

Everyday language

ENGLISH	GAGANA SĀMOA
Hi (informal)	Mālō / Tālofa
Hello (formal)	Tālofa lava / Mālō le soifua
I'm pleased to meet you	Fa'afetai ua tā feiloa'i
Good morning	Taeao manuia / Manuia le taeao
Good evening	Manuia le afiafi
Goodnight	Manuia le pō
Bye/Goodbye	Tōfā / Fā / Tōfā soifua
How are you (singular)?	'O ā mai oe?
How are you (dual)?	'O ā mai oulua?
How are you (plural)?	'O ā mai outou?
I am very well, thank you	Manuia lava, fa'afetai
I am tired	'Ua ou lelavā
I am sick	'Ua ou ma'i / 'ua lē 'ātoa lo'u malosi
I am so-so	Feoloolo / Feololo
I am happy	'Ua ou fiafia
And yourself?	'Ae ā oe?
See you later	Toe feiloa'i
See you tomorrow	Feiloa'i taeao
See you next week	Feiloa'i i le vaiaso fou
Blessings / Good luck	'Ia manuia
Call me	Vili mai

ENGLISH	GAGANA SĀMOA
Send me a message	Tusi mai
Please	Fa'amolemole
Thank you (very much)	Fa'afetai (tele lava)
You're welcome	'Aua le popole / E lē afāina
Excuse me	Tulou
Sorry	Fa'amalie atu / Fa'amālūlū atu
Have you eaten?	'Ua ē 'ai?
Come and eat with me	Sau tā 'ai
Thank you for the food	Fa'afetai fai mea'ai
Yes	'Ioe
No	Leai
Have a good day	Manuia le aso
Have a good week	Manuia le vaiaso
Have a good weekend	Manuia le fa'a'i'uga o le vaiaso
Have a good holiday	Manuia faigamālōlōga
Merry Christmas	'Ia manuia le Kerisimasi
Happy New Year	'Ia manuia le tausaga fou
Happy birthday	'Ia manuia lou aso fanau
Happy Samoan Language Week	'Ia manuia le Vaiaso o le Gagana Sāmoa
Lots of love	Alofa atu

Words of encouragement

ENGLISH	GAGANA SĀMOA
Great / Awesome / Cool	Mānaia / Mata'utia / Seki
Excellent	Lelei tele / Mānaia tele
Well done	Mālō lava
Give it a go	Fa'ata'ita'i i ai
Great work	Mālō le galue
Congratulations on your effort	Mālō le taumafai / Mālō le tauivi
All the best	Ia manuia / 'O ou māmā na
Stay strong / Keep going	Fa'amālosi / Fa'amālosi pea
God is good	E lelei Le Atua

Relationship-building

ENGLISH	GAGANA SĀMOA
What is your name?	'O ai lou igoa?
My name is _____	'O lo'u igoa o _____
Where are you from?	'O fea e te sau ai?
I am from _____	'Ou te sau mai _____
Where do you live?	'O fea e te nofo ai?
I live in _____	'Ou te nofo i _____



Email language

ENGLISH	GAGANA SĀMOA
I hope you're well	Talosia 'o 'e manuia
Thank you for your email	Fa'afetai mo le imeli
Thank you for your response	Fa'afetai le tali mai
Thank you for your clarification	Fa'afetai mo le fa'amālamalama mai
Thank you for your help	Fa'afetai mo lau fesoasoani
That's a good question	Mānaia le fesili
I will come back to you tomorrow	'Ou te toe logo atu taeao
I will come back to you next week	'Ou te toe logo atu i le vaiaso fou
I will come back to you soon	'Ou te toe logo atu i se taimi lata mai
Apologies for the delayed response	Fa'amalie atu i le tuai atu o se tali response
As per my previous email...	'I la'u imeli talu ai...
Please see attached document	Silasila ane i le pepa ua fa'apipi'i atu
As per our conversation...	'E pei ona ta talanoa ai...
Happy to discuss	'Ou te fiafia e fa'atalanoa lenei matā'upu
I look forward to your response	'O le 'ā fa'atali atu mo sau tali response
Kind regards	Soifua ma ia manuia

Talking about work

ENGLISH	GAGANA SĀMOA
Where do you work?	'O fea e te faigaluega ai?
I work at _____	'Ou te faigaluega i le _____
I have worked here for _____ months / years	'Ua _____ masina / tausaga o o'u galue i'inei
What is your job?	'O le ā lau galuega?
I am a _____	O a'u o le _____
Teacher	Faiā'oga
Student (male / female)	Tama ā'oga / Teine ā'oga
Doctor	Fōma'i
Nurse (male / female)	Ali'i tausi ma'i / Tama'ita'i tausi ma'i
Librarian	Tagata e galue i le fale tusi
Manager	Pule
Musician	Tagata fai pese / Tagata fai musika
Police officer	Leoleo
Advisor	Faufautua
Where do you study?	'O fea e te ā'oga ai?
I study at high school (College) / I study at the University of _____	'Ou te ā'oga i le ā'oga maualuga (Kolisi) / 'Ou te ā'oga i le lunivesitē o _____

Numbers

0 'Ō / selo	1 Tasi	2 lua	3 Tolu	4 Fā	5 Lima	6 Ono	7 Fitu	8 Valu	9 Iva
10 Sefulu	11 Sefulu (ma le) tasi	12 Sefulu (ma le) lua	13 Sefulu (ma le) tolu	14 Sefulu (ma le) fā	15 Sefulu (ma le) lima				
16 Sefulu (ma le) ono	17 Sefulu (ma le) fitu	18 Sefulu (ma le) valu	19 Sefulu (ma le) iva	20 lua sefulu					



Proverbs

O a'u nei ae o oe taeao.

Meaning Each of us will have our day or opportunity

Application Today I may be the one receiving support, but tomorrow it may be your turn. Circumstances change, and what we give to others today may be returned to us in the future.

'O le tele o sulu e maua ai figota.

Meaning A collective effort with many torches enables a successful catch or outcome

Application This proverb recognises that success comes through cooperation, shared support, and the strength of community.

'O le ala i le pule o le tautua.

Meaning Leadership is earned through service

Application This proverb reflects that true leadership begins with serving others. Authority and respect are gained by putting the needs of the community first.

Prayers

GAGANA SĀMOA	ENGLISH
Tatalo 'la tātou tatalo Lo mātou Tamā o i le lagi 'la e fa'amanuia mai i lenei vaiaso 'lā te i matou uma ta'ito'atasi 'I le suafa o Iesu Āmene	Prayer Let us pray Our heavenly father We ask for your blessings this week To every one of us In Jesus' name we pray Amen
Tatalo mo mea'ai Le Atua e, Fa'afetai mo lenei aso matagofie ma mea'ai ua e foa'i mai e tausii ai o matou tino Fa'amanuia i ē na saunia nei mea'ai 'I le suafa o Iesu Keriso Āmene	Blessing of food Dear God Thank you for this beautiful day and the food you have provided Bless those who have prepared this food. In Jesus' name Amen

He Kaikōhau

Below is a traditional Te Reo Māori karakia or kaikōhau used in the Aotearoa context.

Nau mai ngā hua. Nau mai ngā pai. Nau mai kia nui. Kia hāwera ai. Tihei mauri ora.

A kaikōhau is an expression of hope welcoming all things positive - including bountiful harvests, good health and work or study achievements. It can be used during Matariki celebrations as you prepare for the new year ahead, before you share a meal, or to open or close a meeting. Here is an adaptation of this kaikōhau in gagana Samoa, with an English translation.

*Tatou amana'ia mea uma o loo maua le ola
Talia mea lelei uma
Ia tuputele ma olaola pea
Mo le manuia o le soifuaga*

*Welcome all that has grown
Welcome all that is good
May it be plentiful
And in abundance
Lifeforce blessings*

Cultural note

Matai: Chiefly titles

It is common for people of Samoan heritage to have both a given name and a matai title. A matai title is a chiefly title that represents leadership, service, and responsibility to an 'āiga (extended family), village, and wider community. Matai titles are bestowed through family agreement and traditional ceremonies in Samoa. They recognise a person's service, character, leadership qualities, and commitment to Samoan values. A title also connects the holder to their ancestral village, genealogy, and family history.

There are three categories of matai:

Ali'i (high chiefs)

Ali'i are chiefly leaders who provide guidance and oversight. When necessary, they make final decisions in the interests of the 'āiga and village.

Tulāfale (orator chiefs/talking chiefs)

Tulāfale are spokespersons who speak on behalf of the ali'i chief, 'āiga, village, or district. They convey messages, uphold protocol, and represent their people in formal gatherings and cultural settings.

Tulāfale-ali'i

Tulāfale-ali'i fulfil both leadership and oratory roles, combining the responsibilities of ali'i and tulāfale.

