega na i’u ai lau a’oaga?
20. Fa’amolemole lisi i lalo a’oga ta’itasi na ‘e a’oga ai, tūlaga o nei a’oga, fa’aapea ma le ‘umi o le taimi na ‘e iai i a’oga ta’itasi.

IGOA O Ā’OGA    TŪLAGA O Ā’OGA    TAUSAGA NA IAI I Ā’OGA

21. ‘O le ā le ‘ekālēsia ‘e te tapua’i ai?
22. ‘O fea ‘o e faigaluega ai nei?
23. ‘O ā iti’āiga galuega ‘e te faia?
24. ‘O le ā le ‘umi talu ona ‘e faigaluega i lenei galuega?
25. ‘O le a lou totoigi i le māsina?
26. ‘O ‘e fa’aaoagāina se fesoasoani mai i le mālō mo le tausiga o lou soifua?
27. ‘Ua ‘e fa’atauina lou fale, po ‘o ‘e nofo mautotogi?
28. ‘O le ā lau faiā i le ulu o le ‘āiga?
29. ‘O le ā le ‘umi talu ona ‘e nofo i lenei ‘āiga?
PERSONAL INFORMATION
(TRANSLATION)

1. Male_____  Female_____
2. What is your name?
3. Where do you normally reside?
4. What is your address?
5. What is your telephone number?
4. When were you born?
5. Where were you born?
6. What is your birthday?
7. Where were you born?
8. Are you married now?
9. If yes, how long have you been married?
10. Have you been previously married?
11. What is your spouse's age now?
12. Is your spouse Samoan?
13. If your spouse is not Samoan, where is he/she from?
14. How many children do you have?
15. Do you have any adopted children?
16. What languages do you speak?
17. What languages do you speak in the home?
18. Are you presently attending school?
19. If you are not now attending school, what grade level did you complete?
20. List all schools attended, their location, and how long you went there:
   NAME OF SCHOOL       LOCATION       NUMBER OF YEARS

21. What is your religion?
22. Where do you work now?
23. What kind of work do you do?
24. How long have you had this job?
25. What is your monthly salary?
26. Do you receive welfare benefits from the government?
27. Do you own or rent your house?
28. What is your relationship to the head of the household?
29. How long have you lived in this household?
EMERGENCY CARE PHRASES

1. Hello my name is _____.
2. I am an emergency technician.
3. I am here to help you.
4. Do you understand?
5. I do not understand.
6. What is your name?
7. Are you sick?
8. Are you injured?
9. Are you a diabetic?
10. Yes/No
11. Do you have a doctor?
12. Who is your doctor?
13. Where do you live?
   What is your address?
14. What is your telephone number?
15. Do you have a priest? (Rabbi?) (Minister?)
16. I need to examine you for injuries.
17. Is that all right?
18. I am going to measure your blood pressure.
19. I need to adjust your clothing.
20. I am going to touch the injury site.
   It may cause pain.
   Do you understand?
21. Does this hurt?

1. Tālofa 'O lo'u igoa 'o _____.
2. 'O la'u galuega 'o le togafitia o fa'alavelave fa'afuase'i.
3. 'Ua 'ou sau e fesoasoani 'iā 'oe.
4. 'Ua 'e mālamalama?
5. 'Ou te lē mālamalama.
6. 'O ai lou suafa?
7. 'O 'e ma'i?
8. 'O 'e lavea?
9. 'E te ma'i suka?
   E maua 'oe i le ma'i suka?
10. 'Ioe/Leai
11. E iai sau fōma'i?
12. 'O ai lau fōma'i?
13. 'O fea 'e te nofo ai?
   'O le ā lou tuātusi?
14. 'O le ā le nūmera o lau telefonì?
   'O le ā lau telefonì?
15. E iai sau faipe'au?
16. 'Ou te fia su'esu'eina lou tino po 'o iai ni manu'a.
17. 'Ua lelei? / E lē āfāina?
18. 'Ole'a 'ou fuaina le maualuga o lou toto.
19. 'Ole'a 'ou fa'a'ō'ō/tata'la ou 'ofu.
20. 'Ole'a 'ou tago 'i lou itū lenā e lavea.
   'Ātonu e tīgā.
   'Ua 'e mālamalama?
21. E tīgā?
22. Can you move your foot (leg)?
    Can you move your hand (arm)?
23. Can you feel that?
24. I have finished the examination.
    Can I go ahead with emergency procedures?
25. Don’t move!

22. E mafai ona fa’agāoi loa vac(vae)?
    E mafai ona fa’agāoi loa lima(lima)?
23. ‘E te lagonaina le mea lea?
24. ‘Ua ‘uma la‘u su’esu’ega.
    ‘E te fa’atagaina a‘u e togafitiina loa ma‘i?
25. ‘Aua ‘e te minoi!

**UPU FOU (VOCABULARY)**

<table>
<thead>
<tr>
<th>ma’i suka</th>
<th>name (polite)</th>
<th>la‘u a‘e</th>
<th>to exceed</th>
</tr>
</thead>
<tbody>
<tr>
<td>ma‘i suka</td>
<td>diabetes</td>
<td>mālamalama</td>
<td>to understand</td>
</tr>
<tr>
<td>mafai</td>
<td>to be able; can</td>
<td>levea</td>
<td>to be injured</td>
</tr>
<tr>
<td>maualuga</td>
<td>height; (degree or amount)</td>
<td>tuātusi</td>
<td>address</td>
</tr>
<tr>
<td>fa’afuase’i</td>
<td>sudden</td>
<td>su‘esu‘eina</td>
<td>to examine</td>
</tr>
<tr>
<td>fa‘afuase’i</td>
<td>sudden</td>
<td>fuaina</td>
<td>to measure</td>
</tr>
<tr>
<td>fa’a’o‘o</td>
<td>to loosen; open</td>
<td>toto</td>
<td>blood</td>
</tr>
<tr>
<td>fa’a’o‘o</td>
<td>to loosen; open</td>
<td>tatala</td>
<td>open</td>
</tr>
<tr>
<td>‘atonu</td>
<td>probably</td>
<td>tīgā</td>
<td>to hurt; pain</td>
</tr>
<tr>
<td>mafai</td>
<td>to be able; can</td>
<td>fa’agāoi</td>
<td>to move</td>
</tr>
<tr>
<td>lagonaina</td>
<td>to feel; to sense</td>
<td>fa’atagaina</td>
<td>to permit</td>
</tr>
<tr>
<td>minoi</td>
<td>to move about</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| to cure; to treat | fo’alavelave | accident, disruption |
| su‘esu‘eina       | mālamalama   | to understand       |
| fuaina            | levea        | to be injured       |
| mafai             | tuātusi      | address             |
| lagonaina         | fa’agāoi     | to examine          |
| minoi             | fa’atagaina  | to measure          |

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SPECIALIZED
MEDICAL VOCABULARY
GENERAL BODY PARTS

ankle
arm, hand
back
big toe
body hair
breast
brow
cheek
chest
ear
elbow
eye
eyebrow, eyelash, eyelid
finger
little finger
ring finger
middle finger
forefinger
fingernail
back of hand
hair of head
head

tapuvae
lima
tua
vae matua
fulufulu
susu
muāulu
'alāfau
fatafata
taliga
tulilima
mata
fulufulu mata
laumata
tama'ilima
lima tamatama
lima tu'umama
loaloa vale
lima tusi
(a)ti'giligima
tuālima
laululu
ulu
back of head
heel
hip
jaw lower, chin
jaw upper
knee
leg, foot
lip
mouth
neck
nape of neck
nose
palm
shoulder
skeleton
sole
thumb
toe
tocnail
tooth
waist
wrist

mulīulu
mulivae
suilapalapa
'auvaalalo
'auvaehiluga
tulivaev
vae
laugutu
gutu
ua
tuāua
isu
alo filima
au'au
au'i'i
alo'ivaev
lima matua
tama'ivaev
(a)ti'givaev
nifo
sulugātīti
tapulima

DETAILED BODY PARTS

THE HEAD

head
top of head
back of head
forehead
temple
hair
sideburns
cheek
jaw bone
chin
dimple
lip
moustache
beard
eye
eyebrow
eyelash
eyelid
ulu
tumua'i
mulīulu
muāulu
mānifinifi
laululu
tali'fa
'alāfau
ivi 'auvae
'auvaalalo
'auvae 'o'omo
laugutu
tama'i'ava, avaaalaga
'avaaalago
mata
fulufulu mata
fulufulu laumata
laumata
nose
nostril
ear
car canal
tooth
molar
gum
wisdom tooth
tongue
mouth
saliva
skull
nosedischarge-liq.
nosedischarge-solid
pimple
freckle
face
skin

isu
pū isu
taliga
pū taliga
nifo
gao
täni'fo
nifo tulimanu
laulaufaiva
gutu
fāua
ulu po'o, atigi po'o
isupē
pa'upa'u
fuafua
tacleago
mata
pa'u
HAIR

<table>
<thead>
<tr>
<th>hair (of the head)</th>
<th>lauulu</th>
<th>straight hair</th>
</tr>
</thead>
<tbody>
<tr>
<td>blond</td>
<td>poloni</td>
<td>curly hair</td>
</tr>
<tr>
<td>dark hair</td>
<td>lauulu uluuli</td>
<td>kinky hair</td>
</tr>
<tr>
<td>brunette</td>
<td>lauulu ena’ena</td>
<td>thin hair</td>
</tr>
<tr>
<td>red hair</td>
<td>lauulu mūmū</td>
<td>body hair</td>
</tr>
<tr>
<td>white hair</td>
<td>ulusinā</td>
<td>eye lash</td>
</tr>
<tr>
<td>Afro</td>
<td>ulu fefete</td>
<td>eye brow</td>
</tr>
<tr>
<td>long hair</td>
<td>lauulu ’u’umi</td>
<td>cut the hair</td>
</tr>
<tr>
<td>short hair</td>
<td>lauulu pupu’u</td>
<td>wash the hair</td>
</tr>
</tbody>
</table>

FACE (MATA)

<table>
<thead>
<tr>
<th>NOSE</th>
<th>ISU</th>
<th>EAR</th>
<th>TALIGA</th>
</tr>
</thead>
<tbody>
<tr>
<td>flat nose</td>
<td>isu papa</td>
<td>earlobe</td>
<td>lautliga</td>
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<tr>
<td>long nose</td>
<td>isu ’umī</td>
<td>hard of hearing</td>
<td>le lelei le fa’alogo</td>
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<tr>
<td>crooked nose</td>
<td>isu pi’o</td>
<td>ear wax</td>
<td>(lōgoa)</td>
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<td>red nose</td>
<td>isu mūmū</td>
<td>ear canal</td>
<td>taetuli</td>
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<td>blow the nose</td>
<td>fogi le isu</td>
<td>ear-ring</td>
<td>pū taliga</td>
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<td>sniffle</td>
<td>fogifogi</td>
<td>deaf</td>
<td>tautaliga</td>
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<td>sneeze</td>
<td>ta’agulu</td>
<td>pierced ear</td>
<td>faipē, tutuli</td>
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<td>mafatua</td>
<td>hearing aid</td>
<td>fa’apū le lau taliga</td>
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<td>pāpā toto le isu</td>
<td>taliga mutu</td>
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<td>congested nose</td>
<td>isupē, pa’upa’ua</td>
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<td>deformity of ear</td>
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<td>nostril</td>
<td>isu mama’aga</td>
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<td>septum</td>
<td>pū isu</td>
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<td>pogaiisu</td>
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<table>
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<th>EYE</th>
<th>MATA</th>
<th>pink eyes</th>
<th>mata mama’i</th>
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<tr>
<td>eyeball</td>
<td>’i’oimata</td>
<td>discharge in eye</td>
<td>mata sosomo</td>
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<td>pupil</td>
<td>meauli o le mata</td>
<td>tears</td>
<td>loimata</td>
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<tr>
<td>iris</td>
<td>tama'i mata</td>
<td>to wink</td>
<td>fa’a’ivi</td>
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<td>eyebrow</td>
<td>fulufulu mata</td>
<td>open the eyes</td>
<td>pupula ou mata</td>
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<td>eyelash</td>
<td>fulufulu laumata</td>
<td>close the eyes</td>
<td>moe’ini ou mata</td>
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<td>hazel eyes</td>
<td>mata i pusi</td>
<td>to blink</td>
<td>fa’a’emo</td>
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<tr>
<td>brown eyes</td>
<td>mata ‘e’ena</td>
<td>blind</td>
<td>tauaso, pō</td>
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<tr>
<td>blue eyes</td>
<td>mata lanu moana</td>
<td>ingrown hair</td>
<td>mata fulu’ia</td>
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<tr>
<td>one eyed</td>
<td>mata ‘i’ivi</td>
<td>something in eye</td>
<td>pa’ia le mata</td>
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<td>mata ‘iti’i</td>
<td>weak eyes</td>
<td>vaivai le pupula</td>
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<td>Asian eyes</td>
<td>mata pūtī, mata pipi’i</td>
<td>good eyes</td>
<td>mālosi/lelei le pupula</td>
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<td>somo</td>
<td>to look</td>
<td>va’ai, pupula</td>
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<td>mata flamoc/mata moc</td>
<td>to watch</td>
<td>matamata</td>
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<td>cross eyed</td>
<td>mata sepa</td>
<td>cataract</td>
<td>moālili (le mata)</td>
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<td>mata va’ia</td>
<td>sty (lower lid)</td>
<td>fuafua</td>
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MOUTH
small mouth
harelip
large mouth
lip
thick lips
thin lips
tooth
molar
incisor
crooked teeth
rotten teeth
stained teeth
no teeth
broken tooth
loose teeth
missing front tooth
grinding teeth
chapped lips
stomatitis
rinse mouth
hiccups
swallow whole

GUTU
gutu la'iiti/mo'o
gutu pū
gutu tēlē
lau gutu
lau gutu māfiaia
lau gutu mānifini
nifo
gao
muānifo
nifo pipi'o
nifo pala, nifo uga
nifo ugaugā
lē nifoā
nifo gau
nifo māgaegae
nifo pū
līlīvau/ū nifo
lau gutu māvetevete
gutu malū
pūpū le gutu
to'omaunu
folo patauō

SKIN
boil
pustule
blister
birthmark
bruise
scabies
wart
freckle
itch
scratch (an itch)
ascratch
toscratch
peeling skin
scrape (a knee)
burn
sting
tear (skin)
cut
puncture
tattoo
vaccination scar
fever
pinch

skin
smooth skin
rough skin
hairst skin
dark skin
albino
jaundice
pigment loss
oily skin
wrinkled skin
ring wormy
ring worm
dark scarred skin
dirty skin
scarred skin
scar
blush
sweat
rash
smelly skin
scaly skin
pimple
injury

pa'u
pa'u momosi/molemole
pa'u talatala
pa'u fulufula
pa'u uli
tetea
pa'u sasama
pa'u tanea
pa'usuau'ua
pa'u ma'anuminimumi
pa'u laala
laha
pa'u pulepule
pa'u palā
pa'u má'ilā'īla
ma'ilā
mūmū fōliga
afu
mēa sasao, mūmū mageso
pa'u 'u'ū
pa'u mā'ufaga'uga
fuafua
lavea

tānifo
laualaufaiva
alelo
fa'a'i
fā le leo
'ua'atia laegutu
'ua atia le laulauaiva
māvava
fa'amapu, mapumapu
mīti, fa'amiti
feula
fa'auputa le gutu
folo
lamu pa'o
lamu
ta'agulu
fāua
feanu
pua'i
laua
tale
fatu tale
filogia (le fatu tale)

ma'i sua
fa'apepē
lālā vevela
īla
totouia
po'u
lafetau
telago
mageso
valu (le mageso)
ma'osia
fela'u, valusi
māfo'e le pa'u
māfo'efo'e (le tuli)
mū
ū', 'ai
māsaesae le pa'u
lavea
tuia
pē'a, tatau
fa'agata
fiva, vevela leulu
'tini
**LIMBS, EXTERNAL ORGANS**

- leg  
- toe  
- big toe  
- toenail  
- sole  
- ankle  
- hip  
- heel  
- calf  
- knee  
- thigh  
- buttocks  
- cheek (buttocks)  
- anus  
- groin  
- side of groin  
- lower abdomen  
- arm  
- finger  
- thumb  
- finger nail  

- vae  
- tama'ivae  
- vae matua  
- atigivae  
- alofivae  
- tapuvae  
- ivi o le suilapalapa  
- muli vae  
- atevae  
- tuli vae  
- 'ogāva  
- suilapalapa  
- muli  
- tū muli  
- ala fe'au  
- (pū tū'o, ufa - not polite)  
- magāvæ  
- 'auaga  
- punialo  
- lima  
- tama'i lima  
- lima matua  
- atigi lima  
- palm  
- fist  
- wrist  
- forearm  
- shoulder  
- bicep  
- armpit  
- neck  
- chest  
- breast  
- nipple  
- stomach  
- navel  
- solar plexus  
- waist  
- side (of body)  
- back  
- back of neck  
- trunk (of body)  
- pubic hair  
- body hair  
- genitals  
- alofì lima  
- moto  
- tapulima  
- alo o le lima  
- tau'au  
- 'ogālima  
- 'a'o'ao  
- ua  
- fatafata  
- susu  
- matāsusu  
- manava  
- pute  
- moa, mauli  
- sulugātiti  
- itū  
- tua  
- tuāua  
- 'ogātino  
- fugufugu  
- fulufulu  
- itūtinosā

**REPRODUCTIVE ORGANS**

- genitals  
- testicles  
- scrotum  
- penis  
- foreskin  
- circumcision  
- uncircumcised  
- ejaculation, climax  
- tip of penis  
- base of penis  
- erect penis  
- semen  
- mons veneris  
- vagina  
- urethra  
- uterus  
- vaginal secretion  
- clitoris  
- menstrual period  
- sexual relations  
- pregnancy  
- morning sickness  
- labour, delivery  
- labour pain  
- miscarriage  
- abortion  
- foetus  
- placenta  
- amniotic fluid  
- perineum  
- pubic hair  
- breast  
- breast milk  
- to breast feed  
- nursing mother  
- nipple  
- somo loloto  
- tila  
- ma'imāsina  
- feu'i, fai'aiga, usu  
- ma i tō, ma i taga  
- ma' i āfau'ua  
- fānauga  
- fa'ātīgā  
- ma'i fafano  
- fa'apa'ū le pepe  
- tama fafano  
- fa'ua  
- lanu  
- faui'ilo  
- fugufugu  
- susu  
- suāsusu  
- fa'asusu  
- faiele  
- matāsusu
BONES, CARTILAGE, MUSCLE

skull
bone
skeleton
broken (bone)
sternum
clavicle
shoulder blade
rib
hip
pelvis
1st cervical vertebra
coccyx
jaw bone
nose bridge
teeth
molar
gum
Adams apple
arm/hand bones
humerus
metacarpal bones
either
wrist
foot/leg bones
femur
shin
fibula
knee cap (patella)
ankle bone
heel bone
metatarsal bones
hip joint
knee

ulu po'o, ipu
ivi, ponā ivi
'au ivi
gau (le ivi)
ivi fatafata
ivi ua
ivi foe
ivi 'aso'aso
ivi o le suilapalapa
ivi no'o
ivi mulilulu
ivi topetope
'auvae
pou o le isu
nifo
gau
tānifo
fa'a, i ponāua
ivi o le lima
ivi telē
ivi o tamatama'i lima
tuilima
tapulima
ivi o le vak
ivi fa'ala
ivi mālōsi
soā ivi
tupe o le tuli
ponapōnāvae
ivi mūlī vak
ivi o tamatama'i vak
gaugātino
tuivae
ankle
joint
tendon
bony build
muscle
muscular build
fractured skull
pull muscle
dislocated
broken (bone)
sprained (wrists)
sprained (ankle)
strained (back)
strained (shoulder)
bicep
crooked back
arm pit
hunched back
stiff neck
swollen
arthritis
cripple
deformed hand
amputated (leg)
bow legged
crooked leg
leg asleep
to limp
paralyzed (leg)
smashed (finger)
inflamed
tapu vakae
gaugā ivi, so'ogā ivi
uaumālōsi
ua va le
iviivia
maso
masomasoā
'ua ta'e le ipu,
ua lauhaulē ipu
migi le maso
se'e (le ivi)
gau (le ivi)
māsui (le tapu lima)
mapeva (le tapu vak)
mapuna (le tua)
māsui (le tau'au)
'ogālima
tua pī'o
'ao'ao
tua 'oso

INTERNAL ORGANS

internal organs
tōtōga
fai'ai
māmā
'afu'afu
manava, puta, alo
'ona
fa'a'autagata
ate, āu
taga mimi
ateal'i

heart disease
ulcer
appendix
heart attack
kidney
intestine
small intestine
esophagus
trachea
eye ball
ma'i fatu
asa, po'ua le puta
pito gā'au
fatu pē
fatuga'ō
gā'au
fifi
ala'ai
ala savili
'i'omata
MEDICAL TERMS AND CONDITION

abortion ma'ifa'ano
amenorrhea lōpoto
anaemia toto váivai
appetite manogi mea'ai
artery 'atelia
ascites fulavai
arthritis tulilefu
asthma sela
bandage fusi
baldness ulu tula
boil ma'i fa'asua
boils axilla lo'omatua
break bones gau
burn mú
blood vessel, tendon uaua
blood-stained discharge filogia
broken leg vae gau
discharge totoula
bruise fatuamo
bursitis -shoulder silailagi
eczema moālili tūtotonu
carcinoma fa'asimā
caticact tu'umālō
chicken pox pa'ū le lā
chelmos maliu
cold, rhinitis tāomia le fa'ala
cripple lagī fa'atafa
croup petilome, tefe
cripple isu mamafa
cure fa'atalo
cripple tale
fractured skull or concussion lima papagi
fracture fa'atalo
fractured skull or concussion ma'ilili
frontal lobe ma'i oso
frontal lobe head wounds
geriatric manava mamau
inflammation moālili
itch vavac
itching tale
tingling toga, toga, toga
lightness otī, malia
lightness fe'au mamao
linguistic tī'o (not polite)
linguistic taliga mutu
linguistic isupū
linguistic tutuī
linguistic fa'avevela
linguistic manava tatā
linguistic fa'avevela
linguistic niniva
linguistic fōma'i
linguistic sanatoto
linguistic tutupa
linguistic ma'imāliu
linguistic fa'ama'i
linguistic pāpātoto
linguistic tūlītā
linguistic ma'i mata
linguistic matapogia
linguistic tumu ile'a
linguistic foa
linguistic matataclagoa
linguistic patō
linguistic gugu
linguistic anutoto
linguistic su'e toto
linguistic pu'a toto
linguistic laugutu motu
linguistic foafafa
<table>
<thead>
<tr>
<th>Term</th>
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<td>ma'i fatu</td>
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<tr>
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<td>fifi pa'ū</td>
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<td>hook worm</td>
<td>'anufe mātau</td>
</tr>
<tr>
<td>hunchback</td>
<td>tuapi'o</td>
</tr>
<tr>
<td>infectious disease</td>
<td>ma'i pipisi</td>
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<td>insanity</td>
<td>vale</td>
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<td>itch, scabies</td>
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<td>styke</td>
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<td>ua patō</td>
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<td>fālō (le ivi)</td>
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# KINSHIP TERMS

<table>
<thead>
<tr>
<th>FAMILY MEMBERS</th>
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<td>to be related to</td>
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<tr>
<td>woman's son</td>
<td>aunt-paternal</td>
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<table>
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<td>adoptive son, daughter (man's)</td>
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<td>adoptive son, daughter (woman's)</td>
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<table>
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<th>TAMĀ O LE TAMĀ</th>
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<td>tamā o le tamā</td>
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<thead>
<tr>
<th>TAMĀ O LE TINĀ</th>
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<table>
<thead>
<tr>
<th>FA'ANAU A LE FA'ANAU</th>
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<tr>
<td>'O le tama a le tuaafafine o le tamā (sing.)</td>
</tr>
<tr>
<td>Fānau a le tuaafafine o le tamā (pl.)</td>
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<tr>
<td>'O le atali'i/afa'afine o le uso o le tamā (sing.)</td>
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<td>'O le tama a le uso o le tinā (sing.)</td>
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<td>Fānau a le uso o le tinā (pl.)</td>
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<tr>
<td>'O le atali'i/afa'afine o le tuagane o le tinā (sing.)</td>
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<td>Fānau a le tuagane o le tinā (pl.)</td>
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<table>
<thead>
<tr>
<th>FA'ANAU A LE FA'ANAU</th>
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<tr>
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<td>'O le tama a le uso (sing.)</td>
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<tr>
<td>Fānau a le uso (pl.)</td>
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<tr>
<td>'O le atali'i/afa'afine o le tuagane (sing.)</td>
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<td>Fānau a le tuagane (pl.)</td>
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<table>
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<tr>
<th>FA'ANAU FAI</th>
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</thead>
<tbody>
<tr>
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</tr>
<tr>
<td>tinā fai / tamā fai</td>
</tr>
<tr>
<td>uso/tuagane/tuaafafine fai</td>
</tr>
<tr>
<td>atali'i fai, afa'afine fai</td>
</tr>
<tr>
<td>tamatama ai, tamatcine fai</td>
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</table>
ADVANCED READINGS
'O UTU
(LICE)

'O NI FA'AMATALAGA E UIGA 'I UTU

'O 'utu 'o ni 'inisitū fetolofia e ititi ifo i le 1/8 'inisī lo lātou 'u'umia e 'efu'efu-pa'epa'i i le 'ena'ena o lātou lanu. E mau nei manu nini'i i o lātou olaga 'ātoa i le lauao, ma e ola i le mimitūina mai o le toto i ni pū iū lātou te faia i le atigi ao. E iai matu'u'u pipi'o i le fa'atausiausi'uga o o lātou vae e lātou te fa'aogāina e pipi'i mau ai ilauao.

So'o se tasi lava e mafai ona maua ai 'utu. E fiafia 'utu i ao o e mau'oa, e mātitiva, tagata mātutua po 'o tamaiti, e tū mamā po 'o e tū palapala. 'Ua le tatau iâte 'oe ona māsiasia fua pe 'afai e maua ni 'utu i lou ao.

E le leaga nei manu 'o 'utu 'ae peita'i e tupu ai i tagata le mageso ma le valu, ma 'o le valu e mafai ona 'afaina ai le pa'u o le tino, ma 'ole'a o'o ai loa ina tutupu ni isi tilaga le manua e pei 'o le 'inifeti.

E mafai ona pipisi 'utu 'i isi tagata 'i selu, palasi, solo tā'ele, 'ie teu moega, lavalava, meāfale, kāpeta, ma isi lāvā mea na fa'aogāina ma pa'ia e se tasi e iai ni 'utu. E mafai foi ona fetolofia sa'o 'utu mai i se tasi tagata 'i se isi tagata pe 'ā fepa'ia'i so'o se vēega o tino, e pei 'o ao. 'Ua iai se manatu fa'aapea e mafai ona ola 'utu i se ao o se tagata mo le lua i le tolu aso, ona mamate lea.

'O le fa'aiologa māsani muamua 'e te silaia ai 'ua iai ni 'utu i le ulu o lou alo, 'o le mageso ma le valu so'o. Sā'ilī lelei lona ulu fa'aapea lona atigī ulu, 'ae maise lava le tuaa ma tua ane o taliga, mo ni 'utu ma o lātou fua papa'e (lia). E faigata ona iloa lelei 'utu, 'ae e māsani ona ilogōfie lia e pipi'i i lauulu ta'itasi tatalata i le pa'u o le ulu. E tusa e fitu i le sefulu aso ona fofoa lea 'o lia.

'O Togafiti e Faia mo le Fa'amamateina o 'Utu

'Ia muamua lava ona sā'ilī lelei le ulu o lou alo ma silasila po 'o iai ni po'u po 'o ni pa'upu'a māsiaia. 'Afai 'ua iai ni tūlaga fa'apēnā, 'ia 'ave loa lou alo e va'ai e se fōma'i. E tatau fo'i
ona săi'li ao o isi tagata o lo 'outou 'āiga 'ae 'aua le fa'aaogāina se vailā'au se'i vaganā 'ua maua ai ni 'utu.

Vaillā'au

'O le vailā'au 'ua fa'amamafaina lona aogā telc 'o le Kwell (e tofu pē u'u ai le lauao), ma e lē mafai ona talaina mai lenei vai e 'aunoa ma se pepa mai le fōma'i. E iai fo'i vailā'au e lē mana'omia ai se pepa mai i le fōma'i, e aofia ai le A-200 Pyrinate, Cuprex, ma le RId. Mulimuli lelei i fa'atonuga mo le fa'aaogāina o nei vailā'au. 'O le so'ona fa'aaogā o nei vai 'ole'a tutupu a: ni isi tūlagā tūga.

Seluina o le Lauao

'Ā māc'a ona fa'aaogā le vailā'au tofu ao (medicated shampoo), e tatau ona fa'amamāina le lauao i se selu mamā ma putuputu nifo (e sili atu ona lelei se selu 'ofe) e 'ave' ese ai lia mamate. 'A 'o le'i seluina le lauao, sui se ipu vinika se tasi i se ipu vai se tasi, ma u'u ai le lauao. 'Ua faautaina le fa'aaogāina o lenei vai 'ona e fesoasoani i le 'ave' escina o lia mai i lauao pe 'ā seluina.

Fa'amamāina 'ese 'Utu mai i lou Fale

E tatau ona tāina i le vai vevela e tu'u i ai se vailā'au, mea totino 'uma a se tasi 'ua iai ni 'utu - e pei 'o palasi, selu, pūlou taumata, laulu fa'apiipi'i, pine teu ao, 'ie o le moega, solo tā'ele, ma ona lavalava. E mamate fo'i lia pe 'ā fa'amamago nei mea i se vevela matuā maualuga. 'O lavalava ma isi mea e le mafai ona tāaina i le fale e tatau ona "dryclean", tautau i fafo i le lā 'a'asa mo ni itūlā se lua, pē tu'u fo'i i totonu o se taga pepa "plastic" e matuā nonoa mau. mo se tohusefult aso.

Fa'aaogā le masinifufulu kāpeta (vacuum cleaner) e fa'amamā ai measafele, kāpeta, fa'amalū, ma le fola o le fale. 'O fala e mafai ona fufuluina i vai ma le fasimoli, ma fa'amamago i le lā. O selu ma palasi e mafai ona fa'avai i le "Lysol" (o se vailā'au e fa'atau mai i fale'oloa) mo se itūlā e tasi pē n'u foi i totonu 'o le masini tāmea ma isi mea totino a le tagata 'ua iai 'utu. 'Aua lava nei faaaina lou maota i ni vailā'au fana finiseti, e lelei sona aoga. E le faautaina lo lātou fa'aaogāina, ma e mafai ona tutupu mai ai ni tūlagā faigatā.

E tāua fo'i le logo i Teine Fōma'i Fesoasoani o le ʻāoga suafa o uō a lou alo, 'ina 'ia sā'iliina o lātou ao mo 'utu. 'Ole ala lea e mafai ona puipuia ai le tupu mai 'o se fa'ama'i 'utu, ma fa'aüitiini ai fo'i le toe fa'ateleina o 'utu i le ulu o lou alo.

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'O MEA IA MANATUAINA

So'o se tagata lava e mafai ona maua ai 'utu. E mafai ona maua pea lava pea 'utu iāte 'oe. 'Āfai e iai ni 'utu i se tagata o lo 'outou 'āliga, e tatau ona sā'ilia ma ililoima tagata 'uma. 'Aua ne'i tuai togafitiga. Va'ai vave le fōma'i po'o le tausima'i. Mo ni isi fa'amatalaga, telefoni i le 'Ōfisa o le Public Health Nurse e pito i latalata ane iāte 'oe.

'TUPU FOU

The following vocabulary translations reflect the meanings of the words in the context of the above reading.

<table>
<thead>
<tr>
<th>English</th>
<th>Samoan</th>
<th>Meaning</th>
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<td>fa'amatalaga</td>
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<td>inch</td>
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<td>mau</td>
<td>reside, live</td>
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<tr>
<td>nini'i</td>
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<td>'ātoa</td>
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<td>mimitiina</td>
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<td>pū iti</td>
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<td>mati'u'u</td>
<td>nail, claw</td>
<td>pipi'o</td>
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<td>fa'atausi'usi'uga</td>
<td>end, tail end</td>
<td>fa'aagāina</td>
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<td>pipi'i</td>
<td>to stick to</td>
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<td>lauao.</td>
<td>hair (polite)</td>
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palasi
'te teu moega
mea'fale
pa'ia
fe'pa'ia'i
vāega
mamate
māsani
alo
'a'ac naise
fua
faigatā
pīpi'i
tusa
togafiti
po'u
māsiafa
fa'apēnā
fa'amama'aina
tofu
talaina
pepa mai ile fōma'i
aofia
fa'atonuga
tūgā
māe'a
putuputu nifo
vinika
fesoasoani
vevela
pūlou taumata
pine teu ao,
matuā
tautau
'a'asa
taga pepa
brush
bedding
furniture
touch
touch
part, area
kill
usual
child
especially
egg
difficult
stick to
approximately
treat, cure
sore, infection
thick
like this
powerful
wash hair
dispense (drugs)
prescription
include
directions
serious, grave
finish
fine tooth (comb)
vinegar
help
hot
hat, visor
hair pins, barrettes
exceedingly
hang
hot
paper bag
solo tā'ele
lavalava
kāpeta
sā'o
so'o
manatu
fa'ailoga
silafia
sā'ilī
tuāua
lia
iloagōfie
latalata
fofoa
fa'amama'aina
pa'upa'u
tūlaga
vailā'au
aogā
u'u
'aunoa
lēmana'omia
mulimuli lelei
so'ona
seluina
fa'amama'aina
selu 'ofe
fautaina
tāina
mea lotino
lauulu fa'api'i
fa'amamago
maualuga
lā
itūlā
nonoa
bath towel
clothes
carpet
directly, straight
frequently
belief
symptoms
know, aware of
check, examine
nape of neck
lice eggs
easy to spot/see
close, near
hatch
kill, eradicate
scab
condition
medicine
useful
anoint, rub in
without
do n't need
follow closely
frequently
to comb
clean
bamboo comb
advise
wash clothes
personal effects
wig
to dry
high
sun
hour
tie
<table>
<thead>
<tr>
<th>Lao Word</th>
<th>English Translation</th>
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<tr>
<td>mau</td>
<td>tight, firm</td>
</tr>
<tr>
<td>fa'amalu</td>
<td>mattress, pillow</td>
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<tr>
<td>fala</td>
<td>mat</td>
</tr>
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<td>fasimoli</td>
<td>soap</td>
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<tr>
<td>fa'atau</td>
<td>purchase</td>
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<tr>
<td>fanaina</td>
<td>spray</td>
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<tr>
<td>vaila'au fana 'inisetiau</td>
<td>insect spray</td>
</tr>
<tr>
<td>taua</td>
<td>important</td>
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<tr>
<td>suafa</td>
<td>name (polite)</td>
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<td>ala</td>
<td>way, means</td>
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<td>fa'ama'i</td>
<td>disease</td>
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<tr>
<td>fa'ateleina</td>
<td>increase, spread</td>
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<td>so'o</td>
<td>any</td>
</tr>
<tr>
<td>tuai</td>
<td>late</td>
</tr>
<tr>
<td>masini fufulu kāpeta</td>
<td>vacuum cleaner</td>
</tr>
<tr>
<td>fola</td>
<td>floor</td>
</tr>
<tr>
<td>fufuluina</td>
<td>wash, clean</td>
</tr>
<tr>
<td>fa'availe</td>
<td>soak</td>
</tr>
<tr>
<td>masini tāmea</td>
<td>washing machine</td>
</tr>
<tr>
<td>maota</td>
<td>house (polite)</td>
</tr>
<tr>
<td>tutupu mai</td>
<td>cause, result in</td>
</tr>
<tr>
<td>logo</td>
<td>contact, call</td>
</tr>
<tr>
<td>uō</td>
<td>friend</td>
</tr>
<tr>
<td>puipua</td>
<td>protect</td>
</tr>
<tr>
<td>fa'aiteitiina</td>
<td>reduce</td>
</tr>
<tr>
<td>manatuina</td>
<td>remember</td>
</tr>
<tr>
<td>iloiloina</td>
<td>check, look for/at</td>
</tr>
<tr>
<td>togafitiga</td>
<td>cure, treat</td>
</tr>
</tbody>
</table>
PULEA O LE FĀNAUGA
(BIRTH CONTROL)

PULEA O LE FĀNAUGA

'O le ā le uiga o le Pulea o le Fānauga?
'O le fia maua lea 'o se pepe ina 'ua mana'o 'i ai po 'o le lé fia maua lea 'o se pepe e le i mana'o 'i ai. 'O le filifilia lea e 'oe ma lau tāne le taimi tatau lelei mo se pepe.

E fa'apeseca ona pulea le fānauga?
'O le pepe e fāa'o'ā gaosia pe 'āfai e alu atu le futu mai le suāsi o le tāne (sperm) ma fa'atasiga ma le fua i le fafine (egg). 'O le pulea lā o le fānauga, 'o le tāofia lea 'o lenei fa'atasiga, 'ina 'ia lé o'o atu le futu 'ile fua. E tele itū'aiga pulea o le fānauga. 'O ia itū'aiga e aogā 'uma, pe 'āfai e fa'aaogāina fa'apei ona fa'atounina. E lé mafai e se tasi o ia itū'aiga ona tāofia 'ouluia i se taimi mulimuli ane lua te mānana'o 'ai i se pepe. 'O ia itū'aiga pulea o le fānauga, e maua ai e 'oe ma lau tāne le to'afimālie ma le fiafia, 'auā lua te lé toe popole i le maua fa'afluase'i o se pepe lua te le'i fa'amecocina. 'O 'oe ma lau tāne e mafai ona filifilia le itū'aiga pulea o le fānauga e tatau lelei mo 'ouluia. Āfai lua te lé fiafia 'ile tasi itū'aiga, e mafai ona fa'ata'ita'i le isi.

PULEA O LE FĀNAUGA E FA'AAOGĀINA E FAFINE

'O Le Fuālā'au
Enu e le fafine i aso 'uma. Na te tāofia tōtōga gaosia fua o le fafine (ovaries) i le gaosiga o le fua ma 'ole'a le mafai ai ona tō 'o ia pe 'āfai na te fa'aaogāina fa'apei ona fa'atonuina e le fōma'i. 'O le fuālā'au e faīgōsia; lē pagupagu solo (mesi); e leai se tausāuniuni i le taimi mulimuli; ma e aogā i taimi 'uma. Āfai 'e te mana'o 'i le fuālā'au, 'ia fa'afo'so'ota'i lau fōma'i.

Pulipuiga Totonu o le Fa'a'autagata (Intrauterine Device—IUD)
'O leitu'aiga ta'ua, Pulipuiga-Totonu-o-le-Faa'autagata (IUD), 'o mea fa'auaea-vavai (plastic) e fa'afōliga i le ncavalu (bow), fa'ata'alio'ilo (spiral), mama (ring), po 'o fa'amatasele (loop), e tu'u e le fōma'i i totonu o le tōtōga fa'a'autagata (uterus) o le fafine. E o'o ina nofo sagatonu lelei le IUD i totonu o le fafine. 'O se itu'aiga lelei tele lea mo le pulea o le fānauga 'auā e leai se toe popole; e leai fo'i se pagupagu solo ma e aogā i taimi 'uma.
'O Le Taiafarama (Diaphragm)
'O le taiafarama, 'o le mea faapei 'o se tânoa la'iiti'i 'ua faia i le pa'u meme'i, 'ua iai le sipurigi vavai e fa'ata'ali'o i ona pito i tua. E tu'u tonu ma punitia ai le avanoa i le fa'a'autaga (cervix), ma 'ua fa'aaogâina fa'atasi ma se tasi o itû'âiga o sici po 'o fome. E tatau lava ona faia e le fôma'i lona fa'ata'atiaga. 'O le taiafarama 'o se faiga lelei tele mo le pulca o le fanauga pe 'a fa'aaogâina fa'apei ona fa'atonuina.

'O Iai Itû'âiga
'O mea e ta'ua 'o sici, kirimi ma fome, 'o ia mea e tu'u e le fâfine i lona alâfânau (vagina) 'a 'o le'i faia le feuia'iga po 'o usuga (sexual relations). Lâtou te tâofia le fatu o le tâne 'ina 'ia lê o'o atu i le fua o le fâfîne. 'O le sici (jelly) 'o se mea e pei 'o se u'uga'o; 'o le kirimi (cream) e pei 'o se u'uvai vai; 'a 'o le fome (foam) e pei 'o se o'a fasimoli. E tatau lava ona fa'aaogâina e le fâfîne se tasi o nci mea i taimi 'uma 'a 'o le'i faia le feuia'iga po 'o usuga. E mafai ona fa'atauina nei itû'âiga 'uma i so'o se fale'oloa talavai (drug store), e aunoa ma se fa'ataga mai i le fôma'i.

'O le Fa'atali (Rhythm)
'O leci itû'âiga, e fa'ato'â faia le usuga, pe 'a ilo tonu le taimi saogâlêmû o le fâfîne. 'O le taimi lea e alu 'ese ai le fua (egg) mai le overi (tûôga gaosi fua), ma fatai'a ai ma le fatu o le tâne. 'O le fa'alavelave o leci faiga, 'ona 'o le lê mautinoaina lelei o le taimi saogâlêmû o le fâfîne. E tatau lava ona maua se fesoasoani mai le fôma'i pe 'a 'e fia fa'aaogâina lenei itû'âiga mo le pulca o le fanauga.

Pulea O Le Fanauga E Fa'aaogâina E Tane

'O Le Pa'umeme'i po 'o le Pa'ufai (Condom)
'O le condom 'o le pa'umeme'i fa'amaulu e ufiia ai le itûtinosâ o le tâne, na te puipuia le suâsi 'ina 'ia lê o'o atu i totonu o le fâfîne. E tatau ona fa'actete pe 'a tatalaina le pa'umemei, 'ina 'ia mautinoa, e leai se suâsi e sao 'ese. E maua pa'umeme'iai so'o se fale'oloa talavai.

'O Le Solomuli po 'o le Fa'actete (Withdrawal)
'O le tâne na te se'i 'ese lona itûtinosâ 'a 'o le'i masa'a atu lona suâsi. 'Afai e leai se tasi itû'âiga faiga e pulea ai le fânauga 'olo'o fa'aaogâina, e sili ona fa'aaogâ le Solomuli po 'o le Fa'actete. E lê lelei ma saogâlêmû lenei faiga fa'apei 'o le pa'umeme'i, peita'i, e sili atu i lô 'o le leai.
'AISEĀ E TATAU AI ONA FUAFUA LELEI 'ĀIGA?

E manana'o 'uma mātua 'ia maua mea lelei, tāua, ma le aogā mo a lātou ūāna, e iai le soifua mālōloina lelei o le ūāna, tinā ma tamā; le tūlaga fealofani i le vā o mātua ma ūāna; le maua o mea taumafa lelei ma le tatau mo le 'āiga; le maua o avanoa o le ūāna i a'oa'oga lelei; le maua o nofoaga lelei mo le 'āiga; ma le fa'atūmauina o le fealofani feutaga'i i le vā o tagata ta'ito'atasi o le 'āiga.

'UPU FOU

The following vocabulary translations reflect the meanings of the words in the context of the abovereadings.

<table>
<thead>
<tr>
<th>Fānauga</th>
<th>Birth</th>
<th>Uīga</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pulea o le fānauga</td>
<td>Birth control</td>
<td>Pepe</td>
<td>Baby</td>
</tr>
<tr>
<td>Mana'o</td>
<td>To want</td>
<td>Maua</td>
<td>To get</td>
</tr>
<tr>
<td>Filifilia</td>
<td>To decide</td>
<td>Tāne</td>
<td>Husband</td>
</tr>
<tr>
<td>Faato'a</td>
<td>Just</td>
<td>Gaosia</td>
<td>To produce</td>
</tr>
<tr>
<td>Fatu</td>
<td>Sperm</td>
<td>Suāsi</td>
<td>Semen</td>
</tr>
<tr>
<td>Fua</td>
<td>Egg</td>
<td>Tāofia</td>
<td>Prevent, stop</td>
</tr>
<tr>
<td>Itū'aiga</td>
<td>Kind, type</td>
<td>Aogā</td>
<td>Use, useful</td>
</tr>
<tr>
<td>Fa'aaoagāina</td>
<td>To use</td>
<td>Fa'apci</td>
<td>Just like</td>
</tr>
<tr>
<td>Mulimuli ane</td>
<td>Later</td>
<td>Fa'atonuina</td>
<td>To direct</td>
</tr>
<tr>
<td>To'afimālie</td>
<td>Peace of mind</td>
<td>Fiasia</td>
<td>Happiness</td>
</tr>
<tr>
<td>Popole</td>
<td>To worry</td>
<td>Fa'afuase'i</td>
<td>Suddenly</td>
</tr>
<tr>
<td>Fa'amoeocina</td>
<td>To expect</td>
<td>Fa'ata'ita'i</td>
<td>Try, practice</td>
</tr>
<tr>
<td>Fuālā'au</td>
<td>Pill</td>
<td>Tōtōga</td>
<td>Internal organ</td>
</tr>
<tr>
<td>Pagupagu</td>
<td>Messy</td>
<td>Solo</td>
<td>All around/over</td>
</tr>
<tr>
<td>Lē tau sāuniuni</td>
<td>Little preparation</td>
<td>Fa'afeso'otai</td>
<td>Contact</td>
</tr>
<tr>
<td>Fa'aautagata</td>
<td>Uterus</td>
<td>Fa'auaea-vavai</td>
<td>Plastic</td>
</tr>
<tr>
<td>Fa'afōliga</td>
<td>Look like</td>
<td>Noavalu</td>
<td>A bow</td>
</tr>
<tr>
<td>Fa'ata'ali'oli'o</td>
<td>Aspiral</td>
<td>Mama</td>
<td>A ring</td>
</tr>
<tr>
<td>Fa'amatāsele</td>
<td>A loop</td>
<td>Nofosagatonu</td>
<td>Well placed</td>
</tr>
<tr>
<td>Taiafarama</td>
<td>Diaphragm</td>
<td>Pa'umeme'i</td>
<td>Rubber</td>
</tr>
<tr>
<td>Sipurigi</td>
<td>Spring</td>
<td>Vavai</td>
<td>Soft, weak</td>
</tr>
<tr>
<td>Pito i tua</td>
<td>Reverse side</td>
<td>Tu'u tonu</td>
<td>Place exactly</td>
</tr>
<tr>
<td>Punitia</td>
<td>Block, cover</td>
<td>Avanoa</td>
<td>Opening</td>
</tr>
</tbody>
</table>
jelly
placement, insertion
vagina
sexual relations
cream-like
purchase
without
rhythm
go out, leave
problem
method
condom, rubber
cover
doesn't arrive
to take off
leak out
pull out
plan well
important
loving state
food
education
wise, considerate
fome
kirimi
feuia’iga
u’uga’o
’oa fasimoli
fale’oloa talavai
fa’ataga
taimi saogalēmū
fetaia’i
fcsoasoani
lēmautinoaina
pa’ufai
itūtinosā o le tāne
fa’aeteete
mautinoa
solomuli
masa’a
mātua
soi’ua māolōlōina
vā
fa’atūmauina
nofoaga
ta’ito’atasi
foam
cream
sexual relations
jelly-like
like soap suds
drug store
permission
safe time
meet
help, assistance
not certain
condom
penis
to be careful
certain
pull out
spill
parent
good health
relationship
permanent
residence
each
'O Le Ma’itaga Po 'O Le Tō

(Pregnancy)

'Ou te lei mana'o 'ou te tō.
'Ua 'e manatu 'ua 'e tō, 'ae 'olo'o 'e fa'amoe'moe 'e te lē tō. 'O le tūlaga faigata 'ua 'e iai. Ae 'e te le'i popole tele, e ao ina va'ai se fōma'i na te faia ni su'esu'ega po 'ua 'e tō, po 'o le alu fo'i i se falema'i po 'o se fakeletalava'i (clinical). I le tele 'o setete, 'o su'esu'ega e uiga 'i lea tūlaga e fa'alilotilo, pē lē ta'uina atu fua i isi tagata (confidential): na'o 'o oe lava e fa'ailoaina i ai le i'uga 'o le su'esu'ega. E mafai ona iloa 'ua 'e tō i le lua vaiaosou talu ona mīsia lou ma'amāsina mai i le su'ega 'o fe'a i lata ma le su'ega 'o lou manava (pelvic exam). I isi taimi, e mafai fo'i ona iloa po 'ua 'e tō i le su'cina o le toto mai i le ono aso talu ona feusa'i. 'O le vave o lou mautūnoa 'ua 'e tō, 'o le vave fo'i lenā ona faia 'o ni fuafuaga 'iāte 'oe.

'Oā ni fuafuaga po 'o ni tōnu lele'i 'o 'iāte 'oe? I le tele 'o taimi e tolu ni tūlaga: 'o le fa'aaauau o le tō 'ina 'ia ola le pepe (tusa lava po'o le fa'aiopo po 'o le le fa'aiopo); 'o le tu'uina atu 'o le pepe e fai ma tama fai pe 'ă fānau; ma le fa'apa'ū lea 'o le pepe. E lē faigaifise lea tūlaga ma e ao ina māfaufau i ai ma le fa'aecte. E lē tasi se tali e sa'o mo tagata ta'iotoata'i 'uma. Na'o 'oe e iloa le tatau mo oe lava ia.

E ao fo'i ona tāua iā 'oe ni manatu po 'o ni lagona 'o lou uō po 'o lou tō'ala'u e uiga i lau tō. E lē taumate 'ole'ālē fa'aalia uiga popole o lau uō po 'o lou to'alua, 'ae peita'i 'olo'o māmāfo'i iā ia lea tūlaga. E lele'i fo'i pe 'āfai 'e te talanoa i se isi o lou 'āiga, sau uō, po 'o lou fa'afe'ai. Peita'i, 'o 'oe lava e iai le filifiliga. 'O le to'atele o tama'ita'i ātou te maua se fesoasoani mai i se tagata faufaua, ma e fa'apenē fo'i a ātou uō po 'o 'o ātou to'alua. 'O se tagata faufaua lele'i na te lē fa'amālosia 'oe i le mea e fai, 'ae na te ofoina atu se fesoasoani 'iāte 'oe 'ina 'ia 'e iloa lele'i le mea e ao ina fai, ma fesoasoani 'iāte 'oe e su'esu'cina ma fa'amanino lele'i tūlaga ta'itasi. 'O se tagata faufaua na te mafai fo'i ona fa'asino atu se 'auala e maua ai se fesoasoani i mea tau tupe. E lē gata 'i lea, e tatau fo'i ona ia ta'uina atu 'iāte 'oe 'auala e mafai ai ona tāofia le tō i taimi 'o humana'i 'ina 'ia fuafua lele'i lou 'āiga. E tatau ona tu'uina atu ni fatu'aga pe 'ă 'uma su'esu'ega 'ua 'e tō. 'Āfai e leai, e ao ina fa'afo'otia i le 'Ōfisa o Mātua Fuafuaina (Planned Parenthood), 'Ōfisa o 'Āiga Fuafuaina (Family Planning), 'Ōfisa o le Soifua Mālōlōina (Department of Health), 'Ōfisa Fa'apitoa mo Fafine i Mea Tau Soifua.
Mālōlōina (Women’s Health Center), 'Ōfisa mo Fesoasoani ma Fauafautuaga mo Mātua ma Tamaiti (Child and Family Service), po 'o isi 'ōfisa lātou te fa’asino atu fale talavai ma isi ‘ōfisa 'esc'esc e maua ai ni fesoasoani.

'O LE FAIGA PO 'O LE OLAGA FA’AMĀTUA
E lē taumatē 'ole'a 'e fia iloa tūlaga ma gasologa pe 'ā 'avea 'oe ma tinā i le taimi lea e fai ai lau filifiligā pē ao ina fa'aolaina le pepe. 'Āfai 'e te filifili e fa'aolaina le pepe, e tele sāuniuniga e fai mo le taimi e fānau ai le pepe. 'O ni isi nei 'o mea 'e te māfaufau i ai:

'O mafua'aga 'e te mana'o ai i le pepe.
Masalo 'o le'a 'cmanatu 'o pepe e 'aulelei ma 'ole'a 'e fiaflia lua te tā'āalo. Manatua 'o pepe e vave ona mātutua. Pe 'e te mautūnoa e mafai ona 'e tuaia ma va'aiia se pepe? 'Ae fa’aapēfia se tamaititi 'ua matua? 'O ni isi taimi 'ua manatu tagata 'ole'a 'avea le pepe ma mea e tūmāu ma maulali ai le gasologa 'o mea 'uma i le vā o se ulugālii po 'o se uō. 'O ni isi 'ua manatu 'ua lātou fiaia se "mea sesē" ma e ao ina toc taii atu. 'O ā au mafua'aga?

'O au sinia po 'o ou fa'aomoeoega.
'O le a le itū'aiga olaga 'e te mana'o 'i ai i le humana'i? 'Āfai 'o 'e ā'oga pea, 'o le a le 'umi 'o totoe mo lau ā'oga? Masalo 'ole'a 'e mana'o e sā'ili ni polokalama fa'alea'oga mo faini totō. I ni isi nofoaga e tu'uina atu e le 'Ōfisa o A'ōga ni fiaia'oga po 'o ni polokalama mo mea tau ā'oga ma e ao fia aitēi o pepe. 'O le a le itū'aiga lumana'i 'e te mana'o ai po 'o ā ni suiga 'e te fia fai mo lou lumana'i? Mafua'au pē fa’apēfia ona fetaui nei fuafluaga ma le tausiga o le pepe. E fiai ni taimi 'ua fa'aleaiaia ai ni isi i a lātou fānau e le'i fuafluaina 'auā 'ua fa'amālosia ai lātou su i a lātou sinii po 'o fuafluaga mo le lumana'i.

'O se'aiga 'ato'atoa ona lelei.
E to'aia tamaiti 'e te mana'o 'i ai, 'a 'o le a fo'i le vā 'e te mana'o ai? E fa’apēfia ona fetaui au fuafluaga nei ma le fānau mai o se pepe? E fa’apēfia ona a'aia ai 'oe i se suiga mo gasologa 'olo'o 'e fuafluaina? E tatau fo'i ona e mafua'au i le tūlaga o le tama i fuafluaga 'e te fiaia. Masalo 'ole'a 'e kagona e ao ina nonofo fa'atasia mātua ma le pepe. E fetaui le nei fuafluaga ma le tūlaga 'olo'o 'e iai nei? 'Āfai 'e te laitiitui ma 'e te le'i fa'aipoipo, e ao 'ina 'ia 'e ilo'a 'o le to'atele o tagata 'ua tēte'a e maua mai lea i ulugālii na fa'aipoipo 'a o laiti. Masalo 'ole'a 'e mana'o e 'avea 'oe ma matua e le'i fa'aipoipo e pei ona filifilia e tagata e to'atele i ona pō nei. 'O le a le tūlaga nomi 'e te mana'o 'i ai e uiga 'i mea tau tupe ma le tausiga o le pepe i le vā o 'oe ma le tamā o le pepe? 'Ia 'e manatua e tatau ona 'ouluu talanoa i lea tūlaga.
'O mea tau tupe.
'O tupe 'o se mea tāua tele i le tausiga o le tamaititi. Māfaufau fo'i i le tau o le taimi. 'Ole'ā 'avea 'oc ma tinā mo itūlā 24 i aso ta'itasi mo tausaga e 18 po 'o le sili atu fo'i. 'Ia manatua 'o le tamaititi e mana'omia itū'āiga tausiga 'es'e'es'e 'a 'o fa'asolo ina matua. 'E te fa'amoeomoe i se fesoasoini mai i lou 'āiga? E ao 'ina 'ia 'e iūoa pē ʻatou te mālīlie i le tūlaga ʻolo'o 'e iai, ma māfaufau fo'i i ni isi 'aua la mo 'oc pē ʻāfai e iai ni suiga i lea tūlaga.

'O lo 'oulu'a soifua mālōlōina ma le pepe.
'O le ma'i tō ma le fānau mai o le pepe e lē 'o ni mea faigōście. 'O le matua 'o le tama'ita'i e mafai ona tutupu ai ni fa'afitāuli pe ʻā fānau. 'O tama'ita'i laiti e mafai ona maua i le toto vaivai (anemia), 'ona le tino (toxemia), toto maaualuga (high blood pressure), fānau lē au (premature babies), pepe e lē lava le mafai, ma isi lava fa'afitāuli. 'Ua aliali mai le tele ina māma'i po 'o le āfāina fo'i o tino o pepe e fānanau mai i tama'ita'i 'ua sili atu i le ta'i 35 'o ʻatou tausaga. E faigōście ona tineia ni isi o nei fa'a-fitāuli pe ʻāfai 'e te alu e va'ai fa'alauosolo ʻo le fōmai i le taimi ʻolo'o 'e tō ai. ʻĀfai 'e te mana'ohou lea lelei ma mālosi le pepe pe ʻā fānau, e sili pe ʻā 'e vave alu e va'ai ma filifilī lelei se fōmai 'e te alu 'i ai

FĀNAU FAI.
ʻĀfai 'e te mana o 'ina 'ia ola le pepe, 'ae 'e te le'i sāuni e 'avea 'oc ma tinā, e lelei ona tu'uina atu le pepe e fai ma tama fai. 'O ni isi tagata 'ua talitonu 'o se tūlaga lē alofa le tu'uina atu o se pepe e 'avea ma tama fai. 'Ae peita'i, 'o e gālule ma māsani i lea tūlaga (e aofia ai ma tamaiti fai) 'ua ʻatou talitonu 'o se tūlaga alofa ma lelei lea mo mātua moni o tamaiti, 'ua ʻatou talitonu 'o le toatele o mātua (ʻua tu'uina atu a ʻatou fānau e fai ma tama fai) e ālolofo tele 'i a ʻatou fānau, e tusa lava po 'ua ʻatou tu'uina atu a ʻatou fānau 'i ni isi tagata mo le tausiga. E lē faigōście lava lea filifilīga.

'O se mea tūmua.
'O le tu'uina atu o se tamaititi e fai ma tama fai 'o se mea tūmua. Fa'amata 'ole'ā 'e fia va'ai i lau tama i se tausaga 'o lumana'i? E māsani ona lē fa'atagaina 'oc e va'ai pē fa'amāsani i lau tama i aso 'o lumana'i. 'O ni isi o mātua moni o taimai fai e popole ne'i lē talisapaia e tamaiti a ʻatou filifilīga e 'avea ma fānau fai. 'O isi taimi e matuā mānana'o tele fānau fai e fia iloa o ʻatou mātua moni, 'ae lē taunu'u lea fa'amoeomoe. 'O isi taimi e fa'a faigōścieina lea fa'a fitāuli i le fetusia'i po 'o ni isi fo'i 'aua la 'es'e'es'e e uiga 'i lea tūlaga. 'Ae tūmua pe'a le avanoa 'e te toe salamō ai ma fia mana'o 'i le pepe.
'Öfisa 'o mea tau fānau fai.
'O le 'aveina o se tamaititi ma tama fai e mafai ona fuafua ma taupulepule i 'uala 'esc'esee i setete 'uma. 'Ole mauaina po' o le tu'uina atu o se tamaititi e 'avea ma tama fai e 'uala mai i le fa'afeso'ota'iga a se 'ōfisa o mea tau tama fai (adoption agency) o se tūlaga māsani. 'O se tagata 'ua atamai fa'apitoa mai lea 'ōfisa e galue i le faiga o pepa 'uma fa'alelela'ono. E tu'uina atu fo'i e lea 'ōfisa ni faufautuaga mo 'oe 'ae e le'i faia lau filifiliga po' o le 'uma fo'i ona faia o lau filifiliga e uiga i lau tō. 'O tūlaga 'uma e uiga i mea fa'alelemaia fai e māsani ona fa'alilolilo, 'ae e 'esc'esee le 'uala a 'ōfisa ta'itasi i lea tūlaga. I taimi 'ua te'a sā matau fa'alilolilo mea 'uma i nei 'ōfisa ma sā lē mafai ona ta'uina atu 'i fafo ni fa'amatalaga e uiga 'i mātua moni po' o mātua fai o le tamaititi. 'Ac peita'i 'o leni vaiteima 'ua taumafai tagata e sā'ilia ni 'uala e mafai ai ona suia lea tūlaga.

'O le tu'uina atu 'o le pepe e fai ma tama fai e fai e 'oe lava.
Fa'amata e sili atu iāte 'oe lou iao o mātua fou o lau tama? 'O le 'uala lea, e ta'ua 'o le independent adoption, e lē fa'aliloliloina igoa o mātua moni ma mātua fai 'auā e ao ina lātou sainia fa'atasi se mālimiliga 'olo'o iai 'uma o lātou igoa. 'O le vavaeina (tu'uina atu 'o le pepe e fai ma tama fai) e faia e 'oe lava, 'ae lē ui atu i 'ōfisa fesoasoani. E māsani ona filifilia e mātua moni ia mātua fai 'i isi 'āiga, uō a 'āiga, po 'o tagata 'ese na fa'amāsani atu e ni isi tagata i mātua moni o tamaiti. 'O lōia e māsani fo'i ona lātou gālule i le faiga o pepa fa'alemālō. 'O ni isi tagata 'ua sili atu iā lātou le lē ui atu i 'ōfisa o mea tau tama fai mo se fesoasoani, 'ae faiva e lātou ia 'auā e mafai ai ona lātou feiloai ma iao mātua fai o tamaiti ma e lē gata i lea, 'ae mafai ai fo'i ona lātou maua le avanoa e va'ai ai 'i a lātou fānau. 'O ni isi 'ua sili atu iā lātou le ui atu i 'ōfisa 'o mea tau tama fai, 'auā 'ua lātou talitonu e tele lo lātou atamai fa'apitoa ma agava'a i fautéaga, sa'iliga o mātua fai, ma isi tūlaga fa'alemālō nai lo 'o lōiata'atele.

Fa'anoanao.
'O le to'atele o mātua e lagona le fa'anoanao i le taimi e tu'u 'ese atu ai a lātou fānau. E tusa lava po 'o le filifiliga sili lea, 'ae 'o le tēte'a ma fānau 'o se mea e tīgā. E lē to'atele tagata e mafai pe fa'ago'iso ona tu'u 'eseina atu a lātou fānau. 'Ac peita'i, 'o ni isi tagata e mafai ona fa'aitimia lo lātou fa'anoana pe 'ā 'umi se taimi 'ua mavae. E māsani fo'i ona manatua ma le fiafia e mātua a lātou fānau ma le lagona e o lātou lotu 'ua faia se filifiliga lelei.
FA'APA'Ū LE PEPE (ABORTION)
Masalo e te le i sāuni e 'avea 'oe ma tunā, pē e le talafeagai fo'i lou manatu mo le tu'uina atu 'o le pepe e 'avea ma tama fai. Masalo e tatau ona e tau māfaufau i se 'uala 'e mafai ai ona fa'apa'ū le pepe pē fa'a'uma lautō.

'O ni fesili 'e te fesiliina 'iāte 'oe lava ia.
E lua tūlaga e ao ina 'e māfaufau 'i ai. E ao 'ina 'ia 'e māfaufau 'i ou lagona i le taimi nei, fa'apea ou lagona i le taimi 'o lumana'i. E to'atele tagata 'ua ia'ia talitonuga mābolosi e uiga 'i le fa'apa'ūina o le pepe. 'O le ā sou lagona i lea mea? 'O ā ni lagona o lou to'alua po 'o lau uō i lea tūlaga? 'E te manatu 'ole'ā sīni ou lagona i se taimi 'o i luma? Masalo 'o tagata o lou 'āiga ma au uō e le fiafia 'i le fa'apa'ū o le pepe. Masalo e leai se 'uala 'ole'ā iloa ai fua e 'ilātou na fa'apa'ū lau pepe, 'ae fa'amata 'ole'ā 'avea o lātou lagona ma mea e āfainia ai ou lagona i se taimi 'o lumana'i?

'O tūlaga fa'alelutāfono.
'O le fa'apa'ū o le pepe 'o se mea 'ua fa'atagaina i totonu o le Lounaite Setete 'ātoa. 'Ua ia'i le āia tatau a so'o se tama'ita'i e fa'apa'ū ai lana pepe pe 'afai 'ua malie i ai lana fōma'i i lea tūlaga. 'Ac peita'i, e lapata'i atu: e ia'i lava tulāfono fa'apitoa a setete ta'itasi. I ni isis setete, 'o tama'ita'i e i lalo ifo o le 18 tausaga 'ua mana'omia le fa'atagaina mai o lātou mātua 'a 'o le'i fa'apa'ūina le pepe. 'O ni isis setete e matuā fa'aliloliloina mea 'uma e uiga 'i lea tūlaga. 'Ua 'esc'esc fo'i tulāfono i ni isis setete 'ona 'o le 'umī o le taimi e fa'atali ai 'a 'o le'i fa'apa'ūina le pepe. 'I le ma le isis mea, 'o tulāfono e sui i ni isis taimi, ma e ao ina siaki po 'o ā tulāfono o le taimi nei i le setete 'olo'o 'e nofo ai.

'O lou soifua mālōlōina.
'O se mea aogā pe 'ā tele le mālamalama 'i mea e uiga 'i le fa'apa'ūina o le pepe ma fa'afitāuli o lou soifua mālōlōina e mafai ona tutupu mai. 'O le fa'apa'ūina o le pepe 'o se togafiti fa'alefelema'i, ma e pei 'o isi togafiti fa'alefelema'i, e mafai ona ia se fa'alētonu e ono tutupu mai ai. Mo ni fa'amatalaga au'ilili e uiga 'i fa'afitāuli e mafai ona tutupu mai, fa'afesopo'ta'i lau fōma'i. E māsani ona saogalēmū pe 'ā vave ona fa'amuta 'o le tō. 'O māsina muamua e tolu o le ma'ītō e māsani ona saogalēmū lea ma e le āfaina pe 'afai 'e te filifili e fa'apa'ū le pepe. 'Ac peita'i, 'ā 'uma loa ia māsina e tolu, 'o lona uiga, 'ole'ā fa'asolo ina faigatā ona fa'apa'ūlepepe.

E lē tupu lava se tūlaga fa'apea, 'ua lē tōe mafai ona fānau se tama'ita'ai talu 'ona 'ua fa'apa'ū sana pepe pe 'afai na ua 'uala e ao ina fai. E mafai lava ona toe tō i se taimi 'o i luma pe 'ā
'O le mimitiina i fafo o le 'alu'alutoto (vacume aspiration).
E faia lea togafti 'a o le'i o'o i le 12 vaiaso o le tō a lefafine (tusa e 14 vaiaso tahu le aso muamua o lou ma'i māsina fa'ato'ā te'a). 'O le togafti lea e pito 'i sili ona saogalēmu ma ta'atele. E māsani ona faia i tonotu o le 'ofisā o se fōma'i po 'o totonu o se falema'i, ma e fa'aaogāina ai e ilātu vailā'au po 'o tui fa'agase. I lenei togafti, e fa'avā tele e le fōma'i le cervīx (o le gutu lea o le fā'aautagata) ma e momono i totonu o le fā'aautagata se fa'agā'au tuaiti 'olo'o sosō o le masini mimiti, ona mimitiina 'ese ai lea i fafo 'o le 'alu'alutoto. Masalo 'ole'ā e fa'alogoina le niniva ma se tīgā'ia ta'iīiti. E lima i le sefulu minute e fa'ai lenei togafti, 'a epeita'i e ao ina e sāunui e nofo i le 'ofisā o le fōma'i po 'o le falema'i mo se 'afa aso 'ina 'ia lava se taimi e te mālōlo ai pe 'a 'uma ia taulumaga. 'O le tele o 'ofisā e fautuaina 'oe 'ina 'ia 'ouluu ōmai ma se isi tagata e fesoasoani i läte 'oe ma 'ave 'oe e le fale pe 'a 'uma.

'O le fa'avātelecina 'o le gutu o le fa'aautagata ma le valuvalu 'esēina 'o le 'alu'alutoto (dialation and curettage).
'O lenei togafti e faia i le vā o le valu i le sefulu vaiaso o le tō ('o ni isi taimi e o'o atu i le sefulu valu vaiaso). 'O ni isi fōma'i 'ua lātou fa'aaogāina vailā'au e fa'amo'e ai le fafine, 'a 'o ni isi fōma'i 'ua lātou fa'aaogāina vailā'au e fa'agase ai. 'O le taimi 'ātoa 'ole'ā e iai i le 'ofisā o le fōma'i po 'o le falema'i tusa 'o le aso e tasi, 'a 'o ni isi taimi e te nofo ai se'ia o'o i le aso e sosō o ai. E taitutau lava lenei 'auala ma le 'auala lea e fa'aaogāina ai le masini mimiti se'i vaganā le 'auala lea e fa'aaogā ai le fāsi u'amea e pei 'o se sipuni e valuvalu ai le fa'aautagata 'ina 'ia 'ave 'esēina ai le 'alu'alutoto.

'O le fa'aveve faanau (prostaglandin or saline procedure).
'O lenei 'auala e fa'isi faigaatā ma 'ua fa'aaogā lea i fafine 'ua sili atu i le sefulu vaiaso a lātou tō (e seāsē fa'aaogāina). 'O le togafti lenei e mana'omia ai le fafine tō 'ina 'ia nofo i le falema'i mo le tasi i le fa aso. I lenei togafti e fa'aaogāina ai se nīla e pū le 'ogātonu e tui ai se vailā'au i tonotu o le taga 'olo'o si'omia ai le pepe (amniotic sac). 'O le vailā'au lenei (e iai le vaiāmāsina po 'o le isi vailā'au e ta'ua 'o le prostaglandin) e tāofa ai le pepe mai i le tupu a'e i tonotu o le fa'aautagata. Pe'ā mavae le sefulu lua i le fitusefulu lua itūlā 'ua 'āmata loa ona māui le fa'aautagata ma sau loa i fafo le pepe (po 'o le 'alu'alutoto). E ao ina e ta'oto ma mālōlo i le aso 'ātoa po 'o le sili atu. 'O le 'auala lenei e fa'aaogā e fa'apa'ū ai le pepe, e
fa'apitoa ma fa'igatā, 'auā e tai tutusa lava ma le fānauiina o le pepe. 'O le mea lea e tāua ai le faia 'o au fuafuaga e fa'ataatau i lau tō i se taimi e sili ona vave.

Pe 'ā 'uma ona fa'apa'ō le pepe.
'O ou lagona pe 'ā 'uma ona fa'apa'ō le pepe e fa'alagalago lea i ou lagona 'a 'o le'i faia lau filifiliga. 'O le to'atele o fa'ine e mapu ma to'afila mū o lātou māfaua. E u i lea, 'o se mea māsani fo'i pe āfai e lagona e 'oce ma lOU to'alua po'o le au uō le fa'anoanoa. 'O le fa'amutaian o le tō e tusa lea 'ua misi po'o le 'uma fo'i o le avanoa e maua ai se fānau. Āfai e 'umi se taimi 'o e fa'anoanoa pe'a, e ao ina 'e sā'ili se fesasosani. 'Ae āfai na 'e faia lau filifiliga ma le fa'aetete, 'o lona uiga, 'ole'ā e lagona 'ua 'e faia se filifiliga sili.

Manatua, 'olo'o 'iāte 'oe lava ia filifiliga mo lou humana'i. 'Ia 'e manatua fo'i e mafai ona maua se fesasosani tele mai i se tagata faufautua 'a' o le'i faia lau filifiliga po'o le 'uma fo'i o lau filifiliga.

**'UPU FOU**

The following vocabulary translations reflect the meanings of the words in the context of the above reading.

<table>
<thead>
<tr>
<th>ma'ītaga</th>
<th>pregnancy</th>
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<tbody>
<tr>
<td>mana'o</td>
<td>want</td>
</tr>
<tr>
<td>fa'amoe'moe</td>
<td>wish, desire</td>
</tr>
<tr>
<td>fa'igatā</td>
<td>difficult</td>
</tr>
<tr>
<td>va'ai</td>
<td>see, visit</td>
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<tr>
<td>su'esu'ega</td>
<td>test, examination</td>
</tr>
<tr>
<td>faletalavai</td>
<td>clinic</td>
</tr>
<tr>
<td>e uiga 'i</td>
<td>concerning</td>
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<tr>
<td>ta'uinaatu</td>
<td>tell</td>
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<td>na'o</td>
<td>only</td>
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<tr>
<td>i'uga</td>
<td>result</td>
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<tr>
<td>ma'imāsina</td>
<td>menses</td>
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<tr>
<td>manava</td>
<td>pelvis</td>
</tr>
<tr>
<td>feusua'i</td>
<td>sexual relations</td>
</tr>
<tr>
<td>fuafuaga</td>
<td>plans</td>
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<tr>
<td>fa'aauau</td>
<td>continue</td>
</tr>
<tr>
<td>tusa lava</td>
<td>regardless</td>
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<tr>
<td>tu'uina atu</td>
<td>to give, offer</td>
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<table>
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<tr>
<th>tō</th>
<th>think, believe</th>
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<tr>
<td>manatu</td>
<td>situation</td>
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<tr>
<td>tūlagā</td>
<td>worry</td>
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<tr>
<td>popole</td>
<td>doctor</td>
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<tr>
<td>fōma'i</td>
<td>hospital</td>
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<tr>
<td>fa'alema'i</td>
<td>state</td>
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<tr>
<td>setete</td>
<td>secret</td>
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<tr>
<td>fa'alilolilo</td>
<td>freely</td>
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<td>fua</td>
<td>reveal</td>
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<td>urine</td>
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<td>fe'auluata</td>
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<td>certain</td>
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<td>mautinoa</td>
<td>plan</td>
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<td>tōnu</td>
<td>live</td>
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<tr>
<td>ola</td>
<td>to be married</td>
</tr>
<tr>
<td>fa'aiopoipo</td>
<td>become</td>
</tr>
</tbody>
</table>
tamaifai
fa’apa’u le pepe
māfaufau
tali
tə’ito’atasi
uō
e lē taumate
uiga
mamafa
‘āiga
filifiliga.
tagatafaufautua,
ofōina
fa’a sino
tautupe
tāofia
fa’afeso’o’ta’i
gasologa
sāuniuniga
masalo
tā’a alo
vave
va’aia
tamaititi
mausalī
vā
uō
ao ina
sini
itū’āiga
lumana’i
totoe
fa’alecā’oga
tu’uina atu
faiā’oga
tau sīga o pepe
adopted child
abortion
consider
answer
each
friend
nodoubt
behavior, feelings
heavy, deep
family
decision
counselor
offer
show
financial
prevent
contact
development, progression
preparations
perhaps
play
quickly
watch
child
firm, lasting
relationship
friends
must
aim, aspiration
kind, type
future
remaining
education
offer
teacher
child care
fānau
faigōfie
fa’aecte te
sa’o
lagona
tō’alu a
fa’a aia
popole
talanoa
fai fē’au
fesoasoani
fa’amālosia
fa’amanino
‘auala
lē gata ‘i lea
lumana’i
ōlaga fa’amā tua
fa’alain a
mafu’a'aga
’aulelei
manatua
mātutua
fa’apēfa
tūm au
gasologa
ulugalī’i
mea sesē
tau atu
fa’amoe moega
ōlaga
sōga
polokalama
nofoaga
‘Ōfisa o Ā’oga
aofia
lumana’i
child
easy
careful
correct
feeling
spouse
show
worry
discuss
minister
assistance
force
explain
way, means
furthermore
future
parenthood
to save, spare
reason, cause
beautiful
remember
mature, old
how
permanent
progression
couple
mistake
pay for
hope, aspiration
life
school, education
program
area
Dept. of Education
include
future
suiga
fuafuaina
fetauai
laiti
moni
itūlā
mana’omia
‘esc’esc
soifua mālōlōina
tutupu
fānau
toto maualuga
fānau lē au
alialimai
tausaga
fa’alausoso’o
filifili
sāuni
lē alofa
mātua moni
lē faigōfie
fa’amata
fa’amāsani
fia iloa
fetusia’i
‘ōfisa
atamaifa’apitoa
faufautuaga
vaitaimi
māliliega
lōia
agava’a
fa’ananoa
tu’u ‘ese
ūgā
mavae
change
plan
fitting
young
true, actual
hour
need
different
health
cause, create
give birth
high blood pressure
premature baby
show, exhibit
age, year
repeatedly
chose
prepare
unloving
true parents
not easy
to suppose
to know, fraternize
want to know
respond, to write
office
specially trained
advice
time, era
agreement
lawyer
capability
sadness, depression
give away
pain, painful
pass, past
fa’alēfiafa
‘ato’atoa
tētē’a
ona pō nei
tāua
sili atu
itū’āiga
mālilie
faigōfie
fa’afitāuli
totovaivai
‘ona le tino
mamāfa
āfāina
tineia
e sili
fānaufai
talitonu
māsani
to’atele
mea tūmau
lē fa’atagaina
lē talisapaia
lē taunu‘u
salamō
taufulepule
fa’aletulāfono
fa’amatalaga
sainia
vavacina
pepa fa’alemālō
ta’atele
to’atele
filifiliga sili
fa’aitūtia
fa’apa‘ū le pepe
does not like
completely
divorce
these days
important
more
kind, type
agreeable
easy
problem
anemia
toxemia
weight
affected
erase, take away
better
adopted child
believe
usually
many
permanent
not permitted
not approve
not come about
regret
arrange
legal
information
to sign
separate
legal papers
ordinary
most
best decision
reduce, diminish
abortion
lētalafeagai not agree, not fitting
äfāinia affect
fa'aletulāfono legal
Lunaite Setete United States
malic agree
da'atatagaina to permit
fa'aliloiloina secret
siaki check, investigate
'aogā useful
fa'alofalema'i hospitalize
au'ilili detailed
vave quickly
māsina month
ma'ifano miscarriage
'alu'aluto foetus, blood clot
evai'aau drug
togafiti treatment
gutu opening
momono insert
tuaiti narrow
masini mimiti, aspiration device
ūgā la'iiti minor pain
mālōlo rest
ōmai come
fa'amoc general anesthesia
aso e soso'o ai next day
u'amea metal
fa'avevefānau induced abortion
seāseā seldom
pū hole, hollow
fa'aumā inject
fa'atagaina bag, sack
fa'ataleina saline
fa'amuta grow, develop
tai tutusa almost identical to
tāua important
ta'alele like others
tui fa'agase safe
taxi fa'agase end, terminate
fā'avā difficult
tui fa'agase suck, aspirate
fa'a'aura common, frequent
fa'a'ataleina local anesthetic
taualumaga to open
fa'avafai open wide
valuvalu 'escina scrape out
fāsi piece
saogalēmū connected
ta'alele dizzy
saogalēmū half day
tui fa'agase procedures
fa'amuta open wide
fa'a'ataleina scrape out
fa'a'aurua piece
fa'a'ataleina connected
fa'amuta dizzy
fa'a'ataleina half day
fa'amuta procedures
fa'alagolago  depend
to'afilemū  peace, relief
māsani  common, frequently
ta'amutaina  terminate
avanoa  chance
fa'aectecte  with care

mapu
māfaufau
ui i lea
misi
sā'ili
manatua
rest, feel relief
think
nevertheless
miss
seek, look for
remember
'O FA'AMA'I E FE'AVEA'INA 'ONA 'O FAIGĀ'ĀIĞA
(SEXUALLY TRANSMITTED DISEASES)

E lē taumate 'o le tele o ni isi 'ua lātou va'ai ma fa'ałogo i le 'upu VD i se taimi 'ua tuana'i. 'Ole VD 'o se igoa lea 'ua iloga ai fa'ama'i e iai le sifili (syphilis) po 'o le konalia (gonorrhea). E ui lava ina lauiloa tele fa'ama'i iea le lua, 'ace sili atu i le lua selulu itū'āișa fa'ama'i 'ese'ese e mafai ona āfāina ai 'oe pe 'a lua fa'iāișa ma se tasi o āfāina i lea ma'i. 'O ia fa'ama'i fa'apea le sifili ma le konalia, 'ua tā'ua nei 'o fa'ama'i e fe'avea'ina mai faigā'āișa po 'o le STD. E mafai ona maua 'oe i nei fa'ama'i pe sili atu i le taimi e tasi.

E lē māfua mai ia fa'ama'i i se faigā'āișa, 'ace māfua mai i siama ma isi manu laiti. 'Ae 'āfai lua te fai 'āișa ma 'o inifetia se tasi i ia fa'ama'i, 'o i'inā e māfua ai ona maua ai 'oe. E mafai e ia siama ona osofa'ia itūtinoșa, lou fofoaga, ma le nofoaga.

'Āfai 'o 'e fa'ałogo ifo, "E lē tupu se mea fa'apea ia te a'u, c lē 'o a'u 'o se tagata fa'apena; e leai se mea 'ou te sā'ili ai na fia iloa e uiga 'i lenei mea," 'ātonu 'e te sesē. 'Āfai 'o faia pea ni feui'aigá ma ni isi, e mafai ona tupu iā te 'oe. E ui lava ina miliona ma sili atu tagata e maua ai i ia fa'ama'i i tausaga ta'ițasi, e lē tatau lava ona tupu. E ia'i mea e tatau ona 'e faia e puipuiā ai 'oe! E ui lava ina āfāina 'oe i lea fa'ama'i, peita'i e iai ala e mafai ai ona puipuiā lou soifua mālōlōina.

'O le ala sili e 'aua aiona maua 'oe i ia fa'ama'i, 'o le 'aua laea e te fai'āișa. Peita'i 'āfai 'o 'e faia pea lea tūlaga, 'o ni isi nei o mea e tatau ona 'e faia e puipuiā ai 'oe. 'Āfai fo'i e lē aogā i ni isi taimi 'ac 'ole'ā fesoasoani i le fa'aiūtia o le avanoa mo 'oe ma lau pāga e maua ai i ia fa'ama'i.

- 'Ia māsani kelei i lau pāga—Fa'aiūtiaia au pāga. 'Ā tele ni isi tou te fai'āișa, 'o le tele fo'i lena o le avanoa e maua ai i ia fa'ama'i.
- Fa'aaogā le pa'u meme'i, 'āfai 'o 'oe 'o se tama'ita'i, 'ia 'e finau i lau pāga (tāne) e fa'aaogā le pa'u meme'i. 'O le ala sili lea ona sefe.
- 'Āfai 'ua 'e jagona 'ua maua 'oe i le fa'ama'i, 'aua nei toe fai'āișa 'ae siaki muamua i le fōma'i.
- 'Āfai 'ua maua ai 'oe, fesoasoani 'i lau pāga 'ina 'ia togașita ma ia. 'O le tele o ni isi e lē 'o siafia 'ua āfāina ai i lea ma'i.
- 'Ia 'e iloa lou lava tino, 'ā 'e iloa se mea 'ua 'ese mai ai, vave faia se su'euga e siaki ai 'oe.
• 'Āfai 'ole'ā māe'a se lua faiga'aiga ma se tasi, 'ia faia sau fe'au lata, e fesoasoani lenē e fa'asau ai i fafo ni siama 'o i le alavai.
• Taumafai e 'aua le fa'iāiga ma se tasi 'o iai se matāpo'u i ona itusā, nofoaga po 'o lona fofoa.
• Fa'amamā lelei ou itusā i le fasiromi ma le vai 'a 'o le'i faia ia gaoioiga ma pe 'ā māe'a, e fesoasoani te le lenē i le tinea o siama pe 'afai 'o iai.

KONALIA
'O le konalia, 'o le inifeti o le itusā o le tāne, tama'ata'i, fa'aautagata, nofoaga po 'o le fa'a'i e māfuai mai i siama laiti. 'A le togafitia, 'ole'a sosolo lenei inifeti 'i le tino 'ātoa, ma maua ai i le ma'i fatu, uaua fufula, ma le fānau. 'O isitū'aiga konalia e iai lava vaila'au fa'apitoa e togafitia ai.

Āuga
Tane: 'O le tele o tāne e sau le alou mai iāte ia 'ātoa ma le lagona o le fe'alasi pe 'ā fai lana fe'au vai. 'O ne i āuga e alialia mai i le lua i le lima aso talu ona fa'iāiga i se tasi 'o inifeti. Peita'i, 'o ni isi tāne e maua i le konalia'ac leai ni āuga
Tama'ita'i: 'O le tele o fafine e leai ni va'aiga vave e alialia mai o le konalia. Peita'i, e mafai ona sosolo i tōtōga fa'afānau o le fafine ma māfuai ona tigā le 'ona. 'Ua ta'ua lea 'o le fa'aautagata fufula. E māfuai mai lea i le konalia. Ma 'o i nā fōi e māfuai ona le toe fānau se tīnā pe 'ā maua a i lea ma'i. 'O le tele fōi o fafine e maua i le konalia, e māsani ona āi i le tūgā o le 'ona, e pei ona mafatia ai pe 'ā fai lona palapala. 'O ni isi fafine e fa'afāufau, lē fia'ai, fa'asuatia, ma'aiili, fiva pē lagona le tigā pe 'ā feuria'i ma le tāne. 'O le vave ona siaki ma togafitia e matuā tāua tele lea.

Tinā 'o Ma'itō
'Āfai 'o maua 'oe i le konalia, e mafai ona pasi e 'oe se siama i lau pepe pe 'ā fānau mai. E mafai ona ulu le siama i ona mata ma tauaso ai. 'Ina'ia puipuia lea itū, e tatau ona tu'u se vaila'au i ona mata pe 'afānau mai.

SIFILI
Vāega muamua: E mua'ia va'aia se matāpo'u pe 'ā tolu vaiaso talu ona lua feuria'i ma se tasi 'o maua i le sifili. 'O lenei matāpo'u e māsani ona tupu i ou itusā, 'o le nofoaga po 'o le gutu. E tūmau ai pea lea matāpo'u mai le tasi i le lima vaiaso. 'Ā pē, 'ae le tinea ai siama ma isi manu laiti 'ua ola i totonu o lou tino.
Vāega lua: A māe'a le lua i le sefulu vaiaso, 'ole'a sasao ni fa'amatāpo'ou i lou tino 'ae le tigā pē mageso. 'O lou laulu fo'i 'ole'a to'ulu. 'O ia uiga e iai pea i le vā o le lua i le ono vaiaso ona mou
atu lea e 'aunoa ma ni togafitiga. Peita'i, 'olo'o inifeti pe'a 'oe i le sifili.

'O le taimi la i vāega ia e lua e mafai ai e 'oe ona pasi atu i lau pāga ma inifeti ai 'o ia. 'Ā lē togafitiga, e mafai e 'ca ma'iono pipili ai, tauaso, ma'i fato, fa'avaeleva po 'o le maliu fo'i.

Tīnā 'o Ma'ītō
'Āfai 'o 'e mamafa, e mafai ona pasi atu i lau pepe. 'Ā vave maua le sifili iâte 'oe ma togafitiga, 'ole'a fa'asaoina ai le ola o lau tama ma lē fa'aleagaina ai lona tino.

KALAMATIA
'O le kalamatia 'o se isi lea itū'aiga siama e inifeti ai itūsā o le tāne, fa'ina, fa'a'autagata ma le nofoaga. E ta'a teie lā le kalamatia na'i lō le konalia. E tusa ma le tolu miliona tagata 'Amerika e maua ai i tausaga 'uma, ma e maua ai tāne ma fa'ina. E pei lava 'o le konalia, 'o lenei inifeti e āfaina ai tōtōga e fānau ai le pepe. E i'u lava ina lē toe fānanau ai isi ma tutupu ai ni isi fa'afitauli i le taimi o le ma'itaga o le tīnā.

'O Āuga
Tāne: E māsani ona sau se suāvai pe e toto'o fo'i e pei o le suāsusu mai itūsā o le tāne ma e ūgā fo'i pe 'a fa'i le fe'a'auvai. E va'aia ia tūlaga i le tasi i le tolu vaiaso talu ona 'uma se feuina'ga ma se tasi o inifeti i lea siama.
Tama'i'ta'i: 'O tama'i'ta'i fo'i e mafai ona maua ai pe 'āfai 'o maua ai se tāne 'o lā fa'aeliga. E seása lava ona va'aia ni āgā, 'ae 'o ni isi 'ua sosolo i le vāega o le fa'a'autagata.
'O le lē mafai ona fānau o fa'ina 'ona 'o lea ma'i 'o se tasi lea o fa'afitauli telē. E tusa ma le 50,000 tīnā i 'Amerika e lē mafai ona toe fānanau 'ona 'ua maua i le kalamatia. 'O le te le ni isi, e lē mafai lava ona ma'itō 'ona sā maua ai muamua i le kalamatia. I le lumea Se'etete, e sili atu le te le o tīnā 'ua maua i le kalamatia na'i lō o le konalia. I tausaga ta'itas, e sili atu ma le 150,000 pepe e fānanau mai i tīnā na maua i le kalamatia. 'O nei pepe e mafai ona maua i ma'i mata ma taliga po 'o le niu'mōnia. 'Ā vave ona togafitiga, 'o le te le o tīnā 'ole'ā lē āfaina o lātou fa'a'autagata. Peita'i, e fa'afolagolo i le tele o taimi ma le 'unī na maua ai 'oe i lea ma'i.

PA'AMATĀPO'U I ITŪTINOSĀ
E māfua fo'i lea ma'i mai i ni siama laiti. E tusa ma le 20 miliona tagata 'Amerika e maua ai. 'O lenei fa'ama'i e pasi atu i le feso'ota'iga ma le vāega 'olo'o inifeti o le isi tagata. 'O se fa'ata'ita'iga: 'āfai 'o ia'i se matāpo'u i lou laugutu, 'ac kisi i se isi, 'ole'a maua ai fo'i le matāpo'u i lona laugutu. 'Ā ia'i ni matāpo'u i ou itūtinosa 'ae lua feuia'ai ma se tasi, 'ole'a maua ai fo'i 'o ia i lea mea. 'Āfai e ia'i se matāpo'u i lou fofoga, 'ac tu'u lou fofoga i itūtinosa o lau pāga, 'ole'a maua ai lau pāga i lea ma'i.
pasi atu le siama mai le vāega 'o inifeti ia le itūtino e pa'i i ai.
'Ia tāua ona 'aua ne'i faia se faiga'aiga ma se tasi pe 'afai 'o iai ni matāpo'u i lou tino po 'o lau pāga.

Āuga
E lua i le luasefulu aso talu ona lua fa'a'āiga ma se tasi 'o maua ai, ona 'e va'aia lea 'o ni fa'apepē 'ua sasao mai i ou itūtinosā tāne po 'o le fafine po 'o le nofoaga fo'i. 'Afai lua te fa'āiga ma se tasi 'ae 'o iaia fa'apepē po 'o matāpo'u iate 'oe, 'ole'ā maua ai fo'i ia. E tīgā tale nei matāpo'u, 'ae māsani ona pepē i le lua i le tolu vaiaaso. E ui lava lā iina mou ia fa'apepē, 'ae 'olo'o ola pea le siama i lou tino. 'O ni isi, e sasao fa'a'asia ia matāpo'u i le olaga 'ātoa, e māsani lava 'i le mea e tasi e pei 'o le taimi muamua.

Fafine
'Āfai 'o 'e ma'ito nei po 'o fuafua sau pepe, 'ae sā maua 'oe i lea ma'i, ta'u i le fōma'i. E mafai e ia ona faia ni 'auala e pūpūia ai le pepe. 'O leasi ma'i e māfua ai ni isi fa'alētonu i le tino o lau pepe pē 'uma ai fo'i le ola.
'Āfai e maua 'oe i lea ma'i, e tele le avanoa e maua ai 'oe i le kānesa i le itūtinosā. 'Ia faia se su'e ga o le kānesa i ou itūtinosā i tausaga 'uma. E mafai ona togaftia pe 'ā vave maua.

LAFETOBA
'O le lafetoga 'o se tasi lea o āfāina i itūtinosā ma e sili atu i le 500,000 tagata 'Amerika e maua ai i tausaga 'uma. 'O lafetoga o itūtinosā e tai tutusa ma lafetoga e māsani ona maua ai i ni isi vāega o le tino, peita'i e lē tutusa siama e māfua mai ai ia lafetoga. 'O lafetoga o itūtinosā, e māfua mai i faiga'aiga. 'Ua talitou ni isi saienesi 'ā maua ni lafetoga iate 'oe, e lē taumate 'ole'ā maua fo'i 'oe le kānesa. 'Āfai e ali'i mai ni lafetoga i ou itūsā, logo i lau fōma'i 'ina 'ia faia ni su'e ga mo 'oe i tausaga 'uma mo ni fa'a'iloga o le kānesa.

Āuga
E tusa 'o le tasi i le valu māsina talu ona lua fa'a'āiga ma se tasi 'o maua ai lafetoga i ona itūsā, ona sasao mai fo'i lea iate 'oe. E lanu pa'epa' e 'efu'efu ma e tusa ma le 'afa 'imisi lona telē.

E fuafua lava i le telē, mea e tutupu ai, ma le fuaitino mai, e mafai lava ona togaftia i ala 'ese'esē. E iai le fa'aaogāina o ni vailā'au, susunu po 'o le tafa 'ese fo'i. 'O le vave togaftia e mafai ai ona tīcina, 'ona e mafai e lelei ma'i ona tupu tele ma sosolo 'ātoa.

AIDS
'O le AIDS e māfua mai i se virus e ta'ua 'o le HIV 'ua osofa'ia ni vāega o le toto. 'O nei vāega o le toto 'ua osofa'ia e le HIV, e māsani ona fesoasoani i le tete'ce o inifeti ma isi fa'ama'i pe 'ā o'o mai i le
tino o le tagata. 'O le AIDS e vaivai ai le itū e tete'e o le toto i nei fa'ama'i 'ese'ese e māsani ona le āfāina ai tagata mā'olosī. 'O fa'ama'i lā 'ia, 'ae le 'o le AIDS, e māfua ai ona māliliu ni isi.

Āuga
Mai le taimi e inifei ai le tagata i le HIV, e ā ma ni māsina po 'o le sefulu tausaga ona fa'ato'ā alia'i lea 'o ni fiōlīga va'aia o le ma'i.
O le tele o āuga o le ma'i e tutusa ma le fulū. Peita'i, i le AIDS 'o nei āuga e māsani ona faifai pea i le tele o vaiaso fa'asolo 'ātoa, po 'o le 'uma atu toea sau fo'i.
'O mea nei e aliai mai:
• Vaivai e lēfa'amatalaina.
• Fiva, ma'alili ma le tete ma le afu i le pō.
• 'O le alu o pauna pe lusi e sīli atu i le sefulu.
• Uaua fufula i le ua, lalo o le 'ao'ao ma iitūsā.
• 'O ni patupatu po 'o ni fula lanu pīniki pē violē e pei 'o ni uno'oa 'ae le pepē.
• Fa'apepē papa'e po 'o ni matāpo'u i le tāinifo.
• O le manava tatā.
• Tale mātūtū ma tau motu ai le mānava.

E LĒ PASIA LE AIDS I FEŌA'IGA MĀSANI AI
E leai lava se tasi 'ua maua i le AIDS i lou latalata, 'a'ai fa'atasi, po 'o le tago atu 'i se tasi 'ua maua i le AIDS. E leai fo'i se isi o se 'āliga po 'o se tasi 'o tausia lē 'ua maua i le AIDS 'ua pepesi i ai lea fa'ama'i. 'E te lē maua fo'i i le AIDS pe 'ā fepa'ia'i i aso 'uma e pei ona māsani ai, mafatua, lūlū lima, 'a'ai fa'atasi po 'o se 'ai a le namu.

FA'AALIGA TAU I LE AIDS
'Olo'o fe'ave'a'ina le AIDS mai faiga'āliga po 'o le sieaina (fa'aaogā-to'ālua) lea 'o tui ma nila e tui ai vaila'au mata'utia (IV drug users). 'Ua mautinoa, 'o ilatou 'ua maua i le AIDS i le Iunaite Setete 'olo'o i se vēega fa'apitoa e iai ilatou nei:
• Fa'afāfine, ma tāne e u i tāne ma fafine.
• Tāne ma tama'ita'i e fa'aogāina vaila'au mā'olosī ma siea nila ma tui.
• 'O pāga a ilatou 'o iai i vēega nei tahu mai le afe iva selau fitusefula fitu.
• 'O tamaiti na fānanau mai i mātua e le vāega e faiga'ōne ona maua i le AIDS.

E ititi si vēega e maua i le AIDS e lē lavae ai i vēega 'ua ta'ua i luga. Peita'i 'ua iai le talitonuga o saiensi, 'ua māfua ona maua ilatou ia i le AIDS 'ona 'o faiga'āliga 'ātoa ma mea e fa'aogāina i le tuina o toto 'ua lē mamā. E ui lava lā ina maua ilatou mai vēega 'ua ta'ua i luga, 'ae so'o se tasi lava e fa'iāliga ma sē 'ua maua i le AIDS e mafai ona maua ai fo'i ma ia.
'O 'AU'UPEGA SILI MO LE TBTE'EINA O LE AIDS

- 'Aua ne'i fa'aiga ma se tasi 'o i vāega e mauagōifie i le AIDS, pē sieina nila ma tui.
- A fa'aaogāina lelei pa'umeme'i, e mafa'i ona tāofia ai le fe'avea'ina o le AIDS.

MEA E TATAU ONA MANATUA

'Āfai 'ua 'e mālamalama i āuga 'uma 'o i lerei fa'aaliga, ma lagona 'o maua ai 'oe i ni isi o ia fa'afitaui, 'ae 'ese mai ai le AIDS, e mafa'i ona faia togafitiga. 'Aua 'e te taumafai e togafiti lava 'oe. 'O le aofa'i o vaila'au ma itū'aiga 'e te fa'aaogāina e fuafua lava i le ma'i o maua ai 'oe, 'ātoa ma le 'umi talu ona maua ai. Na'o le fōma'i lava e iloa le itū'aiga vaila'au e aogā ma le tele fo'i.

'Āfai e maua 'oe i se fa'ama'i, e tatau ona faia ni su'ega a lau pāga, ma faia i ai ni togafitiga 'aua e toc maua ai fo'i 'oe pe 'a faifai pea se lua mafutaga ma lau pāga 'olo'o āfāina i lea ma'i 'ae le togafitia. 'O le tele o ni isi tāne ma tama'i'ia'i, e u ina maua ai i se fa'ama'i, 'ae le vā'ia ni fa'aiologa i o lātou tino. Āfai 'ole'ā le togafitia nei fa'afitaui e i'u ina o'o atu i se tūlaga mafatia ma le faiga'tā.

'Āfai 'ua 'e lagona 'ua maua 'oe i ni isi o nei fa'ama'i, e lelei lava lou vave alu e va'ai le fōma'i. 'Āfai fo'i e pesuisuia'i au pāga lua te fa'i'aiga i māsina 'uma, e lelei fo'i ona faia au su'ega i māsina 'uma, tusa lava pē le'ō va'alia ni fa'aiologa.

'O ni isi o su'ega:

- Silili—su'ega o le toto.
- Konalia—e aumai ni vāega o le matāpo'ui ou itūsā, fa'a'i, nofoaga ma le alātagata ma faia ai su'ega. E le faia se su'ega o le toto.
- Kalamatia—'o ni su'esu'ega e faia mai itūsā o tāne ma tamaitai.
- AIDS—su'ega o le toto.

'UPU FOU

The following vocabulary translations reflect the meanings of the words in the context of the above reading.

<table>
<thead>
<tr>
<th>fa'ama'i</th>
<th>disease</th>
<th>fe'avea'ina</th>
<th>transmit</th>
</tr>
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<tbody>
<tr>
<td>faiga'aiga</td>
<td>sexual intercourse</td>
<td>lē taumate</td>
<td>no doubt</td>
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<tr>
<td>tuana'i</td>
<td>time past</td>
<td>silili</td>
<td>syphilis</td>
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<td>konalia</td>
<td>gonorrhea</td>
<td>lauliloa</td>
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<tr>
<td>itū'aiga</td>
<td>type, kind</td>
<td>'ese 'ese</td>
<td>different</td>
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<td>āfāina</td>
<td>affected</td>
<td>sili atu</td>
<td>more, best</td>
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<td>máfua</td>
<td>caused by</td>
<td>siama</td>
<td>germ</td>
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manu laiti  
oso'fia  
fofo'ga  
tupu  
a'apena  
e uiga 'i  
se'ese  
milionia  
puipuia  
peita'i  
soifua mālōloina  
tūlaga  
fe'asaoani  
avanoa  
māsani  
finau  
lagona  
siaki  
silafia  
vave  
fe'a'u lata  
alāvai  
ma'tā'po'u  
fasimoli  
gao'oloiga  
tineia  
fa'a'i  
'ātoa  
ua'a fufula  
vaila'au  
āuga  
'ātoa ma  
fe'alasi  
tōtōga fa'afānau  
fufula  
fai lona palapala

microbe  
attacked, infected  
face, mouth  
to grow  
like that  
about, concerning  
wrong  
million  
protect  
nevertheless  
health  
situation  
help  
chance  
accustomed to  
argue for, persist  
feel, sense  
check  
to be aware, know  
quickly  
to urinate  
urethra  
asore  
soap  
sexual relations  
cure, clean out  	hroat  
completely  
swollen lymph glands  
drugs, medicine  
symptom  
together with  
burn, sting  
reproductive organs  
swollen  
menstruation  
inifetia  
itūtinosā  
nofo'aga  
fa'a'apea  
sā'ili  
'ātonu  
feuia'īga  
ta'i'īsi  
e uī lava  
alā  
'aua  
e lē aogā  
fa'ai'diti'a  
pāga  
pa'u meme'i  
sēfe  
'aua ne'i  
toga'itia  
tino  
su'e'ga  
fa'asau i fa'o  
taumafai  
fa'amamā  
vai  
mā'e'a  
fa'a'autagata  
sosolo  
ma'i fatu  
lē fānau  
fa'apitoa  
alou  
lagona  
ali ali  
'ona  
mafatia  
fa'afāufāu  
infected, infection  
genital  
anus  
like this  
search for, learn about  
probably  
sexual relations  
each  
although  
method, way  
don't  
no use  
reduce  
partner  
condom  
safe  
don't  
cure, treat  
body  
test  
force out  
try  
to clean, wash  
water  
finished  
uterus  
spread  
heart disease  
barren  
special  
pus  
sense, feel  
show up, appear  
lower abdomen  
suffer  
nauseated
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<td>Pasi</td>
<td>Pass on, infect</td>
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PUNITIA O ALĀTOTO
MA LE TOTO MAUALUGA

(ATHEROSCLEROSIS AND HIGH BLOOD PRESSURE)

'O le nei maatūpu tāua 'ua fa'asino tonu aga'ia le puipuiga o ma'i faatu 'ese'ese. 'O se tasi o taula tele mai tala fa'asolopito o le soifua-mālōloina - 'o le taula lea fa'asaga i ma'i 'ese'ese o le fatuma alātoto.

Māfaufau muamua i se paipa-vai i tonouto o lou fale. 'Āfai 'ua loa ma tausagā 'o fa'aaogāina lea paipa-vai, 'ole'a 'elea ma tuputupu malō ma fa'aputu ai lava lea 'ele malō i tonouto lava o le paipa, ma vāti ai le ala suavai, ma i'u ai ina na'o sina suavai itūtū 'ole'a mafai ona tafe ai.

'Atonu i se aso, 'ole'a punitia loa lelei pū itūtū e se fāsi 'ele mai tonouto lava o lei fa'aputuga, ma matua'i le toe mafai ai loa e le suavai ona toe tafe. E fa'apenā tonu fo'i lava alātoto 'o i tonou o o tātou tino. 'O le nei fa'aputuga e māsani ona mafua mai ni mea 'o i tonouto o mea'ai lololo. 'O se tasi o nei mea e tā'ua 'o le kōlesiolo (cholesterol). E tuputupu ma fa'aputu i tonouto o nei alātoto ma vāti ma fa'aitūtūa ai le tafe a le toto mo muscle. E tā'ua lea i le fa'afōma'i 'o le atherosclerosis, po 'o le punitia o alātoto ona 'o fa'aputuga mea'ai lololo.

'O le ā là le mea e tupu pe 'āfai 'ole'a mafiapia ma vāti ai le alātoto mafua mai i lelei fa'ama'i o le Atherosclerosis? 'A 'o tafe atu le toto i tonouto o lelei alātoto olo'o tuputupu a'e ai nei fa'aputuga, e faigofe lava ona liu 'alalu toto. Ā maui loa le 'alu'alu loto i se alātoto vāitiit, ona punitia loa le'a 'o le tafe a le toto. 'Āfai lá e punitia e lelei 'alu'alu loto le alātoto tāua na te fa'againa itū faatu, ona pē loa lea 'o le itū lenā o le faatu - maua le faatu pē, auā 'ua le'ai se toto ola e tafe atu ma fa'aga atu i le faatu.

'Āfai fo'i 'ua punitia e se 'alu'alu loto toto o alātoto na te 'aveina le toto ola ma fa'aga atu i se tasi itū o le fa'ai, ona pē fo'i lea 'o lenā itū o le fa'āi, po 'o le 'upu fa'afōma'i: ma'i oso (stroke).

'O le punitia o le alātoto fa'apea le toto maualuga, 'o ni isi ia o fa'aftpāuli e mafua ai i le silia i le 90% o e mālili i ma'i o le faatu ma alātoto.
'Ina 'ia mālamalama aṭili le toto maualuga, 'ia tātou toe māfaufau tasi lava i le paipa vai e i lumu o le fale ma fa'api'ipī i ai ma le fa'agā'au mo le togālā'au ma le mutia. 'Ā 'o'omi pē vili fa'amau le mata o le fa'agā'au aga'ī i le paipa, 'ole'a vāiūti le aia vai, ma tupu ai le mālosi ma le māsau o le tafe ma le salalau atu a le suvāvai. 'O lencī 'o'omi na te fa'atupu le mālosi, māsau po o le maualuga o le tafe a le suvāi i totonu o le fa'agā'au. E iai se ta'lītonu i le tele o fōma'i lauiloa, fai mai e fa'a'apea tonu fo'i lava le maualuga o le tafe a le toto pe 'ā vāiūi alātoto nini'i. 'Ā vāiūi loa nei alātoto nini'i, ona 'avea lea ma pōgai e mālosi ma maualuga ai le 'o'omi o le tafe, ma faigā tā ai ona tau fa'a'ofo'ofisi o le toto 'ina 'ia mafi ai ona tafe i vāega 'ese'ese,

Ma, 'o le ā le i'uga o le toto maualuga? 'Ina 'ia fa'a'ātōaina ma fa'amālosia le aofa'i o le toto e tatau ona tafe i totonu o alātoto 'ua vāiūi, e tatau i le fatu ona matea'i galue ma le mālosi. 'Ona 'o le fatu e fausia i maso, 'ole'a tuputupu ma lāpo'a ai fo'i ona 'o lenei galue fīā. Mulimuli anae, i ni tausaga, 'o lenei galue mālosi o le fatu, 'ole'a o'loa ina fai ifo le mālosi o le fatu, ma le mafi ai ona galue mā'elegā 'āmate ai ona fa'alētonu le tātā, po o le pāmuina o le toto, ma soso' o ai loa ma le nofo o le fatu po 'o le fatu pē. Ma lenei, 'o ni isi i'uga fa'alētonu o le toto maualuga e maua fo'i i isi vāega o le tino. 'O le toto maualuga fa'a'umī'umī ma le leaga tele e māsani ona a'afia ai fatuga'o fa'apea fo'i ma le fāi'āi, 'aemaisc fo'i le fatu pei ona tā'ua muamua.

'Ona 'o fatu pē ma ma'i oso e ono maua ai le oti, 'o le tele o taimi e scāscā maliu ai se isi. 'O le tele o 'i lātou 'ua maua ai, e māsani lava i le toe mālōlosi lelei ma ola i ni ola te manaia ma le tauta'a'afia. 'Ua iai ni vailā'au fou e mafaia ona fa'amata'aina 'alu'alu toto ma fesoasoani i le tauviva mo le taua fa'asaga i fa'amai'iai tau fatu. 'Ua iai fo'i togafeitiga saiensi fa'afōma'i e fa'aitūtia ai le 'o'omi po 'o le mālosi o le toto maualuga 'ina 'ia puipia ai le ono a'afia o le fatu, alātoto ma isi tōtōga tāua o le tino. Peita'i, e le'i maua se togafeitiga ma'otu fa'afōma'i e loa tonu ai le taimi 'ua 'āmate ai ona punitia alātoto, 'a 'o le ā fo'i le lololo o le tūlaga 'ua iai, 'a 'o ā fo'i, ma fea tonu alātoto 'ua a'afia. 'O lenei lē ma'otu ma le le mai tono o se lu'i mālosi lea lo'o lotoloto i fa'aifāuli fa'afōma'i o lotātou nei augātupulaga.

E ao ina tātou manatua, 'o le toto maualuga ma le punitia o uuaua alātoto, e maua mai lea i se vāega tele o tātou ola ga māsani o aso ta'itasia fa'apea a tātou mea'ai. "E sīlī le puipia nai lo o le togafeitia," 'O ni isi nei 'o puipua:

1. Fa'amālosi tino faifai pea ma le lava lelei o le māloāga.
2. Fa'aitūtia le 'alia o mea lololo mai tino o manu'aina fa'apea le māsima.
3. Tāofir le uula uala sikaleti.
The following vocabulary translations reflect the meanings of the words in the context of the above reading.

| matā'upu | subject, topic | tāua | war, battle |
| fa'asino tonu | directed to | aga'i | towards |
| puipuiga | protection, prevention | ma'i fatu | heart disease |
| 'ese'ese | various | tala fa'asolopito | history |
| soifua-mālōlōina | health | fa'asaga | directed at |
| alātoto | artery, blood vessels | māfaufau | consider |
| muamua | first | paipa-vai | water pipe |
| loa | long time | tausagā | many years |
| fa'aaoaiona | to use | 'elea | rust |
| tuputupu | build up, grow | malō | hard |
| i'u aina | results in, ends up | vāiti | narrow |
| ala suāvai | water's pathway | fa'aputu | collect |
| sina suāvai ititi | a little bit of water | tafe | flow |
| punitia | blocked | fāsi | piece, fragment |
| matua'i | very much so | fa'apenā | like that |
| tonu | exactly | mea'ai lololo | fatty foods |
| kōlesiolo | cholesterol | muscle | muscle, flesh |
| fa'afōma'i | medical | māfiapia | thickened |
| fa'ama'i | disease | faigōfie | easy |
| liu | change into | 'alu'alu toto | blood clot |
| fa'againa | feed, supply | pē | die |
| fatu pē | heart attack | fā'i'ai | brain |
| toto maualuga | high blood pressure | ma'i oso | stroke |
| fa'aftāuli | problem | silia | more than |
| māliliu | die | mālamalama | understand |
| atili | more, additional | fa'apipi'i | connect |
| fa'agā'au | hose | togālā'au | garden |
mutia
vili
mata
māsau
lauiloa
nini‘i
faigatā
väega
fa‘a‘ātoaina
aofa‘i
fausia
läpo‘a
mā’elegā
fa‘alētonu
pamunina
nofo
fa‘a‘umi‘umi
fatu ga‘o
tausa‘afia
vaila‘au
fesoasoani
togafitiga
fa‘afōma‘i
tōtōga
loloto
lē ma‘oti
lu‘i
augātupulaga
aso ta‘itasi
faifai pea
māsima
ulaula sikaleti.
mamafata tatau
popole
māfaufau
lau fānau

lawn, grass
 twist
 nozzle
 fast, forceful
 well known, famous
 tiny
 difficult
 part, area
 make complete, compensate
 total amount
 made of
 enlaren
diligent
 injured, problematic
 to pump
 stop
 extended, lengthy
 kidney
 happy, comfortable
 medicine
 help
 cure, treatment
 medical
 internal organs
 depth, extent
 not clear cut
 challenge
 generation, era
 each day
 continuous
 salt
 cigarette smoking
 ideal weight
 worry
 thoughts
 your children
 'o'omi
 fa‘amau
 vāitiiti
 salalau
 talitonuga
 pogai
 tau fa‘aoifiofi
 'ese’ese
 i‘uga
 galue/mālosi
 maso
 fitā
 'āmata
 tātā
 sosō'o
 māsani
 a‘afia
 oti
 seāscā
 fou
 tauiviga
 saienisi
 fa‘aitiitiua
 ma‘oti
 tūlaga
 lē mautinoa
 lotolotoi
 manatua
 fa‘amālosi tino
 mālōlōga
 tāofi
 fa‘atūmauina
 pauna
 fesoau‘ina
 mulimuli
 fa‘aata‘ita‘iga
 squeeze
 tighten
 narrow
 project, spread
 belief
 cause, reason
 try to fit
 various
 result
 work hard
 muscle
 difficult
 begin, start
 beating, to beat
 followed by
 usually
 affect
 to die
 seldom
 new
 struggle
 science
 reduce
 clear, distinct
 situation
 not certain
 surrounded by
 remember
 exercise
 rest
 stop, give up
 maintain
 pound
 agitated
 follow
 example
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