

Communication Cards

English / Tongan

Version 2023 4up



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Ko e fakamatala ko eni 'na'e Fakatahataha'i ia he Senitā Fakafonua Kakai Matu'out'a 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

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Breakfast



Kai Pongipongi

Ka-ee Poh ng-ee poh ng-ee

Breakfast



Kai Pongipongi

Ka-ee Poh ng-ee poh ngee

Breakfast



Kai Pongipongi

Ka-ee Poh ng-ee poh ng-ee

Lunch



Kai Ho'ata'

Ka-ee Ho ah taah

Lunch



Kai Ho'ata'
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



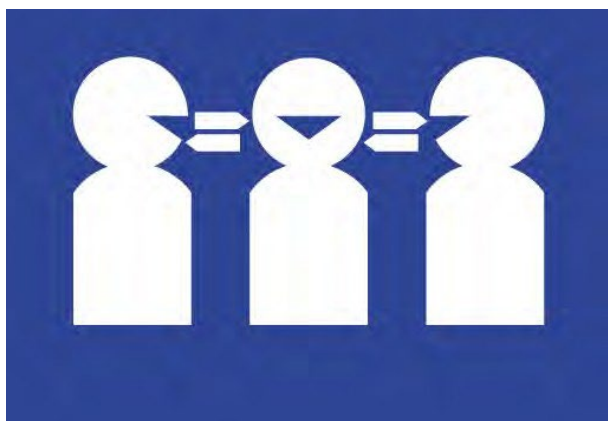
Kosa
 Coh-sah

Halal



Halala
 Ha la la

Interpreter



Fakatonulea
Fah-cah-doh-new-re-ah

Family



Fāmili
Fah mee lee

Priest



Faifekau
Fayee feh cow

Priest



Faifekau
Faye feh cow

Rabbi



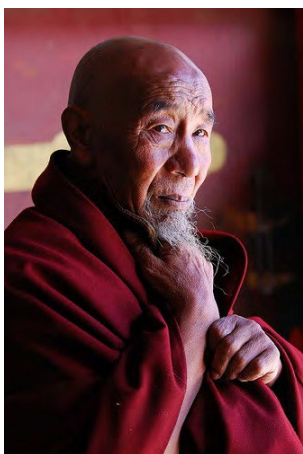
Lāpai
Raa-pa-ee

Imam



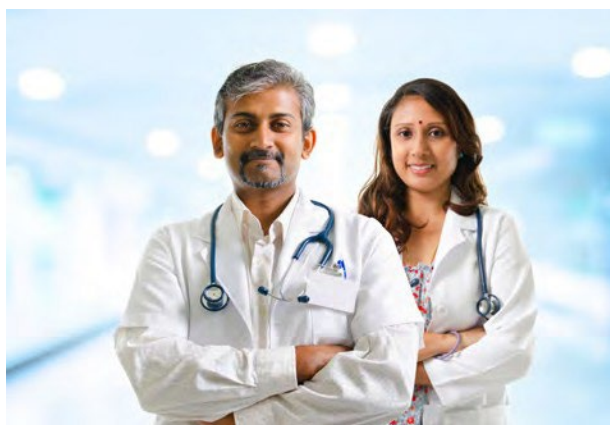
Īmami
Ee-mah-mee

Monk



Mōnike
Moo-nee-kay

Doctor



Toketā
Doh-kay-dah

Nurse



Neesi
Nuh-e-sii

Physiotherapist



Fisiō
Fee-see-oh

Massage



Fotofota
Foh-doh-foh-dah

Podiatrist



Poutālisi
Poh-yu-dah-ri-see

Shower



Sāoa

Sah oh ah

Toilet



Falemālōlō

Fah Leh mah roo roo

Wash Hands



Fanofano e Nima

Fah noh fah noh eh nee mah

Clean Teeth



Ma'a e Nifo

Mah ah eh Nee foh

Clean Room



Ma'a e Loki
Mah ah eh Ro kee

Get Up



Tu'u ki 'Olunga
Duuh-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
Mowh-hee

Exercise



Fakamālohisino
Fah-cah-mah-ro-see-noh

Activities



Ngaahi Ngāue
Ng-ah-hey ng-ah-uh-eh

Go to the Garden



‘Alu ki he ngōue
Ah-roo key-heh ng-uh-eh

Go for a Walk



‘Alu ‘o luelue
Ah-roo oh ryu-eh-ryu-eh

Telephone



Telefoni
Teh-re-foh-nee

Taxi



Tekisī
Tek-see

Radio



Letiō

Rey-dee-ow

Music



Hiva

Hee-vah

Film



Filimi

Fee-ree-mee

TV



TV

Dee-Vee

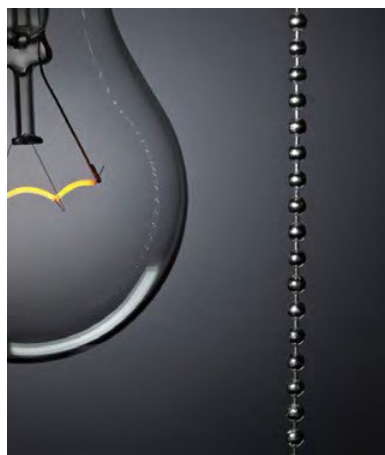
Light On



Fakamo'ui e Maama

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

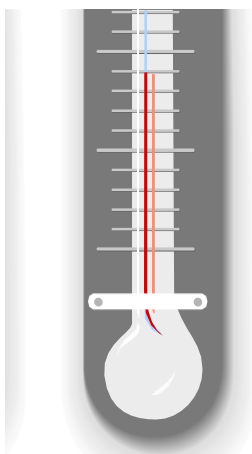
Light Off



Tamate'i e maama

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

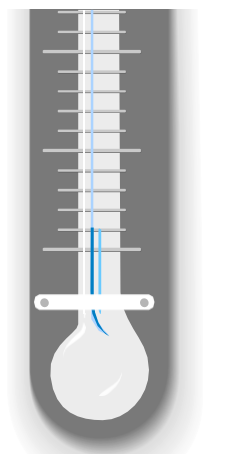
Hot



Vela

Veh-rah

Cold



Momoko

Moh-moh-co

Like



Sai'ia

Sah-ee-eh-ya

Dislike



'Ikai Sai'ia

Eh-cah-ee sah-ee-eh-ya

Want



Fiema'u

Fee-eh-mah-uh

Don't Want



'Ikai Fiema'u

Eh-cah-ee fee-eh-mah-uh

What Time?



Ko e fiha'?

Coh-eh fee-hah

Book



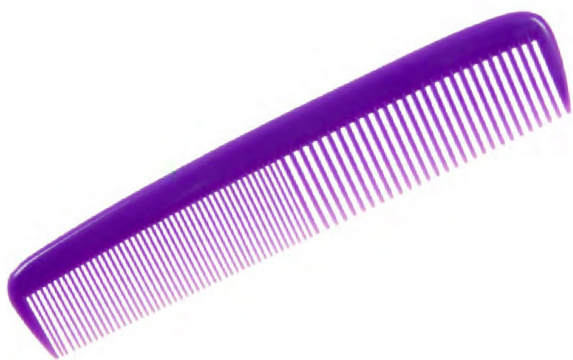
Tohi
Doh-hee

Glasses



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

Comb



Helu
He-ruh

Makeup



Me'ateuteu
Meh-ah-deh-uh-deh-yuu

Watch



Uāsi
Wuah-see

Jewellery



Siueli
See-yu-eh-ree

Hearing Aid



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

Dentures



Nifo Loi
Neeh-foh roh-ee

Tissues



Tisiu
Tee-see-yuu

Incontinence Pad



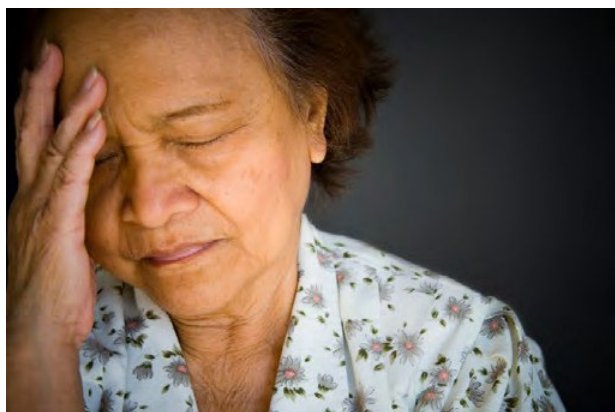
Taipa Tu'u'ofi
Dah-ee-bah Too-uh-oh-fee

Pillow



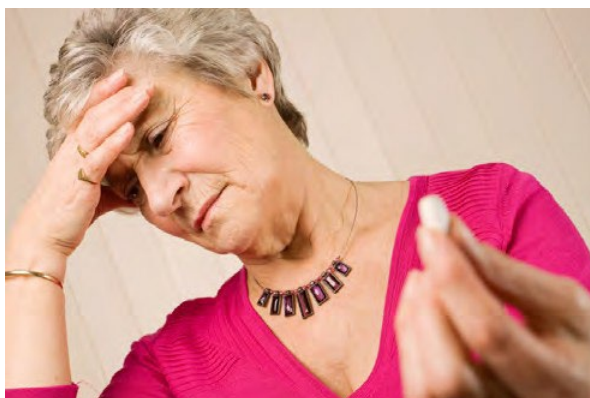
Pilo
Pee-loh

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

Umbrella



Fakamalu
Fak-cah-mah-ru

Walking Stick



Tokotoko
Doh-coh-doh-coh

Walking Frame



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

Wheeled Walker



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

Wheelchair



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

Dressing Gown



Vala Kaukau
Vah-rah cah-yu-cah-yu

Sleepwear



Vala Mohe
Vah-rah Mowh-hee

Slippers



Silipa
See-ree-bah

Underwear



Me'aloto
Meeh-ah-roh-doh

Shirt



Sote
Soh-deh

Dress



Kofu
Coh-fuh

Trousers



Talausese
Dah-rah-yu-she-seh

Skirt



Piva
Peeh-Vah

Socks



Sitōkeni
Seeh-doh-keh-nee

Shoes



Sū
Zooh

Jumper



Falani māfana
Fah-rah-nee mah-fah-nah

Coat



Kote
Coh-deh