

Bilingual Phrase Cards

Samoan/English

Version 2023 4up



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O le nei faamatalaga sa tuufaatasia e le Ofisa Tutotonu mo Aganuu e Tele o Tagata Matutua i le 2023.

O le nei faasalalauga sa faatupeina e le Matagaluega a le Malo o Ausetalia o Soifua Maloloina ma le Tausiga o Tagata Matutua.

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Talofa / Tofā Soifua

Hello/Goodbye.

ta-loh-fa / to-fah Soy-fu-a

Samoan

Afio mai

Welcome.

a-fee-o ma-yi.

Samoan

Taeao manuia.

Good morning.

tye-ah-o ma-nu-ee-a.

Samoan

Afiafi manuia.

Good afternoon.

a-fee-a-fee ma-nu-ee-a.

Samoan



Manuia lou aso fanau!

Happy Birthday!

ma-nu-ee-a low a-soh fa-na-oo!

Samoan

**Manuia le atoaga
o le tausaga!**

Happy Anniversary!

ma-nu-ee-a a-to-a-ng-a tau-sa-ng-a!

Samoan

Manuia le Kerisimasi!

Merry Christmas!

ma-nu-ee-a ke-ri-si-ma-si!

Samoan

Manuia le tausaga fou!

Happy New Year!

ma-nu-ee-a tau-sa-ng-a fo-u!

Samoan



Faafetai tele lava.

Thank you so much.

fa-a-fe-ta-yi te-le la-va.

Samoan

Leai se mea o iai.

You're welcome.

le-a-yi seh me-a o-ee-a-yi.

Samoan

O lou igoa o...
O le a ou tausia oe lenei aso.

My name is...
I will be caring for you today.

o lo-oo ee-ng-o-ah...
oh tau-see-ah o-eh le-nay a-soh.

Samoan



Faamalie atu mo le
faalavelave atu.

Sorry for disturbing you.

fa-ah-ma-li-e a-tu mo le faalavelave atu

Samoan

Faamalie atu.

I am sorry.

fa-ah-ma-li-e a-tu.

Samoan

O a mai oe?

How are you?

o-ah-ma-yi

Samoan

O a mai ou
lagona nei aso?

How are you feeling today?

o-ah-ma-yi oh la-ng-o-na nay a-soh?

Samoan



Sau ia,
Tatou amata!

Come on dear,
Let's get started!

sa-oo i-ya
ta-tow a-ma-ta!

Samoan

Ou te fiafia pe a e
fesoasoani mai ia te au.

I would love you to help me.

oh fi-ah-fi-ah pe-ah-eh fe-soh-a-soh-a-ni
ma-yi i-ya ah-u.

Samoan

E mafai ona e fesoasoani
ia te au, faamolemole?

Can you help me, please?

ma-fa-yi o-na-e fe-so-a-so-a-ni i-ya teh a-oo
fa-a-mo-le-mo-le?

Samoan

O le a ou fesoasoani ia te oe.

I will help you.

oh fe-soh-a-soh-a-ni i-ya oe.

Samoan



E te fia taele?

Would you like to have a shower?

e-te- fi-ah tah-e-le?

Samoa

O le a le ofu e te fia ofu ai?

What would you like to wear?

o-le-ah-le o-fu fi-ah a-yi?

Samoa

O le fasimoli lea.

Here is the soap.

fa-si-mo-li le-a.

Samoa

Tago i le vai.

Touch the water.

ta-ng-o i-le-va-yi

Samoa



E vevela pe malulu le vai?

Is the water hot or cold?

ve-ve-lah ma-lu-lu va-yi?

Samoan

Ua uma ona taele.

Showering is finished.

oo-a oo-ma tah-e-le.

Samoan

Lea laa ou tago e
faamago lou tino.

Let me dry your body.

leh-a la-ah oh ta-ng-o fa-a-ma-ng-o lo-oo ti-no.

Samoan

Lea laa ou fesoasoani
e fai ou ofu.

Let me help you get dressed.

le-ah la-ah oh-oo fe-so-a-so-a-ni fa-yi o-fu.

Samoan



Uma.
Lea ua e aulelei mai!

Done.
Now you look great!

oo-ma a-oo-le-lay!

Samoan

Ua e sauni?

Are you ready?

oo-a sa-oo-ni?

Samoan

E te fia alu i le faleletaua?

Do you need the toilet?

fi-ya fa-le-leh-ta-oo-ah?

Samoan

O le a ou savali ma
oe i le fale ai.

I will walk with you to the dining room.

oh sa-va-li fa-le-a-yi.

Samoan



Ta nonofo i le nofoa,
faamolemole.

Let's sit down on the chair, please.

ta no-no-fo i le no-fo-a fa-a-mo-le-mo-le.

Samoan

O le a ta o i lau potu.

We are going to your room.

o le a tah o i

Samoan

O le a ta o i le faleletaua.

We are going to the toilet.

fa-le-leh-ta-oo-ah.

Samoan

O lou faleletaua lea.

This is your toilet.

fa-le-leh-ta-oo-ah.

Samoan



O lou fale taele lea.

This is your bathroom.

o low fa-le tah-e-le leh-a

Samoan

O lou potu lea.

This is your room.

o low po-tu leh-a

Samoan

Lea laa ou tago
e sui ou ofu.

Let me change your clothes.

le-a la-ah o-oo ta-ng-o e su-yi o-oo o-fu

Samoan

Faamolemole alu e moe.

Please go to sleep.

Fa-a-mo-le-mo-le a-'lu e mo-e

Samoan

Manuia le po.

Good night.

ma-nu-ee-a leh po

Samoan



Ua ta le taimi o lou
malu taeao.

It is breakfast time.

oo-a tah le tye-mi o low ma-loo tye-ah-o

Samoan

Ua ta le taimi o le
ti o le taeao/aoauli.

It is time for morning/afternoon tea.

oo-a ta le ty-mi o le ti o le ty-ao/ ao-a-oo-li

Samoan

Ua ta le taimi o le
tausamiga o le aoauli.

It is lunch time.

tau-sa-mi-ng-a ao-a-oo-li.

Samoan

Ua ta le taimi o le
tausamiga o le afiafi.

It is dinner time.

oo-a ta le ty-mi 'o le ti o le ty-ao ao-a-oo-li

Samoan



E te manao i le supo?

Do you want soup?

e teh ma-na-o 'i le soo-po

Samoan

E te manao i le meaai?

Do you want the main course?

e teh ma-na-o i le me-a-a-yi?

Samoan

E te manao i le vaiaiga?

Do you want dessert?

e teh ma-na-o i le vy-ai-ng-a?

Samoan

E te manao i le lauti
po o le kofe?

Do you want tea or coffee?

e teh ma-na-o i le koh-fe?

Samoan



E te manao i le falaoa?

Do you want bread?

e teh ma-na-o i le fa-lao-ah?

Samoan

E te manao i le alaisa?

Do you want rice?

e teh ma-na-o i le a-ly-sa?

Samoan

E te manao i le pateta?

Do you want potatoes?

e teh ma-na-o i le pa-te-ta?

Samoan

E te manao i le pasta?

Do you want pasta?

e teh ma-na-o i le pa-sta?

Samoan



E te manao i le fai?

Do you want a banana?

e teh ma-na-o i le fa-ee?

Samoan

E te manao i le suka?

Do you want sugar?

e teh ma-na-o i le soo-ka?

Samoan

E te manao i le moa?

Do you want chicken?

e teh ma-na-o i le mo-a?

Samoan

E te manao i le ia?

Do you want fish?

e teh ma-na-o i le ee-a?

Samoan



E te manao i le mamoe?

Do you want lamb?

e teh ma-na-o i le ma-mo-e?

Samoan

E te manao i le povi?

Do you want beef?

e teh ma-na-o i le po-vi?

Samoan

E te manao i le
vai suamalie?

Do you want juice?

e teh ma-na-o i le va-yi-su-a-ma-li-e?

Samoan

E te manao i le masima?

Do you want salt?

e teh ma-na-o i le ma-si-ma?

Samoan



E te manao i le salati?

Do you want salad?

e teh ma-na-o i le sa-la-ti?

Samoan

E te manao i
le fualaaui aina?

Do you want vegetables?

e teh ma-na-o i le foo-a-la-au ay-na?

Samoan

E te manao i le vai?

Do you want water?

e teh ma-na-o i le va-yi?

Samoan

E manaia le meaai?

Is the meal nice?

e ma-na-ya le me-a-a-yi?

Samoan



E ova le vevela?

Is it too hot?

e o-va le ve-ve-la

Samoan

E ova le maalili?

Is it too cold?

e o-va le ma-a-li-li?

Samoan

E manaia?

Is it good?

e ma-na-ya?

Samoan

E te manao e toe
asu le supo?

Do you want more soup?

e teh ma-na-o e to-eh a-va-tu le foo-a su-a-ma-li-e

Samoan



E te manao e toe avatu
le fualaau suamalie?

Do you want more fruit?

ma-na-o foo-a-la-au su-a-ma-li-e?

Samoan

E te fia ai?

Are you hungry?

e te fi-ya a-yi?

Samoan

Ua lava lou tausamiga?

Have you eaten enough?

oo-a la-va low tau-sa-mi-ng-a?

Samoan

Ua e uma?

Have you finished?

oo-a e oo-ma?

Samoan



E te fia inu?

Are you thirsty?

e te fi-ya ee-nu?

Samoan

Ai faamolemole.

Please eat.

a-yi fa-a-mo-le-mo-le.

Samoan



Aisea ua e faanoanoa ai?

Why do you look sad?

a-yi-se-a oo-a e fa-a-no-a-no-a a-yi?

Samoan

O le a le mea e
te popole ai?

What is worrying you?

o le a le me-a e the po-po-le a-yi

Samoan

O na e te faanoanoa
E te fia tau mai le mafuaaga?
Pe a e malie i ai.

You're upset.
Would you like to tell me why?
Only if you're comfortable.

o na e teh fa-a-no-a-no-a.
e te fi-ya ta-oo ma-fu-a-a-ng-a?
pe-a-eh ma-li-eh i-a-yi

Samoan

O na e te ita.
E te fia tau mai le mafuaaga?
Pe a e malie i ai.

You're angry.
Would you like to tell me why?
Only if you're comfortable.

o na e te i-ta
e te fi-ya ta-oo ma-yi le fu-a-a-ng-a
pe-a-eh 'ma-li-eh i-a-yi.

Samoan



Faamolemole aua le tagi.
E toe lelei mea uma.

Please don't cry.
Everything will be fine.

fa-a-mo-le-mo-le a-wa'wa le' ta-ng-i
e toy le-ley-me-a oo-ma.

Samoan

E mafai ona ou talanoa
ia te oe, faamolemole?

Can I talk to you, please?

e ma-fa-yi o-na o-oo ta-la-no-a
i-ya teh o-e fa-a-mo-le-mo-le

Samoan

Ou te fia talanoa ia
te oe, faamolemole.

I need to talk to you, please.

o-oo teh fi-ya ta-la-no-a i-ya teh o-e'
a-a-mo-le-mo-le

Samoan

E te manaomia
le fesoasoani?

Do you need help?

ma-na-o-mi-a le fe-so-a-so-a-ni?

Samoan



Ou te iinei e
fesoasoani ia te oe.

I am here to help you.

owe teh i-i-ney e fe-so-a-so-a-ni i-ya teh o-e.

Samoan

E iai se mea e te manao
ou te faia mo oe?

What can I do for you?

e i-a-yi se me-a e teh ma-na-o oh te fa-ya mo o-e

Samoan



E mafai ona e savali?

Can you walk?

e ma-fa-yi o-na e sa-va-li?

Samoan

Lea ou te vaai atu o loo
faigata ona e savali.
Lea laa ou fesoasoani ia te oe.

I can see that you're
finding it hard to walk.
Let me help you.

le-a oh-oo teh va-a-i a-too o lo-o fa-yi-ng-a-ta o-na e sa-va-li
le-a la-ah o-oo fe-so-a-so-a-ni i-ya teh o-e

Samoan

Tau mai po o le a le
mea o tupu.

Tell me what's wrong.

ta-oo ma-yi po o le a le me-a o oo-pu

Samoan

Oi talofae, o le a le
mea ua tupu?

Oh my goodness,
what happened?

oy ta-lo-fa-e o le a le me-a oo-aa oo-pu

Samoan



O le tausī mai lea.

—
This is the nurse.

o le tau-si ma-ee le-a

Samoan

O le fomai lea.

—
This is the doctor.

'o le fo-ma-ee le-a.

Samoan

Ua iinei le tausī mai e
fesoasoani ia oe.

—
The nurse is here to help you.

oo-a ee-i-nay le tau-si ma-ee e fe-so-a-so-a-ni i-ya o-e

Samoan

Ua iinei le fomai e
fesoasoani ia oe.

—
The doctor is here to help you.

oo-a ee-i-nay le fo-ma-ee e fe-so-a-so-a-ni i-ya o-e

Samoan



E fia vaai oe e le fomai.

The doctor would like to examine you.

e fi-ya va-a-yi o-e e le fo-ma-ee

Samoan

Faamolemole,
faamaga lou fofoga.

Open your mouth, please.

fa-a-mo-le-mo-le fa-a-ma-ng-a low fo-fo-ng-a.

Samoan

Manava i totonu ma fafo.

Breathe in and out.

ma-na-va i to-to-nu ma fa-fo.

Samoan

O fea le mea e tiga?
O fea e iai le tiga?

Where does it hurt?
Where is the pain?

o fe-a le me-a e ti-ng-a?
o fe-a e i-ya-i le ti-ng-a?

Samoan



Samoan/English Bilingual Phrase Cards

E mageso?

Does it feel itchy?

e ma-ng-e-so?

Samoan

E tiga lou ulu?

Do you have a headache?

e ti-ng-a low u-lu?

Samoan

E tiga lou manava?

Do you have stomach pain?

e ti-ng-a low ma-na-va?

Samoan

E te niniva?

Do you feel dizzy?

e teh ni-ni-va?

Samoan



E mafai ona e manava?

Can you breathe?

e ma-fa-yi o-na e mah-na-va

Samoan

Sa e puai?

Have you vomited?

sa e pu-a-ee?

Samoan

E te lagona le mai?

Do you feel sick?

e teh la-ng-o-na ma-ee?

Samoan

E te lagona lou fia puai?

Do you feel like
you need to vomit?

e teh la-ng-o-na pu-a-ee?

Samoan



Samoan/English Bilingual Phrase Cards

E tiga lou tua?

Does your back hurt?

e ti-ng-a low tu-a?

Samoan

E tiga lou itu?

Does your hip hurt?

e ti-ng-a i-too?

Samoan

E te lagona le lē nofo lelei?

Are you uncomfortable?

e teh la-ng-o-na no-fo le-lay?

Samoan



E mafai ona e nofo lalo
faamolemole?

Can you sit down, please?

e ma-fa-i no-fo la-lo fa-a-mo-le-mo-le?

Samoan

E mamau lou manava?

Are you constipated?

e ma-ma-oo low ma-na-va?

Samoan

O e vevela?

Are you hot?

o e ve-ve-la?

Samoan

O e maalili?

Are you cold?

o e ma-a-li-li?

Samoan



Aso Gafua

Monday

a-soh ga-foo-a

Samoan

Aso Lua

Tuesday

a-soh lu-a

Samoan

Aso Lulu

Wednesday

a-soh lu-lu

Samoan

Aso Tofi

Thursday

a-soh to-fi

Samoan



Aso Faraile

Friday

a-soh fa-rye-leh

Samoan

Aso Toanai

Saturday

a-soh to-a-na-ee

Samoan

Aso Sa

Sunday

a-so-sa

Samoan

Ianuari

January

ya-nu-a-ri

Samoan



Samoan/English Bilingual Phrase Cards

Fepuari

February

fe-pu-a-ri

Samoan

Mati

March

ma-ti

Samoan

Aperila

April

a-pe-ri-la

Samoan

Me

May

meh

Samoan



Samoan/English Bilingual Phrase Cards

luni

June

yu-ni

Samoan

lulai

July

yu-la-i

Samoan

Aokuso

August

ao-ku-so

Samoan

Setema

September

se-te-ma

Samoan

Oketopa

October

o-ke-to-pa

Samoan

Novema

November

no-ve-ma

Samoan

Tesema

December

te-se-ma

Samoan

Tausaga

Year

tau-sa-ng-a

Samoan



E te fiafia i fugalaau?

Do you like flowers?

e te fi-a-fi-a i foo-ng-a-la-au?

Samoan

E te fiafia i fua suamalie?

Do you like fruit?

e te fi-a-fi-a i foo-a su-a-ma-li-e?

Samoan

E te fiafia e matamata ata?

Do you like watching videos?

e te fi-a-fi-a e ma-ta-ma-ta a-ta?

Samoan

O le a le mea e te fiafia
e fai le taimi nei?

What would you like to do now?

o le a le me-a e teh fi-a-fi-a
e fa-yi le tye-mi nay?

Samoan



O a tusi e te fia faitau ai?

What books do you read?

o a tu-si e teh fi-ya fa-i-tau a-yi?

Samoan

Ta'i manaia!

How adorable!

ta-ee ma-na-ya!

Samoan

E malulu lou potu?

Is it cold in your room?

e ma-lu-lu low po-tu?

Samoan

E te manao ou te
fesootaia lou aiga?

Do you want me to contact
your family?

e teh ma-na-o o-oo teh fe-so-o-ta-i-ya low a-i-ng-a?

Samoan



E te manao i ni ofu fou?

Do you need fresh clothes?

e te ma-na-o i ni o-fu fo-u?

Samoan

E mafai ona e faamalositino
e aunoa ma le tiga?

Can you exercise without pain?

e ma-fa-yi o-na e fa-a-ma-lo-si-ti-no
e au-no-a ma le ti-ng-a?

Samoan

Afea e te fia vaai
ai i lou aiga?

When do you want to see your family?

a-fe-a e teh fi-ya va-ai a-yi i lo-oo 'a-i-ng-a?

Samoan

E te fia vaai i se fomai?

Do you want to see the doctor?

e teh fi-ya va-a-yi i se fo-ma-ee?

Samoan



E te fia manao i se fai ulu?

Do you want to see the hairdresser?

e teh fi-ya ma-na-o i se fa-yi u-lu?

Samoan

E te fia vaai i se fomai?

Do you want to see the podiatrist?

e teh fi-ya va-a-yi i se fo-ma-ee?

Samoan

E te fia auai i le
matou gaioiga?

Do you want to join our activity?

e teh fi-ya au-ai i le ma-tow ga-i-o-i-ng-a?

Samoan

E te fia sau i le fale ai?

Do you want to come
to the dining room?

e teh fi-ya sau i le fa-le a-yi?

Samoan



E te fia ai i le potu?

Do you want to eat in your room?

e teh fi-ya a-yi i le po-tu?

Samoan

O le taele e fai i le taeao.

The shower is in the morning.

o le ta-e-le e fa-yi i le tye-a-o.

Samoan