
elementary

Samoan Langauge

for health care providers

John Mayer

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❁ TO THE READER ❁

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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:

o lona tama	(o lona tamā)	<i>his/herfather</i>
o lana tama	(o lana tama)	<i>herchild</i>

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.

VOWEL	REDUCED	LENGTHENED
a as in f <u>a</u> ther	t <u>a</u> mā as in b <u>u</u> t	tamā as in grand <u>ma</u>
e as in l <u>e</u> g	pe <u>p</u> e as in p <u>e</u> g	pep <u>ē</u> as in p <u>a</u> y (no y-glide)
i as in sush <u>i</u>		k <u>i</u> as in k <u>e</u> y
o as in h <u>o</u> me	tot <u>o</u> as in t <u>o</u> ll	tot <u>ō</u> as in J <u>o</u> e (no w-glide)
u as in bl <u>u</u> e		sus <u>ū</u> as in S <u>u</u> e

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
g	as in the English tongue or s <u>ing</u> (never as in <u>g</u> ood)
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 <u>p</u> , but not voiced like American <u>b</u>
r	as in English (often replaced with <u>l</u>)
s	as in English
t	as in English
v	as in English
'	as in English (such as the casual pronunciation of words like button - bu' <u>u</u> n or the common expression for no - <u>uh</u> - <u>uh</u>)

LISTEN TO THE FOLLOWING SYLLABLES AND REPEAT:

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

LISTEN TO THE FOLLOWING WORDS AND REPEAT:

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

LISTEN TO THE FOLLOWING WORDS AND REPEAT:

pa'a	ma'a	ta'a	la'a
ta'i	fa'i	pa'i	ma'i
fu'a	pu'a	pu'e	su'e
si'u	si'o	li'o	pi'o
a'o	sa'o	na'o	ma'o
a'u	la'u	sa'u	pa'u
lo'u	so'u	po'u	o'u
'eu	'ua	'ea	'ia
i'a	a'a	i'u	u'a

LISTEN TO THE FOLLOWING WORDS AND REPEAT:

taga	faga	maga	paga
sega	ega	sogi	togi
fogi	gata	agi	gafa
suga	luga	gali	lagi
uga	galu	oge	ligi
lago	tago	togo	gogo
fagu	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 exception 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	<i>to listen</i>
taalofa	tālofa	<i>I love (common greeting)</i>
tala atu	talātu	<i>beyond</i>

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	<i>leg</i>	vai	<i>water</i>
ei and e	sei	<i>flower behind ear</i>	sē	<i>stick bug</i>
ao and au	fao	<i>a nail</i>	fau	<i>to build</i>
oe and oi	toe	<i>to be left over</i>	toi	<i>a kind of tree</i>
ou and o	pou	<i>a post</i>	pō	<i>night</i>

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	<i>lawyer</i>
faia'ina	like faiya'ina	<i>to lose</i>
Ianuari	like yan u ari	<i>January</i>

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 uwati	<i>watch</i>
'aua	like 'auwa	<i>don't!</i>

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	<i>name</i>
sōia	not sowia	<i>stop!</i>

LISTEN TO THE FOLLOWING WORDS AND REPEAT:

fai	tai	mai	nai
lou	pou	fou	tou
pae	vae	sae	mae
lau	mau	fau	pau
lao	mao	fao	pao
ao	au	ou	ai
sao	sau	sou	sai
nai	fai	gao	gau
nunu	niu	tiute	fiu
leo	leoleo	seu	seuseu

LISTEN TO THE FOLLOWING WORDS AND REPEAT:

tina	tinā	tama	tamā
pele	pelē	sē	sesē
fua	fuā	malū	mālū
toto	totō	tōtō	fofō
mamā	māmā	mama	mā
fafā	fafa	lulu	lūlū

LISTEN TO THE FOLLOWING WORDS AND REPEAT:

olaga	pagotā	faigatā	mauagatā
tagata	fāgota	fa'ataga	faigaluega
galo	fa'agalo	fa'agaloina	togafiti
togafitia	magafā	matafāgota	matāfaga
gesege	gagana	gata'aga	pua'i
lavea'i	fuvlā'au	ōma'i	tausima'i
falema'i	fa'ama'i	fa'asaga	faife'au
fatu	fai'ai	susu	fatafata
fa'a'i	ua	moa	to'ala
pute	suilapalapa	tapulima	ogālima
manava	mānava	fulufulu	lauulu
ulu	vī	gau	nifo
gutu	laugutu	tainifo	tuasivi
ate	fatuga'o	ulupo'o	tau'au

LISTEN TO THE FOLLOWING WORDS AND REPEAT:

'ao'ao	mapeva	masui	pi'o
gagase	se'e	fāua	tafe
tamāloa	tama'ita'i	toea'ina	lo'omatua
laumata	taliga	'ava	fula
taetuli	fiva	laulaufaiva	vailā'au
nini	penisini	tui	fuafua
ala'ai	gā'au	tauaso	fānau
faifai	taimai	paupau	paopao
saesae	paepae	laulau	laolao
sousou	vaevae	moemoe	toetoe
poi	loi	foe	toe
moe	sei	pei	nei
fa'atali	fa'ama'i	fa'ainu	fa'a'ai
fealua'i	feiloa'i	femisa'i	fe'avea'i

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):

fale	tamas	lele	elel
lefa	sāmoan	kitara	quata
alla	ā	uati	lo'u
l'o'u	lefu	fā	isit
laulau	sou	sou'	feoloolo
tattoo	fafine	wahine	lomey
gagana	i'i	yelo	taimi
minute	Malia	pepe	pepay
Julai	Ianuari	zo'o	tofu
ata	'aisa	dua	wacha
stagi	Tomasi	tamas	afā
gaza	basi	sī	is
Lisa	lavalava	tagata	PangoPango
taco	Rosa	Tom	kazuo
tasi	milionā	Polynesia	'Amerika
Tonga	Fiji	Rusia	atu
lima	toe	gaga	male

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 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.

uati	taimi	peni	pepe
pepa	suka	sene	pasi
povi	pata	fiva	penisini
naifi	telefoni	televise	piki'apu
kuka	pia	kītara	misela
'aisakulimi	leitiō	peresitene	pusi
niumōnia	supo	sipuni	kofe
kūkama	tamato	soi sosi	pīnati
sisi	falaoa	paipa	pulumu
meli	sikareti	falai	tī
sālati	tīpoti	futu	loka
kuata	sikulūtalaiva	pauna	pakete

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

list	TV
wheel	line
dollar	pass
list	inch
cocoa	office
copy	goose
bee	ice
care	gas
kiss	continent
ribbon	tomato
John	Thomas
Susan	Maria
Tonga	Fiji
America	Germany

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	QUESTIONS
Nofo i lalo!	'O ai lou suafa?
Tū i luga!	'O le ā lea?
Fa'atali i'ī!	'O le ā lau galuega?
'Aua le pisa!	'O ai 'oe?
Saini lou igoa!	'Ua mālmalama?
Fa'amolemole, sau i'ī!	'Aiseā?
Sau!	Āfea?
Fa'alogo lelei!	'O fea le faleuila?
Aua!	'Ua 'e sau?
Tautala fa'agesegese!	'E te alu?
Tusi lou igoa!	'Ua ma'i 'oe?
'Aumai le pepa!	'Ua 'uma?
Inu i le vai!	'Ua fia'ai 'oe?
Sōia le pisa!	'O fea lou tinā?
Alu 'ese!	'O ai lea?
'Ua 'uma!	'O i'inā Lene?
Fa'alogo mai!	'Ua tā se fia?
Sōsō atu!	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 final syllable.

Unlike English, there is generally no change in word order in Samoan between declarative statements and *yes-no* questions. The fact that the sentence 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? |
| 9. E mamao lona fale. | 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 'āmata le lotu. | 16. 'Ua 'āmata le lotu? |
| 17. E fe'ai le maile. | 18. E fe'ai le maile? (Pē fe'ai le maile?) |
| 19. E lē faigaluega lona uso. | 20. E lē faigaluega lona uso? |

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

- | | |
|--------------------------|---------------------------|
| 1. E iai la'u ta'avale. | 2. E iai sa'u ta'avale? |
| 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? | 10. Manuia lava fa'afetai. |
| 11. 'Ae a' 'oe? | 12. Manuia fo'i, fa'afetai. |
| 13. Tōfā soifua. | 14. 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'alēmanuia. (*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! | <i>Sit down!</i> |
| 2. Nofo i 'ō! | <i>Sit over there!</i> |
| 3. Nofo i 'ī! | <i>Sit here!</i> |
| 4. Tū i luga! | <i>Stand up!</i> |
| 5. Fa'atali i 'ī! | <i>Wait here!</i> |
| 6. Fa'atali mai i 'ō! | <i>Wait over there!</i> |
| 7. 'Aua le pisa! | <i>Be quiet!</i> |
| 8. Alu e tū i le laina! | <i>Go and wait in the line!</i> |
| 9. Saini lou igoa! | <i>Sign your name!</i> |
| 10. Sau i 'ī, fa'amolemole! | <i>Come here, please!</i> |
| 11. Alu i 'ō, fa'amolemole! | <i>Go over there, please!</i> |
| 12. Sōsō atu, fa'amolemole! | <i>Move over, please!</i> |
| 13. Sōsō mai, fa'amolemole! | <i>Move this way, please!</i> |
| 14. Fa'atumu le pepa lea! | <i>Fill out this paper/form!</i> |
| 15. Inu le fuālā'au! | <i>Take the pill!</i> |
| 16. 'Aumai le pepa! | <i>Bring the paper/form!</i> |
| 17. 'Aua le ulaula! | <i>Don't smoke!</i> |
| 18. Sōia le pisa! | <i>Stop making noise!</i> |
| 19. 'Aua le popole! | <i>Don't worry!</i> |
| 20. Tatala lou 'ofutino! | <i>Take off your shirt!</i> |

LESSON SEVEN

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 pua'a lale?

Is that a pig?

- (c) Expressing negative

E lē 'o se pua'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 'oe 'o la'u uō.

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.

Mila is a nurse.

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 isi.

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 tama lenā sā pa'ū.

That boy fell.

Sā pa'ū le tama 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. | <i>Bring the pen</i> |
| 'Aumaile ā? | <i>Bring the what?</i> |
| 'O le peni. | <i>The pen.</i> |
| 2. 'Aumai le pepa. | <i>Bring the paper/form.</i> |
| 'Aumaile ā? | <i>Bring the what?</i> |
| 'O le pepa. | <i>The form/paper.</i> |
| 3. 'Aumai se ipu vai. | <i>Bring a glass of water.</i> |
| 'Aumai se ā? | <i>Bring a what?</i> |
| 'O se ipu vai. | <i>A glass of water.</i> |
| 4. 'Ave le tusi i le teine. | <i>Give the book to the girl.</i> |
| 'Ave le ā? | <i>Give the what?</i> |
| 'O le tusi. | <i>The book.</i> |
| 5. 'Ave le fagu i le tama. | <i>Give the bottle to the boy.</i> |
| 'Ave le ā? | <i>Give the what?</i> |
| 'O le fagu. | <i>The bottle.</i> |

LISTEN AND REPEAT:

'O le tusi.	<i>It's a book.</i>	'O se tusi?	<i>It's a book?</i>
'O le peni.	<i>It's a pen.</i>	'O se peni?	<i>It's a pen?</i>
'O nofoa lea.	<i>This is a chair.</i>	'O se nofoa lea?	<i>This is a chair?</i>
'O le fōma'i lenā.	<i>That's the doctor.</i>	'O se fōma'i lenā?	<i>Is that a doctor?</i>
'O le tausima'i lenā.	<i>That's the nurse.</i>	'O se tausima'i lenā?	<i>Is that a nurse?</i>

SAY THE FOLLOWING NOUNS IN THE SINGULAR AND PLURAL:

'O le peni	<i>a pen</i>	'O peni	<i>pens</i>
'O le tusi	<i>a book</i>	'O tusi	<i>books</i>
'O le fōma'i	<i>a doctor</i>	'O fōma'i	<i>doctors</i>
'O le tausima'i	<i>a nurse</i>	'O tausima'i	<i>nurses</i>
'O le falema'i	<i>a hospital</i>	'O falema'i	<i>hospitals</i>
'O le fagu	<i>a bottle</i>	'O fagu	<i>bottles</i>
'O le tui	<i>a shot</i>	'O tui	<i>shots</i>
'O le fuālā'au	<i>a pill</i>	'O fuālā'au	<i>pills</i>
'O le potu	<i>a room</i>	'O potu	<i>rooms</i>
'O le ma'i	<i>a patient</i>	'O ma'i	<i>patients</i>

'O le tagata	<i>a person</i>	'O tagata	<i>people</i>
'O le tama	<i>a boy</i>	'O tama	<i>boys</i>
'O le teine	<i>a girl</i>	'O teine	<i>girls</i>
'O le fafine	<i>a woman</i>	'O fafine	<i>women</i>
'O le tamāloa	<i>a man</i>	'O tamāloloa	<i>men</i>
'O le tamā	<i>a father</i>	'O tamā	<i>fathers</i>
'O le tinā	<i>a mother</i>	'O tinā	<i>mothers</i>

PRACTICE SAYING THE FOLLOWING SENTENCES:

- | | |
|------------------------------------|--|
| 1. 'Aumai le fagu ma le ipu. | <i>Bring the bottle and the glass.</i> |
| 2. 'Ave le tusi i le fōma'i. | <i>Take the book to the doctor.</i> |
| 3. Alu 'i le potu ma nofo i lalo. | <i>Go to the room and sit down.</i> |
| 4. 'O le tamā ma le tinā. | <i>The father and the mother.</i> |
| 5. 'O le tama ma le teine. | <i>The boy and the girl.</i> |
| 6. 'Ave le mea lea i le tausima'i. | <i>Take this to the nurse.</i> |
| 7. 'Aumai 'uma pepa. | <i>Bring all the forms/papers.</i> |
| 8. Saini 'uma pepa. | <i>Sign all the forms.</i> |
| 9. 'O tama ma teine. | <i>Boys and girls.</i> |
| 10. 'O le tinā ma tausima'i. | <i>The mother and the nurses.</i> |

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.

'Olepenitala.

Thepencil.

'O penitala.

Pencils.

Although most Samoan nouns do not change form from singular to plural, there are some exceptions:

lo'omatua	lo'omātutua	<i>old woman</i>
toea'ina	toea'i'ina	<i>old man</i>
matua	mātua	<i>parent</i>
tamāloa	tamāloloa	<i>man</i>
taule'ale'a	tāulele'a	<i>untitledman</i>
to'alua	ta'ito'alua	<i>spouse</i>
tuafafine	tuafāfine	<i>male's sister</i>
tamaitiiti	tamaiti	<i>child / little boy</i>
teineitiiti	teineiti	<i>little girl</i>

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 lā?

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 le pepe.

The baby./It's a baby.

'O se pepe?

Is it a baby?

'O si pepe.

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.

	Singular		Plural	
Near the speaker:	lenei (lea)	<i>this</i>	nei (ia)	<i>these</i>
Away from the speaker and/or near the listener:	lenā (lele)	<i>that</i>	nā	<i>those</i>
Distant from speaker/listener:	lelā (lale)	<i>that</i>	lā	<i>those</i>

There are other variations of these demonstratives which are common in colloquial speech (i.e. **lae**, **laia**). **Lenei**, **nei** (*this, these*) are more formal than **lea** and **ia**. **Lele** and **lale** are often used in reference to a location (*there*) and this is often the case for **lea** as well (*here*). Note that **nei**, **nā** and **lā** 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.
'O le tama lenei.

This boy.
This boy.

LISTEN TO THE FOLLOWING AND REPEAT:

lea - *this*

'O le moega lea.
'O le ipu lea.
'O le nofoa lea.
'O le ta'avale lea.
'O le fagu lea.
'O le aluga lea.
'O le 'ie 'afu lea.
'O le telefoni lea.
'O le televise lea.

This is a bed.
This is a cup.
This is a chair.
This is a car.
This is a bottle.
This is a pillow.
This is a sheet.
This is a phone.
This is a television.

lenā - *that*

'O le se'evae lenā.
'O le potuta'ele lenā.
'O le fale'aiga lenā.
'O le fōma'i lenā.
'O le tausima'i lenā.
'O le mea'ai lenā.
'O le ipu vai lenā.
'O le ipu susu lenā.
'O le fuālā'au lenā.

That is a shoe.
That is the bathroom.
That is the restaurant.
That is the doctor.
That is the nurse.
That is the food.
That is a glass of water.
That is a glass of milk.
That is a pill.

ia - *these*

'O moega ia.
'O ipu ia.
'O nofoa ia.
'O ta'avale ia.
'O fagu ia.
'O aluga ia.
'O 'ie 'afu ia.
'O telefoni ia.
'O televise ia.

These are beds.
These are cups.
These are chairs.
These are cars.
These are bottles.
These are pillows.
These are sheets.
These are phones.
These are televisions.

nā - those

'O se'evaenā.

Those are shoes.

'O potutā'ele nā.

Those are bathrooms.

'O fale'aiga nā.

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'evae

'O le se'evae le mea lea.

'O le ā le mea lea?

fuālā'au

'O le fuālā'au le mea lea.

'O ā mea ia?

'ie'afu

'O 'ie'afu mea ia.

'O le ā le mea lenā?

ipu vai

'O le ipu vai le mea lenā.

'O ā mea nā?

se'evae

'O se'evae 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.
18. Hello.
19. Goodbye.
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.
6. Sōsō atu, 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:

'Oa'u.	<i>I</i>
'O le tama.	<i>The boy</i>
'O a'u 'o le tama.	<i>I am a boy.</i>
'O Sina 'o la'u uō.	<i>Sina is my friend.</i>
'Omātou 'o tagata ā'oga.	<i>We are students.</i>

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.	<i>Lisa is a Samoan.</i>
particular general	
'O le Samoa Lisa	<i>Lisa is a Samoan.</i>
general particular	

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

<i>Where is Lisa from?</i>	'O Lisa 'o se fea?
----------------------------	--------------------

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

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

ANSWER THE FOLLOWING QUESTIONS:

- | | |
|-----------------------|-----------------------------|
| 1. 'O Sulu 'o se fea? | 1. 'O Sulu 'o le Siapani. |
| 2. 'O Tomi 'o se fea? | 2. 'O Tomi 'o le Saina. |
| 3. 'O Lita 'o se fea? | 3. 'O Lita 'o le Filipaina. |
| 4. 'O se fea Tai? | 4. 'O Tai 'o le Kōlea. |
| 5. 'O se fea Mele? | 5. 'O Mele 'o le Hawai'i. |
| 6. 'O se fea Tele? | 6. 'O Tele 'o le Tōga. |
| 7. 'O se fea Samu? | 7. 'O Samu 'o le Sāmoa. |

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

- | | |
|------------------------------------|---------------------------------|
| 1. 'O le mea lea 'o le fa'amalama. | <i>This thing is a window.</i> |
| 2. 'O le mea lenā 'o le faitoto'a. | <i>That thing is a door.</i> |
| 3. 'O a'u 'o le fōma'i. | <i>I am a doctor.</i> |
| 4. 'O ia 'o le fōma'i. | <i>He/she is a doctor.</i> |
| 5. 'O 'oe 'o se fōma'i? | <i>Are you a doctor?</i> |
| 6. 'O lo'u igoa 'o Sina. | <i>My name is Sina.</i> |
| 7. 'O le igoa o le fōma'i 'o Tū. | <i>The doctor's name is Tū.</i> |
| 8. 'O Tū 'o le fōma'i. | <i>Tū is a doctor.</i> |
| 9. 'O le mea lea 'o le vai. | <i>This is water.</i> |
| 10. 'O Mele 'o le tausima'i. | <i>Mele is a nurse.</i> |

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 Miti.
7. Miti is a Samoan.
8. Is Kala a Tongan?
9. Is she a nurse?
10. Tū and Fili are papālagi.
11. My name is Ela.
12. Rosa is my mother.
13. That person is my mother.
14. Is she a Samoan.
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 **lē** is used to show negation. It can be translated as *not* and negates what ever 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 **lē**.

'O le maile.

(*It's a dog.*)

'O maile.

(*They are dogs.*)

'O Sina 'o le Saina.

(*Sina is Chinese.*)

E lē 'o se maile.

(*It's not a dog.*)

E lē 'o ni maile. (note that **ni** is added

(*They aren't dogs.*) in the plural)

E lē 'o Sina 'o se Saina.

(*Sina is not Chinese.*)

LISTEN TO THE FOLLOWING AND REPEAT:

1. 'O le falema'i lea.

2. 'O le ta'avale.

3. 'O a'u.

4. 'O 'oe 'o se fōma'i?

5. 'O le kofe lea.

6. 'O lona tamā.

7. 'O Mele 'o le fōma'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 lē 'o se falema'i lea.

2. E lē 'o se ta'avale.

3. E lē 'o a'u.

4. E lē 'o 'oe 'o se fōma'i?

5. E lē 'o se kofe lea.

6. E lē 'o sona tamā.

7. E lē 'o Mele 'o se fōma'i.

8. E lē 'o Tuna 'o se Tōga.

9. E lē 'o a'u 'o se tausima'i.

10. E lē 'o se vai le mea lea.

TRANSLATE, THEN CHANGE TO NEGATIVE:

1. It's me.

'O a'u

E lē 'o a'u.

2. I am his father.

3. Are you a doctor?

4. This is coffee.

5. Mele is a nurse.

6. That building (fale) 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.
19. That's my shoe.
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'aisa 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.*)
Tautalafa'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. | 1. <i>Be quiet.</i> |
| 2. 'Aua le nofo i'ī. | 2. <i>Don't sit here.</i> |
| 3. Sōia le pepelo. | 3. <i>Stop lying.</i> |
| 4. 'Aua le inua le mea lenā. | 4. <i>Don't drink that.</i> |
| 5. Sōia le misa. | 5. <i>Stop arguing.</i> |
| 6. 'Aua le popole. | 6. <i>Don't worry.</i> |
| 7. Sōia le ulaula. | 7. <i>Stop smoking.</i> |
| 8. 'Aua le ulaula. | 8. <i>Don't smoke.</i> |
| 9. 'Aua le 'aia le mea lenā. | 9. <i>Don't eat that.</i> |
| 10. 'Aua le faia le mea lenā. | 10. <i>Don't do that.</i> |
| 11. 'Aua le sau. | 11. <i>Don't come.</i> |
| 12. 'Aua le alu. | 12. <i>Don't go.</i> |
| 13. Sōia le palauvale. | 13. <i>Stop cursing.</i> |
| 14. 'Aua le inu pia. | 14. <i>Don't drink beer.</i> |
| 15. 'Aua le fa'atali. | 15. <i>Don't wait.</i> |

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 lenā.
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.

LESSON THIRTEEN

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 preceded by the noun/pronoun marker 'o.

SINGULAR

<i>I, me</i>	'o a'u
<i>you</i>	'o 'oe
<i>he, she, it</i>	'o ia

PLURAL

<i>we, us</i>	'o tātou (listener included)
	'o mātou (listener excluded)
<i>you-all</i>	'o 'outou
<i>them, they</i>	'o lātou

PAIR OR DUAL

<i>we, us (2 people)</i>	'o tā'ua (listener included)
	'o mā'ua (listener excluded)
<i>you (2 people)</i>	'o 'oulua
<i>they, them (2 people)</i>	'o lā'ua

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

- | | |
|---------------------------------|----------------------------------|
| 1. 'O a'u 'o le lōia. | 1. <i>I'm a lawyer.</i> |
| 2. 'O ia 'o le peresitene. | 2. <i>He's the president.</i> |
| 3. 'O lātou 'o tagata ā'oga. | 3. <i>They are students.</i> |
| 4. 'O mātou 'o tausima'i. | 4. <i>We are nurses.</i> |
| 5. 'O mā'ua 'o leoleo. | 5. <i>We (2) are policemen.</i> |
| 6. 'O lātou 'o faiā'oga. | 6. <i>They are teachers.</i> |
| 7. 'O 'oe 'o se 'ave pasi? | 7. <i>Are you a bus driver?</i> |
| 8. 'O tātou 'o tagata 'Amerika. | 8. <i>We're Americans.</i> |
| 9. 'O lā'ua 'o fōma'i. | 9. <i>They (2) are doctors.</i> |
| 10. 'O 'oulua 'o ni faife'au? | 10. <i>Are you(2) ministers?</i> |

TRANSLATE THE FOLLOWING SENTENCES:

- I'm a patient.
- I'm a doctor.
- I'm a nurse.
- I'm a policeman.
- 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 peresitene.
3. 'O lātou 'o tagata ā'oga.
4. 'O lā'ua 'o tausima'i.
5. 'O 'oe 'o se leoleo?
6. 'O lātou 'o faiā'oga.
7. 'O ia 'o le 'ave pasi.
8. 'O tātou 'o tagata 'Amerika.
9. 'O lā'ua 'o fōma'i.
10. 'O lātou 'o faife'au.

E lē 'o a'u 'o se lōia.

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 _____

6. T _____

X

2. T-----> X _____

XX

7. T----> X _____

X

3. T -----> X _____

X
X

9. T-----> X _____

4. T---> X _____

XXX
XXX

10. T-----> X _____

XXXX
XXXX

5. T----> XXX _____

11. T-----> XX _____

LESSON FOURTEEN

POSSESSION

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.

'O le tamā o Sara.	(The father of Sara.)	Sara's father.
'O le tinā o Fata.	(The mother of Fata.)	Fata'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. | <i>That's Sita's car.</i> |
| 2. 'O le tinā o Fale lea. | <i>This is Fale's mother.</i> |
| 3. 'O le uso o Mele lenā. | <i>That's Mele's sister.</i> |
| 4. 'O le tuagane o Rita lenā. | <i>That's Rita's brother.</i> |
| 5. 'O le tuafafine o Tomasi lea. | <i>This is Tomasi's sister.</i> |
| 6. 'O le uso o Paulo lenā. | <i>That's Paulo's brother.</i> |
| 7. 'O le uō a Miti lea. | <i>This is Miti's friend.</i> |
| 8. 'O le fale o mātou lale. | <i>That's our house (way) over there.</i> |
| 9. 'O le ta'avale a lātou lenā. | <i>That's their car.</i> |
| 10. 'O le faife'au o 'outou lea? | <i>Is this your (all of you) minister?</i> |
| 11. 'O le maile a ai? | <i>Whose dog? (The dog of <u>who</u>?)</i> |
| 12. 'O le tupe a ai? | <i>Whose money?</i> |

13. 'O le peni a ai?

Whose pen?

14. 'O le ipu kofe a ai lea?

Whose cup of coffee is this?

15. 'O le leitiō a ai lenā?

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 **tuafafine**. 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.
14. That's Lene's car.
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 (uō).
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.
9. Kala isn't a Tongan.
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 (tamo'e) in the hospital.
11. Don't argue.
12. Don't drink coffee.

LESSON SIXTEEN

USEFUL PHRASES

- | | |
|--|---|
| 1. 'O le ā le mea lea/lenā? | <i>What is this/that thing?</i> |
| 2. 'O le ā lea? | <i>What's this?</i> |
| 3. 'O le ā lenā? | <i>What's that?</i> |
| 4. 'O le ā? | <i>What?</i> |
| 5. 'O le ā le fa'aSāmoa o le 'upu run ? | <i>What's the Samoan for the word run?</i> |
| 6. 'O le ā le fa'apālagi o le 'upu palusami ? | <i>What's the English for the word palusami?</i> |
| 7. 'Ua 'e mālamalama?
('Ua mālamalama 'oe?) | <i>Do you understand?</i> |
| 8. 'Ua 'ou mālamalama.
('Ua mālamalama a'u.) | <i>I understand.</i> |
| 9. Tautala fa'agesegese, fa'amolemole. | <i>Speak slowly, please.</i> |
| 10. Toe fai, fa'amolemole. | <i>Please repeat.</i> |
| 11. E fa'alēlelei la'u fa'aSāmoa. | <i>I don't speak Samoan very well.</i> |
| 12. 'O 'oe 'o se Sāmoa? | <i>Are you Samoan?</i> |
| 13. 'E te iloa tautala fa'aSāmoa? | <i>Can you speak Samoan?</i> |
| 14. 'E te iloa tautala fa'aPeretania?
('E te iloa nanu?) | <i>Can you speak English?</i> |
| 15. 'Ou te lē iloa. (Ta'ilo.) | <i>I don't know.</i> |
| 16. Fa'afetai lava. | <i>Thank you.</i> |
| 17. Fa'afetai fo'i. | <i>You're welcome.</i> |
| 18. Fa'amolemole. | <i>Please.</i> |
| 19. Tūlou. | <i>Excuse me (for moving in front of someone).</i> |
| 20. E lē āfāina | <i>No problem (reply to tūlou)</i> |
| 21. 'Ioe; ĭ; 'io'el; 'o lea lava. | <i>Yes; yeah; YES!; yes (polite).</i> |
| 22. Leai. | <i>No.</i> |
| 23. Masalo | <i>Perhaps.</i> |
| 24. 'Ailoga | <i>Probably not.</i> |
| 25. 'O ai lou igoa? 'O ai lou suafa (polite)? | <i>What's your name?</i> |
| 26. 'O lo'u igoa 'o Lita. | <i>My name is Lita.</i> |
| 27. 'Ua lava. | <i>That's enough.</i> |

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 **milion** (*million*).

UNITS

tasi	<i>one</i>	1
lua	<i>two</i>	2
tolu	<i>three</i>	3
fā	<i>four</i>	4
lima	<i>five</i>	5
ono	<i>six</i>	6
fitu	<i>seven</i>	7
valu	<i>eight</i>	8
iva	<i>nine</i>	9
sefulu	<i>ten</i>	10

TENS

sefulu tasi	11 (sefulu ma le tasi)
sefulu lua	12
sefulu tolu	13
sefulu fā	14
sefulu lima	15
sefulu ono	16
sefulu fitu	17
sefulu valu	18
sefulu iva	19
luasefulu	20

TENS

tolu sefulu	30
fā sefulu	40
lima sefulu	50
ono sefulu	60
fitu sefulu	70
valu sefulu	80
iva sefulu	90

tolusefulu tasi	31
fāsefulu tolu	43
limasefulu lua	52
onosefulu lima	65
fitusefulu ono	76
valusefulu fitu	87
ivasefulu iva	99

HUNDREDS

selau	100
lua selau	200
tolu selau	300
fā selau luasefulu	420
lima selau fāsefulu tasi	541
ono selau limasefulu tolu	653

THOUSANDS

afe	1,000
sefulu lua afe	12,000
luasefulu afe	20,000
lua selau afe	200,000
lua afe lua selau luasefulu lua	2,222
tolu afe tolu selau tolusefulu tolu	3,333
fitu afe fitu selau fitusefulu fitu	7,777
iva afe iva selau ivasefulu iva	9,999
lua selau luasefulu lua afe lua selau luasefulu lua	222,222
fitusefulu ono afe	76,000
afe iva selau onosefulu lua	1962 (for years/dates)
afe fitu selau fitusefulu ono	1776

afe valu selau tolusefulu
afe iva selau

1830
1900

MILLIONS

miliona
lua milionā
sefulu milionā
luasefulu milionā
lima selau fitusefulu ono milionā
valu selau ivasefulu tolu milionā lua selau
sefulu fā afe ono selau limasefulu fitu

1,000,000
2,000,000
10,000,000
20,000,000
576,000,000
893,214,657

WRITE THE FOLLOWING NUMBERS:

lua selau
fitu afe
ono selau fitusefulu tasi
selau
afe iva selau onosefulu ono
fitu milionā fitu afe fitu selau fitusefulu fitu
tolusefulu fā
fā 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.

Timi has three pigs.

Sā tolu pua'a a Timi.

Timi had three pigs.

Word order depends upon what is being stressed:

'O ā mea nā?

What are those?

'O pua'a e tolu.

Three pigs.

E fia pua'a nā?

How many pigs (there)?

E tolu pua'a nā.

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?

How many cups?

E fia le tau?

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'afitu tama.

Seven boys.

E to'atasi le tagata.

One person

E to'afia teine?

How many girls?

E to'atele lātou.

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'atolu

three times, thrice

muamua

first

lona lua

second

mulimuli

last

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. E valu ipu kofe.

1. Eight cups of coffee.

2. E lua nofoa.

2. Two chairs.

3. E to'afitu fōma'i.

3. Seven doctors.

4. E to'alua mā'ua.

4. There are two of us.

5. E to'afā lātou.

5. There are four of them.

6. E to'afia 'outou?

6. How many of you are there?

7. E fia tui?

7. How many shots?

8. E fia fuālā'au e inu?

8. How many pills (should be) taken?

9. E fia le tau o le tusi?

9. How much is the book?

10. E fia le tau o le vailā'au?

10. How much is the medicine?

LISTEN TO THE FOLLOWING AND REPEAT:

- | | |
|-----------------------------------|---|
| 1. 'Aumai ni tui se fā. | 1. <i>Bring me four forks.</i> |
| 2. 'Aumai ni sipuni se lua. | 2. <i>Bring (me) two spoons.</i> |
| 3. E to'afitu mātou. | 3. <i>There are seven of us.</i> |
| 4. E to'atasi lo'u uso. | 4. <i>I have one brother.</i> |
| 5. E to'atele tagata. | 5. <i>There are plenty of people.</i> |
| 6. E to'afia tagata? | 6. <i>How many people?</i> |
| 7. E fia fuāmoa nā? | 7. <i>How many eggs are there?</i> |
| 8. E tolu fuāmoa nā. | 8. <i>There are three eggs there.</i> |
| 9. E to'afia le 'au 'āiga o Salu? | 9. <i>How many (in) Salu's family?</i> |
| 10. E to'afā le 'au 'āiga o Salu. | 10. <i>There are four (in) Salu's family.</i> |

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.
12. Nine glasses of milk.
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.
20. 1991.
21. 1992

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

- | | |
|---|---|
| 1. Sau fa'alua. | 1. <i>Come twice.</i> |
| 2. Inu fa'atolu i le aso. | 2. <i>Drink three times a day.</i> |
| 3. 'O le tama muamua. | 3. <i>The first boy.</i> |
| 4. 'O le aso mulimuli. | 4. <i>The last day.</i> |
| 5. 'O le aso muamua ma le aso mulimuli. | 5. <i>The first and last day.</i> |
| 6. 'O le potu lona tolu. | 6. <i>The third room.</i> |
| 7. E to'afia 'outou? | 7. <i>How many of you (are there)?</i> |
| 8. E fitu futu le 'umi o Tui. | 8. <i>Tui's height is six feet.</i> |
| 9. E lima futu le 'umi o Sara. | 9. <i>Sara is five feet.</i> |
| 10. Moe fa'atolu i le aso. | 10. <i>Sleep three times a day.</i> |
| 11. 'Ai fa'atolu i le aso. | 11. <i>Eat three times a day.</i> |
| 12. 'Aumai le mea lona lua. | 12. <i>Give me the second one.</i> |
| 13. 'Avatu le pepa muamua i le fōma'i. | 13. <i>Give the first form to the doctor.</i> |
| 14. Fai fa'afia? | 14. <i>Do it how many times?</i> |
| 15. 'O lona to'afia lea o tama? | 15. <i>Which boy is this? (which order?)</i> |

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 (ʻInisi).
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)
lua sene	two cent coin
lima sene	five cent coin
sefulu sene	ten cent coin
'afa tala/sēleni/luasefulu sene	twenty cent coin
'afa tālā	fifty cent coin
tālā	one dollar coin
lua tālā	two dollar bill
lima tālā	five dollar bill
sefulu tālā	ten dollar bill
luasefulu tālā	twenty 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.	<i>The price of the car.</i>
E fia le tau?	<i>What's the price?</i>
E fia le tau o le kofe?	<i>How much is the coffee?</i>
E ta'ifia i le sanuisi?	<i>How much per sandwich?</i>
E ta'ilua tālā.	<i>Two dollars each.</i>

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

- | | |
|---|--|
| 1. E fia le tau o le ta'avale? | 1. <i>How much is the car?</i> |
| 2. E fia le tau o le ipu susu? | 2. <i>How much is a glass of milk?</i> |
| 3. E fia le tau o le tusi? | 3. <i>How much is the book?</i> |
| 4. E ta'ifia i le 'apa inu? | 4. <i>How much per can of soda?</i> |
| 5. E ta'ifia i le ipu supo? | 5. <i>How much per bowl of soup?</i> |
| 6. E ta'ilua tālā i le ipu susu. | 6. <i>Two dollars a glass (of milk).</i> |
| 7. 'Aumai se lua tālā. | 7. <i>Let me have two dollars.</i> |
| 8. 'Aumai le lima tālā fitusefulu sene. | 8. <i>Give me 5 dollars and 70 cents.</i> |
| 9. Tu'u le valu tālā lea iā Kalala. | 9. <i>Give this eight dollars to Kalala.</i> |
| 10. 'O le ā le tau o le vailā'au? | 10. <i>What's the price of the medicine?</i> |
| 11. E fia le tau o le vailā'au? | 11. <i>How much is the medicine?</i> |
| 12. E tolu tālā onosefulu lima sene. | 12. <i>It's 3 dollars and sixty-seven cents.</i> |

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:

<i>on the hour</i>	<i>tā (to strike)</i>	'Ua tā le tasi. (1:00)
<i>past the hour</i>	<i>e te'a ai (past)</i>	'Ua lima minute e te'a ai le lua. (2:05)
<i>half past</i>	<i>'afa (half)</i>	'Ua 'afa le tolu. (3:30)
<i>before the hour</i>	<i>toe (remaining)</i>	'Ua toe lima minute i le lua. (5 'till 2)

The common phrase for asking the time of day is:

'Ua tā le fia? or Ua tā se fia?

What time is it?

For asking the time of an event in past or future the common phrase is:

'O le ā le taimi (o le fono)?

What time (is the meeting)?

'O le fitu.

Seven.

Another variation common in American Samoa is telling the time in a digital fashion:

'Ua lua tolusefulu.

It's two thirty. (2:30)

'Ua valu fāsefulu lima.

It's eight forty-five. (8:45)

Also common in American Samoa is a variation for half-past:

'Ua tā le vaitā o le lima.

It's five thirty (5:30)

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

- | | |
|--------------------------------------|--|
| 1. 'Ua tā le fia? | 1. <i>What time is it?</i> |
| 2. 'Ua tā se fia? | 2. <i>What time is it?</i> |
| 3. 'Ua tā le lima. | 3. <i>It's five o'clock.</i> |
| 4. 'Ua 'afa le fitu. | 4. <i>It's seven thirty.</i> |
| 5. 'Ua toe lima minute i le iva. | 5. <i>It's five minutes to nine.</i> |
| 6. 'Ua lua minute e te'a ai le valu. | 6. <i>It's two minutes past eight.</i> |
| 7. 'Ua te'a le ono. | 7. <i>It's past six.</i> |
| 8. 'Ua te'a le lima? | 8. <i>Is it past five?</i> |
| 9. 'Ua toe sefulu minute i le iva. | 9. <i>It's ten to nine.</i> |
| 10. 'Ua <u>toeitiiti</u> tā le tasi. | 10. <i>It's <u>almost</u> one.</i> |
| 11. 'O le ā le taimi o le fono? | 11. <i>What time is the meeting?</i> |
| 12. 'O le 'afa le tolu. | 12. <i>Three thirty.</i> |

WRITE THE FOLLOWING IN SAMOAN:

- 7:00
- 8:00
- 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 (pātī)?
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 mīnute e te'a ai le lua.
7. 'Ua toe kuata (quarter) i le tasi.
8. 'Ua toe sefulu lima mīnute i le ono.
9. 'Ua toeititi 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 vaitā 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 Fili'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 alu Sara.	presentindefinite	<i>Sara goes.</i>
'Ua alu Sara.	presentperfect	<i>Sara has gone.</i>
'Olo'o alu Sara.	presentcontinuous	<i>Sara is going.</i>
Na alu Sara.	pastcompleted	<i>Sara went.</i>
Sā alu Sara.	pastindefinite	<i>Sara had gone.</i>
'Ole'ā alu Sara.	future	<i>Sara will go.</i>

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'ā** 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		<i>beautiful</i>
'O le teine 'aulelei.	(adjective)	<i>The beautiful girl.</i>
E 'aulelei le teine.	(verb)	<i>The girl is beautiful.</i>
Sā 'aulelei le teine.	(verb)	<i>The girl was beautiful.</i>
'O le 'aulelei o le teine.	(noun)	<i>The beauty of the girl.</i>

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 alu le tama.	<i>The boy</i>	<i>went.</i>
verb subject	subject	verb
'O le tama na alu.		
subject verb		

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 alu le teine.	<i>The girl has gone.</i>
'O le teine 'ua alu.	<i>The girl has gone.</i>

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>I'm going to stay.</i>
--------------	---------------------------

- | | |
|---|---|
| E nofo a'u. | <i>I'm going to stay.</i> |
| (b) Present indefinite.
E mūmū le ta'avale. | <i>The car is red.</i> |
| (c) Negative present, past and implied future. E or te is joined with the negatives lē (not-implied future), lē'o (not-present continuous); and le'i (not-past).
E lē alu a'u. ('Ou te lē alu.)
E lē'o alu a'u. ('Ou te lē'o alu)
E le'i 'ai 'oe. ('E te le'i 'ai) | I won't go.
I'm not going.
You did not eat. |
| (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. | I'm going to go fishing.
The boy wants to go. |
-
- | | |
|----------------------------|--|
| 1. E 'umi Tui. | 1. <i>Tui is tall.</i> |
| 2. E pu'upu'u Fata. | 2. <i>Fata is short.</i> |
| 3. E puta Lene. | 3. <i>Lene is fat.</i> |
| 4. E pa'e'e Galu. | 4. <i>Galu is thin.</i> |
| 5. E matua le teine. | 5. <i>The girl is old.</i> |
| 6. E la'itiiti le tama. | 6. <i>The boy is young.</i> |
| 7. E fa'ama'ima'i le pepe. | 7. <i>The baby is sickly.</i> |
| 8. E mālosi le toea'ina. | 8. <i>The old man is healthy/strong.</i> |
| 9. E vaivai le lo'omatua. | 9. <i>The old lady is weak/sickly.</i> |
| 10. E poto le uō a Tili. | 10. <i>Tili's friend is smart.</i> |

'Ua: Short term states, feelings and actions just starting: Present (immediate) or present perfect. Represented by 'ua.

- | | |
|--|--|
| (a) Immediate present. Actions or states that have just now been realized:
'Ua timu.
'Ua sau le tama. | <i>It's raining (just now).</i>
<i>The boy is coming (now).</i> |
| (b) Present perfect. An action or state just completed:
'Ua 'ou sau. | <i>I have come.</i> |
| (c) Past perfect is formed with 'ua 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. | <i>I had eaten before you came.</i> |
-
- | | |
|----------------------------|----------------------------------|
| 1. 'Ua timu. | 1. <i>It's raining.</i> |
| 2. 'Ua mālūlū. | 2. <i>It's cold.</i> |
| 3. 'Ua matagi. | 3. <i>It's windy.</i> |
| 4. 'Ua lā. | 4. <i>It's sunny.</i> |
| 5. 'Ua vevela. | 5. <i>It's hot.</i> |
| 6. 'Ua ma'i Sara. | 6. <i>Sara is sick.</i> |
| 7. 'Ua ita le lo'omatua. | 7. <i>The old lady is angry.</i> |
| 8. 'Ua fiafia le fafine. | 8. <i>The woman is happy.</i> |
| 9. 'Ua tīgā le ulu o Fata. | 9. <i>Fata's head hurts.</i> |
| 10. 'Ua otī le tamāloa. | 10. <i>The man has died</i> |

'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.)

I am eating.

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? .

Where is Sina?

- | | |
|----------------------------------|-------------------------------------|
| 1. 'Olo'o moe le pepe. | 1. <i>The baby is sleeping.</i> |
| 2. 'Olo'o 'ai le fafine. | 2. <i>The woman is eating.</i> |
| 3. 'Olo'o ta'alo le teine. | 3. <i>The girl is playing.</i> |
| 4. 'Olo'o 'ata le toea'ina. | 4. <i>The old man is laughing.</i> |
| 5. 'Olo'o tautala le lo'omatua. | 5. <i>The old lady is talking.</i> |
| 6. 'Olo'o tagi le fafine. | 6. <i>The woman is crying.</i> |
| 7. 'Olo'o tatalo le faife'au. | 7. <i>The minister is praying.</i> |
| 8. 'Olo'o faigaluega le fōma'i. | 8. <i>The doctor is working.</i> |
| 9. 'Olo'o tā'ele le tamāloa. | 9. <i>The man is bathing.</i> |
| 10. 'Olo'o su'esu'e le faiā'oga. | 10. <i>The teacher is studying.</i> |

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.

The boy died yesterday.

Sā inu pia le teine.

The girl had been drinking beer.

Na: past tense.

- | | |
|----------------------------|-------------------------------|
| 1. Na ahu Sia. | 1. <i>Sia went.</i> |
| 2. Na savali Tito. | 2. <i>Tito walked.</i> |
| 3. Na 'a'au le uso o Lita. | 3. <i>Lita's sister swam.</i> |
| 4. Na pa'ū le pepe. | 4. <i>The baby fell.</i> |
| 5. Na tatalo le tamāloa. | 5. <i>The man prayed.</i> |

Sā: past perfect,

- | | |
|------------------------------|---------------------------------------|
| 1. Sā ita le uō a Tui. | 1. <i>Tui's friend was mad.</i> |
| 2. Sā faigaluega le matai. | 2. <i>The matai was working.</i> |
| 3. Sā tā'ele le teine. | 3. <i>The girl was bathing.</i> |
| 4. Sā tatalo le faife'au. | 4. <i>The minister was praying.</i> |
| 5. Sā fāgota le tama. | 5. <i>The boy was fishing.</i> |
| 6. Sā 'a'au le teine. | 6. <i>The girl was swimming.</i> |
| 7. Sā ita le lo'omatua. | 7. <i>The old lady was mad.</i> |
| 8. Sā mālōlō le tāne a Sina. | 8. <i>Sina's husband was resting.</i> |
| 9. Sā moe le pepe. | 9. <i>The baby was sleeping.</i> |
| 10. Sā siva le tama. | 10. <i>The boy was dancing.</i> |

'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 ā au 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 toea'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 toea'ina.

5. 'Ole'ā ita le tama.

6. 'Oleā sau le fōma'i nānai.

7. 'Oleā ma'i 'oe.

8. 'Oleā moe le ma'i.

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.
10. Hana's head hurts.
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 **lē** before any verb gives the negative form of the verb. **Lē** can occur with any tense/aspect marker:

'Ua alu le pasi.

'Ua lē alu le pasi.

E alu le pasi.

E lē alu le pasi.

Sā alu le pasi.

Sā lē alu le pasi.

Na alu le pasi.

Na lē alu le pasi.

'Olo'o alu le pasi.

'Olo'o lē alu le pasi.

'Ole'ā alu le pasi.

'Ole'ā lē alu le pasi.

The bus has left.

The bus isn't going to go (now).

The bus goes./The bus is going to go.

The bus doesn't go/isn't going.

The bus went.

The bus didn't go.

The bus went.

The bus didn't go.

The bus is going (moving).

The bus isn't going (moving).

The bus will go.

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 lē'o** is common. For the past incomplete (*Sala hasn't gone.*) **e le'i** may be used:

E lē'o fiafia Sina.

E le'i moe le pepe.

Sina's not happy.

The baby didn't sleep (yet).

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. E lē inu pia Fotu.

2. E lē ulaula Tuna.

3. E lē'o moe le ma'i.

4. E le'i faia le mea'ai.

5. E le'i sau Iona.

6. E le'i telefoni mai le fōma'i.

7. E lē'o ita le tagata lenā.

8. E lē puta le tamā o Kalo.

9. E le'i tāina le valu.

10. E lē'o ala le ma'i.

11. E lē'i vela le mea'ai.

12. E lē alu le va'alele.

13. E le'i fa'aipoipo Sina.

14. E lē alu 'oe?

15. 'Ua lē malie Nonu.

1. Fotu doesn't drink (beer).

2. Tuna doesn't smoke.

3. The patient isn't sleeping.

4. The food wasn't prepared.

5. Iona didn't come.

6. The doctor didn't call.

7. That person isn't mad.

8. Kalo's father isn't fat.

9. It's not (yet) 8 o'clock.

10. The patient isn't awake.

11. The food isn't cooked yet.

12. The plane isn't going to go.

13. Sina hasn't been married.

14. You are not going?

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 (fia'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.	<i>Our car.</i>
'O lo mātou tamā.	<i>Our father.</i>
'O a lātou ta'avale.	<i>Their cars.</i>
'O o lātou tamā.	<i>Their fathers.</i>

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.	<i>Our house.</i>
'O so mātou fale?	<i>Is it our house?</i>
E lē 'o so mātou fale.	<i>It's not our house.</i>

Plural indefinite adds the word **ni**:

'O o lātou uso.	<i>Their sisters.</i>
'O ni o lātou uso?	<i>Are they their sisters?</i>
E lē 'o ni a mātou uō.	<i>They aren't our friends.</i>

The singular possessive pronouns have evolved into the following forms:

<i>my</i>	(from a'u)	la'u/lo'u
<i>your</i>	(from 'oe)	lau/lou
<i>its/his/her</i>	(from ia and na)	lana/lona

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

DEFINITE

for singular nouns

lo'u, la'u

lou, lau

lona, lana

lo tā, la tā

lo mā, la mā

lo lua, la lua

lo lā, la lā

lo tātou, la tātou

lo mātou, la mātou

lo tou, la tou

lo lātou, la lātou

my

your

his, her, its

our(2)

our(2)

your(2)

their(2)

our

our

your

their

for plural nouns

o'u, a'u

ou, au

ona, ana

o tā, a tā

o mā, a mā

o lua, a lua

o lā, a lā

o tātou, a tātou

o mātou, a mātou

o tou, a tou

o lātou, a lātou

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 lā, sa lā

so tātou, sa tātou

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, ni a'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 lā, ni a lā

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 si a'u maile.

'O sa'u maile?

'O ni a'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 lo 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.	My dogs.
'O nai a'u maile.	My (dear little) dogs.
'O ni au tama'i moa?	Are they your chicks?
'O ni nai au tama'i moa?	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**):

short form	formal form	
la tā	la tā'ua	our(2)
la mā	la mā'ua	our(2)
la lua	la 'oulua	your(2)
la lā	la lā'ua	their(2)
la tou	la 'outou	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 le tātou fale.	Our house.
'O sa tātou povi?	'O se tātou povi?	Is it our cow?
'O o mātou uso.	'O mātou uso.	Our brothers.
'O ni o tou nofoa?	'O ni tou nofoa?	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.	My village.
'O lata maile.	My dog.

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

- | | |
|---------------------------|--|
| 1. 'O la'u uō teine lale. | 1. <i>That's my girl friend.</i> |
| 2. 'O lana tama lenā. | 2. <i>That's her child.</i> |
| 3. 'O lou fale lea. | 3. <i>This is your house.</i> |
| 4. 'O lona potu moe lea. | 4. <i>This is his bedroom.</i> |
| 5. 'O lo mātou tinā lale. | 5. <i>That is our mother over there.</i> |
| 6. 'O sau tāne lea? | 6. <i>Is this your husband?</i> |
| 7. 'O sana āvā lele? | 7. <i>Is that his wife?</i> |

CHANGE THE FOLLOWING TO PLURAL:

- 'O la'u pepa lea.
- 'O lo'u uso lenā.
- 'O sau uati lea?
- 'O sou tuafafine?
- 'O sona 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 manava.
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 moe lo'u uso.
8. 'Olo'o 'ai la'u uō.
9. 'Olo'o faigaluega lona tinā.
10. 'Olo'o mālōlō lou tamā.

LESSON TWENTY-SIX

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:

<i>Fale is eating.</i>	'Olo'o 'ai Fale.
<i>Fale has eaten.</i>	'Ua 'ai Fale.
<i>Fale was eating.</i>	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):

<i>Hana is a girl.</i>	'O Hana 'o le teine.
<i>Sāmoa is a country.</i>	'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:

<i>The car is red.</i>	E mūmū le ta'avale.
<i>The boy is sick.</i>	'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.	<i>There is a boat.</i>
tm	exists	a	boat	
Sā	iai	le	maile.	<i>There was a dog.</i>
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>I have a car.</i>
tm	exists	my	car	
Sā	iai	lana	galuega.	<i>She had a job.</i>
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 luga o le laulau.	<i>There is a roach on top of the table.</i>
Sā iai se leoleo i totonu o le fale?	<i>Was there a policeman in the house?</i>

The most common locatives in Samoan are:

i totonu	<i>inside</i>	i luga	<i>on top</i>
i fafo	<i>outside</i>	i tala ane	<i>beside</i>
itua	<i>behind</i>	itafatafa	<i>beside</i>
i luma	<i>in front</i>	i uta	<i>inland</i>
i lalo	<i>under</i>	i tai	<i>seaward</i>

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

- | | |
|------------------------------------|-------------------------------------|
| 1. E iai la'u kofe. | 1. <i>I have some coffee.</i> |
| 2. E iai sau ta'avale? | 2. <i>Do you have a car?</i> |
| 3. E iai sa tou telefoni? | 3. <i>Do you-all have a phone?</i> |
| 4. E iai sou avanoa? | 4. <i>Do you have time?</i> |
| 5. Sā iai lana tupe. | 5. <i>He had some money.</i> |
| 6. Sā iai la mātou fōma'i i Sāmoa. | 6. <i>We had a doctor in Samoa.</i> |
| 7. 'Ole'ā iai lo'u fale. | 7. <i>I will have a house.</i> |
| 8. 'Ua iai sau pepa? | 8. <i>Do you have a form?</i> |
| 9. E iai sa lātou telefoni? | 9. <i>Do they have a phone?</i> |
| 10. E iai sou to'alua? | 10. <i>Do you have a spouse?</i> |

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

E iai la'u tāne.	<i>I have a husband.</i>
E lē iai sa'u tāne.	<i>I don't have a husband.</i>
E leai sa'u tāne.	<i>I don't have a husband.</i>
E lē iai sana ta'avale.	<i>He doesn't have a car.</i>
E leai sana ta'avale.	<i>He doesn't have a car.</i>

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

'Ua alu Mika *'i* le fale.

verb subject location

Mele lives in Makiki.

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>'i</i> le fale ma <i>'i</i> . | 1. <i>Pita has walked to the hospital.</i> |
| 2. 'Sā tamo'e Lene <i>i</i> le paka. | 2. <i>Lene was running at the park.</i> |
| 3. Na malaga le tausima <i>'i</i> <i>'i</i> Sāmoa. | 3. <i>The nurse traveled to Samoa.</i> |
| 4. 'Ole'ā alu le toea'ina <i>'i</i> Kailua. | 4. <i>The old man will go to Kailua.</i> |
| 5. 'Olo'o 'a'au la'u uō <i>i</i> Kailua. | 5. <i>My friend is swimming at Kailua.</i> |
| 6. Sā tafao lona tamā <i>i</i> Waikiki. | 6. <i>His father walked about Waikiki.</i> |
| 7. 'Ole'ā toe fo'i le lo'omatua <i>'i</i> Maui. | 7. <i>The old lady will return to Maui.</i> |
| 8. Na tolotolo le pepe <i>'i</i> lona moega. | 8. <i>The baby crawled to its bed.</i> |
| 9. 'Ua pa'ū le tama <i>'i</i> le vaitafe. | 9. <i>The boy has fallen in the river.</i> |
| 10. Na ulufale le faife'au <i>'i</i> le falesā. | 10. <i>The minister entered the church.</i> |
| 11. 'Olo'o lele le va'alele <i>'i</i> Hawai'i. | 11. <i>The plane is flying to Hawaii.</i> |
| 12. 'Ua folau le va'a <i>'i</i> Sāmoa. | 12. <i>The boat has sailed to Samoa.</i> |
| 13. 'Ua a'e Milo <i>'i</i> luga o le mauga. | 13. <i>Milo is climbing the mountain.</i> |
| 14. Sā savali le teine fōma'i <i>'i</i> le fale talavai. | 14. <i>The nurse walked to the pharmacy.</i> |

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 **ai** is usually added after the verb to mark where the time phrase should have come.

'Ou te alu i le **pō**.

*I'll go at **night** (tonight).*

Na alu **anapō** Togo.

*Togo went last **night**.*

'O **nei** lava e fai **ai** le fono.

*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**.

*Don't sleep **so much**.*

'Ou te **toe** moe.

*I'll sleep **again**.*

'E te **toe** moe **fo'i**?

*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)

alatu

to go

fa'atau (to buy) + mai (to the speaker) + **-a**

fa'ataunaia

to purchase

The following are some common words expressing time:

ananafi	yesterday	Aso Gafua	Monday
ananei	just now	Aso Lua	Tuesday
analeilā	earlier today	Aso Lulu	Wednesday
anataeao	earlier this morning	Aso Tofi	Thursday
asofānau	birthday	Aso Faraile	Friday
anapō	last night	Aso To'ona'i	Saturday
nei	now, today	Aso Sā	Sunday
māsina	month	nānei	later today
vaiaso	week	le asō	today
tausaga	year	taeao/'ātaeao	tomorrow
i le taeao	morning	pea	still
i le aoauli	noon	toe	again
i le afiafi	afternoon	vave	quickly
i le pō	night	so'o	continually
vaeluagāpō	midnight	saga	to continue
vaitaimi	period of time	seāseā	seldom
taimi	time	toeitiiti	soon, almost
vaiaso 'ua te'a	last week	leva	long time
vaiaso 'ā sau	next week	Ianuari	January
Fepuari	February	Mati	March
'Aperila	April	Mē	May
Iuni	June	Iulai	July
'Aokuso ('Aukuso)	August	Sētema	September
'Oketopa	October	Nōvema	November
Tēsema	December		

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

- | | |
|--|--|
| 1. Na sau lo'u uso ananafi. | 1. <i>My brother came yesterday.</i> |
| 2. Sā ma'i le toea'ina iā Mē. | 2. <i>The old man was sick in May.</i> |
| 3. Toeitiiti alu le pasi. | 3. <i>The bus will leave soon.</i> |
| 4. Na moe vave le pepe. | 4. <i>The baby slept quickly.</i> |
| 5. E alu nei le teine. | 5. <i>The girl is going now.</i> |
| 6. Sau taeao i lo mātou fale. | 6. <i>Come to our house tomorrow.</i> |
| 7. 'O ni nai māsina 'ua te'a. | 7. <i>A few months ago.</i> |
| 8. So'o se aso. | 8. <i>Any day.</i> |
| 9. So'o se taimi. | 9. <i>Any time.</i> |
| 10. Sau i so'o se aso. | 10. <i>Come any day.</i> |
| 11. 'Ole'ā fai lou tui nānei. | 11. <i>You will be given a shot later.</i> |
| 12. E fai le fono i le Aso Sā. | 12. <i>The meeting will be on Sunday.</i> |
| 13. E fai le ta'otoga taeao. | 13. <i>The operation will be tomorrow.</i> |
| 14. Na lē moe le teine anapō. | 14. <i>The girl didn't sleep last night.</i> |
| 15. Sā ulaula lo'u tamā i le tausaga 'ua te'a. | 15. <i>My father smoked last year.</i> |

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?
9. Keep trying (taumafai).
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? | 1. <i>What's this month?</i> |
| 2. 'O le ā le māsina 'ua te'a? | 2. <i>What was last month?</i> |
| 3. 'O ai le māsina 'ā sau? | 3. <i>What is next month?</i> |
| 4. 'O ai le māsina lenei? | 4. <i>What is this month?</i> |
| 5. 'O le asofia lenei? | 5. <i>What is today's date?</i> |
| 6. 'O le asofia ananafi? | 6. <i>What was yesterday's date?</i> |
| 7. 'O le asofia taeao? | 7. <i>What's the date tomorrow?</i> |
| 8. 'O le ā le aso 'ātaeao? | 8. <i>What day is tomorrow?</i> |
| 9. 'O le ā le aso ananafi? | 9. <i>What day was yesterday?</i> |
| 10. 'O le aso fitu le asō. | 10. <i>Today is the 7th.</i> |
| 11. 'O le aso muamua o Mē taeao. | 11. <i>Tomorrow is the 1st of May.</i> |
| 12. 'O lo'u aso fānau taeao. | 12. <i>My birthday is tomorrow.</i> |
| 13. 'O le ā le tausaga lenei? | 13. <i>What is this year?</i> |
| 14. 'O le tausaga fia lenei? | 14. <i>What is this year?</i> |
| 15. 'O le tausaga fia le tausaga 'ā sau? | 15. <i>What year is next year?</i> |

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 ('ōfisa) 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 tinā	'i lana pepe.	<i>The mother loves (to/at) her baby.</i>
verb	subject	location/object/focus	
'Olo'o fa'alologologo	Mika	'i le pese.	<i>Mika is listening to the song.</i>
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.	<i>Nina cooked the chicken.</i>
verb	subject	object	
Na 'ai	le maile	e le i'a.	<i>The fish ate the dog.</i>
verb	obj.	subj.	
Na 'ai	e le maile	le i'a.	<i>The dog ate the fish.</i>
verb	subject	object	

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

- | | |
|--|---|
| 1. Sā matamata le teine 'i le tīfaga. | 1. <i>The girl watched the movie.</i> |
| 2. 'Olo'o kuka e le fafine le mea'ai. | 2. <i>The woman is cooking the food.</i> |
| 3. Sā 'ave e Fosi la'u peni. | 3. <i>Fosi took my pen.</i> |
| 4. 'Olo'o fa'alologologo le fōma'i 'i lona fatu. | 4. <i>The doctor is listening to her heart.</i> |
| 5. E alofa le tinā 'i lana pepe. | 5. <i>The mother loves her baby.</i> |
| 6. 'Ua ita le tausima'i 'i le ma'i. | 6. <i>The nurse is mad at the patient.</i> |
| 7. 'Olo'o sāuni e le teine le potu. | 7. <i>The girl is getting the room ready.</i> |
| 8. Sā tatala e le fōma'i le 'ōfisa. | 8. <i>The doctor opened the office.</i> |
| 9. E fiafia le toea'ina 'i le talo. | 9. <i>The old man likes taro.</i> |
| 10. Sā sasa e le teine lona tei. | 10. <i>The girl spanked her little brother.</i> |
| 11. 'Ua inu e le ma'i le fuālā'au. | 11. <i>The patient took the pill.</i> |
| 12. 'Ole'ā tapena e le tama le potu. | 12. <i>The boy will clean the room.</i> |

TRANSLATE THE FOLLOWING SENTENCES:

- The dog bit ('ai) the boy.
- 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 (laisene)?
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.

'Ua moe Kalo.

Kalo is sleeping.

'Ua **fia moe** Kalo.

Kalo is sleepy. (Kalo wants to sleep.)

Sā alu le tama.

The boy went.

Sā **fia** alu le tama.

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.

The baby wants the milk.

Sā mana'o le lo'omatua 'i le fōma'i.

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.

Fata wanted to go.

'Ua mana'o le pepe **e moe**.

The baby wants to sleep.

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

- | | |
|---|---|
| 1. 'Ua fia 'ai le ma'i. | 1. <i>The patient is hungry.</i> |
| 2. Sā fia alu le tamāloa. | 2. <i>The man wanted to go.</i> |
| 3. E fia malaga le lōia i Sāmoa. | 3. <i>The lawyer wants to travel to Samoa.</i> |
| 4. E lē fia savali le teine i le fale'olao. | 4. <i>The girl doesn't want to walk to the store.</i> |
| 5. E fia ta'oto le lo'omatua. | 5. <i>The old lady wants to recline.</i> |
| 6. 'Ua fia mālōlō le fōma'i. | 6. <i>The doctor wants to rest.</i> |
| 7. Sā mana'o le pepe 'i lona tinā. | 7. <i>The baby wanted its mother.</i> |
| 8. Sā mana'o le tamaitiiti e alu. | 8. <i>The little boy wanted to go.</i> |
| 9. 'Ole'ā mana'o le faife'au 'iā 'oe. | 9. <i>The minister will want you.</i> |
| 10. E fia toe fo'i le teineitiiti 'i Sāmoa. | 10. <i>The little girl wants to return to Samoa.</i> |
| 11. E fia tā'ele lau uō. | 11. <i>Your friend wants to bathe.</i> |
| 12. 'Ua fia inu 'Afa. | 12. <i>Afa's thirsty.</i> |

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).
14. My sister wants to read your book.
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 (nusipepa)?
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.	<i>Tuli is going to go.</i>
verb subject	
E mafai ona alu Tuli.	<i>Tuli can go.</i>
verb subject	
E tatau ona alu le teine.	<i>The girl should go.</i>
verb subject	
E ao ona alu la'u uō.	<i>My friend must go.</i>
verb subject	

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.	<i>Tuli can't go.</i>
--------------------------	-----------------------

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

'āmata (start)	Ua 'āmata ona timu.	<i>It has started to rain.</i>
'uma (finished)	'Ua 'uma ona 'ai Tui.	<i>Tui has already eaten.</i>
leva (long time)	'Ua leva ona sau 'oe?	<i>Have you been here long?</i>
sili (most)	'Ua sili ona lelei lea.	<i>This is the best.</i>
faigatā (difficult)	'Ua faigatā ona maua.	<i>It is hard to get.</i>
faigōfie (easy)	'Ua faigōfie ona fai.	<i>It is easy to do.</i>
fa'apēfea (how)	'Ua fa'apēfea ona fai.	<i>How do (you) do it?</i>
pei (just like)	E pei ona faia i le lagi.	<i>Just like it's done in heaven.</i>
talū (since)	Talu ona sau 'oe.	<i>Since you came.</i>

FILL IN THE BLANKS ACCORDING TO THE ENGLISH TRANSLATION:

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

- | | |
|---|---|
| 10. E_____ ulaula tātou. | 10. <i>We shouldn't smoke.</i> |
| 11. E_____ fa'atumu muamua le pepa lea. | 11. <i>You must fill out this form first.</i> |
| 12. E_____ savali ('oe)? | 12. <i>Can't (you) walk?</i> |
| 13. E_____ tautala fa'aSāmoa('oe)? | 13. <i>Can (you) speak Samoan?</i> |
| 14. E_____ tautala fa'aSāmoa ('oe)? | 14. <i>Can't (you) speak Samoan?</i> |
| 15. E_____ sau taeao. | 15. <i>(You) shouldn't come tomorrow.</i> |
| 16. E_____ fo'i mai i le Aso Lua. | 16. <i>(You) should return on Tuesday.</i> |
| 17. E_____ savali ('oe). | 17. <i>(You) shouldn't walk.</i> |
| 18. E_____ 'ai ('oe). | 18. <i>(You) must eat.</i> |
| 19. Sā_____ 'ave lau ta'avale? | 19. <i>Were you able to drive your car?</i> |
| 20. E_____ 'ave lau ta'avale? | 20. <i>Can't you drive your car?</i> |

TRANSLATE THE FOLLOWING SENTENCES INTO SAMOAN:

1. Can I sit here, please?
2. Should I come back next week?
3. Can I use (fa'aaogā) your telephone?
4. Can Kita eat ice cream ('aisakulimi)?
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 (kī) the TV, please?
11. Can you turn off (tapē) the light (mōlī), 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?

LESSON THIRTY-TWO

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.

The boy is sitting/staying.

'Olo'o **nonofo** tama.

The boys are sitting/staying.

E **lāpo'a** le pepe.

The baby is large.

E **lāpopo'a** pepe.

The babies are large.

The most common patterns of plural formation are:

1. Reduplication of the accented syllable.

'ai

'a'ai (to eat)

ta'alo (the 1st syllable lengthens)

tā'a'alo (to play)

lāpo'a

lāpopo'a (large)

2. Lengthening a previously short vowel.

ulaula

ūlaula (to smoke)

va'ai

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

feitai (to be angry)

tagi

fetāgisi (to cry)

4. Some words that are already in a duplicated form often drop a syllable in the plural.

pa'epa'e

papa'e (white)

uliuli

ūli (black)

5. A few verbs change completely in the plural.

alu

ō (to go)

sau

ōmai (to come)

6. Some verbs do not change at all from the singular.

fesili

fesili (to question)

sasa

sasa (to beat)

CHANGE THE FOLLOWING SENTENCES TO THE PLURAL:

1. 'Ua 'ai le teine.
2. Sā moe le pepe.
3. 'Olo'o tā'ele le tama.
4. 'Ole'ā savali le fafine.
5. 'Ole'ā 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?

LESSON THIRTY-THREE

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	'ele'elea	'Ua 'ele'elea lona 'ofu tino.
<i>dirt</i>	<i>dirty</i>	<i>Her shirt is dirty.</i>
Sāmoa	fa'aSāmoa	'O le mea'ai fa'aSāmoa.
	<i>Samoan style</i>	<i>Samoan food.</i>

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	<i>large</i>	lāpopo'a
'ena'ena	<i>brown</i>	'e'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 le tama puta. *The fat boy.*

There are exceptions, such as indefinite adjectives (**isi**, **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 lenei teine. *This girl.*

'O le teine lenei. *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 leaga	le vave .	<i>Haste is bad.</i>
verb	noun	
E vave	le teine.	<i>The girl is quick.</i>
verb	noun	
E lē lelei	le tali vave .	<i>A quick answer is not good.</i>
verb	noun adjective	
E 'ai vave	le teine.	<i>The girl eats fast.</i>
verb	adverb noun	

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	<i>red</i>	lelei	<i>good</i>	uliuli	<i>black</i>
leaga	<i>bad</i>	pa'epa'e	<i>white</i>	mālūlū	<i>cold</i>
'ene'ena	<i>brown</i>	vevela	<i>hot</i>	samasama	<i>yellow</i>
lanu moana	<i>blue</i>	vaivai	<i>soft</i>	malō	<i>hard</i>
lanu mea mata	<i>green</i>	'umi	<i>tall</i>	lanu moli	<i>orange</i>
pu'upu'u	<i>short</i>	mālosi	<i>strong</i>	lāpo'a	<i>large</i>
lanu 'efu'efu	<i>grey</i>	sinā	<i>white</i>	pea	<i>still</i>
lanu siliva	<i>silver</i>	la'itiiti	<i>small</i>	lanu 'auro	<i>gold</i>
fa'ama'ima'i	<i>sickly</i>	poto	<i>smart</i>	pulepule	<i>spotted</i>

valea	<i>dumb</i>	tusitusi	<i>striped</i>	tele	<i>many</i>
lanu pīniki	<i>pink</i>	mamā	<i>clean</i>	mamafa	<i>heavy</i>
palapalā	<i>dirty</i>	māmā	<i>light</i>	susū	<i>wet</i>
mago	<i>dry</i>	'ō'ō	<i>hollow</i>	vave	<i>quickly</i>
gesegese	<i>slowly</i>	so'o	<i>frequently</i>	lava	<i>a lot</i>

WRITE THE MISSING WORD IN THE BLANKS BELOW

- | | |
|-----------------------------------|-------------------------------|
| 1. 'O le aso _____. | 1. A hot day. |
| 2. 'O le vai _____. | 2. Cold water. |
| 3. 'O le ta'avale _____. | 3. A new car. |
| 4. 'Aumai se vai _____. | 4. Bring some hot water. |
| 5. 'Ua _____ ma'i Hana. | 5. Hana is sick again. |
| 6. 'Ua vevela _____ ou mata. | 6. Your face is very hot. |
| 7. 'Ua maua luga _____ lona fiva. | 7. His fever is very high. |
| 8. 'Olo'o ma'i _____ lou uso. | 8. Your sister is still sick. |
| 9. 'Aumai se 'ie _____. | 9. Bring a clean cloth. |
| 10. E lē vevela _____ le vai. | 10. The water isn't too hot. |
| 11. 'O Fata 'o le fōma'i _____. | 11. Fata is a good doctor. |
| 12. E iai se vali _____. | 12. Is there any red paint? |
| 13. Su'e se 'ofu tino _____. | 13. Look for a yellow shirt. |
| 14. Sau _____. | 14. Come quickly. |
| 15. Fai _____. | 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 lō** 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 lō**. In colloquial speech **nai lō** is often used in place of **i lō**.

E puta Sita.	<i>Sita is fat.</i>
E puta tele Sara.	<i>Sara is very fat.</i>
E puta Sara i lō Sita.	<i>Sara is fat(ter) compared to Sita.</i>
E puta Sara ia Sita.	<i>Sara is fatter than Sita</i>
E mamafa le pulu i lō le fulumoa.	<i>Lead is heavier than feathers.</i>

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.	<i>Tavita is taller than Mika.</i> <i>(Tavita is tall but Mika is short.)</i>
----------------------------------	--

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

E poto Futu.	<i>Futu is smart.</i>
E sili ona poto Futu.	<i>Futu is the smartest.</i>

COMPARE THE NOUN IN PARENTHESIS WITH THE MAIN NOUN:

1. E mānaia le Tylenol. (Aspirin)
2. E poto le tausima'i. (le fōma'i)
3. E 'umi le pepe a Meki. (pepe a Lisa)
4. E mālosi le ma'i i le aso lenei. (ananafi)
5. E lelei le mea'ai i le fale'aiga o Burger King. (McDonald's food)
6. E vevela le tau i Hawaii. (Alaska)
7. E taugatā le olaga i Hawaii. (Sāmoa)
8. E faigatā le fa'aIgilisi. (fa'aSāmoa)
9. E puta le fafine. (lana tāne)
10. E to'atele tagata i Hawaii i le 1991. (1981)

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 i 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:

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

The **e** 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.	'Ou te alu.	<i>I will go.</i>
E momoe lā'ua.	Lā te momoe.	<i>They2 will sleep.</i>

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

- | | |
|-------------------------------------|--|
| 1. 'Ua 'ou fia moe. | 1. <i>I'm tired.</i> |
| 2. 'Ua lā fia 'a'ai. | 2. <i>They2 are hungry.</i> |
| 3. E mafai ona 'ou nofo? | 3. <i>Can I stay?</i> |
| 4. 'Ou te lē mālamalama. | 4. <i>I don't understand.</i> |
| 5. 'E te fia alu taeao? | 5. <i>Do you want to go tomorrow?</i> |
| 6. 'Ua mā fia vā'ai 'i le fōma'i. | 6. <i>We want to see the doctor.</i> |
| 7. E tatau ona tou fa'atali i fafo. | 7. <i>You-all should wait outside.</i> |
| 8. 'E te alu pē leai. | 8. <i>Are you going or no (not).</i> |

9. Na 'e fa'atumuina le pepalea?
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'atonuina)?
14. Do you have a car?
15. Does your wife have a driver's license (laisene '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).

LESSON THIRTY-SIX

QUESTIONS AND QUESTION WORDS

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

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

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

'Ua timu?	'Ioe/Leai.	<i>Is it raining?</i>	<i>Yes/No.</i>
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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 a 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?)	Where are you going?
'O fea e alu 'i ai 'oe? ('O fea 'e te alu 'i ai?)	Where are you going?
Na sau anafea lou uso?	When did your sister come?
'O anafea na sau ai lou uso?	When did your sister come?

The following are the basic Samoan question words:

'O ai	who	'O ai 'ua alu?	<i>Who went?</i>
'O fea	where	'O fea na 'e moe ai?	<i>Where did you sleep?</i>
'O le ā	what	'O le ā lea?	<i>What's this?</i>
'O āfea	when (future)	'O āfea e alu ai 'oe?	<i>When are you going?</i>
'O anafea	when (past)	'O anafea na alu ai 'oe?	<i>When did you go?</i>
'Aiseā	why	'Aiseā 'ua tagi ai 'oe?	<i>Why are you crying?</i>
E Fa'apēfea	how	E fa'apēfea le tau?	<i>How's the weather?</i>
E fia	how much	E fia le tau?	<i>What's the price?</i>
'O lēfea	which	'O lēfea e sili?	<i>Which is best?</i>
E fa'ape'i	what's it look like?	E fa'ape'i le fale?	<i>What's the house look like?</i>
Fa'amata	what do you think?	Fa'amata e timu?	<i>Think it will rain?</i>

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

- | | |
|--------------------------------|---------------------------------|
| 1. 'O le ā lea mea? | 1. What's this? |
| 2. 'O ai 'oe? | 2. Who are you? |
| 3. 'O ai lou suafa? | 3. What's your name? |
| 4. 'O fea le fale? | 4. Where's the house? |
| 5. 'O le ā lau telefoni? | 5. What's your phone number? |
| 6. E fia le tau o le ipu kofe? | 6. How much is a cup of coffee? |
| 7. 'O fea na alu ai 'oe? | 7. Where did you go? |

8. E fa'ape'i fōliga o lou uso?
9. 'Aiseā 'ua sau ai Miki?
10. 'O fa'apēfea mai le tama?
11. 'O fea e nofo ai 'oe?
12. 'O se fea 'oe?
13. 'O le tama a ai lenā?
14. E to'afia tagata o lou 'āiga?
15. 'O anafea na 'āmata ai lea tīgā?

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?

LESSON THIRTY-SEVEN

SOME ADVANCED STRUCTURES

'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.
<i>The boy is tired</i>	<i>because</i>	<i>The boy didn't sleep last night.</i>
'Ua fia moe le tama 'auā sā lē moe anapō.		
'Ou te fia malaga i Sāmoa.	'ae	E leai sa'u tupe.
<i>I want to travel to Samoa.</i>	<i>but</i>	<i>I have no money.</i>
'Ou te fia malaga i Sāmoa 'ae leai sa'u tupe.		

Two additional words in Samoan 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 lē ō mātou 'auā 'olo'o timu.	<i>We aren't going because it's raining.</i>
'Ou te fefe 'ona 'o lau maile.	<i>I'm afraid because of your dog.</i>

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

'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?
<i>Simi left.</i>	<i>Why did Simi go?</i>
<i>why</i>	

Another 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?
<i>Simi left.</i>	<i>What's the reason Simi left?</i>
<i>what's the reason</i>	

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.
<i>The girl will go home.</i>	<i>and</i>	<i>The girl will sleep at home.</i>

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.	<i>The girl will go home and sleep there.</i>
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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 toea'ina?	po	'Ua moe le toea'ina?
<i>Is the old man eating?</i>	or	<i>Is the old man asleep?</i>
The combined sentences ('Ua 'ai le toea'ina po 'ua moe le toea'ina) become:		
'Ua 'ai le toea'ina po 'ua moe?		<i>Is the old man eating or sleeping?</i>
E fia alu le lo'omatua?	pe	E fia nofo le lo'omatua?
<i>Does the old lady want to go?</i>	or	<i>Does the old lady want to stay?</i>
The combined sentences (E fia alu le lo'omatua pe e fia nofo le lo'omatua?) become:		
E fia alu le lo'omatua pē fia nofo?		<i>Does the old lady want to go or stay?</i>

'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	'āfai....needs a tense/aspect marker
'Ā timu, 'ou te lē alu.	'Āfai e timu, 'ou te lē alu.
<i>If it rains I won't go.</i>	<i>If it rains I won't go</i>
'ā....translates more as 'when'	'āfai....translates more as 'if'
'Ā 'e alu, 'ave le mea lea.	'Āfai 'e te alu, 'ave le mea lea.
<i>When/if you go, take this.</i>	<i>If/when you go, take this.</i>

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.	'Āfai 'e te alu, 'ave le mea lea.
<i>If you go take this.</i>	<i>If you go take this.</i>
'Ave le mea lea pe 'ā 'e alu.	'Ave le mea lea pe 'āfai 'e te alu.
<i>If you go take this.</i>	<i>If you go take this.</i>

'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...	...'ana lē timu...
<i>...if you had come..</i>	<i>...if it had not rained...</i>

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 fiafia.	<i>If you had come I would have been happy.</i>
'Ana lē timu mātou te ō i Waikiki.	<i>If it had not rained we would have gone to Waikiki.</i>

Relative Clauses

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

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

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

...le maile	'ena'ena	...le maile	a Simi
<i>the dog</i>	<i>brown</i>	<i>the dog</i>	<i>of Simi</i>
N	Modifier	N	Modifier

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.	<i>The dog that was sick died.</i>
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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 *lē* and *ē* are used for singular and plural human nouns respectively.:

'Ua pē le maile 'o lenā sā ma'i.	<i>The dog that was sick died.</i>
'Ua maliu le toea'ina 'o lē sā gasegase.	<i>The old man who was sick died.</i>

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>I slept while Sina ate.</i>
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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'ū le pepe.
<i>The baby cried.</i>		<i>The baby fell.</i>

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

Na tagi le pepe ina 'ua pa'ū.	<i>The baby cried when it fell.</i>
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'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 iā 'oe.	'ae le'i	'Ole'ā alu atu Sina 'i lou fale.
<i>Sina will call you.</i>		<i>Sina will go to your house.</i>

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

'Ole'ā telefoni atu Sina iā 'oe 'ae le'i alu atu 'i lou fale.	<i>Sina will call you before she goes to your house.</i>
--	--

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 tūiluga 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 'la is the imperative tense/aspect marker and therefore, the clause which contains 'ina 'la 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:

<i>since 1989</i>	talu mai le 1989
<i>since yesterday</i>	talumai ananafi
<i>since school started</i>	talu ona 'āmatale ā'oga
<i>since it rained</i>	talu ona timu
<i>since (because) you were mad</i>	talu ai lou ita
<i>since my trip to Samoa.</i>	talu ai la'u malaga 'i Sāmoa

Talu is used with **mai** when a specific time follows (1989, today, yesterday, etc.):
 talu mai le Aso Sā since Sunday

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

talu ona ita 'oe (talu ona 'e ita)	since you were mad
talu ona ma'i Simi	since Simi was sick

Tahu is followed by **ai** when it is used with a noun:

talū ai lou alofa	<i>since (because of) your love</i>
talū ai le afā	<i>since (because of) the hurricane</i>

LISTEN TO THE FOLLOWING SENTENCES AND REPEAT:

1. 'Ou te alu atu pe 'ana 'ou iloa lou tuātusi.
1. I would have come had I known your address.
2. 'Aiseā na lē alu ai le tama i le falema'i?
2. Why didn't the boy go to the hospital?
3. Sā 'ou fa'atali 'iā 'oe 'ae 'e te le'i sau.
3. I waited for you but you didn't come.

- | | |
|---|--|
| 4. 'Aua 'e te sau pe 'āfai e tīmu. | 4. <i>Don't come if it is raining.</i> |
| 5. Toe sau taeao pe 'āfai 'olo'o tīgā pea lou ulu. | 5. <i>Come back tomorrow if your head still hurts.</i> |
| 6. 'O le ā le mea 'ua pua'i ai 'oe? | 6. <i>Why are you vomiting?</i> |
| 7. E mafai ona 'e sau i le Aso Lua pe 'āfai e iai le fōma'i? | 7. <i>Can you come on Tuesday if the doctor is here?</i> |
| 8. Na tū i luga le tamāloa 'a 'o nonofo mātou. | 8. <i>The man stood up while we were sitting.</i> |
| 9. E lē mafai ona va'ai 'oe e le fōma'i 'auā 'ua 'e tuai mai. | 9. <i>The doctor can't see you because you are late.</i> |
| 10. E tatau ona 'e toe sau 'i le Aso Gafua po 'o le Aso Lua. | 10. <i>You should return on Monday or Tuesday.</i> |

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'aeteete).
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 (tatala)?

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 ā le nūmera a Tala? | 1. 'Ou te lē iloa . Fesili 'iā Nina. |
| 2. Nina, 'e te iloa le nūmera a Tala? | 2. 'O le 944-8331. |
| | (vili loa le nūmera) |
| 3. Tālofa, 'o i' inā Tala? | 3. 'O a'u 'o Tala. 'O ai lea? |
| 4. Tala, 'o Pita lea. 'O ā au mea 'o fai nei ? | 4. Leai se mea. Sā 'ou matamata 'i le T.V. |
| 5. E mafai ona 'e sau nānei ? | 5. 'Ua lelei . I le ā le taimi? |
| 6. Pē tusa 'o le lima i le afiafi . | 6. Ia, tā feiloa'i lā i' inā . |
| 7. Ia, tōfā. | 7. Fā . |

(VOCABULARY)

'UPU FOU

nūmera	telephone number	iloa	to know
vili	to dial	i' inā	there, over there
nei	now	mafai	to be able, can
nānei	later	'ua lelei	OK
pē tusa	approximately	afiafi	afternoon
feiloa'i	to meet	fā	goodbye

(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 'i.
 The word **loa** 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: **lā** 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 ? | 1. 'O Saito. |
| 2. 'O ai lou fa'ai'u ? | 2. 'O Palauni. |
| 3. 'O ai suafa o ou mātua ? | 3. 'O le igoa o lo'u tamā 'o Palauni,
'a 'o lo'u tinā e igoa iā Rosa. |
| 4. 'O ai le fa'ai'u o lou tamā? | 4. 'O Ale. |
| 5. E iai se suafa matai o lou tamā? | 5. 'Ioe, 'o 'Anapu. |
| 6. 'O fea e sau ai? | 6. Mai le nu'u 'o Sa'anapu i 'Upolu. |

'UPU FOU

suafa	name	fa'ai'u	last name
mātua	parents	'a	but
matai	titled family leader	mai	from
nu'u	village		

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*.
Lastnames are traditionally the father's given name, and therefore change each generation.
The family matai name remains constant over time.
- Laina 3: The conjunction **'a**, *but*, is also said as **'ae**.
Mātua is the plural form of **matua** 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

- | | |
|---|---|
| <ol style="list-style-type: none"> 1. 'Ua tā le fia? 2. 'O le ā le taimi e taunu'u mai ai le fōma'i? 3. 'Ua leva ona 'e fa'atali? 4. 'O le ā lou taimi fa'atonuina? 5. 'Ua te'a nei le sefulu. | <ol style="list-style-type: none"> 1. 'Ua tā tonu lava le tolu. 2. E māsani ona taunu'u i le te'a o le iva. 3. 'Toe. 'Ua fai sina leva. 4. 'O le iva. 5. 'Ua 'ou iloa. 'Ua tuai tele le fōma'i. |
|---|---|

'UPU FOU

tā	to strike (the hour)	tonu	exactly
lava	(emphasis)	taimi	time
taunu'u	arrive	fōma'i	doctor
māsani	usually	te'a	past
leva	long time	fa'atali	to wait
fai sina	'quite a bit'	taimifa'atonuina	appointment
tuai	late	tele	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

- | | |
|---|--|
| <p>1. Tālofa.</p> <p>2. Fa'amolemole, po 'o iai i'inā Dr. Pita?</p> <p>3. 'O a'u 'o Fa'ama'i.</p> <p>4. 'Ou te mana'o i le fōma'i e va'ai a'u i le asō.</p> <p>5. 'Ua lelei. Mata e lelei le te'a o le tasi i le aoauli?</p> <p>6. Lelei. Fa'afetailava.</p> <p>7. Ia, fā.</p> | <p>1. Tālofa.</p> <p>2. 'O ai lea e sāunoa?</p> <p>3. 'O le ā le mea 'e te fia sāunoa ai i le fōma'i?</p> <p>4. E lē 'o iai nei i le asō. 'Ae ā taeao?</p> <p>5. E lelei le 'afa o le tasi?</p> <p>6. Ia, feiloa'i taeao.</p> <p>7. Fā.</p> |
|---|--|

'UPU FOU

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

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 mafai ona 'e toe fo'i mai i le vaiaso 'ā sau? | 1. 'Aiseā? |
| 2. E mana'o le fōma'i e toe fia va'ai 'oe. | 2. E ā le aso tolu o Mē? 'O le Aso Lua lea. |
| 3. 'Ua lelei. 'Ole'ā iai i'inei le fōma'i i le aso 'ātoa. | 3. 'O le ā se taimi e lelei? |
| 4. 'O le ā se taimi e talafeagai mo 'oe? | 4. 'A 'o le'i tāina le lua. |
| 5. 'Ae ā le vaitā o le lua? | 5. E lē talafeagai mo a'u. |
| 6. E ā le 'afa o le tasi? | 6. E lelei lenā. |
| 7. Ia, 'o le Aso Lua i le vaitā o le tasi. | 7. Ia, fa'afetai. |

'UPU FOU

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

FA'AMATALAGA

- Laina 1: The tense/aspect marker **'ole'ā** is often contracted to **'ā** (le **vaiaso** **'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: **Vaitā** is used for *half past the hour* (from **vā i tā**, or *space between the chiming*).

VAEGA VI. FA'ATAU/FALE TALAVAI

- | | |
|---|---|
| 1. Fa'amolemole, pē fia le tau o le talavai lea? | 1. E \$15 (tālā) i le fagu. |
| 2. E taugatā tele. E iai se isi mea taugōfie ? | 2. 'Ioe, 'ae pito sili atu lea. |
| 3. E fia le tau o le isi itū'āiga lale ? | 3. E na'o le \$5 (tālā) i le fagu. |
| 4. E iai se isi itū'aiga ? | 4. Leai, pau lava nā . |
| 5. 'Ua lelei 'ole'ā 'ou ' avea lā le itū'āiga taugōfie . | 5. Ia, e \$5 (tālā). |
| 6. Tou te taliaina se siaki ? | 6. E iai sou laisene ' aveta'avale Hawai'i? |
| 7. 'Ioe. | 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'āiga	kind; type	lale	there; that
na'o	only	pau	that's all
lava	emphasis	nā	those
'avea	to take	tou	you-all
taliaina	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'i-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; **maugōfie**: easy to get, etc.)
'Ae pito sili atu lea also said as **'ae sili lea** (*this is the best*).
- Laina 3: The demonstrative **lale** (*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? | 1. 'O Tua. |
| 2. 'O fea 'e te nofo ai? | 2. I Kali'i. |
| 3. 'E te faigaluega ? | 3. Sā 'ou faigaluega i le Foodland. |
| 4. 'O 'e faigaluega lā? | 4. Leai, 'o lea e tigā lo'u tua. |
| 5. 'O le ā le 'umi 'e te lē 'o faigaluega? | 5. Tusa nei 'o le fā māsina . |
| 6. E faigaluega lau āvā ? | 6. 'Ioe, 'olo'o faigaluega i le falema'i . |
| 7. E to' afia tagata o lou 'āiga ? | 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	faigaluega	to be employed
tigā	pain; to hurt	'umi	long; period of time
tusa	approximately	māsina	month
āvā	wife	falema'i	hospital
to'afia	how many (people)	'āiga	family
mā'ua	us (two people)	fānau	child(ren)
uso	brother		

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?**)

lā is an expletive generally used in questions and suggestive commands to help soften the effect of the utterance.

'O lea at the beginning of a sentence is especially effective in highlighting current states and actions ('o lea e **tigā** lo'u tua: *here, my back is in pain now*; 'O lea 'ou te alu: *Here, I'm going now*).

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 **fia**: *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: *we-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 **tuafafine**. 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? | 1. Pē ā ma le sefulu tasi tausaga. |
| 2. Na 'e sau 'aiseā? | 2. E alu i le ā'oga. |
| 3. Na 'e i'u i se ā'oga maualuga? | 3. 'Ioe, i le 1975. |
| 4. 'Ua 'e toe fo'i i Sāmoa talu ona 'e sau? | 4. I le 1974 ina 'ua maliu le tinā o lo'u tamā. |
| 5. 'Ole'ā 'e nofo mau i Hawai'i? | 5. 'Ioe. 'Ua maua la'u galuega ma lo'u 'āiga i'inci. |

'UPU FOU

talū	since	pē ā ma le	approximately
'aiseā	why	ā'oga	school
i'u	finish	ā'oga maualuga	high school
toe fo'i	return	maliu	to die
nofo mau	reside	mau	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 fitusefulu lima*.

Laina 4: 1974 = *afe iva selau fitusefulu fā*

Maliu (to die) is a polite synonym for *oti*. 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*.

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

- | | |
|--|---------------------------------------|
| 1. 'Ua 'e fa'aipoipo? | 1. 'Ioe. |
| 2. 'O le ā le 'umi talu ona 'e fa'aipoipo? | 2. 'Ua lima tausaga. |
| 3. 'O fea e sau ai lou faletua? | 3. Na fānau i Kalefōnia. |
| 4. 'O se Sāmoa? | 4. 'Ioe, 'ae na ola lava i Kalefōnia. |
| 5. 'O faigaluega 'o ia? | 5. Leai, e nofo fale ā ma le fānau. |
| 6. 'Ua to'afia nei ou alo? | 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'afia	how many (people)
alo	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 **ali'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 **fia** (**to'afia**: *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'itaga** (polite).

VAEGA X. FA'AMATALAGA TAU I LE TAGATA-4

- | | |
|--|---|
| 1. 'O le ā lou tuātusi ? | 1. 'O le 222 Dole St. |
| 2. 'O le ā lau telefoni? | 2. 'O le 779-4356. |
| 3. 'Ua 'e fa'aipoipo ? | 3. Leai. Na 'ou fa'aipoipo 'a 'ua tēte'a ma la'u tāne. |
| 4. 'E te ā'oga ? | 4. 'Ioe. 'Ou te ā'oga i le Iunivesitē. 'O la'u matātā fa'apitoa 'o matā'upu tau tausima'i . |
| 5. 'Ua leva ona 'e iai i le Iunivesitē? | 5. 'Ua fā nei tausaga. 'Olo'o o'u fa'amoemoe 'ou te fa'au'u mai le ā'oga i le 1999. |
| 6. E fia ou tausaga ? | 6. Tolusefulu. |
| 7. 'O le ā lou aso fānau ? | 7. 'O le aso valu o Iuni. |

'UPU FOU

tuātusi	address	fa'aipoipo	to wed
tēte'a	to divorce	ā'oga	to attend school
matātā	subject;major	fa'apitoa	special; specialty
matā'upu	subject;field	tau	concerning
tausima'i	nurse	leva	long time
fa'amoemoe	to hope; aspire	fa'au'u	to graduate
tausaga	year(s);age	aso fānau	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**.

VAEGA XI. FA'AMATALAGA TAU I LE TAGATA-5

- | | |
|---|--|
| 1. 'Ua to'afia lau fānau ? | 1. To'atolu, lua tama ma le teine. |
| 2. 'O ā o lātou mātutua ? | 2. 'O le teine e luasefulu tasi, 'a 'o tama e sefulu lima ma le sefulu fitu. |
| 3. 'O ā'o'oga 'ilātou? | 3. 'Ua i'u le teine mai le U.H., 'a 'o tama e to'alua e ā'o'oga i le ā'oga maualuga o le Kaiser. |
| 4. 'O iai ni fa'afitāuli i a lā mea ā'oga ? | 4. Leai. 'Olo'o lelei lava o lā togi e maua. |
| 5. 'O iai se fa'amoemoe e ā'o'oga lā'ua i le U.H.? | 5. 'O le tama matua 'ole'ā ā'oga i le UCLA, 'a 'o le tama la'itiiti 'ole'ā ā'oga i le U.H. |

'UPU FOU

fānau	child(ren)	mātutua	ages
i'u	to finish; complete	ā'ogamaualuga	high school
fa'afitāuli	problem	mea ā'oga	school work
togi	grades	fa'amoemoe	to hope; aspire
tama matua	older son	tama la'itiiti	younger son

FA'AMATALAGA

Laina 1: When counting people, the prefix to'ā is affixed to the number or the question word **fia** ('Ua to'afia 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? | 1. I don't know, ask Nina. |
| 2. Nina, do you know Tala's number? | 2. It's 944-8331. |
| (dials the number) | |
| 3. Hello, is Tala there? | 3. This is Tala. Who's this? |
| 4. Tala, this is Pita. What are you doing now? | 4. Nothing. I was watching TV. |
| 5. Can you come over tonight? | 5. Sure. What time? |
| 6. About 5 pm. | 6. O.K. See you then. |
| 7. O.K. Bye. | 7. Bye. |

II. NAMES

- | | |
|---|--|
| 1. What's your name? | 1. It's Saito. |
| 2. What's your last name? | 2. It's Palauni. |
| 3. What are your parents' names? | 3. My father's name is Palauni and my mother's name is Rosa. |
| 4. What's your father's last name? | 4. It's Ale. |
| 5. Does your father have a matai title? | 5. Yes, it's 'Anapu. |
| 6. Where is it from? | 6. It's from Sa'anapu village in 'Upolu. |

III. TIME

- | | |
|--|-------------------------------------|
| 1. What time is it? | 1. It's 3 o'clock. |
| 2. What time does the doctor usually get here? | 2. He usually gets here after 9. |
| 3. Have you been waiting long? | 3. Yes, for quite some time. |
| 4. What time is your appointment? | 4. Nine o'clock. |
| 5. It's past ten now. | 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.
7. Bye.

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?
4. Before 2.
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? | 1. It's Tua. |
| 2. Where do you live? | 2. In Kalihi. |
| 3. Do you work? | 3. I was working at Foodland. |
| 4. Are you still working? | 4. No, I hurt my back. |
| 5. How long have you been off work? | 5. About 4 months. |
| 6. Does your wife work? | 6. Yes, she works at the hospital. |
| 7. How many are in your family? | 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? | 1. About 11 years. |
| 2. Why did you come to Hawaii? | 2. To go to school. |
| 3. Did you graduate from high school? | 3. Yes, in 1975. |
| 4. Have you been back to Samoa? | 4. In 1974 when my grandmother died. |
| 5. Are you going to stay in Hawaii? | 5. Yes. I have a job here and a family. |

IX. BIOGRAPHICAL INFORMATION-3

- | | |
|------------------------------------|---|
| 1. Are you married? | 1. Yes. |
| 2. How long have you been married? | 2. Five years. |
| 3. Where is your wife from? | 3. She was born in California. |
| 4. Is she Samoan? | 4. Yes, but she was raised in California. |
| 5. Does she work? | 5. No. She stays at home with the kids. |
| 6. How many kids do you have? | 6. Three, but she's pregnant now. |

X. BIOGRAPHICAL INFORMATION-4

- | | |
|--|--|
| 1. What's your address? | 1. It's 222 Dole St. |
| 2. What's your telephone number? | 2. It's 779-4356. |
| 3. Are you married? | 3. No. I was married but I'm divorced. |
| 4. Do you go to school? | 4. Yes. I go to the University. My major is nursing. |
| 5. Have you been at the University long? | 5. Four years now. I hope to graduate in 1999. |
| 6. How old are you? | 6. I'm 30. |
| 7. What's your birthday? | 7. June 8. |

XI. BIOGRAPHICAL INFORMATION-5

- | | |
|--|--|
| 1. How many children do you have? | 1. Three. Two boys and a girl. |
| 2. How old are they? | 2. The girl is 21 and the boys are 15 and 17. |
| 3. Do they go to school? | 3. The girl graduated from UH (the University of Hawaii) but the boys go to Kaiser H. S. |
| 4. Are there any problems with their school? | 4. No. They get very good grades. |
| 5. Are they going to go to the University of Hawaii? | 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? | 1. 'Ioe, 'aemaise pe 'ā 'ou savali. |
| 2. Na fa'apēfea ona lavea lou vae? | 2. Na 'ou pa'ū . |
| 3. E mafai ona 'e savali? | 3. Fa'alēlelei. |
| 4. Na fa'afefea ona 'e sau i'inei ? | 4. Na 'aumai a'u e la'u uō. |
| 5. 'O 'e faigaluega? | 5. Leai, 'ou te ā'oga. |
| 6. E fa'apēfea ona 'e alu ile ā'oga? | 6. E māsani ona 'ou savali. |
| 7. E tatau ona folo ni au 'asipulini se lua pe 'āfai 'o tīgā lou vae. | 7. E fa'afefea le ā'oga? |
| 8. 'Aua 'e te alu ile ā'oga taeao. | 8. 'Ua lelei. |

(VOCABULARY) 'UPU FOU

tīgā	to be in pain	'aemaise	especially
pe'ā	if; when	fa'apefea	how
pa'ū	to fall	mafai	can; able; possible
fa'afefea	how?	i'inei	here
māsani	to be accustomed to	folo	to swallow
'asipulini	aspirin	pe'āfai	if; when
'aua	don't		

(NOTES) FA'AMATALAGA

- Laina 1: **pe 'ā** and **pe 'āfai** (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 'āfai** may drop the **pe** if they begin the sentence rather than occur in the middle of the sentence.
- Laina 2: **Fa'apēfea** is joined with the main verb, **lavea**, with the linker **ona** (See Lesson 31). A more colloquial form of **fa'apēfea** is **fa'afefea** (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? | 1. E tīgā lo'u manava. |
| 2. 'Ua leva ona 'e lagona le tīgā? | 2. 'Ioe. 'Ua tolu nei vaiaso. |
| 3. 'O le ā le taimi e māsani ai ona tīgā? | 3. Pe 'ā 'ou ulaula. |
| 4. Masalo e sili ona tu'u le ulaula tapa'a. | 4. 'Ua 'ou lē mafai ona tāofi. |
| 5. E tīgā lou fatafata pe 'ā 'e mānava? | 5. I isi taimi. |
| 6. E fia au sikareti e ula i aso ta'itasi? | 6. Lua pepa. |
| 7. E sili ona 'aia 'e te toe ulaula. | 7. 'Ua 'ou iloa, 'a 'ua lē mafai ona tu'u. |

(VOCABULARY) 'UPU FOU

āuga	symptom	leva	to be a long time
lagona	to feel; sense	māsani	to be accustomed to
pe 'ā	if; when	ulaula	to smoke
masalo	perhaps; maybe	sili	to (be) best
tu'u	to stop; give it up	tapa'a	tobacco
tāofi	to stop; give it up	fatafata	chest
mānava	to breathe	sikareti	cigarette
ula	to smoke	ta'itasi	each
pepa	package; package	'aia	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'i-** is a distributive numeral prefix that often translates as each.

Ta'i can be affixed to the prefix used in counting humans (**to'a-**) in which case it begins the word (**ta'ito'afā**: *four each, groups of four*).

Pepa is from the English, *paper* and is used to refer to small packages of manufactured goods (**pepa masi**: *package of biscuits or crackers*).

Laina 7: **'Aia 'e te toe ulaula** can also be said **'Aia le toe ulaula**.

VAEGA III: MOE

- | | |
|---|---|
| 1. 'O le ā le fa'afitāuli ? | 1. 'Ua lē mafai ona 'ou moe. |
| 2. 'Aiseā? | 2. 'Ou te lē iloa. |
| 3. 'O le ā le taimi e māsani ona 'e moe ai? | 3. Pē tusa 'o le sefulu tasi. |
| 4. 'O le ā le taimi na 'e moe ai anapō ? | 4. Fa'ato'ā 'ou moe i le tolu i le vaveao . |
| 5. 'O le ā le taimi e māsani ona 'e ala ai? | 5. 'A'o le'i tāina le lima i le vaveao. |
| 6. 'O le ā le taimi na 'e ala ai i le taeao nei? | 6. 'A'o le'i tāina le lima i le vaveao. |
| 7. 'O iai se mea 'o fa'apopoleina ai 'oe? | 7. Leai. |
| 8. 'O iaise fa'afitāuli i lau galuega? | 8. 'Ou te lē fiafia 'i ai. |
| 9. 'Aiseā? | 9. E lē lelei le totogi . |

(VOCABULARY) 'UPU FOU

fa'afitāuli	problem	'aiseā	why
tusa	approximately	anapō	last night
fa'ato'ā	only just now	vaveao	pre-dawn hours
māsani	to be accustomed to	ala	to awaken
'a 'o le'i	before	taeao	morning
fa'apopoleina	to worry about something	totogi	pay; wages

(NOTES) FA'AMATALAGA

- Laina 2: 'Ou te lē iloa can be said also as **ta'ilo**, 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'ato'ā** 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 ? | 1. 'Ioe. |
| 2. I fea? | 2. I le Star Market. |
| 3. 'O le ā lou totogi ? | 3. E selau tālā i le vaiaso. |
| 4. E iai sau ta'avale? | 4. E leai. |
| 5. 'O le ta'avale a ai 'olo'o 'e fa'aaogā ? | 5. 'O le ta'avale a la'u uō. |
| 6. E iai sou laisene 'aveta'avale? | 6. E leai. |
| 7. 'Ua tatau ona fai sou laisene . | 7. E leai so'u taimi. |
| 8. E faigōfie ona maua. | 8. Masalo lā 'ole'ā' ou su'e i le su'ega i le vaiaso 'ā sau nei. |

(VOCABULARY) 'UPU FOU

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

(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 **fia** (*how much, how many*) may also be used when asking questions concerning quantity (**E fia lou totogi?**).
- 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 **-gatā** (*hard to*) occur frequently and are very productive affixes (**fa'alologatā**: *disobedient*; **mauagōfie**: *easy to get*). **Lā** 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'ā**.

VAEGA V: FĀ'ATA

- | | |
|---|---|
| 1. E iai se mea 'ou te fesoasoani ai 'iāte 'oe? | 1. Ia, 'O fea e fai ai fā'ataga ? |
| 2. I'ō i le itū taumatau . 'Aiseā ? | 2. 'Ou te mana'o e fā'ata a'u. |
| 3. 'O le ā le mea 'e te mana'omia ai? | 3. Mo le ā'oga . |
| 4. Na fai muamua sou fā'ata? | 4. Tusa 'ua sefulu nei tausaga. |
| 5. E tatau ona 'e fa'atumua muamua le pepa lea. | 5. E iai sau peni? |
| 6. Ia, toe fa'afo'i mai pe 'ā 'uma ona fa'aaogāina , fa'amolemole. | 6. Ia, 'o le ā le taimi e tapuni ai? |
| 7. Fesili i le teine fōma'i lale. | |

(VOCABULARY) 'UPU FOU

fesoasoani	help; assistance	'iāte	preposition: to
fā'ataga	X-ray	i'ō	over there
taumatau	right side	'aiseā	why
mana'o	to want	mana'omia	to need
ā'oga.	school	muamua	before; first
tusa	about; approximately	fa'atumua	to fill out
pepa	form; application	fa'afo'i	to return; take back
pe 'ā	if; when	fa'aaogāina	to use
tapuni	to be closed	teine fōma'i	nurse

(NOTES) FA'AMATALAGA

- Laina 1: The preposition **'iāte** 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 **fā'ataga** is from **fa'a-** and **ata** (*picture* or *image*) and the noun suffix **-ga**.
Fa'aata is pronounced and spelled **fā'ata**.
- Laina 2: A variation of **i'ō** popular in American Samoa is **igā'ō**.
- 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**, **-sia**, **-tia**, etc., type as well (**alofa**: *to love* vs **alofagia**: *to be loved*; **ula**: *to make fun, joke* vs **ulagia**: *to be ridiculed*).
The correct ending (**-fia**, **-lia**, 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

- | | |
|---|--|
| <p>1. E iai sou taimi fa'atonuina?</p> <p>2. 'O ai le fōma'i 'e te fia va'ai 'i ai?</p> <p>3. E fa'apēfea ona fōliga?</p> <p>4. 'O le ā lana 'upu na fai atu iāte 'oe?</p> <p>5. 'O 'e ma'i lava?</p> <p>6. 'Olo'o tele ma'i a le fōma'i i lenei taimi.
E mafai ona 'e fa'atali?</p> <p>7. Po 'o le sefulu lima minute.</p> | <p>1. E leai.</p> <p>2. 'Ou te lē iloa lona igoa.</p> <p>3. E matua ma e fai lana tioata.</p> <p>4. Na fai mai 'ou te sau i le asō pe 'āfai 'ou te fa'alogoina lava 'ou te ma'i.</p> <p>5. 'O lea lava, 'ou te fa'alogoina le fa'aniniva.</p> <p>6. 'O le ā le 'umi 'ou te fa'atali ai?</p> <p>7. Ia.</p> |
|---|--|

(VOCABULARY)

'UPU FOU

fa'atonuina	to reserve; direct	fa'apēfea	how
taimifa'atonuina	appointment time	ona	his/her
fōliga	appearance; countenance	matua	old; mature
fai	to wear	tioata	eye glasses
'upu	statement; words	asō	today
pe 'āfai	if; when	fa'alogoina	to sense; feel
lava	emphasis	'o lea lava	yes (polite)
fa'aniniva	dizzy	fa'atali	to wait
ia.	OK		

(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'apēfea** is **fa'afefea**.
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 pūlou**: *put on/wear his hat*; **fai lou 'ofutino**: *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 'upu**: *her word, her statement*).
Lengthening the final syllable of **aso** (*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 ? | 1. Leai, e le'i levaleva . |
| 2. 'Ua 'uma ona 'e ta'ua lou igoa i le tausima'i ? | 2. E leai. |
| 3. 'O ai lou igoa? | 3. 'O lo'u igoa 'o Lisa. |
| 4. 'O le ā le mea 'e te fia va'ai ai i le fōma'i ? | 4. E tūgā lo'u tua . |
| 5. Na 'āmata anafea ? | 5. 'O le Aso Sā 'ua te'a atu. |
| 6. 'O inu ni au vailā'au ? | 6. 'O lea e inu a'u fuālā'au . |
| 7. 'O fea na maua ai? | 7. Na 'ou 'aumaia mai la'u uō. |
| 8. Alu i le potu lale ona tatala lea 'o lou 'ofutino. | |

(VOCABULARY) 'UPU FOU

leva	long time	tatali	to wait
levaleva	long time	ta'ua	to mention; tell
tua	back; back of the body	tausima'i	nurse
'āmata	to start	anafea	when (in the past)
'ua te'a	past	vailā'au	drug
'o lea	now; at this time	fuālā'au	pill; fruit
maua	to get; obtain	potu	a room
lale	over there	tatala	open; take off
'ofutino	shirt		

(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 (**anafea**) and *when* in the future (**āfea**).
- Laina 6: **Vailā'au** is a traditional term which has been used to refer to medicine (**vai**: *liquid* or *water*) prepared from *plants* (**lā'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.

QUESTIONS AND ANSWERS

(TRANSLATION)

PART I: AN INJURY

- | | |
|---|---------------------------------|
| 1. Does your leg hurt? | 1. Yes, especially when I walk. |
| 2. How did you injure your leg? | 2. I fell. |
| 3. Can you walk? | 3. Not too well. |
| 4. How did you come here? | 4. My friend brought me. |
| 5. Do you work? | 5. No, I attend school. |
| 6. How do you go to school? | 6. I usually walk. |
| 7. You should take two aspirin if your leg hurts. | 7. What about school? |
| 8. Don't go to class tomorrow. | 8. OK. |

PART II: SMOKING

- | | |
|--|------------------------------|
| 1. What's the problem (sickness)? | 1. My stomach hurts. |
| 2. Has it hurt long? | 2. Yes. For three weeks now. |
| 3. When does it usually hurt? | 3. When I smoke. |
| 4. Perhaps you shouldn't smoke. | 4. I can't stop. |
| 5. Does your chest hurt when you breathe? | 5. Sometimes. |
| 6. How many cigarettes do you smoke a day? | 6. Two packs. |
| 7. It's best if you don't smoke again (anymore). | 7. I know but I can't stop. |

PART III: SLEEPING HABITS

- | | |
|--|--------------------------------|
| 1. What's the problem? | 1. I can't sleep. |
| 2. Why? | 2. I don't know. |
| 3. What time do you usually sleep? | 3. About 11 p.m. |
| 4. What time did you sleep last night? | 4. I didn't sleep until 3 a.m. |
| 5. What time do you usually wake up? | 5. Before 5 a.m. |
| 6. What time did you wake up this morning? | 6. Before 5 a.m. |
| 7. Are you worried about something? | 7. No. |
| 8. Is there a problem with your job? | 8. I don't like it. |
| 9. Why? | 9. The pay isn't good. |

PART IV: WORK/CAR

- | | |
|------------------------------|--|
| 1. Do you work? | 1. Yes. |
| 2. Where? | 2. At Star Market. |
| 3. How much do you make? | 3. About \$100 a week. |
| 4. Do you have a car? | 4. No. |
| 5. Whose car do you use? | 5. My friend's car. |
| 6. Do you have a license? | 6. No. |
| 7. You should get a license. | 7. I don't have time. |
| 8. It's easy to get. | 8. Maybe I'll take the test next week. |

PART V: X-RAY

- | | |
|--|--------------------------------|
| 1. Can I help you? | 1. Where can I get an x-ray? |
| 2. Over there on the right side. Why? | 2. I need to get an x-ray. |
| 3. What do you need it for? | 3. For school. |
| 4. Have you had an X-ray before? | 4. About 10 years ago. |
| 5. You must fill out this form first. | 5. Do you have a pen? |
| 6. Here, please return it when you are finished. | 6. OK. What time do you close? |
| 7. Ask that nurse over there. | |

PART VI: AN APPOINTMENT - 1

- | | |
|--|--|
| 1. Do you have an appointment? | 1. No. |
| 2. Which doctor do you want to see? | 2. I don't know his name. |
| 3. What does he look like? | 3. He is old and wears glasses. |
| 4. What did he tell you? | 4. He said to come back today if I'm still sick. |
| 5. Are you still sick? | 5. I still feel dizzy. |
| 6. The doctor is busy now, can you wait? | 6. How long will I wait? |
| 7. About 15 minutes. | 7. OK. |

PART VII: AN APPOINTMENT - 2

- | | |
|---|---------------------------|
| 1. Hello, have you been waiting long? | 1. No, not long. |
| 2. Did you give your name to the nurse? | 2. No. |
| 3. What is your name? | 3. My name is Lisa. |
| 4. Why do you want to see the doctor? | 4. I have a back ache. |
| 5. When did this start? | 5. Last Sunday. |
| 6. Are you taking any medicine? | 6. I'm taking some pills. |
| 7. Where did you get them? | 7. From my friend. |
| 8. Go in that room and take off your shirt. | |

PATIENT HISTORY

VITAL SIGNS

- | | |
|--|--|
| 1. Afe i luga le lima o lou 'ofu. | 1. Roll up your sleeve. |
| 2. 'Ou te fia fuaina le maualuga o lou toto. | 2. I'm going to measure your blood pressure. |
| 3. 'Ou te fia faitauina le tātā o lou uaua. | 3. I'm going to take your pulse. |
| 4. 'Ou te fia faitauina lau mānava. | 4. I'm going to count your respiration. |
| 5. 'O ai na iloa 'e te ma'i? | 5. Who knows you are sick? |
| 6. 'O ā mea 'e te lagona i lou tino? | 6. What do you feel? |

'UPU FOU

afe	to turn (up)	fuaina	to measure
maualuga	height; amount	toto	blood
faitauina	to count	tātā	to beat
uaua	artery; vein	mānava	to breathe
lagona	to feel; sense		

COMPLAINTS

- | | |
|----------------------------------|----------------------------|
| 7. 'O ā āuga o lou ma'i? | 7. What are your symptoms? |
| a. niniva | a. dizzy |
| b. ulu tīgā | b. headache |
| c. lē fia'ai | c. loss of appetite |
| d. fulū | d. flu |
| e. tafe le isu | e. runny nose |
| f. tale | f. cough |
| g. fiva | g. fever |
| h. tīgā 'uma le tino | h. body ache |
| i. ma'alili | i. chills |
| j. lē mafai ona gāioi so'ogā ivi | j. painful joints |
| k. vaivai le tino | k. weakness |
| l. lē lelei le tātā o le fatu | l. irregular heart beat |
| m. tīgā le fatafata | m. chest pains |
| n. tīgā le fatafata pe 'ā mānava | n. pain when breathing |
| o. tīgā le fa'a'i pe 'ā folo | o. pain when swallowing |
| p. mamafa le isu | p. congested nose |
| q. fia pua'i, fa'afāufāu | q. nausea |
| r. nenefu le va'ai | r. blurred vision |
| s. to'ulu lauulu | s. hair loss |
| t. totoulia le mata | t. black eye |
| u. pa'ia le mata | u. something in the eye |
| v. e anu toto | v. bloody sputum |

HISTORY

- | | |
|--|---|
| 8. 'O le ā le 'umi talu ona tīgā lou manava? | 8. How long has your stomach hurt? |
| 9. E fia aso talu ona tīgā lou manava. | 9. How many days has your stomach hurt? |
| 10. 'Ua leva ona tīgā lou manava? | 10. Has your stomach hurt long? |
| 11. E māsani ona tīgā lou manava
pe 'ā 'e ulaula? | 11. Does your stomach hurt when
you smoke? |
| 12. 'O anafea na 'āmata ai le tīgā? | 12. When did the pain start? |

'UPU FOU

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

ALLERGIES

- | | |
|---|---|
| 13. E iai se vailā'au e leaga ai lou tino? | 13. Are you allergic to any drug? |
| 14. E iai se mea'ai/inu e lē mafai ona 'e 'ai ai? | 14. Is there anything you can't eat or drink? |

'UPU FOU

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

MAJOR ILLNESSES

- | | |
|---|---|
| 15. Sā tāofia 'oe muamua i se falema'i? | 15. Have you ever been hospitalized before? |
| 16. Sā fai sou ta'otoga/tīpiga i se
taimi 'ua mavae? | 16. Have you ever had surgery before? |
| 17. Sā 'e gasegase i se taimi 'ua mavae? | 17. Have you ever been ill before? |
| 18. 'O le ā le aso/tausaga/māsina? | 18. What day/year/month? |
| 19. 'O anafea na fai ai le ta'otoga? | 19. When did you have the surgery? |

'UPU FOU

tāofia	to be held; hospitalized		
muamua	first; before	falema'i	hospital
fai	to make; to perform	ta'otoga	operation
tīpiga	operation	mavae	past; in the past
gasegase	to be sick; sickness		

20. 'O le ā lou gasegase?

1. toto mauahuga
2. ma'i suka
3. māmā pala
4. fatafata vaivai
5. ma'i manava
6. fiva mūmū
7. manava tīgā
8. fatu ma'a
9. ate fefete
10. ma'i ate
11. fiva fai'ai
12. nunu (gugu)
13. ma'i fatu
14. fatu pē
15. ma'i oso
16. ma'i sela
17. lē lava le mānava
18. ma'i afi
19. vae gagase
20. pē le vae
21. tane
22. lafetoga
23. po'u
24. lafa
25. gau le vae
26. ma'i le mata
27. tauaso
28. tupu le fuafua i le mata
29. tutuli/faipē
30. kānesa
31. ma'i le fa'a'i
32. ma'ilili
33. e pātupatu se vāega o le tino
34. aloua
35. mapeva le tapu vae
36. mapuna le tua
37. māsui le lima, t au'au
38. foa le ulu

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. sty 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 fīa alu 'i ai?

23. E iai ni vailā'au 'o inu e 'oe?

24. E iai ni togafitiga 'o fai iā 'oe?

21. What hospital do you usually visit?

22. What hospital would you like to stay at?

23. Are you taking any drugs/medicine?

24. Are you receiving any medical treatment?

25. 'O le ā le taimi **mulimuli**
na va'ai ai 'oe e le **fōma'i**?

25. When was the last time you saw a doctor?

26. 'E te toe alu āfea i le fōma'i?

26. When are you going to see the doctor again?

27. 'O ai e tausia 'oe?

27. Who cares for you?

28. E lelei le tausiga o 'oe?

28. Do you receive good care?

29. E lava le tausiga o 'oe?

29. Do you receive sufficient care?

30. 'O ā mea e fa'aaogāina i le tausiga o 'oe?

30. What is used to provide care for you?

'UPU FOU

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

HEREDITARY ILLNESS

31. E iai se **itū'āiga** o ma'i i lou 'āiga?

31. Does your family have a history of a particular illness?

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

32. Is there anyone in your family with diabetes/etc?

'UPU FOU

itū'āiga	kind; type	isi	other (person)
maua	to get; to have	ma'i suka	diabetes

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?)

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

34. E iai se mea e fa'alētonu i lou 'āiga?

34. Are there any problems in your family?

'UPU FOU

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

VISION

- | | |
|--|---|
| 35. E iai se 'ese'esega i lau va'ai ? | 35. <i>Are there any changes in your vision?</i> |
| 36. E iai se fa'alētonu i lau va'ai? | 36. <i>Are there any problems with your vision?</i> |
| 37. E leaga lau va'ai? | 37. <i>Is your vision poor?</i> |
| 38. 'E te fa'aaogāina se mata tioata ? | 38. <i>Do you use glasses?</i> |
| 39. E tīgā ou mata? | 39. <i>Do your eyes hurt?</i> |
| 40. E nenefu lau va'ai? | 40. <i>Is your vision cloudy?</i> |
| 41. E mama'i ou mata? | 41. <i>Are your eyes infected?</i> |
| 42. 'O fea le taimi mulimuli na va'ai ai ou mata? | 42. <i>When were your eyes last checked?</i> |

'UPU FOU

'ese'esega	<i>difference</i>	va'ai	<i>vision; to see</i>
leaga	<i>bad</i>	fa'aaogāina	<i>to use; utilize</i>
mata tioata	<i>eye glasses</i>	tīgā	<i>pain</i>
nenefu	<i>cloudy; blurry</i>	fea	<i>where; when</i>

HEARING/SPEECH

- | | |
|--|--|
| 43. E iai se fa'alētonu i lau fa'alogo ? | 43. <i>Is there any problem with your hearing?</i> |
| 44. E 'ato'atoa lelei lau fa'alogo? | 44. <i>Is your hearing ok?</i> |
| 45. 'E te fa'aaogāina ni mea fa'alogo ? | 45. <i>Do you use hearing aids?</i> |
| 46. E iai se mea e tafe mai i lou taliga ? | 46. <i>Do you have any discharge from ear?</i> |
| 47. E iai se fa'alētonu i lau tautala ? | 47. <i>Do you have any speech problems?</i> |
| 48. 'O le ā lau gagana ? | 48. <i>What is your language?</i> |
| 49. 'O le ā lau gagana moni ? | 49. <i>What is your native language?</i> |

'UPU FOU

fa'alētonu	<i>problem</i>	fa'alogo	<i>hearing; to listen</i>
'ato'atoa	<i>completely</i>	mea fa'alogo	<i>hearing aid</i>
tafe	<i>to flow; run</i>	taliga	<i>ear</i>
tautala	<i>to speak</i>	gagana moni	<i>true (native) language</i>

RESPIRATION

- | | |
|---|--|
| 50. E iai se fa'alētonu i lau mānava ? | 50. <i>Do you have any problems breathing?</i> |
| 51. E tīgā pē faigatā pe 'ā 'e mānava? | 51. <i>Do you have pain or difficulty breathing?</i> |
| 52. E tale 'oe? 'E te tale so'o? E maua 'oe i le tale? | 52. <i>Do you cough a lot?</i> |
| 53. E iai se fatu tale pe 'ā 'e tale? | 53. <i>Is there phlegm when you cough?</i> |

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**?
 60. E **fufula** ou vae?
 61. E **pepē** ou vae?
 62. E **niniva** 'oe?
 63. E vaivai ou tino?
 64. E **totouliagōfie** lou tino?
 65. E fa'alētonu le **tātā** o lou fatu?
 66. E tīgā lou fatafata?

59. Do you have any problems with your heart?
 60. Do your legs/feet swell?
 61. Do your legs/feet fall asleep or lose feeling?
 62. Do you get dizzy?
 63. Are you weak?
 64. Do you bruise easily?
 65. Have you had heart irregularities?
 66. Does your chest hurt?

'UPU FOU

fatu	heart	fufula	to be swollen
pepē	to be numb	niniva	dizzy
totouliagōfie	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. E faigatā ona lamu au mea'ai?
 72. E tīgā ou nifo?
 73. E ā ou nifo? E lelei ou nifo?

71. Do you have difficulty chewing?
 72. Do your teeth hurt?
 73. How are your teeth? Are your teeth OK?

'UPU FOU

- | | | | |
|---------|------------------|---------|--------------------|
| 'ai | to eat; appetite | lava | enough; sufficient |
| fa'afia | how often? | faigatā | difficult |
| lamu | to chew | | |
74. 'O ā itū'āiga mea'ai e māsani ona 'e'aia?
 1. mea'a'ano
 2. mea lelei
 3. lau lā'au
 4. fuālā'au
 5. vitamini
 6. minerale
 7. mea'ai masoā
 8. mea'ai sami
 9. 'a'ano o manu
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. E māsani ona 'e'ai i vā o 'aiga?
 76. 'E te fa'afāufāu? 'E te fia pua'i?
 77. E tīgā pe 'ā folo au mea'ai?
 78. E iai se fa'alētonu pe 'ā fai lau fe'au?
 79. E fa'afia ona fai lau fe'au i le aso?
 fe'au mamao; fe'au tele; ti'o (not polite)
 fe'au lata; pī; mimi (not polite)
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 eachday?
 defecate
 urinate
80. E maua 'oe i le manava tatā?
 81. E maua 'oe i le manava mamau?
 82. E faifai so'o lau fe'au?
80. Do you have diarrhea?
 81. Are you constipated?
 82. Do you make frequent trips to the toilet?

'UPU FOU

- | | | | |
|-------------|------------|---------------|------------------------|
| vā | between | 'aiga | meal |
| fa'afāufāu | nauseous | pua'i | to vomit |
| folo | to swallow | fai lau fe'au | to defecate or urinate |
| manava tatā | diarrhea | manava mamau | constipation |
| so'o | frequently | | |

(PERSONAL INFORMATION) TALA'AGA O LE TAGATA

1. Tāne _____

Tama'ita'i _____

2. 'O ai lou suafa?

3. 'O fea lou alaafaga 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 lē 'o se Sāmoa, 'o se tama'ita'i/ali'i fea?

14. E to'afia 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'aaogā i totonu o le 'āiga?

18. 'O 'e ā'oga i le vaitaimi nei?

19. 'Āfai 'e te lē 'o ā'oga nei, 'o le ā le vasega na i'u ai lau ā'oga?

20. Fa'amolemole lisi i lalo ā'oga ta'itasi na 'e ā'oga ai, tūlaga o nei ā'oga, fa'apea ma le 'umi o le taimi na 'e iai i ā'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 itū'āiga galuega 'e te faia?

24. 'O le ā le 'umi talu ona 'e faigaluega i lenei galuega?

25. 'O le a lou totagi i le māsina?

26. 'O 'e fa'aaogāina 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 ____. | 1. Tālofa 'O lo'u igoa 'o ____. |
| 2. I am an emergency technician. | 2. 'O la'u galuega 'o le togafitia o
fa'alavelave fa'afuase'i. |
| 3. I am here to help you. | 3. 'Ua 'ou sau e fesoasoani 'iā 'oe. |
| 4. Do you understand? | 4. 'Ua 'e mālmalama? |
| 5. I do not understand. | 5. 'Ou te lē mālmalama. |
| 6. What is your name? | 6. 'O ai lou suafa? |
| 7. Are you sick? | 7. 'O 'e ma'i? |
| 8. Are you injured? | 8. 'O 'e lavea? |
| 9. Are you a diabetic? | 9. 'E te ma'i suka?
E maua 'oe i le ma'i suka? |
| 10. Yes/No | 10. 'Ioe/Leai |
| 11. Do you have a doctor? | 11. E iai sau fōma'i? |
| 12. Who is your doctor? | 12. 'O ai lau fōma'i? |
| 13. Where do you live?
What is your address? | 13. 'O fea 'e te nofo ai?
'O le ā lou tuātusi? |
| 14. What is your telephone number? | 14. 'O le ā le nūmera o lau telefoni?
'O le ā lau telefoni? |
| 15. Do you have a priest?(Rabbi?) (Minister?) | 15. E iai sau faife'au? |
| 16. I need to examine you for injuries. | 16. 'Ou te fia su'esu'eina lou tino po 'o iai
ni manu'a. |
| 17. Is that all right? | 17. 'Ua lelei? / E lē āfāina? |
| 18. I am going to measure your blood pressure. | 18. 'Ole'ā 'ou fuaina le maualuga o lou
toto. |
| 19. I need to adjust your clothing. | 19. 'Ole'ā 'ou fa'a'ō'ō/tatala ou 'ofu. |
| 20. I am going to touch the injury site.
It may cause pain.
Do you understand? | 20. 'Ole'ā 'ou tago 'i lou itū lenā e lavea.
'Ātonu e tīgā.
'Ua 'e mālmalama? |
| 21. Does this hurt? | 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'agāoioi lou vae(vae)?

E mafai ona fa'agāoioi lou 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 lou ma'i?

25. 'Aua 'e te minoi!

'UPU FOU (VOCABULARY)

togafitia	to cure; to treat
fa'afuase'i	sudden
suafa	name (polite)
ma'i suka	diabetes
faife'au	minister; preacher
manu'a	to be injured; wounded
maualuga	height; (degree or amount)
fa'a'ō'ō	to loosen; open
'ātonu	probably
mafai	to be able; can
lagonaina	to feel; to sense
minoi	to move about

fa'alavelave	accident, disruption
mālamalama	to understand
lavea	to be injured
tuātusi	address
su'esu'eina	to examine
fuaina	to measure
toto	blood
tatala	open
tīgā	to hurt; pain
fa'agāoioi	to move
fa'atagaina	to permit

SPECIALIZED
MEDICAL VOCABULARY

GENERAL BODY PARTS

ankle	tapuvae	back of head	muliulu
arm, hand	lima	heel	mulivae
back	tua	hip	suilapalapa
big toe	vae matua	jaw lower, chin	'auvaealalo
body hair	fulufulu	jaw upper	'auvaealuga
breast	susu	knee	tulivae
brow	muāulu	leg, foot	vae
cheek	'alāfau	lip	laugutu
chest	fatafata	mouth	gutu
ear	taliga	neck	ua
elbow	tulilima	nape of neck	tuāua
eye	mata	nose	isu
eyebrow,	fulufulu mata	palm	alofilima
eyelash, eyelid	laumata	shoulder	tau'au
finger	tama'ilima	skeleton	'auivi
little finger	lima tamatama	sole	alofivae
ring finger	lima tu'u mama	thumb	lima matua
middle finger	loaloa vale	toe	tama'ivae
forefinger	lima tusi	toenail	(a)tigivae
fingernail	(a)tigilima	tooth	nifo
back of hand	tuālima	waist	sulugātiti
hair of head	lauulu	wrist	tapulima
head	ulu		

DETAILED BODY PARTS

THE HEAD

head	ulu	nose	isu
top of head	tumua'i	nostril	pū isu
back of head	muliulu	ear	taliga
forehead	muāulu	ear canal	pū t aliga
temple	mānifinifi	tooth	nifo
hair	lauulu	molar	gao
sideburns	talafa	gum	tānifo
cheek	'alāfau	wisdom tooth	nifo tulimanu
jaw bone	ivi 'auvae	tongue	lauaufaiva
chin	'auvaialalo	mouth	gutu
dimple	'auvae 'o'omo	saliva	fāua
lip	laugutu	skull	ulu po'o, atigi po'o
moustache	tama'i 'ava, 'ava aluga	nose discharge-liq.	isupē
beard	'avaalalo	nose discharge-solid	pa'upa'u
eye	mata	pimple	fuafula
eyebrow	fulufulumata	freckle	taelago
eyelash	fulufulu laumata	face	mata
eyelid	laumata	skin	pa'u

HAIR

hair(of the head)	lauulu	straight hair	lauulu se'ea
blond	poloni	curly hair	lauulu migimigi
dark hair	lauulu uliuli	kinky hair	lauulu pi'ipi'i
brunette	lauulu'ena'ena	thin hair	va'iva'ia (lona ulu)
red hair	lauulu mūmū	body hair	fulufulu
white hair	ulusinā	eye lash	fulufulu laumata
Afro	ulu fefete	eye brow	fulufulu mata
long hair	lauulu 'u'umi	cut the hair	'oti le ulu
short hair	lauulu pupu'u	wash the hair	tofu le ulu

FACE (MATA)

NOSE	ISU	EAR	TALIGA
flat nose	isu papa	earlobe	lautaliga
long nose	isu 'umī	hard of hearing	lē lelei le fa'alogo
crooked nose	isu pi'o		(lōgoa)
red nose	isu mūmū	ear wax	taetuli
blow the nose	fogi le isu	ear canal	pū taliga
sniffle	fogifogi	ear-ring	tautaliga
snore	ta'agulu	deaf	faipē, tutuli
sneeze	mafatua	pierced ear	fa'apū le lau taliga
bleeding nose	pāpā toto le isu	hearing aid	mea fa'alogo
nasal discharge	isupē, pa'upa'ua	taliga mutu	deformity of ear
congested nose	isu mamafa		
nostril	pū isu		
septum	pogaiisu		
EYE	MATA	pink eyes	mata mama'i
eyeball	'i'oimata	discharge in eye	mata sosomo
pupil	meauli o le mata	tears	loimata
iris	tama'i mata	to wink	fa'a'ivi
eyebrow	fulufulu mata	open the eyes	pupula ou mata
eyelash	fulufulu laumata	close the eyes	moe'i'ini ou mata
hazel eyes	mata 'i pusi	to blink	fa'a'emo
brown eyes	mata'e'ena	blind	tauaso, pō
blue eyes	mata lanu moana	ingrown hair	mata fulu'ia
one eyed	mata'ivi	something in eye	pa'ia le mata
bulging eyes	mata tetē	weak eyes	vaivai le pupula
Asian eyes	mata pūiti, mata pipi'i	good eyes	mālosi/lelei le pupula
eye discharge	somo	to look	va'ai, pupula
sleepy eyes	mata fiamoe/mata moe	to watch	matamata
cross eyed	mata sepa	cataract	moālili (le mata)
watery eyes	mata vaia	stye (lower lid)	fuafua

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
 hiccup
 swallow whole

GUTU

gutu la'itiiti/mo'o
 gutu pū
 gutu telē
 lau gutu
 lau gutu māfiafia
 lau gutu mānifinifi
 nifo
 gao
 muānifo
 nifo pipi'o
 nifo pala, nifo ugā
 nifo ugaugā
 lē nifoa
 nifo gau
 nifo māgaegae
 nifo pū
 liliivau/ū nifo
 lau gutu māvetevete
 gutu malū
 pūpū le gutu
 to'omaunu
 folo patatō

gum
 tongue
 uvula
 larynx
 hoarseness
 canker sore
 bite the tongue
 yawn
 whistle
 suck
 blow
 puff out cheeks
 swallow
 chew noisily
 chew
 snore
 saliva
 spit
 throw up
 spit out
 cough
 mucous
 bloody mucous

tāinifo
 laulaufaiva
 alelo
 fa'a'i
 fā le leo
 'ua'atialelaugutu
 'ua'atia le laulaufaiva
 māvava
 fa'amapu, mapumapu
 miti, fa'amiti
 feula
 fa'aputa le gutu
 folo
 lamu pa'ō
 lamu
 ta'agulu
 fāua
 feanu
 pua'i
 luai
 tale
 fatu tale
 filogia (le fatu tale)

SKIN

skin
 smooth skin
 rough skin
 hairy 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 fulufulua
 pa'u uli
 tetea
 pa'u sasama
 pa'u tanea
 pa'u suau'ua
 pa'u ma'anumini
 pa'u lalafa
 lafa
 pa'u pulepule
 pa'u palā
 pa'u mā'ila'ila
 ma'ila
 mūmū fōliga
 afu
 mea sasao, mūmū mageso
 pa'u 'u'ū
 pa'u māfugafuga
 fuafua
 lavea

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

ma'i sua
 fa'apepē
 lālā vevela
 ila
 totoulia
 po'u
 lafetoga
 taclago
 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
 pe'a, tatau
 fa'agata
 fiva, vevela le ulu
 'ini

LIMBS, EXTERNAL ORGANS

leg	vae	palm	alofi lima
toe	tama'ivae	fist	moto
big toe	vae matua	wrist	tapulima
toenail	atigivae	forearm	alo o le lima
sole	alofi vae	shoulder	tau'au
ankle	tapuvae	bicep	'ogālima
hip	ivi o le suilapalapa	armpit	'ao'ao
heel	muli vae	neck	ua
calf	atevae	chest	fatafata
knee	tulivae	breast	susu
thigh	'ogāvae	nipple	matāsusu
hip	suilapalapa	stomach	manava
buttocks	muli	navel	pute
cheek (buttocks)	tū muli	solar plexus	moa, mauili
anus	ala fe'au	waist	sulugātiti
	(pū ti'o, ufa - not polite)	side (of body)	itū
groin	magāvae	back	tua
side of groin	'auaga	back of neck	tuāua
lower abdomen	punialo	trunk (of body)	'ogātino
arm	lima	pubic hair	fugufugu
finger	tama'i lima	body hair	fulufulu
thumb	lima matua	genitals	itūtinosā
finger nail	atigi lima		

REPRODUCTIVE ORGANS

genitals	itūtinosā	vaginal secretion	somo loloto
testicles	fuāmanava	clitoris	tila
	(fuāmiti - not polite)	menstrual period	ma'imāsina
	polo	sexual relations	feuia'i, fai'āiga, usu
scrotum	laso	pregnancy	ma'i tō, ma'i taga
penis	mea sā o le tāne	morning sickness	ma'i āfuafua
	(ule, poti - not polite)	labour, delivery	fānauga
foreskin	muapa'u	labour pain	fa'atigā
circumcision	tefe, tipī, pelitome	miscarriage	ma'i fafano
uncircumcised	lē tipia, lē pelia	abortion	fa'apa'ū le pepe
ejaculation, climax	tetena	foetus	tama fafano
tip of penis	mata o le pī	placenta	fanua
base of penis	tafito	amniotic fluid	lanu
erect penis	tole	perineum	faufilo
semen	suāsī	pubic hair	fugufugu
mons veneris	neveneve	breast	susu
vagina	mea sā o le tama'i ta'i	breast milk	suāsusu
	(pū, mimi, pipi - not polite)	to breast feed	fa'asusu
urethra	pī	nursing mother	failele
uterus	fa'a'autagata	nipple	matāsusu

BONES, CARTILAGE, MUSCLE

skull	ulu po'o, ipu	ankle	tapuvae
bone	ivi, ponā ivi	joint	gaugā ivi, so'ogā ivi
skeleton	'auivi	tendon	uauamālosi
broken(bone)	gau (le ivi)		uaua tele
sternum	ivi fatafata	bony build	iviivia
clavicle	ivi ua	muscle	maso
shoulder blade	ivi foe	muscular build	masomasoa
rib	ivi 'aso'aso	fractured skull	'ua ta'e le ipu,
hip	ivi o le suilapalapa		ua laulua le ipu
pelvis	ivi no'o	pulled muscle	migi le maso
1st cervical vertebra	ivi muliulu	dislocated	se'e (le ivi)
coccyx	ivi topetope	broken(bone)	gau (le ivi)
jaw bone	'auvae	sprained (wrist)	māsui (le tapu lima)
nose bridge	pou o le isu	sprained(ankle)	mapeva (le tapu vae)
teeth	nifo	strained(back)	mapuna (le tua)
molar	gau	sprained(shoulder)	māsui (le tau'au)
gum	tāinifo	bicep	'ogālima
Adams apple	fa'a'i, ponāua	crooked back	tuapi'o
arm/hand bones	ivi o le lima	armpit	'ao'ao
humerus	ivi tele	hunched back	tua 'oso
metacarpal bones	ivi o tamatama'i lima	stiff neck	malō le ua
elbow	tuli lima	swollen	fula
wrist	tapulima	arthritis	nunu
foot/leg bones	ivi o le vae	cripple	pipili
femur	ivi fa'ala	deformed hand	papagi le lima
shin	ivi mālosi	amputated(leg)	(vae) mutu
fibula	soā ivi	bow legged	vae sasape
knee cap (patella)	tupe o le tuli	crooked leg	vae pi'o
ankle bone	ponaponāvae	leg asleep	gagase le vae
heel bone	ivi muli vae	to limp	savali setusetu, vae si'i
metatarsal bones	ivi o tamatama'i vae	paralyzed(leg)	vae pē
hip joint	gaugā tino	smashed (finger)	pala/momomo (le lima)
knee	tuli vae	inflamed	lūgā

INTERNAL ORGANS

internal organs	tōtōga	heart disease	ma'i fatu
brain	fai'ai	ulcer	asa, po'ua le puta
lung	māmā	appendix	pito gā'au
diaphragm	'afu'afu	heart attack	fatu pē
stomach	manava, puta, alo	kidney	fatuga'o
lower abdomen	'ona	intestine	gā'au
uterus	fa'a'autagata	small intestine	fifi
liver	ate, āu	esophagus	ala'ai
bladder	taga mimi	trachea	ala savili
pancreas	ateali'i	eye ball	'i'oimata

lump/growth	patupatu	throat	fa'a'i
spleen	atepili	hoarse throat	fā le leo
stroke	ma'i oso	blood	toto, palapala
gallbladder	au'ona	blood pressure	maualuga o le toto
cancer	kānesa	artery/vein	'atelia, uaua
heart	fatu	pulse	tātā o le fatu

MEDICAL TERMS AND CONDITION

abortion	ma'ifafano	constipation	manava mamau
amenorrhea	lōpoto	corneal opacity	moālili
anaemia	toto vāivai	cotton wool	vavae
appetite	manogi mea'ai	cough	tale
artery	'atelia	cure/treatment	togafiti, togafitiga
ascites	fulavai	death	oti, maliu
arthritis	tulilefu	defecation	fe'au mamao
asthma	sela		tī'o (not polite)
bandage	fusi	deformity of ear	taliga mutu
baldness	ulu tula	deformity of nose	isupū
boil	ma'i fa'asua	deafness	tutuli
boils axilla	lo'omatua	diathermy	fa'avevela
break bones	gau	diabetes	ma'isuka
burn	mū	diarrhea	manava tatā
blood vessel, tendon	uaua	diathermy	fa'avevela
blood-stained -		dizziness, giddy	niniva
discharge	filogia	doctor	fōma'i
broken leg	vae gau	dysentery	sanatoto
bruise	totoulia	elephantiasis	
		of - limbs	tutupa
bursitis -shoulder	fatuamo	epilepsy	ma'imāliu
carbuncle	silailagi	epidemic	fa'ama'i
cataract	moālili tūtotonu	epistaxis	pāpātoto
cast	fa'asimā	eystitis	tulitā
chicken pox	tanesusu	eye disease	ma'i mata
chief's death	tu'umālō	faint	matapogia
	pa'ū le lā	flatulence	tumu ile 'ea
	maliu	fractured skull or	
chief's -sickness	tāomia le fala	concussion	foa
	lagi fa'atafa	freckles	matataelagoa
circumcision	pelitome, tefe	goiter, mumps	patō
cold, rhinitis	isu mamafa	gout	gugu
colic	tale	haemoptysis	anutoto
contracture -		haeteriologist	su'etoto
of - hand	lima papagi	haematemesis	pua'i toto
convulsion	ma'ilili	harelip	laugutu motu
convulsions	ma'i oso	head wounds	foafoa

heart disease	ma'i fatu	pterygium	mata fulu'ia
hernia	fifi pa'ū	pulmonary T.B.	māmā pala
hook worm	'anufe mātau	pus	'alou
hunchback	tuapi'o	pulse	pa'ō o le uaua
infectious disease	ma'i pipisi	retention of urine	mātūtū
insanity	vale	restless	tafiti
itch, scabies		rheumatism	nunu
dermatitis	mageso	ringworm	lafa
labour	fānauga	round worm	'anufe 'umi
labour pain	fa'atigā	saliva	fāua
laryngitis	fuafua momono	senile	valevale matua
leprosy	lēpela	sickness	ma'i, gasegase
liniment	vai mili	sore	po'u
blanket	'ie māmoe	squint	matasepa
lipoma	patu	sputum	feanuga
local anaesthetic	fa'agase	stye	fuafua
lyphangitis	mūmū	sunstroke	tāia i le lā
measles	mīsela	swelling abdomen	fula le manava
medicine	vailā'au	swelling neck	ua patō
menorrhagia	punatoto	traction(bone)	fālō (le ivi)
meibomion cyst	matafā	tetanus	ma'ilili
midwife	fa'atōsaga	triplets	māsaga tolu
nurse	tausima'i	typhoid	palagā'au
obesity	puta	twins	māsaga
obesity	putagaele	ulcer	papala
obesity	lo'ulo'ua	urate	fe'auvai
ointment	vai nini	vaccination	fa'agata
operate	tipi, ta'oto	varicose vein	uauā
operation	ta'otoga, tipiga	venereal disease	ma'i afi,
pain	tīgā		ma'i pālagi
paralysis of leg	'ua pē le vae	vomit	pua'i
	'ua gase le vae	wart	lafetoga
parturient woman	failele	wax of ear	tactuli
pimple	fuafua	whooping cough	tale vivini
pill	fuālā'au	wormy	'anufe
pityriasis rubra	tane	wound	manu'a
poisoning, drunk	'ōnā	X-ray	fā'ata
pneumonia	niumōnia		

KINSHIP TERMS

family members

extended family	'āiga
to be related to	'āiga
mother	tinā
father	tamā

children

man's son,	atali'i,
man's daughter	afafine
woman's son	tamatama,
woman's daughter	tamateine

grandparents and grandchildren

grandfather-paternal
 grandfather-maternal
 grandmother-paternal
 grandmother-maternal
 greatgrandfather-paternal
 greatgrandfather-maternal
 grandchildren
 greatgrandchildren

cousins

father's sister's child
 father's sister's children
 father's brother's child
 father's brother's children
 mother's sister's child
 mother's sister's children
 mother's brother's child
 mother's brother's children

nephews/nieces

man's sister's child
 man's sister's children
 man's brother's child
 man's brother's children
 woman's sister's child
 woman's sister's children
 woman's brother's child
 woman's brother's children

adoptive relationships:

to adopt
 adoptive child
 adoptive mother/father
 adoptive brother/sister
 adoptive son, daughter (man's)
 adoptive son, daughter (woman's)

siblings

sister of female	uso
sister of male	tuafafine
brother of male	uso
brother of female	tuagane

aunts/uncles

uncle-paternal	uso o le tamā
uncle-maternal	tuagane o le tinā
aunt-paternal	tuafafine o le tamā
aunt-maternal	uso o le tinā

tamā o le tamā

tamā o le tinā

tinā o le tamā

tinā o le tinā

tamā o le tamā o le tamā

tamā o le tamā o le tinā

fānau a le fānau

fānau a le fānau a le fānau

'O le tama a le tuafafine o le tamā (sing.)

Fānau a le tuafafine o le tamā (pl.)

'O le atali'i/afafine o le uso o le tamā (sing.)

Fānau a le uso o le tamā (pl.)

'O le tama a le uso o le tinā (sing.)

Fānau a le uso o le tinā (pl.)

'O le atali'i/afafine o le tuagane o le tinā (sing.)

Fānau a le tuagane o le tinā (pl.)

'O le tama a le tuafafine (sing.)

Fānau a le tuafafine (pl.)

'O le atali'i/afafine o le uso (sing.)

Fānau a le uso (pl.)

'O le tama a le uso (sing.)

Fānau a le uso (pl.)

'O le atali'i/afafine o le tuagane (sing.)

Fānau a le tuagane (pl.)

fai

fānau fai

tinā fai/tamā fai

uso/tuagane/tuafafine fai

atali'i fai, afafine fai

tamatama ai, tamateine fai

ADVANCED READINGS

'O UTU

(LICE)

'O NI FA'AMATALAGA E UIGA 'I 'UTU

'O 'utu 'o ni 'iniseti fetolofi ia e itiiti ifo i le 1/8 'inisi lo lātou 'u'umi ma e 'efu'efu-pa'epa'e 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 mimitiina mai o le toto i ni pū iti lātou te faia i le atigi ao. E iai mati'u'u pipi'o i le fa'atausi'usi'uga o o lātou vae e lātou te fa'aaogāina e pipi'i mau ai ilauao.

So'o se tasi lava e mafai ona maua ai 'utu. E fiafia 'utu i ao o ē mau'oa, ē mātitiva, tagata mātutua po'o tamaiti, ē tū mamā po'o ē tū palapalā. 'Ua lē tatau iāte 'oe ona māasiasi fua pe 'āfai e maua ni 'utu i lou ao.

E lē 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 āfāina ai le pa'u o le tino, ma 'ole'ā o'o ai loa ina tutupu ni isi tūlaga lē manuia 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 lava mea na fa'aaogāina ma pa'ia e se tasi e iai ni 'utu. E mafai foi ona fetolofi sa'o 'utu mai i se tasi tagata 'i se isi tagata pe 'ā fepa'ia'i so'o se vāega o tino, e pei 'o ao. 'Ua iai se manatu fa'apea e mafai ona ola 'utu i se ao o se tagata mo le lua i le tolu aso, ona mamate lea.

'O le fa'aailoga māsani muamua 'e te silafia ai 'ua iai ni 'utu i le ulu o lou alo, 'o le mageso ma le valu so'o. Sā'ili lelei lona ulu fa'apea lona atigi ulu, 'ae maise lava le tuāua ma tua ane o taliga, mo ni 'utu ma o lātou fua papa'e (lia). E faigatā ona iloa lelei 'utu, 'ae e māsani ona iloagōfie lia e pipi'i i lauulu ta'itasi latalata 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'ili lelei le ulu o lou alo ma silasila po'o iai ni po'u po'o ni pa'upa'u māfiafia. 'Āfai 'ua iai ni tūlaga fa'apēnā, 'ia 'ave loa lou alo e va'ai e se fōma'i. E tatau fo'i

ona sālīli ao o isi tagata o lo 'outou 'āiga 'ae 'aua le fa'aaogāina se vailā'au se'i vaganā 'ua maua ai ni 'utu.

Vailā'au

'O le vailā'au 'ua fa'amamafaina lona aogā tele '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'ā tutupu ai ni isi tūlaga tūgā.

Seluina o le Lauao

'Ā mae'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 vīnika se tasi i se ipu vai se tasi, ma u'u ai le lauao. 'Ua fautuaina le fa'aaogāina o lenei vai 'ona e fesoasoani i le 'ave' eseina 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, lauulu fa'apipi'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 lē mafai ona tatāina 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 tohusefulu aso.

Fa'aaogā le masini fufulu kāpeta (vacuum cleaner) e fa'amamā ai meaafale, 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 tu'u foi i totonu 'o le masini tāmea ma isi mea totino a le tagata 'ua iai 'utu. 'Aua lava ne'i fanaina lou maota i ni vailā'au fana 'iniseti, e leai sona aogā. E lē fautuaina lo lātou fa'aaogāina, ma e mafai ona tutupu mai ai ni tūlaga faigatā.

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

'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 'āiga, e tataua ona sālilia ma iloiloia 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.

'UPU FOU

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

fa'amatalaga	explanation	e uiga 'i	concerning
'utu	lice	'iniseti	insect
fetolofi	crawl	itiiti ifo	smaller than
'inisi	inch	'u'umi	length
'efu'efu	grey	pa'epa'e	white
'ena'ena	brown	lanu	color
mau	reside, live	manu	animal, insect
nini'i	small, tiny	ōlaga	life
'ātoa	whole, entire	ao	head(polite)
mimitiina	suck	toto	blood
pū iti	small hole	atigi ao	scalp, skull
mati'u'u	nail, claw	pipi'o	crooked
fa'atausi'usi'uga	end, tail end	fa'aaogāina	to use
pipi'i	to stick to	mau	firm
lauao.	hair(polite)	so'o se tasi	any one
fiafia	happy	mau'oa	rich
mātitiva	poor	mātutua	old
mamā	clean	palapalā	dirty
māsiasi	ashamed	fua	without reason
tupu	cause, create	mageso	itch
valu,	scratch	āfāina	affect
pa'u	skin	tūlaga	condition
lē manuia	not good	'inifeti	infection
pipisi	spread	selu	comb

palasi	brush	solo tā'ele	bath towel
'ie teu moega	bedding	lavalava	clothes
meāfale	furniture	kāpeta	carpet
pa'ia	touch	sa'o	directly, straight
fepa'ia'i	touch	so'o	frequently
vāega	part, area	manatu	belief
mamate	kill	fa'ailoga	symptoms
māsani	usual	silafia	know, aware of
alo	child	sā'ili	check, examine
'ae maise	especially	tuāua	nape of neck
fua	egg	lia	lice eggs
faigatā	difficult	iloagōfie	easy to spot/see
pipi'i	stick to	latalata	close, near
tusa	approximately	fofoa	hatch
togafiti	treat, cure	fa'amamateina	kill, eradicate
po'u	sore, infection	pa'upa'u	scab
māfiafia	thick	tūlaga	condition
fa'apēnā	like this	vailā'au	medicine
fa'amamafaina	powerful	aogā	useful
tofu	wash hair	u'u	anoint, rub in
talaina	dispense (drugs)	'aunoa	without
pepa mai ile fōma'i	prescription	lē mana'omia	don't need
aofia	include	mulimuli lelei	follow closely
fa'atonuga	directions	so'ona	frequently
tūgā	serious, grave	seluina	to comb
māe'a	finish	fa'amamāina	clean
putuputu nifo	fine tooth (comb)	selu 'ofe	bamboo comb
vīnika	vinegar	fautuaina	advise
fesoasoani	help	tāina	wash clothes
vevela	hot	mea totino	personal effects
pūlou taumata	hat, visor	lauulu fa'apipi'i	wig
pine teu ao,	hair pins, barrettes	fa'amamago	to dry
matuā	exceedingly	maualuga	high
tautau	hang	lā	sun
'a'asa	hot	itūlā	hour
taga pepa	paper bag	nonoa	tie

mau	tight, firm	masini fufulu kāpeta	vacuum cleaner
fa'amalū	mattress, pillow	folā	floor
fala	mat	fufuluina	wash, clean
fasimoli	soap	fa'avai	soak
fa'atau	purchase	masini tāmea	washing machine
fanaina	spray	maota	house (polite)
vailā'au fana 'iniseti	insect spray	tutupu mai	cause, result in
tāua	important	logo	contact, call
suafa	name (polite)	uō	friend
ala	way, means	puipuia	protect
fa'ama'i	disease	fa'aititiina	reduce
fa'ateleina	increase, spread	manatuaina	remember
so'o	any	iloiloina	check, look for/at
tuai	late	togafitiga	cure, treat

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 lē 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'apefea ona pulea le fānauga?

'O le pepe e faato'ā gaosia pe 'āfai e alu atu le fatu mai le suāsī o le tāne (sperm) ma fa'atasi ma le fua i le fafine (egg). 'O le pulea lā o le fānauga, 'o le tāofia lea 'o lenei fa'atasiga, 'ina 'ia lē o'o atu le fatu 'i le fua. E tele itū'āiga pulea o le fānauga. 'O ia itū'āiga e aogā 'uma, pe 'āfai e fa'aaogāina fa'apei ona fa'atonuina. E lē mafai e se tasi o ia itū'āiga ona tāofia 'oulua i se taimi mulimuli ane lua te mātānana'o ai 'i se pepe. 'O ia itū'āiga pulea o le fānauga, e maua ai e 'oe ma lau tāne le to'afimālie ma le fiafia, 'auā lua te lē toe popole i le maua fa'afuase'i o se pepe lua te le'i fa'amoemocina. 'O 'oe ma lau tāne e mafai ona filifilia le itū'āiga pulea o le fānauga e tatau lelei mo 'oulua. 'Āfai lua te lē fiafia 'i le tasi itū'āiga, e mafai ona fa'ata'ita'i le isi.

PULEA O LE FĀNAUGA E FA'AAOGĀINA E FAFINE

'O Le Fuālā'au

E inu e le fafine i aso 'uma. Na te tāofia tōtōga gaosi fua o le fafine (ovaries) i le gaosiga o le fua ma 'ole'ā lē 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 faigōfie; 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'afeso'ota'i lau fōma'i.

Puipuiga Totonu o le Fa'a'autagata (Intrauterine Device—IUD)

'O le itū'āiga ta'ua, Puipuiga-Totonu-o-le-Faa'autagata (IUD), 'o mea fa'auaea-vavai (plastic) e fa'afōliga i le noavalu (bow), fa'ata'ali'oli'o (spiral), mama (ring), po 'o fa'amatāsele (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 itū'āiga 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 tãnoa la'ititi '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'autagata (cervix), ma 'ua fa'aaogãina fa'atasi ma se tasi o itũ'ãiga o sieli po 'o fome. E tatau lava ona faia e le fõma'i lona fa'ata'atiaga. 'O le taiafarama 'o se faiga lelei tele mo le pulea o le fãnauga pe 'ã fa'aaogãina fa'apei ona fa'atonuina.

'O Isi Itũ'ãiga

'O mea e ta'ua 'o sieli, kirimi ma fome, 'o ia mea e tu'u e le fafine i lona alãfãnau (vagina) 'a 'o le'i faia le feuia'iga po 'o usuga (sexual relations). Lãtou te tãofia le fatu o le tãne 'ina 'ia lã o'o atu 'i le fua o le fafine. 'O le sieli (jelly) 'o se mea e pei 'o se u'uga'o; 'o le kirimi (cream) e pei 'o se u'uvaivai; 'a 'o le fome (foam) e pei 'o se 'oa fasimoli. E tatau lava ona fa'aaogãina e le fafine se tasi o nei mea i taimi 'uma 'a 'o le'i faia le feuia'iga po 'o usuga. E mafai ona fa'atauina nei itũ'ãiga 'uma i so'o se fale'olua talavai (drug store), e aunoa ma se fa'ataga mai i le fõma'i.

'O le Fa'atali (Rhythm)

'O lenei itũ'ãiga, e fa'ato'ã faia le usuga, pe 'ã iloa tonu le taimi saogalẽmũ o le fafine. 'O le taimi lea e alu 'ese ai le fua (egg) mai le overi (tõtõga gaosi fua), ma fetaia'i ai ma le fatu o le tãne. 'O le fa'alavelave o lenei faiga, 'ona 'o le lã mautinoaina lelei o le taimi saogalẽmũ o le fafine. E tatau lava ona maua se fesoasoani mai le fõma'i pe 'ã 'e fia fa'aaogãina lenei itũ'ãiga mo le pulea o le fãnauga.

PULEA O LE FANAUGA E FA'AAOGÃINA E TANE

'O Le Pa'umeme'i po 'o le Pa'ufai (Condom)

'O le condom 'o le pa'umeme'i fa'amaulu e ufitia ai le itũtinosã o le tãne, na te puipua le suãsi 'ina 'ia lã o'o atu 'i totonu o le fafine. E tatau ona fa'aeteete pe 'ã tatalaina le pa'umemei, 'ina 'ia mautinoa, e leai se suãsi e sao 'ese. E maua pa'umeme'i i so'o se fale'olua talavai.

'O Le Solomuli po 'o le Fa'aeteete (Withdrawal)

'O le tãne na te se'i 'ese lona itũtinosã 'a 'o le'i masa'a atu lona suãsi. 'Ãfai e leai se tasi itũ'ãiga faiga e pulea ai le fãnauga 'olo'o fa'aaogãina, e sili ona fa'aaoga le Solomuli po 'o le Fa'aeteete. E lã lelei ma saogalẽmũ lenei faiga fa'apei 'o le pa'umeme'i, peita'i, e sili atu i lõ 'o le leai.

'AISEĀ E TATAU AI ONA FUA FUA LELEI 'ĀIGA?

E manana'o 'uma mātua 'ia maua mea lelei, tāua, ma le aogā mo a lātou fānau, e iai le soifua mālōlōina lelei o le fānau, tinā ma tamā; le tūlaga fealofani i le vā o mātua ma fānau; le maua o mea taumafa lelei ma le tatau mo le 'āiga; le maua o avanoa o le fānau 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 abovereading.

fānauga	birth	uiga	meaning
pulea o le fānauga	birth control	pepe	baby
mana'o	to want	maua	to get
filifilia	to decide	tāne	husband
faato'ā	just	gaosia	to produce
fatu	sperm	suāsī	semen
fua	egg	tāofia	prevent, stop
itū'āiga	kind, type	aogā	use, useful
fa'aaogāina	to use	fa'apei	just like
mulimuli ane	later	fa'atonuina	to direct
to'afimālie	peace of mind	fiafia	happiness
popole	to worry	fa'afuase'i	suddenly
fa'amoemoeina	to expect	fa'ata'ita'i	try, practice
fuālā'au	pill	tōtōga	internal organ
pagupagu	messy	solo	all around/over
lē tau sāuniuni	little preparation	fa'afeso'ota'i	contact
fa'a'autagata	uterus	fa'auaea-vavai	plastic
fa'afōliga	look like	noavalu	a bow
fa'ata'ali'oli'o	a spiral	mama	a ring
fa'amatāsele	a loop	nofosagatonu	well placed
taiafarama	diaphragm	pa'umeme'i	rubber
sipurigi	spring	vavai	soft, weak
pito i tua	reverse side	tu'u tonu	place exactly
punitia	block, cover	avanoa	opening

sieli	jelly	fome	foam
fa'ata'atiaga	placement, insertion	kirimi	cream
alāfānau	vagina	feuia'iga	sexual relations
usuga	sexual relations	u'uga'o	jelly-like
u'uvaivai	cream-like	'oa fasimoli	like soap suds
fa'atauina	purchase	fale'oloa talavai	drug store
aunoa ma	without	fa'ataga	permission
fa'atali	rhythm	taimi saogalēmū	safe time
alu 'ese	go out, leave	fetaia'i	meet
fa'alavelave	problem	fesoasoani	help, assistance
faiga	method	lē mautinoaina	not certain
pa'umeme'i	condom, rubber	pa'ufai	condom
ufitia	cover	itūtinosā o le tāne	penis
lē o'o	doesn't arrive	fa'aeteete	to be careful
tatalaina	to take off	mautinoa	certain
sao 'ese	leak out	solomuli	pull out
se'i 'ese	pull out	masa'a	spill
fuafua lelei	plan well	mātua	parent
tāua,	important	soifua mālōlōina	good health
tūlaga fealofani	loving state	vā	relationship
mea taumafa	food	fa'atūmauina	permanent
a'oa'oga	education	nofoaga	residence
feutaga'i	wise, considerate	ta'ito'atasi	each

'O LE MA'ITAGA PO 'O LE TŌ

(PREGNANCY)

'OU TE LE'I MANA'O 'OU TE TŌ.

'Ua 'e manatu 'ua 'e tō, 'ae 'olo'o 'e fa'amoemoe 'e te lē tō. 'O le tūlaga faigatā '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 faletalavai (clinic). I le tele 'o setete, 'o su'esu'ega e uiga 'i lea tūlaga e fa'alilolilo, pē lē ta'uina atu fua i isi tagata (confidential): na'o 'oe lava e fa'aילוaina i ai le i'uga 'o le su'esu'ega. E mafai ona iloa 'ua 'e tō i le lua vaiaso talu ona misia lou ma'imāsina mai i le su'ega 'o fe'au 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'eina o le toto mai i le ono aso talu ona feusua'i. 'O le vave o lou mautinoa 'ua 'e tō, 'o le vave fo'i lenā ona faia 'o ni fuafuaga 'iāte 'oe.

'O ā ni fuafuaga po 'o ni tōnu lelei 'o 'iāte 'oe? I le tele 'o taimi e tolu ni tūlaga: 'o le fa'aauau o le tō 'ina 'ia ola le pepe (tusa lava po'o le fa'aipoipo po 'o le lē fa'aipoipo); 'o le tu'uina atu 'o le pepe e fai ma tama fai pe 'ā fānau; ma le fa'apa'ū lea 'o le pepe. E lē faigōfie lea tūlaga ma e ao ina māfaufau i ai ma le fa'aeteete. E lē tasi se tali e sa'o mo tagata ta'itoatasi '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 lau uō po 'o lou tō'alua e uiga i lau tō. E lē taumate 'ole'ā lē fa'aalia uiga popole o lau uō po 'o lou to'alua, 'ae peita'i 'olo'o mamafa fo'i iā ia lea tūlaga. E lelei fo'i pe 'āfai 'e te talanoa i se isi o lou 'āiga, sau uō, po 'o lau faife'au. Peita'i, 'o 'oe lava e iai le filifiliga. 'O le to'atele o tama'ita'i lātou te maua se fesoasoani mai i se tagata faufautua, ma e fa'apenā fo'i a lātou uō po 'o o lātou to'alua. 'O se tagata faufautua lelei na te lē fa'amālosia 'oe i le mea e fai, 'ae na te ofoina atu se fesoasoani 'iāte 'oe 'ina 'ia 'e iloa lelei le mea e ao ina fai, ma fesoasoani 'iāte 'oe e su'esu'eina ma fa'amanino lelei tūlaga ta'itasi. 'O se tagata faufautua 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 lumana'i 'ina 'ia fuafua lelei lou 'āiga. E tatau ona tu'uina atu ni fautuaga pe 'ā 'uma su'esu'ega 'ua 'e tō. 'Āfai e leai, e ao ina fa'afeso'ota'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 Fauaufautuaga mo Mātua ma Tamaiti (Child and Family Service), po 'o isi 'ōfisa lātou te fa'asino atu fale talavai ma isi 'ōfisa 'ese'ese e maua ai ni fesoasoani.

'O LE FAIGA PO 'O LE OLAGA FA'AMĀTUA

E lē taumate 'ole'ā 'e fia iloa tūlaga ma gasologa pe 'ā 'avea 'oe ma tinā i le taimi lea e fai ai lau filifiliga 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'ā 'e manatu 'o pepe e 'aulelei ma 'ole'ā 'e fiafia lua te tā'a'alo. Manatua 'o pepe e vave ona mātutua. Pe 'e te mautinoa e mafai ona 'e tausia ma va'aia se pepe? 'Ae fa'apēfea se tamaititi 'ua matua? 'O ni isi taimi 'ua manatu tagata 'ole'ā 'avea le pepe ma mea e tūmau ma mausalī ai le gasologa 'o mea 'uma i le vā o se ulugālī'i po 'o se uō. 'O ni isi 'ua manatu 'ua lātou faia se "mea sesē" ma e ao ina toe tau ai atu. 'O ā au māfua'aga?

'O au sini po 'o ou fa'amoemoega.

'O le ā le itū'āiga olaga 'e te mana'o 'i ai i le lumana'i? 'Āfai 'o 'e ā'oga pea, 'o le ā le 'umi 'o totoe mo lau ā'oga? Masalo 'ole'ā 'e mana'o e sā'ili ni polokalama fa'aleā'oga mo fafine totō. I ni isi nofoaga e tu'uina atu e le 'Ōfisa o Ā'oga ni faia'oga po 'o ni polokalama mo mea tau ā'oga ma e aofia ai le tausiga o pepe. 'O le ā le itū'āiga lumana'i 'e te mana'o ai po 'o ā ni suiga 'e te fia fai mo lou lumana'i? Māfaufau pē fa'apēfea ona fetui nei fuafuaga ma le tausiga o le pepe. E iai ni taimi 'ua fa'alēfiafia ai ni isi i a lātou fānau e le'i fuafuaina 'auā 'ua fa'amālosia ai 'ilātou e sui a lātou sini po 'o fuafuaga mo le lumana'i.

'O se'āiga 'ato'atoa ona lelei.

E to'afia tamaiti 'e te mana'o 'i ai, 'a 'o le ā fo'i le vā 'e te mana'o ai? E fa'apēfea ona fetui au fuafuaga nei ma le fānau mai o se pepe? E fa'apēfea ona a'afia ai 'oe i se suiga mo gasologa 'olo'o 'e fuafuaina? E tatau fo'i ona e māfaufau i le tūlaga o le tama i fuafuaga 'e te faia. Masalo 'ole'ā 'e lagona e ao ina nonofo fa'atasi mātua ma le pepe. E fetui lenei fuafuaga ma le tūlaga 'olo'o 'e iai nei? 'Āfai 'e te laitiiti ma 'e te le'i fa'aipoipo, e ao 'ina 'ia 'e iloa 'o le to'atele o tagata 'ua tēte'a e mafua mai lea i ulugālī'i na fa'aipoipo 'a 'o laiti. Masalo 'ole'ā '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 ā le tūlaga moni '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 'oulua talanoa i lea tūlaga.

'O mea tau tupe.

'O tupe 'o se mea tāua tele i le tausiga o le tamaitiiti. Māfaufau fo'i i le tau o le taimi. 'Ole'ā 'avea 'oe ma tinā mo itūlā e 24 i aso ta'itasi mo tausaga e 18 po 'o le sili atu fo'i. 'Ia manatua 'o le tamaitiiti e mana'omia itū'āiga tausiga 'ese'ese 'a 'o fa'asolo ina matua. 'E te fa'amoemoe 'i se fesoasoani mai i lou 'āiga? E ao 'ina 'ia 'e iloa pē lātou te mālilie i le tūlaga 'olo'o 'e iai, ma māfaufau fo'i i ni isi 'auala mo 'oe pē 'āfai e iai ni suiga i lea tūlaga.

'O lo 'oulua soifua mālōlōina ma le pepe.

'O le ma'i tō ma le fānau mai o le pepe e lē 'o ni mea faigōfie. 'O le matua 'o le tama'ita'i e mafai ona tutupu ai ni fa'afitāuli pe 'ā fānau. 'O tama'ita'i laiti e mafai ona maua i le toto vaivai (anemia), 'ona le tino (toxemia), toto maualuga (high blood pressure), fānau lē au (premature babies), pepe e lē lava le mamafa, ma isi lava fa'afitāuli. 'Ua aliali mai le tele ina mama'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 lātou tausaga. E faigōfie ona tineia ni isi o nei fa'afitāulil pe 'āfai 'e te alu e va'ai fa'alausoso'o le fōmai i le taimi 'olo'o 'e tō ai. 'Āfai 'e te mana'o e ola lelei ma mālosi le pepe pe 'ā fānau, e sili pe 'ā 'e vave alu e va'ai ma filifili lelei se fōmai 'e te alu 'i ai

FĀNAU FAI.

'Āfai 'e te mana'o 'ina 'ia ola le pepe, 'ae 'e te le'i sāuni e 'avea 'oe 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 ē e gālulue ma māsani i lea tūlaga (e aofia ai ma tamaiti fai) 'ua lātou talitonu 'o se tūlaga alofa ma lelei lea mo mātua moni o tamaiti, 'ua lātou talitonu 'o le to'atele o mātua ('ua tu'uina atu a lātou fānau e fai ma tama fai) e ālolofa tele 'i a lātou fānau, e tusa lava po 'ua lātou tu'uina atu a lātou fānau 'i ni isi tagata mo le tausiga. E lē faigōfie lava lea filifiliga.

'O se mea tūmau.

'O le tu'uina atu o se tamaitiiti e fai ma tama fai 'o se mea tūmau. Fa'amata 'ole'ā 'e fia va'ai 'i lau tama i se tausaga 'o lumana'i? E māsani ona lē fa'atagaina 'oe e va'ai pē fa'amāsani 'i lau tama i aso 'o lumana'i. 'O ni isi o mātua moni o tamaiti fai e popole ne'i lē talisapaia e tamaiti a lātou filifiliga e 'avea ma fānau fai. 'O isi taimi e matuā mātana'o tele fānau fai e fia iloa o lātou mātua moni, 'ae lē taunu'u lea fa'amoemoe. 'O isi taimi e fa'afaigōfieina lea fa'afitāuli i le fetusia'i po 'o ni isi fo'i 'auala 'ese'ese e uiga 'i lea tūlaga. 'Ae tūmau pea le avanoa 'e te toe salamō ai ma fia mana'o 'i le pepe.

'Ōfisa 'o mea tau fānau fai.

'O le 'aveina o se tamaititi ma tama fai e mafai ona fuafua ma taupulepule i 'auala 'ese'ese i setete 'uma. 'O le mauaina po 'o le tu'uina atu o se tamaititi e 'avea ma tama fai e 'auala 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'aletulāfono. 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'aletama fai e māsani ona fa'alilolilo, 'ae e 'ese'ese le 'auala a 'ōfisa ta'itasi i lea tūlaga. I taimi 'ua te'a sā matuā 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. 'Ae peita'i 'o lenei vaitaimi 'ua taumafai tagata e sālilia ni 'auala 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 iloa o mātua fou o lau tama? 'O le 'auala 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 māliliega '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 gālulue 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 fai lava e lātou ia 'auā e mafai ai ona lātou feiloai ma iloa 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 fautuaga, sa'iliga o mātua fai, ma isi tūlaga fa'alemālō nai lo 'o lōiata'atele.

Fa'anoanoa.

'O le to'atele o mātua e lagona le fa'anoanoa 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 pē faigōfie ona tu'u 'eseina atu a lātou fānau. 'Ae peita'i, 'o ni isi tagata e mafai ona fa'aitiitia lo lātou fa'anoanoa pe 'ā 'umi se taimi 'ua mavae. E māsani fo'i ona manatua ma le fiasia e mātua a lātou fānau ma le lagona e o lātou loto 'ua faia se filifiliga lelei.

FA'APA'Ū LE PEPE (ABORTION)

Masalo e te le'i sāuni e 'avea 'oe ma tinā, pē e lē 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 'auala'e mafai ai ona fa'apa'ū le pepe pē fa'a'umalau tō.

'O ni fesili 'e te fesiliina 'lāte '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 iai ni talitonuga mālōlosi 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 sui ni ou lagona i se taimi 'o i luma? Masalo 'o tagata o lou 'āiga ma au uō e lē fīafia 'i le fa'apa'ū o le pepe. Masalo e leai se 'auala '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 āfāinia ai ou lagona i se taimi 'o lumana'i?

'O tūlaga fa'aletulāfono.

'O le fa'apa'ū o le pepe 'o se mea 'ua fa'atagaina i totonu o le Iunaite Setete 'ātoa. 'Ua iai le āiā tatau a so'o se tama'ita'i e fa'apa'ū ai lana pepe pe 'āfai 'ua malie i ai lana fōma'i i lea tūlaga. 'Ae peita'i, e lapata'i atu: e iai lava tulāfono fa'apitoa a setete ta'itasi. I ni isi 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 isi setete e matuā fa'aliloliloina mea 'uma e uiga 'i lea tūlaga. 'Ua 'ese'ese fo'i tulāfono i ni isi setete 'ona 'o le 'umi o le taimi e fa'atali ai 'a 'o le'i fa'apa'ūina le pepe. 'I le ma le isi mea, 'o tulāfono e sui i ni isi 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'alefalema'i, ma e pei 'o isi togafiti fa'alefalema'i, e mafai ona iai se fa'alētonu e ono tupu mai ai. Mo ni fa'amatalaga au'ili'ili e uiga 'i fa'afitāuli e mafai ona tutupu mai, fa'afeso'ota'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'itō e māsani ona saogalēmū lea ma e lē āfāina pe 'āfai 'e te filifili e fa'apa'ū le pepe. 'Ae peita'i, 'ā 'uma loa ia māsina e tolu, 'o lona uiga, 'ole'ā fa'asolo ina faigatā ona fa'apa'ū le pepe.

E lē tupu lava se tūlaga fa'apea, 'ua lē tōe mafai ona fānau se tama'ita'i talu 'ona 'ua fa'apa'ū sana pepe pe 'āfai na uia 'auala e ao ina faia. E mafai lava ona toe tō i se taimi 'o i luma pe 'ā

mana'o i se pepe. 'Ae peita'i, 'āfai e fai so'o lea tūlaga 'o le fa'apa'u o pepe, 'o lona uiga, 'ole'ā fa'afaigōfie ona iai ni fa'afitāuli i le lumana'i e pei 'o le ma'ifafano. 'O le mea lea e ao ai ina manatua e fa'aaogā 'auala tatau e puipuia ai 'oe mai i le ma'i tō. 'Olo'o tā'ua i lalo ni fa'amatalaga e fa'atatau ile fa'apa'ūina o le pepe ma taimi e fai ai.

'O le mimitiina i fafo o le 'alu'alutoto (vacume aspiration).

E faia lea togafiti 'a' o le'i o'o i le 12 vaiaso o le tō a le fafine (tusa e 14 vaiaso talu le aso muamua o lou ma'i māsina fa'ato'ā te'a). 'O le togafiti lea e pito 'i sili ona saogalēmū ma ta'atele. E māsani ona faia i totonu o le 'ōfisa o se fōma'i po 'o totonu o se falema'i, ma e fa'aaogāina ai e 'ilātou vailā'au po 'o tui fa'agase. I lenei togafiti, e fa'avā tele e le fōma'i le cervix ('o le gutu lea o le fa'a'autagata) ma e momono i totonu o le fa'a'autagata se fa'agā'au tuaiti 'olo'o soso'o i 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 la'itiiti. E lima i le sefulu minute e fai ai lenei togafiti, 'ae peita'i e ao ina e sāuni e nofo i le 'ōfisa o le fōma'i po 'o le falema'i mo se 'afa aso 'ina 'ia lava se taimi 'e te mālōlō ai pe 'ā 'uma ia taualumaga. 'O le tele o 'ōfisa e fautuaina 'oe 'ina 'ia 'oulua ōmai ma se isi tagata e fesoasoani 'iāte 'oe ma 'ave 'oe i le fale pe 'ā 'uma.

'O le fa'avāteleina 'o le gutu o le fa'a'autagata ma le valuvalu 'eseina 'o le 'alu'alutoto (dilation and curettage).

'O lenei togafiti 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'amoe 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 'ōfisa 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 soso'o ai. E tai tutusa 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'a'autagata 'ina 'ia 'ave 'eseina aile 'alu'alutoto.

'O le fa'avave fānau (prostaglandin or saline procedure).

'O lenei 'auala e fai sina faigatā ma 'ua fa'aaogā lea i fafine 'ua sili atu i le sefulu vaiaso a lātou tō (e seāseā fa'aaogāina). 'O le togafiti lenei e mana'omia ai le fafine tō 'ina 'ia nofo i le falema'i mo le tasi i le fā aso. I lenei togafiti e fa'aaogāina ai se nila e pū le 'ogātotonu e tui ai se vailā'au i totonu o le taga 'olo'o si'omia ai le pepe (amniotic sac). 'O le vailā'au lenei (e iai le vaimāsima po 'o le isi vailā'au e ta'ua 'o le prostaglandin) e tāofia ai le pepe mai i le tupu a'e i totonu o le fa'a'autagata. Pe 'ā mavae le sefulu lua i le fitusefulu lua itūlā 'ua 'āmata loa ona māui le fa'a'autagata ma sau loa i fafo le pepe (po 'o le 'alu'alutoto). E ao ina 'e ta'oto ma mālōlō 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 faigatā, 'auā e tai tutusa lava ma le fānauina o le pepe. 'O le mea lea e tāua ai le faia 'o au fuafuaga e fa'atatau i lau tō i se taimi e sili ona vave.

Pe 'ā 'uma ona fa'apa'ū le pepe.

'O ou lagona pe 'ā 'uma ona fa'apa'ū le pepe e fa'alagolago lea i ou lagona 'a 'o le'i faia lau filifiliga. 'O le to'atele o fafine e mapu ma to'aflēmū o lātou māfaufau. E ui i lea, 'o se mea māsani fo'i pe 'āfai e lagona e 'oe ma lou to'alua po 'o lau uō le fa'anoanoa. 'O le fa'amutaina 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 pea, e ao ina 'e sālī se fesoasoani. 'Ae 'āfai na 'e faia lau filifiliga ma le fa'aeteete, '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 fesoasoani 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.

ma'itaga	pregnancy	tō	pregnancy
mana'o	want	manatu	think, believe
fa'amoemoe	wish, desire	tūlaga	situation
faigatā	difficult	popole	worry
va'ai	see, visit	fōma'i	doctor
su'esu'ega	test, examination	falema'i	hospital
faletalavai	clinic	setete	state
e uiga'i	concerning	fa'alilolilo	secret
ta'uinaatu	tell	fua	freely
na'o	only	fa'ailoaina	reveal
i'uga	result	misia	miss
ma'imāsina	menses	fe'aulata	urine
manava	pelvis	toto	blood
feusua'i	sexual relations	mautinoa	certain
fuafuaga	plans	tōnu	plan
fa'aauau	continue	ola	live
tusa lava	regardless	fa'aipoipo	to be married
tu'uina atu	to give, offer	fai ma	become

tamafai	adopted child	fānau	child
fa'apa'ū le pepe	abortion	faigōfie	easy
māfaufau	consider	fa'aeteete	careful
tali	answer	sa'o	correct
ta'ito'atasi	each	lagona	feeling
uō	friend	tō'alua	spouse
e lē taumate	no doubt	fa'aalia	show
uiga	behavior, feelings	popole	worry
mamafa	heavy, deep	talanoa	discuss
'āiga	family	faife'au	minister
filifiliga.	decision	fesoasoani	assistance
tagatafaufautua,	counselor	fa'amālosia	force
ofoina	offer	fa'amanino	explain
fa'asino	show	'auala	way, means
tautupe	financial	lē gata 'i lea	furthermore
tāofia	prevent	lumana'i	future
fa'afeso'ota'i	contact	ōlaga fa'amātua	parenthood
gasologa	development, progression	fa'aolaina	to save, spare
sāuniuniga	preparations	mafua'aga	reason, cause
masalo	perhaps	'aulelei	beautiful
tā'a'alo	play	manatua	remember
vave	quickly	mātutua	mature, old
va'aia	watch	fa'apēfea	how
tamaititi	child	tūmau	permanent
mausalī	firm, lasting	gasologa	progression
vā	relationship	ulugāli'i	couple
uō	friends	mea sesē	mistake
ao ina	must	taui atu	pay for
sini	aim, aspiration	fa'amoemoega	hope, aspiration
itū'āiga	kind, type	ōlaga	life
lumana'i	future	ā'oga	school, education
totoe	remaining	polokalama	program
fa'aleā'oga	education	nofoaga	area
tu'uina atu	offer	'Ōfisa o Ā'oga	Dept. of Education
faiā'oga	teacher	aofia	include
tausiga o pepe	child care	lumana'i	future

suiga	change	fa'alēfiafia	does not like
fuafuaina	plan	'ato'atoa	completely
fetaui	fitting	tēte'a	divorce
laiti	young	ona pō nei	these days
moni	true, actual	tāua	important
itūlā	hour	sili atu	more
mana'omia	need	itū'āiga	kind, type
'ese'ese	different	mālilie	agreeable
soifua mālōlōina	health	faigōfie	easy
tutupu	cause, create	fa'afitāuli	problem
fānau	give birth	toto vaivai	anemia
toto maualuga	high blood pressure	'ona le tino	toxemia
fānau lē au	premature baby	mamafa	weight
alialimai	show, exhibit	āfāina	affected
tausaga	age, year	tinea	erase, take away
fa'alausoso'o	repeatedly	e sili	better
filifili	chose	fānaufai	adopted child
sāuni	prepare	talitonu	believe
lē alofa	unloving	māsani	usually
mātua moni	true parents	to'atele	many
lē faigōfie	not easy	mea tūmau	permanent
fa'amata	to suppose	lē fa'atagaina	not permitted
fa'amāsani	to know, fraternize	lē talisapaia	not approve
fia iloa	want to know	lē taunu'u	not come about
fetusia'i	correspond, to write	salamō	regret
'ōfisa	office	taupulepule	arrange
atamaifa'apitoa	specially trained	fa'aletulāfono	legal
faufautuaga	advice	fa'amatalaga	information
vaitaimi	time, era	sainia	to sign
māliliega	agreement	vavaeina	separate
lōia	lawyer	pepa fa'alemālō	legal papers
agava'a	capability	ta'atele	ordinary
fa'anoanoa	sadness, depression	to'atele	most
tu'u 'ese	give away	filifiliga sili	best decision
tigā	pain, painful	fa'aititia	reduce, diminish
mavae	pass, past	fa'apa'ū le pepe	abortion

lētalafeagai	not agree, not fitting	fa'a'uma	to end
āfāinia	affect	lagona	feel
fa'aletulāfono	legal	fa'atagaina	permit
Iunaite Setete	United States	āiā tatau	basic rights
malie	agree	lapata'i	warn
fa'atagaina	to permit	matuā	exceedingly
fa'aliloliloina	secret	fa'atali	wait
siaki	check, investigate	soifua mālōlōina	health
'aogā	useful	togafiti	treatment
fa'alefalema'i	hospitalize	pei 'o isi	like others
au'ili'ili	detailed	saogalēmū	safe
vave	quickly	fa'amuta	end, terminate
māsina	month	faigatā	difficult
ma'ifafano	miscarriage	mimitiina	suck, aspirate
'alu'aluto	foetus, blood clot	ta'atele	common, frequent
vailā'au	drug	tui fa'agase	local anesthetic
togafiti	treatment	fa'avā	to open
gutu	opening	fa'a'autagata	uterus
momono	insert	fa'agā'au	tube
tuaiti	narrow	soso'o	connected
masini mimiti,	aspiration device	niniva	dizzy
tīgā la'itiiti	minor pain	'afa aso	half day
mālōlō	rest	taualumaga	procedures
ōmai	come	fa'avāteleina	open wide
fa'amoe	general anesthesia	valuvalu 'eseina	scrape out
aso e soso'o ai	next day	fāsi	piece
u'amea	metal	sipuni	spoon
fa'avavefānau	induced abortion	sili atu	beyond
seāseā	seldom	nila	needle
pū	hole, hollow	'ogātotonu	center
tui ai	inject	vailā'au	drug
taga	bag, sack	si'omia	surround, enclose
vai māsima	saline	tāofia	prevent, stop
tupu a'e	grow, develop	māui	contract
tai tutusa	almost identical to	aso'ātoa	whole day
tāua	important	fa'atatau	appropriate

fa'alagolago	depend	mapu	rest, feel relief
to'afilēmū	peace, relief	māfaufau	think
māsani	common, frequently	ui i lea	nevertheless
fa'amutaina	terminate	misi	miss
avanoa	chance	sā'ili	seek, look for
fa'aeteete	with care	manatua	remember

'O FA'AMA'I E FE'AVEA'INA 'ONA 'O FAIGĀ'ĀIGA

(SEXUALLY TRANSMITTED DISEASES)

E lē taumate 'o le tele o ni isi 'ua lātou va'ai ma fa'alogo 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 ia e lua, 'ae sili atu i le lua sefulu itū'āiga fa'ama'i 'ese'ese e mafai ona āfāina ai 'oe pe 'ā lua fai'āiga 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'āiga 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'āiga, 'ae māfua mai i siama ma isi manu laiti. 'Ae 'āfai lua te fai 'āiga 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 itūtinosā, lou fofoga, ma le nofoaga.

'Āfai 'o 'e fa'alogo ifo, "E lē tupu se mea fa'apea ia te a'u, e lē 'o a'u 'o se tagata fa'apenā; e leai se mea 'ou te sālī ai ma fia iloa e uiga 'i lenei mea," 'ātonu 'e te sesē. 'Āfai 'o faia pea ni feui'iga 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'itasi, e lē tataua lava ona tupu. E iai mea e tataua ona 'e faia e puipua ai 'oe! E ui lava ina āfāina 'oe i lea fa'ama'i, peita'i e iai ala e mafai ai ona puipua lou soifua mālōlōina.

'O le ala sili e 'aia ai ona maua 'oe i ia fa'ama'i, 'o le 'aia lea 'e te fai'āiga. Peita'i 'āfai 'o 'e faia pea lea tūlaga, 'o ni isi nei o mea e tataua ona 'e faia e puipua ai 'oe. 'Āfai fo'i e lē aogā i ni isi taimi 'ae 'ole'ā fesoasoani i le fa'aitiitia o le avanoa mo 'oe ma lau pāga e maua ai i ia fa'ama'i.

- 'Ia māsani lelei i lau pāga—Fa'aitiitia au pāga. 'Ā tele ni isi tou te fai'āiga, 'o le tele fo'i lenā 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 fīnau i lau pāga (tāne) e fa'aaogā le pa'u meme'i. 'O le ala sili lea ona sefe.
- 'Āfai 'ua 'e lagona 'ua maua 'oe i le fa'ama'i, 'aia ne'i toe fai'āiga 'ae siaki muamua i le fōma'i.
- 'Āfai 'ua maua ai 'oe, fesoasoani 'i lau pāga 'ina 'ia togafita ma ia. 'O le tele o ni isi e lē 'o silafia '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'ega e siaki ai 'oe.

- 'Āfai 'ole'ā mǎe'a se lua faigā'āiga ma se tasi, 'ia faia sau fe'au lata, e fesoasoani lenā e fa'asau ai i fafo ni siama 'o i le alāvai.
- Taumafai e 'aia le fai'āiga ma se tasi 'o iai se matāpo'u i ona itusā, nofoaga po 'o lona fofoga.
- Fa'amamā lelei ou itusā i le fasimoli ma le vai 'a 'o le'i faia ia gaoioiga ma pe 'ā mǎe'a, e fesoasoani tele lenā i le tinea o siama pe 'āfai 'o iai.

KONALIA

'O le konalia, 'o le inifeti o le itusā o le tǎne, tama'ta'i, fa'a'autagata, nofoaga po 'o le fa'a'i e mǎfua mai i siama laiti. 'Ā lē togafitia, 'ole'ā sosolo lenei inifeti 'i le tino 'ātoa, ma maua ai i le ma'i fatu, uaua fufula, ma le lē fānau. 'O isi itū'āiga konalia e iai lava vailā'au fa'apitoa e togafitia ai.

Āuga

Tane: 'O le tele o tǎne e sau le alou mai iāte ia 'ātoa ma le lagona o le fe'alasi pe 'ā fai lana fe'au vai. 'O nei āuga e aliali mai i le lua i le lima aso talu ona fai'āiga i se tasi 'o inifetia. Peita'i, 'o ni isi tǎne e maua i le konalia' ae leai ni āuga

Tama'ita'i: 'O le tele o fafine e leai ni va'aiga vave e aliali mai o le konalia. Peita'i, e mafai ona sosolo i tōtōga fa'afānau o le fafine ma mǎfua ai ona tīgā le 'ona. 'Ua ta'ua lea 'o le fa'a'autagata fufula. E mǎfua mai lea i le konalia. Ma 'o i'ina fo'i e mǎfua ai ona lē toe fānau se tinā pe 'ā maua ai i lea ma'i. 'O le tele fo'i o fafine e maua i le konalia, e māsani ona ōi i le tīgā o le 'ona, e pei ona mafatia ai pe 'ā fai lona palapala. 'O ni isi fafine e fa'afāufāu, lē fia'ai, fa'asuati, ma'alili, fiva pē lagona le tīgā pe 'ā feua'i ma le tǎne. '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 le 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 vailā'au i ona mata pe 'āfānaumai.

SIFILI

Vāega muamua: E mua'i va'aia se matāpo'u pe 'ā tolu vaiaso talu ona lua feua'i ma se tasi 'o maua i le sifili. 'O lenei matāpo'u e māsani ona tupu i ou itūsā, 'o le nofoaga po 'o le gutu. E tūmau ai pea lea matāpo'u mai le tasi i le lima vaiaso. 'Ā pē, 'ae lē tinea ai siama ma isi manu laiti 'ua ola i totonu o lou tino.

Vāega lua: A mǎe'a le lua i le sefulu vaiaso, 'ole'ā sasao ni fa'amatāpo'u i lou tino 'ae lē tīgā pē mageso. 'O lou lauulu fo'i 'ole'ā 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 pea 'oe i le sifili.

'O le taimi lā i vāega ia e lua e mafai ai e 'oe ona pasi atu i lau pāga ma inifetia ai 'o ia. 'Ā lē togafitia, e mafai e lea ma'i ona pipili ai, tauaso, ma'i fatu, fa'avalevalea po 'o le maliu fo'i.

Tinā 'o Ma'itō

'Āfai 'o 'e mamafa, e mafai ona pasi atu i lau pepe. 'Ā vave maua le sifili iāte 'oe ma togafitia, 'ole'ā fa'asaoina ai le ola o lau tama ma lē fa'aleagaina ai lona tino.

KALAMATIA

'O le kalamatia 'o se isi lea itū'āiga siama e inifeti ai itūsā o le tāne, fafine, fa'a'autagata ma le nofoaga. E ta'a tele lā le kalamatia nai lō le konalia. E tusa ma le tolu miliona tagata 'Amerika e maua ai i tausaga 'uma, ma e maua ai tāne ma fafine. E pei lava 'o le konalia, 'o lenei inifeti e āfāina ai tōtōga e fānau ai le pepe. E i'u lava ina lē toe fānanau ai isi ma tutupu ai ni isi fa'afitāuli i le taimi o le ma'itaga o le tinā.

'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 tūgā fo'i pe 'ā fai le fe'auvai. E va'aia ia tūlaga i le tasi i le tolu vaiaso talu ona 'uma se feui'ai'ga ma se tasi o inifetia i lea siama.

Tama'ita'i: 'O tama'ita'i fo'i e mafai ona maua ai pe 'āfai 'o maua ai se tāne 'o lā fai'āiga. E seāseā lava ona va'aia ni āuga, 'ae 'o ni isi 'ua sosolo i le vāega o le fa'a'autagata.

'O le lē mafai ona fānau o fafine 'ona 'o lea ma'i 'o se tasi lea o fa'afitāuli telē. E tusa ma le 50,000 tinā i 'Amerika e lē mafai ona toe fānanau 'ona 'ua maua i le kalamatia. 'O le tele o ni isi, e lē mafai lava ona ma'itō 'ona sā maua ai muamua i le kalamatia. I le lunaite Setete, e sili atu le tele o tinā 'ua maua i le kalamatia nai lō 'o le konalia. I tausaga ta'itasi, e sili atu ma le 150,000 pepe e fānanau mai i tinā na maua i le kalamatia. 'O nei pepe e mafai ona maua i ma'i mata ma taliga po 'o le niumōnia. 'Ā vave ona togafitia, 'o le tele o tinā 'ole'ā lē āfāina o lātou fa'a'autagata. Peita'i, e faalagolago i le tele o taimi ma le 'umi na maua ai 'oe i lea ma'i.

FA'AMATĀPO'U I ITŪTINOSĀ

E mǎfua 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 inifetia o le isi tagata. 'O se fa'ata'ita'iga: 'āfai 'o iai se matāpo'u i lou laugutu, 'ae kisi i se isi, 'ole'ā maua ai fo'i le matāpo'u i lona laugutu. 'Ā iai ni matāpo'u i ou itūtinosā 'ae lua feui'i ma se tasi, 'ole'ā maua ai fo'i 'o ia i lea mea. 'Āfai e iai se matāpo'u i lou fofoga, 'ae tu'u lou fofoga i itūtinosā o lau pāga, 'ole'ā maua ai lau pāga i lea ma'i. E

pasi atu le siama mai le vāega 'o inifetia i le itūtino e pa'i i ai.

'Ia tāua ona 'aia ne'i faia se faigā'āiga ma se tasi pe 'āfai 'o iai ni matāpo'u i lou tino po 'o lau pāga.

Āuga

E lua i le luasefulu aso talu ona lua fai'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. 'Āfai lua te fai'āiga ma se tasi 'ae 'o iai ia fa'apepē po 'o matāpo'u iāte 'oe, 'ole'ā maua ai fo'i ia. E tīgā tele nei matāpo'u, 'ae māsani ona pepē i le lua i le tolu vaiaso. E ui lava lā ina mou ia fa'apepē, 'ae 'olo'o ola pea le siama i lou tino. 'O ni isi, e sasao fa'afia 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'itō 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 puipua ai le pepe. 'O lenei 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'ega o le kānesa i ou itūtinosā i tausaga 'uma. E mafai ona togafitia pe 'ā vave maua.

LAFETOGA

'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 faigā'āiga. 'Ua talitonu ni isi saienesi 'ā maua ni lafetoga iāte 'oe, e lē taumate 'ole'ā maua fo'i 'oe i le kānesa. 'Āfai e alia'i mai ni lafetoga i ou itūsā, logo i lau fōma'i 'ina 'ia faia ni su'ega mo 'oe i tausaga 'uma mo ni fa'ailoga o le kānesa.

Āuga

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

E fuafua lava i le telē, mea e tutupu ai, ma le fuaitino mai, e mafai lava ona togafitia i ala 'ese'ese. E iai le fa'aaogāina o ni vailā'au, susunu po 'o le tafa 'ese fo'i. 'O le vave togafitia e mafai ai ona tinea, 'ona e mafai e lenei 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'e 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 lē āfāina ai tagata māloloji. 'O fa'ama'i lā 'ia, 'ae lē 'o le AIDS, e māfua ai ona māliliu ni isi.

Āuga

Mai le taimi e inifeti 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 fōliga 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 toe sau fo'i.

'O mea nei e aliali mai:

- Vaivai e lē fa'amatalaina.
- Fiva, ma'alili ma le tete ma le afu i le pō.
- 'O le alu o pauna pe lusi e sili atu i le sefulu.
- Uaua fufula i le ua, lalo o le 'ao'ao ma itūsā.
- 'O ni patupatu po 'o ni fula lanu pīniki pē violē e pei 'o ni uno'oa 'ae lē pepē.
- Fa'a pepē 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 'āiga 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'avea'ina le AIDS mai faigā'āiga po 'o le sieaina (fa'aaogā-to'alua) lea 'o tui ma nila e tui ai vailā'au mata'utia (IV drug users). 'Ua mautinoa, 'o 'ilatou 'ua maua i le AIDS i le Iunaitē Setete 'olo'o i se vāega fa'apitoa e iai 'ilatou nei:

- Fa'afāfine, ma tāne e ui i tāne ma fafine.
- Tāne ma tama'ita'i e fa'aaogāina vailā'au māloloji ma siea nila ma tui.
- 'O pāga a 'ilatou 'o iai i vāega nei talu mai le afe iva selau fitusefulu fitu.
- 'O tamaiti na fānanau mai i mātua e i le vāega e faigōfie ona maua i le AIDS.

E ititi si vāega e maua i le AIDS e lē lavea ai i vāega 'ua ta'ua i luga. Peita'i 'ua iai le talitonuga o saienesi, 'ua māfua ona maua 'ilatou ia i le AIDS 'ona 'o faiga'āiga 'ātoa ma mea e fa'aaogāina i le tuiina o toto 'ua lē mamā. E ui lava lā ina maua 'ilatou mai vāega 'ua ta'ua i luga, 'ae so'o se tasi lava e fai'āiga ma sē 'ua maua i le AIDS e mafai ona maua ai fo'i ma ia.

'O 'AU'UPEGA SILI MO LE TETE'EINA O LE AIDS

- 'Aua ne'i fai'āiga ma se tasi 'o i vāega e mauagōfie i le AIDS, pē sieaina nila ma tui.
- A fa'aaogāina lelei pa'umeme'i, e mafai ona tāofia ai le fe'avea'ina o le AIDS.

MEA E TATAU ONA MANATUA

'Āfai 'ua 'e mālmalama i āuga 'uma 'o i lenei fa'aaliga, ma lagona 'o maua ai 'oe i ni isi o ia fa'afitāuli, 'ae 'ese mai ai le AIDS, e mafai ona faia togafitiga. 'Aua 'e te taumafai e togafiti lava 'oe. 'O le aofa'i o vailā'au ma itū'āiga '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'āiga vailā'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 'auā e toe maua ai fo'i 'oe pe 'ā faifai pea se lua mafutaga ma lau pāga 'olo'o āfāina i lea ma'i 'ae lē togafitia. 'O le tele o ni isi tāne ma tama'ita'i, e ui ina maua ai i se fa'ama'i, 'ae lē va'aia ni fa'aailoga i o lātou tino. Āfai 'ole'ā lē togafitia nei fa'afitāuli e i'u ina o'o atu i se tūlaga mafatia ma le faigatā.

'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 fesuisuia'i au pāga lua te fai'āiga i māsina 'uma, e lelei fo'i ona faia au su'ega i māsina 'uma, tusa lava pē lē 'o va'aia ni fa'aailoga.

'O ni isi o su'ega:

- Silifi—su'ega o le toto.
- Konalia—e aumai ni vāega o le matāpo'u i ou itūsā, fa'a'i, nofoaga ma le alātagata ma faia ai su'ega. E lē 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 abovereading.

fa'ama'i	disease	fe'avea'ina	transmit
faigā'āiga	sexual intercourse	lē taumate	no doubt
tuana'i	time past	sifili	syphilis
konalia	gonorrhea	lauiloa	well known
itū'āiga	type, kind	'ese'ese	different
āfāina	affected	sili atu	more, best
māfua	caused by	siamā	germ

manu laiti	microbe	inifetia	infected, infection
osofa'ia	attacked, infected	itūtinosā	genital
fofoga	face, mouth	nofoaga	anus
tupu	to grow	fa'apea	like this
fa'apenā	like that	sā'ili	search for, learn about
e uiga 'i	about, concerning	'ātonu	probably
sesē	wrong	feuia'iga	sexual relations
miliona	million	ta'itasi	each
puipuia	protect	e ui lava	although
peita'i	nevertheless	ala	method, way
soifua mālōlōina	health	'aua	don't
tūlaga	situation	e lē aogā	no use
fesoasoani	help	fa'aititia	reduce
avanoa	chance	pāga	partner
māsani	accustomed to	pa'u meme'i	condom
fīnau	argue for, persist	sefe	safe
lagona	feel, sense	'aua ne'i	don't
siaki	check	togafita	cure, treat
silafia	to be aware, know	tino	body
vave	quickly	su'ega	test
fe'au lata	to urinate	fa'asau i fafo	force out
alāvai	urethra	taumafai	try
matāpo'u	a sore	fa'amamā	to clean, wash
fasimoli	soap	vai	water
gaoioiga	sexual relations	māe'a	finished
tineia	cure, clean out	fa'a'autagata	uterus
fa'a'i	throat	sosolo	spread
'ātoa	completely	ma'i fatu	heart disease
uaua fufula	swollen lymph glands	lē fānau	barren
vailā'au	drugs, medicine	fa'apitoa	special
āuga	symptom	alou	pus
'ātoa ma	together with	lagona	sense, feel
fe'alasi	burn, sting	aliali	show up, appear
tōtōga fa'afānau	reproductive organs	'ona	lower abdomen
fufula	swollen	mafatia	suffer
fai lona palapala	menstruation	fa'afāufāu	nauseated

lē fia'ai	loss of appetite	fa'asuati	to vomit
ma'alili	chills	fiva	fever
matuā	very much, really	tāua	important
ma'itō	pregnant	pasi	pass on, infect
tauaso	blind	vāega	part, section
muamua	first	mua'i	first
matāpo'u	a sore	tūmau	permanent
sasao	spread	mageso	itch
lauulu	hair	to'ulu	fall out
mou atu	go away	pipili	cripple
fa'avalevalea	insane	maliu	die
fa'asaina	saved, rescued	fa'aleagaina	ruin
fa'afitāuli	problem	ma'itaga	pregnant
suāvai	liquid	toto'o	thick liquid
e pei	like, resemble	suāsusu	milk
niumōnia	pneumonia	faalagolago	depend on
'umi	length of time	feso'ota'iga	contact
fa'ata'ita'iga	example	laugutu	lips
kisi	kiss	pa'i	touch
fa'apepē	pustule	fa'afia	numerous
olaga'ātoa	whole life	fuafua	to plan
'auala	ways, means	fa'alētonu	problem
ola.	life	kānesa	cancer
lafetoga	wart	talitonu	believe
saienesi	scientist	logo	to contact, visit
lanu	color	pa'epa'e	white
'efu'efu	grey	tusa ma le	approximately
'afa	half	'inisi	inch
telē	size	ala 'ese'ese	different means, ways
susunu	burn	tafa 'ese	lance
osofa'ia	attack	vāega	part, constituent
toto	blood	tete'e	repel
māloloji	strong, healthy	fa'ato'āalia'i	just appear
fōliga va'aia	symptom	tutusa	same as
fulū	flu	faifai pea	persistent
aliali mai	appear	lēfa'amatalaina	no explanation

afu i le pō	night sweating	alu o pauna	loss of weight
lusi	loss	uaua fufula	swollen lymph glands
patupatu	bump, lump	lanu pīniki	pink
violē	purple	uno'oa	bruise
lē pepē	don't clear up	papa'e	white
tāinifo	gums	manava tatā	diarrhea
tale mātūtū	dry cough	motu le mānava	shortness of breath
feōa'iga	mingle	latalata	get close
'a'aifa'atasi	eat together	tago atu	touch
tausia	care for	lē	someone who
pepesi	spread	fepa'ia'i	touch
mafatua	sneeze	lūlū lima	shake hands
'ai a le namu	mosquito's bite	fa'aaliga	information
sieaina	share	fa'aaogā-to'alua	share
tui	needle	nila	needle
e tui	to inject	vailā'au	drug
mata'utia	dangerous	mautinoa	certain, clear
fa'apitoa	special	fa'afāfine	gay
e ui	sexual intercourse	vailā'au mālolosi	drugs
itiiti	few	lē lavea ai	not included
lē mamā	not clean	'au'upega	weapons
tete'eina	fight, repel	mauagōfie	easy to get
manatua	remember	mālamalama	understand
lagona	feel, sense	fa'afitāuli	problem
aogā	use, useful	aofa'i	amount
fa'ailogā	signs, symptoms	fuafua	depends on
tūlaga mafatia	worse condition	mafutaga	relationship
faigatā	difficult	su'ega	test
fesuisuia'i	change	su'ega o le toto	blood test

PUNITIA O ALĀTOTO MA LE TOTO MAUALUGA

(ATHEROSCLEROSIS AND HIGH BLOOD PRESSURE)

'O lenei matā'upu tāua 'ua fa'asino tonu aga'i i le puipuiga o ma'i fatu 'ese'ese. 'O se tasi o taua tele mai tala fa'asolopito o le soifua-mālōlōina - 'o le taua lea fa'asaga i ma'i 'ese'ese o le fatumaalātoto.

Māfaufau muamua i se paipa-vai i totonu o lou fale. 'Āfai 'ua loa ma tausagā 'o fa'aaogāina lea paipa-vai, 'ole'ā 'elea ma tuputupu malō ma fa'aputu ai lava lea 'ele malō i totonu lava o le paipa, ma vāiti ai le ala suāvai, ma i'u ai ina na'o sina suāvai ititi 'ole'ā mafai ona tafe ai.

'Ātonu i se aso, 'ole'ā punitia loa lenei pū ititi e se fāsi 'ele mai totonu lava o lenei fa'aputuga, ma matua'i lē toe mafai ai loa e le suāval ona toe tafe. E fa'apenā tonu fo'i lava alātoto 'o i totonu o o tātou tino. 'O lenei fa'aputuga e māsani ona mafua mai ni mea 'o i totonu o mea'ai lololo. 'O se tasi o nei mea e tā'ua 'o le kōlesiolo (*cholesterol*). E tuputupu ma fa'aputu i totonu o nei alātoto ma vāiti ma fa'aititia ai le tafe a le toto mo musele. 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 lā le mea e tupu pe 'āfai 'ole'ā māfiafia ma vāiti ai le alātoto mafua mai i lenei fa'ama'i o le Atherosclerosis? 'A 'o tafe atu le toto i totonu o lenei alātoto olo'o tuputupu a'e ai nei fa'aputuga, e faigōfie lava ona liu 'alu'alu toto. 'Ā maua loa le 'alu'alu toto i se alātoto vāitiiti, ona punitia loa lea 'o le tafe a le toto. 'Āfai lā e punitia e lenei 'alu'alu toto le alātoto tāua na te fafagaina itū fatu, ona pē loa lea 'o le itū lenā o le fatu - maua le fatu pē, auā 'ua leai se toto ola e tafe atu ma fafaga atu i le fatu.

'Āfai fo'i 'ua punitia e se 'alu'alu toto le alātoto na te 'aveina le toto ola ma fafaga atu i se tasi itū o le fāi'ai, ona pē fo'i lea 'o lenā itū o le fāi'ai, 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'afitāuli e mafua ai i le silia i le 90% o ē māliliu i ma'i o le fatu ma alātoto.

'Ina 'ia mālamalama atili i le toto maualuga, 'ia tātou toe māfaufau tasi lava i le paipa vai e i luma o le fale ma fa'apipi'i 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'i i le paipa, 'ole'ā vāititi le ala vai, ma tupu ai le mālosi ma le māsau o le tafe ma le salalau atu a le suāvai. 'O lenei 'o'omi na te fa'atupu le mālosi, māsau po 'o le maualuga o le tafe a le suāvai i totonu o le fa'agā'au. E iai se talitonuga i le tele o fōma'i lauiloa, fai mai e fa'apea tonu fo'i lava le maualuga o le tafe a le toto pe 'ā vāiti alātoto nini'i. 'Ā vāiti loa nei alātoto nini'i, ona 'avea lea ma pogai e mālosi ma maualuga ai le 'o'omi o le tafe, ma faigatā ai ona tau fa'aofiofi o le toto 'ina 'ia mafai ai ona tafe i vāega 'ese'ese,

Ma, 'o le ā le i'uga o le toto maualuga? 'Ina 'ia fa'a'ātoaina ma fa'amālosia le aofa'i o le toto e tatau ona tafe i totonu o alātoto 'ua vāiti, e tatau i le fatu ona matua'i galue ma le mālosi. 'Ona 'o le fatu e fausia i maso, 'ole'ā tuputupu ma lāpo'a ai fo'i 'ona 'o lenei galue fitā. Mulimuli ane, i ni tausaga, 'o lenei galue mālosi o le fatu, 'ole'ā o'o loa ina fai ifo le mālosi o le fatu, ma lē mafai ai ona galue mā'elegā ma 'āmata ai ona fa'alētonu le tātā, po 'o le pamuina 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'umi'umi ma le leaga tele e māsani ona a'afia ai fatuga'o fa'apea fo'i ma le fāi'ai, 'aemaise fo'i le fatu pei ona tā'ua muamua.

'Ona 'o fatu pē ma ma'i oso e ono mafua ai le oti, 'o le tele o taimi e seāseā maliu ai se isi. 'O le tele o 'i lātou 'ua maua ai, e māsani lava i le toe mālolo lelei ma ola i ni olaga manuia ma le tusa'afia. 'Ua iai ni vailā'au fou e mafaia ona fa'amata'aina 'alu'alu toto ma fesoasoani i le tauiviga mo le taua fa'asaga i fa'ama'i tau fatu. 'Ua iai fo'i togafitiga saienisi fa'afōma'i e fa'aitiitia ai le 'o'omi po 'o le mālosi o le toto maualuga 'ina 'ia puipuia ai le ono a'afia o le fatu, alātoto ma isi tōtōga tāua o le tino. Peita'i, e le'i maua se togafitiga ma'oti fa'afōma'i e iloa tonu ai le taimi 'ua 'āmata ai ona punitia alātoto, 'a 'o le ā fo'i le loloto o le tūlaga 'ua iai, 'a 'o ā fo'i, ma fea tonu alātoto 'ua a'afia. 'O lenei lē ma'oti ma le lē mautinoa 'o se lu'i mālosi lea olo'o lotolotoi i fa'afitāuli fa'afōma'i o lo tātou nei augātupulaga.

E ao ina tātou manatua, 'o le toto maualuga ma le punitia o uua alātoto, e mafua mai lea i se vāega tele o o tātou olaga māsani o aso ta'itasi fa'apea a tātou mea'ai. *"E sili le puipuia nai lo 'o le togafitia,"* 'O ni isi nei 'o puipuiga:

1. Fa'amālosi tino faifai pea ma le lava lelei o le mālōlōga.
2. Fa'aitiitia le 'aia o mea lololo mai tino o manu'aina fa'apea le māsima.
3. Tāofi le ulaula sikaleti.

4. Fa'atūmauina lou mamafa tatau (pauna).

5. Fa'aitiitia o le popole fesoua'ina o le māfaufau.

Mo le i'uga aogā lelei 'ato'atoa, e tatau ona savali ma fa'ata'ita'i ai mai le la'itiiti. E mulimuli lau fānau i so'o se fa'ata'ita'iga 'e te faia. E ā pe 'ā 'āmata nei loa?.

'UPU FOU

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'aaogāina	to use	'elea	rust
tuputupu	build up, grow	malō	hard
i'u ai ina	results in, ends up	vāiti	narrow
ala suāvai	water's pathway	fa'aputu	collect
sina suāvai itiiti	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	musele	muscle, flesh
fa'afōma'i	medical	māfiafia	thickened
fa'ama'i	disease	faigōfie	easy
liu	change into	'alu'alu toto	blood clot
fafagaina	feed, supply	pē	die
fatu pē	heart attack	fāi'ai	brain
toto maualuga	high blood pressure	ma'i oso	stroke
fa'afitāuli	problem	silia	more than
māliliu	die	mālamalama	understand
atili	more, additional	fa'apipi'i	connect
fa'agā'au	hose	togālā'au	garden

mutia	lawn, grass	'o'omi	squeeze
vili	twist	fa'amau	tighten
mata	nozzle	vāitiiti	narrow
māsau	fast, forceful	salalau	project, spread
lauiloa	well known, famous	talitonuga	belief
nini'i	tiny	pogai	cause, reason
faigatā	difficult	tau fa'aofiofi	try to fit
vāega	part, area	'ese'ese	various
fa'a'ātoaina	make complete, compensate	i'uga	result
aofa'i	total amount	galue/mālosi	work hard
fausia	made of	maso	muscle
lāpo'a	enlargen	fītā	difficult
mā'elegā	diligent	'āmata	begin, start
fa'alētonu	injured, problematic	tātā	beating, to beat
pamuina	to pump	soso'o	followed by
nofo	stop	māsani	usually
fa'a'umi'umi	extended, lengthy	a'afia	affect
fatu ga'o	kidney	oti	to die
tausa'afia	happy, comfortable	seāseā	seldom
vailā'au	medicine	fou	new
fesoasoani	help	tauiviga	struggle
togafitiga	cure, treatment	saienisi	science
fa'afōma'i	medical	fa'aitiitia	reduce
tōtōga	internal organs	ma'oti	clear, distinct
loloto	depth, extent	tūlaga	situation
lē ma'oti	not clear cut	lē mautinoa	not certain
lu'i	challenge	lotolotoi	surrounded by
augātupulaga	generation, era	manatua	remember
aso ta'itasi	each day	fa'amālosi tino	exercise
faifai pea	continous	mālōlōga	rest
māsima	salt	tāofi	stop, give up
ulaula sikaleti.	cigarette smoking	fa'atūmauina	maintain
mamafa tatau	ideal weight	pauna	pound
popole	worry	fesoua'ina	agitated
māfaufau	thoughts	mulimuli	follow
lau fānau	your children	fa'ata'ita'iga	example

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