

Communication Cards

English / Tongan

Version 2023 12up



This information was compiled by the Centre for Cultural Diversity in Ageing 2023.

This publication was funded by the Australian Government Department of Health and Aged Care.

Ko e fakamatala ko eni 'na'e Fakatahataha'i ia he Senitā Fakafonua Kakai Matu'outu'a e
Ngaahi Matakali 2023.

Na'e fakapa'anga hono pūlusi eni 'e he Va'a Pule'anga 'Aositelelia ki he Mo'ui mo e
Tokangaekina Kau Vaivai.

©Centre for Cultural Diversity in Ageing 2023.

Breakfast



Kai pongipongi
Ka-ee poh-ng-ee poh-ng-ee

Breakfast



Kai pongipongi
Ka-ee poh-ng-ee poh-ng-ee

Breakfast



Kai pongipongi
Ka-ee poh ng-ee poh ng-ee

Lunch



Kai ho'atā
Ka-ee Ho-ah-taah

Lunch



Kai ho'atā
Ka-ee Ho-ah-taah

Dinner



Kai efiafi
Ka-ee Eh fee ah fee

Dinner



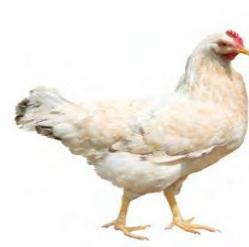
Kai efiafi
Ka-ee Eh-fee ah-fee

Fish



Ika
Ee-cah

Chicken



Moa
Mo-aa

Beef



Pulu
Pooh-loo

Lamb



Sipi
See-bee

Pork



Puaka
Pooh-ah-cah

Water



Vai
Vah-ee

Juice



Inu melie
Ee-new Meh lee-eh

Tea



Tī
Tee

Sugar



Suka
Zoo-cah

Milk



Hu'akau
Whoah-cah-oo

Coffee



Kofi
Koo-fee

Beer



Pia
Bee-ah

Wine



Uaine
Wah-ee-neh

Vegetarian



Vesiteliane
Veh-see-te-leeah-ne

Kosher



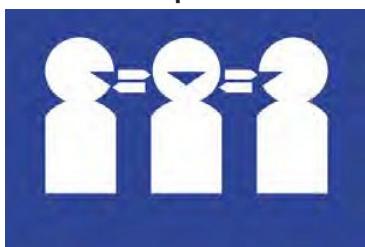
Kosa
Coh-sah

Halal



Halala
Ha la la

Interpreter



Fakatonulea

Fah-cah-doh-new-re-ah

Family



Fāmili

Fah-mee-lee

Priest



Faifekau

Fayee-feh-cow

Rabbi



Lāpai

Raa-pa-ee

Imam



Īmami

Ee-mah-mee

Priest



Faifekau

Fayee-feh-cow

Nurse



Neesi

Nuh-e-sii

Doctor



Toketā

Doh-kay-dah

Monk



Monike

Moo-nee-kay

Physiotherapist



Fisiō

Fee-see-oh

Massage



Fotofota

Foh-doh-foh-dah

Podiatrist



Poutālisi

Poh-yu-dah-ri-see

Shower



Kaukau
Cah-yu-cah-yu

Toilet



Toileti
Tooh-yee-re-tee

Wash Hands



Fanofano e nima
Fah noh fah noh eh nee mah

Clean Teeth



Ma'a e Nifo
Mah-ah eh Nee-foo

Clean Room



Ma'a e Loki
Mah-ah eh Ro-kee

Get Up



Tu'u ki 'olunga
Duh-uh kee oh-ru-ng-ah

Get Dressed



Tui ho vala
Duh yee ho wah-rah

Get Dressed



Tui ho vala
Duh yee ho wah-rah

Get Undressed



Vete ho vala
Veeh-deh ho wah-rah

Get Undressed



Vete ho vala
Veeh-deh ho wah-rah

Rest



Malōlō

Mah-ro-ro

Sleep



Mohe

Mah-ro-ro

Exercise



Fakamālohisino

Fah-cah-mah-ro-see-noh

Activities



Ngaahi Ngāue

Ng-ah-hey ng-ah-uh-eh

Go for a Walk



‘Alu ‘o luelue

Ah-roo oh ryu-eh-ryu-eh

Go to the Garden



‘Alu ki he ngoue

Ah-roo key-heh ng-uh-eh

Telephone



Telefoni

Teh-re-foh-nee

Radio



Letiō

Rey-dee-ow

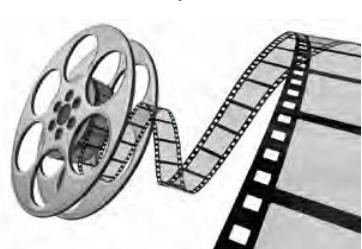
Music



Hiva

Hee-vah

Film



Filimi

Fee-ree-mee

TV



TV

Dee-vee

Taxi



Tekisī

Tek-see

Light On



Fakamo'ui e maama

Fah-cah-mow-uh-ee ay mah-ah-mah

Light Off



Tamate'i e maama

Dah-mah-de-ee ay mah-ah-mah

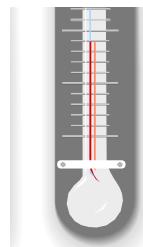
What Time?



Ko e fiha'?

Coh-eh fee-hah

Hot



Vela
Veh-rah

Cold



Momoko
Moh-moh-co

Like



Sai'ia
Sah-ee-eh-ya

Dislike



'Ikai Sai'ia
Ee-cah-ee sah-ee-eh-ya

Want



Fiema'u
Fee-eh-mah-uh

Don't Want



'Ikai fiema'u
Ee-cah-ee fee-eh-mah-uh

Book



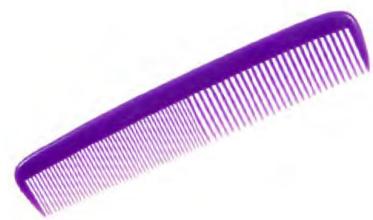
Tohi
Doh-hee

Glasses



Matasio'ata
Mah-dah-see-oh-ah-dah

Comb



Helu
He-ru

Watch



Uasi
Wah-see

Jewellery



Siueli
See-yu-eh-ree

Makeup



Me'a teuteu
Meh-ah-deh-uh-deh-yuu

Hearing Aid



Me'a tokoni ki he fanongo
Meh-ah doh-coh-nee kee heh fah-noh-ngo

Dentures



Nifo loi
Neef-oh roh-ee

Incontinence Pad



Taipa Tu'uofi
Dah-ee-bah Too-uh-oh-fee

Tissues



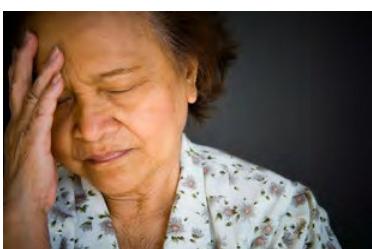
Tisiu
Tee-see-yuu

Pillow



Pilo
Pee-loh

Pain



Langa
Rah-ngah

Painkiller



Fo'i'akau langa
Foh-ee-ah-cah-uh Rah-ngah

Medication



Fo'i'akau
Foh-ee-ah-cah-uh

Walking Stick



Tokotoko
Doh-coh-doh-coh

Walking Frame



Uoka Ve'efa
Yuu-oh-cah Vee-eh-fah

Wheeled Walker



Saliote Teke
Jah-ree-oh-deh tek-eh

Wheelchair



Saliote Vaivai
Jah-ree-oh-deh Wah-ee-wah-ee

Umbrella



Fakamalu
Fah-cah-mah-ru

Dressing Gown



Kofu tu'a
Coh-fuh duh-ah

Sleepwear



Vala mohe
Vah-rah mowh-hee

Slippers



Silipa
See-ree-bah

Underwear



Valaloto
Vah-rah-ro-doh

Socks



Sitōkeni
Seeh-doh-keh-nee

Shirt



Sote
Soh-deh

Trousers



Talausese
Dah-rah-yu-she-seh

Skirt



Piva
Peeh-vah

Dress



Kofu
Coh-fuh

Jumper



Falani māfana
Fah-rah-nee mah-fah-nah

Shoes



Sū
Zooth

Coat



Kote
Coh-deh