Uike Kātoangʻai ʻo e Lea faka-Tonga
Tongan Language Week
Education Resource 2016
Koe Talamu’a | Contents

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Fakamalō | Acknowledgements:

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Kaveinga ‘o e Uike Lea Tonga 2016 | Tongan Language Week Theme 2016

Since 2011, Lea Tonga mo e ‘ulungaanga molumalu (Tongan language and culture) has been celebrated in Aotearoa New Zealand during an annual Language Week. Each year, a different context is used to share these koloa (living treasures) with Tongan and non-Tongan alike. In 2013 the focus was Tongan music; in 2014 Tongan wisdoms; and last year, Tongan arts.

In 2016, our theme is:

**Fakakoloa Aotearoa ‘aki e Loto ‘i Tonga**
Enriching New Zealand with the spirit of Tonga

Dr. Linita Manu’atu from the Tongan Language Week National Partnership Committee has offered this helpful messaging around this topic:

Simply put, loto is the heart and spirit of affection and authority. Loto ‘i Tonga reflects Tongan people’s complex and beautiful beliefs, values and aspirations.

Tongan people believe in the Divine God. They value God, King and country, land and people, kinships, collective living, religion and spirituality. They aspire to live well in Aotearoa and to contribute to New Zealand society in diverse ways. To live well means to learn well and to co-exist peacefully with the many peoples of New Zealand, but also about not losing your Tongan self.

Here are four sub-themes that have been drawn by the community:

**Ko hoku Tongá | Tongan Identity**

What does it mean to be Tongan? People from Tonga wish to be identified with the richness of their language and culture, and the best of their inner-most qualities, values and beliefs.

Tongan people use loto poto (wisdom), mo’ui fakalauālie (spirituality) and nofo –‘a-kāinga (collective living) as bases from which to contribute to society.

How can we use the features of our identity to enrich our lives and that of the people we care about?
Loto ‘Ofa – Love
Tonga is known as ‘Otu Motu Anga’ofa | The Friendly Isles. ‘Ofa (love) is a quality at the heart of Tongan people’s living and identity.

The belief amongst Pacific peoples is that God is love; and ‘ofa is God’s love that he shares with us all.

We show our ‘ofa for others in our everyday living, and in a multitude of ways – e.g. prayers, giving our support and providing care, performing, singing, dancing, making artwork, cooking, and teaching.

Loto Faka‘apa‘apa – Respect
Respect is the basis of Tongan language and culture. To exercise this value is neither superficial show nor prescribed practice. It must be internalised in the heart and amongst the people. Lacking in loto faka‘apa‘apa paves the way for ignorance, without wisdom.

Loto Fakatōkilalo – Humility
When we are humble we are much more able to have and show respect. Tōkilalo (humility) also helps us to show consideration for the feelings, judgements and opinions of others. This is the beginning of learning to know beyond the individual/oneself.
Tokoni ki he puʻaki lea | Pronunciation tips

Lea faka-Tonga (Tongan Language) has five vauelē (vowels):

- a, e, i, o, u

These have the same pronunciation as other Pacific languages, including te reo Māori (NZ Māori language).

Vauelē can be short or long - the long vowel sound is indicated with a toloi (macron).

- a, e, i, o, u (as in the English: are, there, three or two)
- ā, ē, ī, ō, ū (as in the English: calm, fairy, feet, thought, soon)

It is important that the short and long vowel sounds are used, as they distinguish between different words – e.g. kākā (to cheat) or kaka (to climb).

Fakau’a always comes before a vowel sound. This changes the vowel to a shorter, sharper sound. This also distinguishes between different words – e.g. anga (behaviour) and ‘anga (shark).

- ‘a, ‘e, ‘i, ‘o, ‘u (as in the English: ah, elephant, inn, orange, ooh la la)

Lea faka-Tonga has twelve konisonānite (consonants):

- f h k l m n ng p s t v ['] fakau’a (glottal stop)

The consonants are pronounced like in English. The ‘ng’ blend is like the ‘nga’ sound in te reo Māori, or the ‘ng’ sound from the English word ‘song’.

The Tongan language also uses fakamamafa (stress marks). This mark at the end of a word tells us to make the vowel sound more exaggerated. For example, when we say the word Tongá it tells us to emphasise the ‘a’ sound at the end.

For more on speaking Lea faka-Tonga, check out the Ministry of Education’s resource, Faufaua: An Introduction to Tongan. This resource has been designed for use by educators in New Zealand, including those who are new to or beginners at learning the Tongan language themselves. Get a physical copy from Down the Back of the Chair if you can, as this includes a helpful DVD and CD.
Check out song 8 ‘A E F H (Tongan Alphabet)’ on the Core Education’s *Pasifika Early Childhood Education Songs* CD, and the *My Tongan Alphabet* book by Bradley Walker and Losalio Milika Aleva. This clip from Youtube from AkoeLeaFakaTonga, and this lesson-pack from the Peace Corps might also provide some helpful pronunciation activities for you.

‘Alafapeta faka-Tonga | Tongan alphabet

<table>
<thead>
<tr>
<th>Letter</th>
<th>Word</th>
<th>Letter name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aa</td>
<td>‘Āpele (apple)</td>
<td>a</td>
</tr>
<tr>
<td>Ee</td>
<td>‘Elefānite (elephant)</td>
<td>e</td>
</tr>
<tr>
<td>Ii</td>
<td>Ī (fan)</td>
<td>i</td>
</tr>
<tr>
<td>Oo</td>
<td>Ono (six)</td>
<td>o</td>
</tr>
<tr>
<td>Uu</td>
<td>Ukamea (iron)</td>
<td>u</td>
</tr>
<tr>
<td>Ff</td>
<td>Fale (house)</td>
<td>f(a)</td>
</tr>
<tr>
<td>Hh</td>
<td>Hala (road)</td>
<td>h(a)</td>
</tr>
<tr>
<td>Kk</td>
<td>Kahoa (necklace)</td>
<td>k(a)</td>
</tr>
<tr>
<td>Ll</td>
<td>Letio (radio)</td>
<td>l(a)</td>
</tr>
<tr>
<td>Mm</td>
<td>Mango (mango)</td>
<td>m(a)</td>
</tr>
<tr>
<td>Nn</td>
<td>Niu (coconut)</td>
<td>n(a)</td>
</tr>
<tr>
<td>Ng/ng</td>
<td>Ngatū (tapa)</td>
<td>ng(a)</td>
</tr>
<tr>
<td>Pp</td>
<td>Peleti (plate)</td>
<td>p(a)</td>
</tr>
<tr>
<td>Ss</td>
<td>Sote (shirt)</td>
<td>s(a)</td>
</tr>
<tr>
<td>Tt</td>
<td>Tamai (father)</td>
<td>t(a)</td>
</tr>
<tr>
<td>Vv</td>
<td>Vaka (canoe)</td>
<td>v(a)</td>
</tr>
<tr>
<td>[']</td>
<td>‘Umata (rainbow)</td>
<td>fakau’a</td>
</tr>
</tbody>
</table>

A E I O U F H K L M N NG P S T V ['']
Ko e ongo ‘o e lea Tonga | Sounds of Tongan Language (try variations with toloi and fakau‘a)

<table>
<thead>
<tr>
<th>Fa</th>
<th>Fe</th>
<th>Fi</th>
<th>Fo</th>
<th>Fu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ha</td>
<td>He</td>
<td>Hi</td>
<td>Ho</td>
<td>Hu</td>
</tr>
<tr>
<td>Ka</td>
<td>Ke</td>
<td>Ki</td>
<td>Ko</td>
<td>Ku</td>
</tr>
<tr>
<td>La</td>
<td>Le</td>
<td>Li</td>
<td>Lo</td>
<td>Lu</td>
</tr>
<tr>
<td>Ma</td>
<td>Me</td>
<td>Mi</td>
<td>Mo</td>
<td>Mu</td>
</tr>
<tr>
<td>Na</td>
<td>Ne</td>
<td>Ni</td>
<td>No</td>
<td>Nu</td>
</tr>
<tr>
<td>Nga</td>
<td>Nge</td>
<td>Ngi</td>
<td>Ngo</td>
<td>Ngu</td>
</tr>
<tr>
<td>Pa</td>
<td>Pe</td>
<td>Pi</td>
<td>Po</td>
<td>Pu</td>
</tr>
<tr>
<td>Sa</td>
<td>Se</td>
<td>Si</td>
<td>So</td>
<td>Su</td>
</tr>
<tr>
<td>Ta</td>
<td>Te</td>
<td>Ti</td>
<td>To</td>
<td>Tu</td>
</tr>
<tr>
<td>Va</td>
<td>Ve</td>
<td>Vi</td>
<td>Vo</td>
<td>Vu</td>
</tr>
</tbody>
</table>
Helpful words and phrases

Loto ‘i Tonga | Tongan values

Loto-’ofa Kind-hearted
Loto-melino Peacefulness
Loto-poto Understanding
Loto-fiefia Gladness
Loto-faka’apa’apa Respectfulness
Loto-lelei Willingness
Loto-mafana Warm-hearted
Loto-lahi Bravery
Loto-faka’atu’i Consideration
Loto-tonunga Faithfulness
Loto-tonunu Forthrightness
Loto-taha Modesty

Loto-hangamālie Calmness and confidence
Loto-tō Eagerness
Loto-fiemālie Contentedness
Loto-fakapotopoto Sensibility
Loto-fakakaukau/fifili Thoughtfulness
Loto-faitotonu Honour and honesty
Loto-feinga/tutui Perseverance and ambition
Loto-kataki/ūkuma Patience
Loto-ma’a Cleanliness
Loto-to’a Courage
Poto’iloto Wisdom
Loto-hounga Gratefulness
<table>
<thead>
<tr>
<th>Fāmili</th>
<th>Family</th>
<th>Ako</th>
<th>Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tāmai</td>
<td>Father</td>
<td>Kalasi</td>
<td>Class</td>
</tr>
<tr>
<td>Fa‘ē</td>
<td>Mother</td>
<td>Faiako</td>
<td>Teacher</td>
</tr>
<tr>
<td>Foha</td>
<td>Son</td>
<td>Puleako</td>
<td>Principal</td>
</tr>
<tr>
<td>‘Ofefine</td>
<td>Daughter</td>
<td>Kaungāme’a</td>
<td>Friends</td>
</tr>
<tr>
<td>Tuonga‘ane</td>
<td>Brother</td>
<td>‘Apiako</td>
<td>School</td>
</tr>
<tr>
<td>Tuofefine</td>
<td>Sister</td>
<td>Ako</td>
<td>To learn, To teach</td>
</tr>
<tr>
<td>Kui Tangata</td>
<td>Grandfather</td>
<td>Poto fakapotopoto</td>
<td>Wisdom</td>
</tr>
<tr>
<td>Mokopuna</td>
<td>Grandchild</td>
<td>Fakakoloa</td>
<td>Enriching</td>
</tr>
<tr>
<td>Mehikitanga</td>
<td>Auntie</td>
<td>Loki</td>
<td>Room</td>
</tr>
<tr>
<td>‘Ilamutu</td>
<td>Niece</td>
<td>Saianisi</td>
<td>Science</td>
</tr>
<tr>
<td>Pēpē</td>
<td>Baby</td>
<td>‘Ofa‘anga</td>
<td>Beloved</td>
</tr>
<tr>
<td>Talavou, Finemui</td>
<td>Youth</td>
<td>‘Ilo</td>
<td>Knowledge</td>
</tr>
<tr>
<td>Finemotu’a</td>
<td>Women</td>
<td>‘Poto’i</td>
<td>Skilful</td>
</tr>
<tr>
<td>Tangata’eiki</td>
<td>Gentleman</td>
<td>‘Aāti</td>
<td>Art</td>
</tr>
<tr>
<td>Fine‘eiki</td>
<td>Lady</td>
<td>Fika</td>
<td>Maths</td>
</tr>
<tr>
<td>‘Ulumotu’a</td>
<td>Head of the Family</td>
<td>Fakamalohisino</td>
<td>Physical Ed</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ngaahi Lea Faka‘aho</th>
<th>Introductions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kohai ho hingoá?</td>
<td>What is your name?</td>
</tr>
<tr>
<td>Ko _____ hoku</td>
<td>My name is ______.</td>
</tr>
<tr>
<td>hingoá.</td>
<td>Ko ‘eku ha’u me i</td>
</tr>
<tr>
<td></td>
<td>I come from ______.</td>
</tr>
<tr>
<td>Ko ho‘o ha’u mei fé?</td>
<td>Where do you come from?</td>
</tr>
<tr>
<td>Ko ho’o ‘alu ki fē?</td>
<td>Where are you going?</td>
</tr>
<tr>
<td>Ko ‘eku ‘alu ‘o ______.</td>
<td>I am going to ______.</td>
</tr>
</tbody>
</table>
Kohai ho’o faiako?  Who is your teacher?  Ha’u ‘o kai!  Come and eat!
Ko _______ ‘a ‘eku faiko.  My teacher is ________.
Tauō ‘o ‘eva!  Let’s go for a walk!

The Human Rights Commission (HRC) recommends the Unilang Tongan Course for everyday phrases. This is made up of seven lessons for beginner speakers of the Tongan language.

Find a range of Tongan nouns, verbs and adjectives with the English/Tongan Translator website.

Learn better through play?

Check out these great Tongan Digital Dialects Games around phrases, numbers, colours, fruit and vegetables, animals and vocab too.

Learn better through listening?

Randwick Park School in Auckland created a great series of YouTube clips for Tongan Language Week in 2013. Listen and learn:

- Greetings and key words
- Counting
- Things in the classroom/office
- Colours
- Days and Months

Hierarchical vocabularies

The Tongan language has several levels of vocabulary and usage that reflect hierarchical social structure. A mark of respect at all levels when someone uses the correct vocabularies, whether in conversations or speaking to an audience with the presence of Commoners, Chiefs or King. Try learning some of these variations:
<table>
<thead>
<tr>
<th><strong>English Words</strong></th>
<th><strong>Commoners (Tu’a/Kakai)</strong></th>
<th><strong>Chief (Hou’eiki)</strong></th>
<th><strong>King (Tu’i)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Hello</td>
<td>Mālō e lelelei</td>
<td>Mālō e laumalie</td>
<td>Mālō e lakoifie</td>
</tr>
<tr>
<td>Welcome</td>
<td>Mālō e lava mai</td>
<td>Mālō e me’a mai</td>
<td>Hā’ele ā</td>
</tr>
<tr>
<td>Goodbye</td>
<td>Nofo ā (to those staying)</td>
<td>Me’a ā</td>
<td>Liuaki ā</td>
</tr>
<tr>
<td></td>
<td>‘Alu ā (to those leaving)</td>
<td>Me’a</td>
<td>Hā’ele</td>
</tr>
<tr>
<td>Go</td>
<td>‘Alu</td>
<td>‘Ilo</td>
<td>Taumafā</td>
</tr>
<tr>
<td>Eat</td>
<td>Kai</td>
<td>Toka</td>
<td>Tōfā</td>
</tr>
<tr>
<td>Sleep</td>
<td>Mohe</td>
<td>Koia/ Ko ē</td>
<td>Ko ē</td>
</tr>
<tr>
<td>Yes</td>
<td>‘Io</td>
<td>Tanu</td>
<td>Telō</td>
</tr>
<tr>
<td>Burial</td>
<td>Takale/ ‘Ulu</td>
<td>Fofonga</td>
<td>Langi</td>
</tr>
<tr>
<td>Head</td>
<td>Hand</td>
<td>To’ukupu</td>
<td>To’ukupu</td>
</tr>
<tr>
<td>Hand</td>
<td>‘Io</td>
<td>‘Io</td>
<td>To’ukupu</td>
</tr>
<tr>
<td>Feet</td>
<td>Kaulihi/ ‘Va’e</td>
<td>To’ukupu kelekele</td>
<td>To’ukupu kelekele</td>
</tr>
<tr>
<td>Happy</td>
<td>Fiefia</td>
<td>Me’ite</td>
<td>Hoifua</td>
</tr>
<tr>
<td>Thank you</td>
<td>Mālō</td>
<td>Fakafeta’i</td>
<td>Fakafeta’i</td>
</tr>
<tr>
<td>Angry</td>
<td>‘Ita</td>
<td>Tuputamaki</td>
<td>Houhou</td>
</tr>
<tr>
<td>Immediate family</td>
<td>Fāmili</td>
<td>Fale</td>
<td>Fale</td>
</tr>
<tr>
<td>Extended family</td>
<td>Kāinga</td>
<td>Kāinga/Fale</td>
<td>Kainga/Fale</td>
</tr>
<tr>
<td>Son</td>
<td>Foha</td>
<td>‘Alo tangata</td>
<td>Fale’alo tangata</td>
</tr>
<tr>
<td>Daughter</td>
<td>‘Ofefine</td>
<td>‘Alo fefine</td>
<td>Fale’alo fefine</td>
</tr>
<tr>
<td>Mum</td>
<td>Fa’ē</td>
<td>Fa’ē</td>
<td>Fehuhu</td>
</tr>
<tr>
<td>Dad</td>
<td>‘Eiki</td>
<td>‘Ilo</td>
<td>‘Eiki</td>
</tr>
<tr>
<td>Drink</td>
<td>‘Ilo</td>
<td>Fofonga</td>
<td>Taumafā</td>
</tr>
<tr>
<td>Face</td>
<td>Mata</td>
<td>Fetongi</td>
<td>Langi</td>
</tr>
<tr>
<td>Clothing</td>
<td>Kake’i</td>
<td>Fetongi</td>
<td>Fakama’u</td>
</tr>
<tr>
<td>Tongan waist wear</td>
<td>Ta’ovala</td>
<td>‘Aofivala</td>
<td>‘Aofivala</td>
</tr>
<tr>
<td>Speak</td>
<td>Lea</td>
<td>Me’a</td>
<td>Folofola</td>
</tr>
</tbody>
</table>
Ngaahi ke Ngāue Tokoni ki he Uike Lea Tonga | Activity ideas for Tongan Language Week

There are lots of ways to celebrate and participate in Tongan language week in 2016! Check out some activity ideas, and linked resources below:

**Ko hoku Tongā | Identity**

**Lea faka-Tonga he ‘aho kotoa pe | Speak the language everyday**

Embrace the language by finding ways to use Tongan every day.

For brand new speakers, it might be as simple as using greetings like Mālō e lelei (hello), Me’a a (goodbye), Mālō ‘aupi (thank you) or learning a new word or phrases daily or weekly.

More advanced speakers could be challenged to find new ways to use the language outside of everyday conservation topics.

For example, students could create maths problems (spoken or written) for each other using Lea faka-Tonga, or develop a story, poem or dramatic play. Why not create a game using Tongan language to play in the classroom, in the playground, workplace or at church?

**Ko e Koloa faka-Tonga | Explore Tongan treasures**

Browse through Te Papa’s [Collections Online](https://collections.tepapa.govt.nz/) to see pictures and descriptions of the many traditional and contemporary Tongan treasures held in Te Papa’s Pacific Collections.

Talk about the significance these objects have to you personally, or find out why they are important to the people in your groups and community. Bring in your treasures (or a photo if that is not possible) to share with others in your class or organisation.

Some examples of treasures include:
Find out more about the Tongan concept of koloa (wealth) and discover more about these treasures, and their significance in different contexts and environments. This resource from the Pasifika Education Centre could be a good start.

Kalapu Kava Tonga | Kava club

Kava plays an important part in Tongan culture, being part of almost all occasions.

Find out more about how the kava root is turned into a drink, and the way it is shared. Watching the Kava Clubs and Black Fowls episode from Tales of Te Papa is a good introduction. The video How to: Be a Tongan Tou’a is also useful.

The sharing of kava is ceremonial – it is a way to bring together and spend time with friends, family and community. People sit cross-legged and talk, share, joke, play music and sing between rounds of drinking. With this collective or bonding aspect in mind, why not establish your own kava club this Language Week. Instead of drinking kava, you might share something else, like coconut water.

- Ngatū (tapa cloth)
- Helu (head comb)
- Kato ālu (woven ceremonial basket)
- Lakalaka and kiekie (dance costume)
- Kūmete (kava bowl)
- Fangufangu (nose flute)
- Ta’ovala (waist mat)
- Chest ornament
- Kahoa (necklace/garland)
- Objects made with turtle shell
- Fala fihu (fine mat)
- ‘Akaulu-taà (carved club)
- Monomono (quilt)
Watching the short film, The Legend of Kava Tonga (2015, Tongan Language with English subtitles) may give you some further understanding of the importance of kava to Tongan culture, and how it fits with Loto ‘i Tonga (N.B. We recommend a viewing by adults first).

Mo’ui’aki ‘a e Loto ‘i Tonga | Live the values

What do the Loto ‘i Tonga listed on page 8 of this resource mean to you? Find ways to put them into practice during Language Week, or better still, make plans to incorporate them into your centre, school, or organisation for the longer term.

Ko e Fangufangi ‘a Maui | Maui and the Nose Flute

How did the Tongan people gain their loto poto (wisdom)?

The legend of Maui and the Nose Flute | Ko Maui Mo Te Fangufangi (1999) by Sione Tu’itahi tells us that Maui discovered the secrets of the gods lay in the beautiful music of the nose flute.

Discover how Maui went to Pulotu (the island of the gods) and stole a piece of special bamboo; how he fashioned his own fangufangu, and how he escaped the four winds and a giant shark in order to share the loto poto with the people of Tonga.

Find out more about the fangufangu and have a go playing one if you can. You might like to watch this video from Tangata Pasifika of the fangufangu being played here in Aotearoa New Zealand too.

Check out these Te Papa blogs on fangufangu too.

Tui ho ta’ovala | Wear your ta’ovala

As Ben Work explains on Coconet.TV, the ta’ovala is a definite symbol of Tonga. When you wear this mat around your waist, to work, to church, to school, you are literally wrapping a piece of Tonga around you and taking it everywhere you go. It is seen as a sign of respect and rank.
Find out why ta’ovala are connected to Tongan identity by watching the Tongan Ta’ovala video on the Coconet website. Watch Know your Ta’ovala to find out the do’s and don’ts of wearing ta’ovala from Tongan expert Favine Fakahau Lumsden.

The tupenu (wrap around cloth) is another traditional piece of clothing worn more in the everyday. Here is an example of it as part of the Wesley College Dress Uniform. Find out about other dress for special occasions in the storybook Kelea’s clothes from Jill Macgregor’s ‘Children of the Pacific’ series.

Ko e lotu ‘a e ‘Eiki | Learn the Lord’s Prayer in Tongan

Spirituality is central to Tongan identity. For many people, this includes a relationship with the Christian God. Why not learn the Lord’s Prayer in Tongan to recognise this connection.

**Ko e Lotu ‘a e ‘Eiki**

Ko ‘emau Tamai ‘oku ‘i Hēvani,
Ke tapuhā ho huafā,
Ke a’u mai ho’o pulē,
Ke fai ho finangalo i mamanī;
Hangē ko ia ‘i Hēvani
Foaki mai ha’a mau me’akai ki ‘anai.
Pea fakamolemole’i ‘emau ngaahi ‘angahala
‘O hangē ko ‘emau fakamolemole ‘a kinautolu kotoa pē ‘oku mo’ua mai.
Pea ‘oua na’ake tuku kimautolu ki he ‘ahi’ahi;
Ka ke fakahaoﬁ ‘a kimautolu mei he fili.
He ‘oku o’ou ‘a e pule, pea mo e mālohi, mo e kolokia,
‘O ta’engata pea ta’engata.

‘Emeni.

**The Lord’s Prayer**

Our father who art in Heaven,
Hallowed be thy name,
Thy kingdom come,
Thy will be done,
On earth as it is in Heaven.
Give us this day our daily bread,
And forgive us and those who trespass against us.
Lead us not into temptation,
But deliver us from evil.
For the kingdom, the power and glory is yours,
Now and forever.
Amen.
Ko e Tonga au ‘i ‘Aotearoa | Being Tongan in Aotearoa New Zealand

Discuss how you feel being Tongan in Aotearoa New Zealand. Do you think this is the same or different to being Tongan in the Kingdom of Tonga?

Carolyn Collis and Fekita Matele have created a great series of books for younger children around life in Tonga that might help with comparisons. Find all the titles on the Wheeler Books website.

Has being Tongan in Aotearoa New Zealand changed for you over time? What helps you to maintain or grow your Tongan identity in this country?

Being Tongan is special! What makes you proud of your Tongan identity? Create a piece of artwork, compose a song, rap or instrumental, a dance, or craft a story or poem to express and celebrate this.

Loto ‘Ofa - Love

Teuteu ha pelēti me‘akai Tonga ‘o vahevahe | Prepare a Tongan dish or drink and share

Preparing and sharing food and drink with friends and family is a great way to show ‘ofa and to celebrate Lea faka-Tonga.

Check out Unit 12 of Faufau: An Introduction to Tongan for a simple recipe for ‘Ota ika (raw fish dish). This has ika (fish), niu taufua (coconut cream), onioni (onions), lēmani (lemons), tēmata (tomatoes) and māsima (salt) in it.

You could also try making Lū sipi or Mutton lū. This is a Tongan dish made using taro leaves. Parcels are made with the lū (taro leaves) and filled with bite-sized pieces of meat with coconut cream, onions and salt. The parcels are baked in an ‘umu (earth oven).

Green bananas, manioke (cassava), talo (taro), kumata (kūmara) and ‘ufi (yams) could also be on your menu.
Why not make the refreshing drink ‘Otai? This consists of coconut cream, watermelon, mango, and pineapple. Find a recipe here.

The book *Ko e hō a e Hikinga‘atu* by ‘Anahina ‘Aipolo Sikalu could be a useful resource too. It looks at the preparation of Tongan food, and cooking in the ‘umu (earth oven). It focuses on the values of fevahevahe‘aki (sharing) and fetokoni‘aki (helping one another) and respect.

**Ko e ngaahi Faiva Fakatonga | Put on a performance**

You might like to watch these performances from young people on the Tongan Stage at Polyfest 2015 and 2016 for inspiration:

- Marist College
- Welesy College
- Massey High School
- James Cook High School
- Epsom Girls’ College
- Kelston Girls’ High School
- Southern Cross Campus
- Baradene College

**Tokoni’i ha taha ‘i he Lea faka-Tonga | Support classmates/colleagues with Lea faka-Tonga**

Taking time to support the language journey of our friends is a great way to show ‘ofa. Lead a tutorial, or organise a coffee date to practice pōtalanoa (conversation). Offer your assistance when people get stuck with Tongan pronunciation, words or phrases. Encourage and praise, and show care and consideration around the efforts they are making. Help build confidence and a love of the Tongan language.

**Loto Faka‘apa‘apa - Respect**

**Talanoa mo e kau matu‘a | Spend time with elders**

Organise a morning, afternoon or evening with matu‘a (elders) and/or ngaahi Kui (grandparents) to share their stories of their childhood and significant cultural knowledge (including the language). Have them visit your classroom, workplace or home – or better still arrange a time to go to them. Acknowledge their importance to you.
**Ko e Pule‘anga Tonga | The Kingdom of Tonga**

Find out more about the history of the Tongan Royal Family, and current monarch, King Tupou VI. What does his role as Head of State entail? How do we show our respect to him and his family?

**Ko hono ngaohi ‘o e Ngatū | Create and give your own Ngatū inspired artwork**

Ngatū has been made in Tonga for hundreds of years, and it continues to have much significance in everyday life in the Kingdom of Tonga. Gifting Ngatū, and other koloa faka-Tonga (Tongan fine mats) is one the highest signs of respect.

[Watch this video](#) from Coconet. TV to see the making of traditional Ngatū Tonga and/or read the story *Toakase’s Tapa* by Jill Macgregor.

Check out the [Stories from the Pacific’ pre-visit Powerpoint lessons](#) from Te Tuhi Centre for the Arts – they will give you the knowledge and tools to create your own Ngatū inspired artwork. Gift this piece to someone special in your life this Tongan Language Week:

- **Lesson 1:** Polynesian Tapa
- **Lesson 2:** Inspired by Tapa
- **Lesson 3:** Pacific symbols and the stories they share – see especially ‘Symbols in Ngatū’ (pages 3-9).
- **Lesson 4:** Artists from past to present

**N.B. Save these files to your computer before trying to open.**
Ko hoku Fāmili | My family

Kāinga (kinship) is highly valued by Tongan people. Learning more about our immediate and extended families opens many opportunities to discover our heritage language, culture, values and histories. It also enables us to show respect.

Create a hohoko (family tree) to support this learning. You could do this in your classroom, workplace or home setting.

Find photographs or draw pictures of the members of your family. Explore and discuss the origins and significance of your family names (surnames, and given names). Investigate the interests, skills and stories of your family members. See how far back into your genealogy you can go!

Introduce each of your family members to your group.

Ko e Fono | Host or participate in a Fono

Fono are the central political structure of a community. It is the means by which notices are given, issues discussed, and decisions are made. Why not host or participate in a Fono’ focused on growing Tongan language and culture in your ECE centre, school, community group, or workplace?

The book Ko e Fono by Lesieli Kupu MacIntyre is a good introduction to the protocols and values associated with a Fono.

Ko e kau helo ‘o Tonga | Tongan Heroes

Read David Riley’s brand new book Tongan Heroes (2016), and discover more about aspirational people with Tongan ancestry. This includes historical figures like Queen Salote Tupou III, legendary figures such as Muni and Kavaoanu, and contemporary figures such as Jonah Lomu and Valerie Adams.

Discuss what you respect about these people based on the Loto ‘i Tonga they display.

Think about other Tongans who are role models for you too – what is it that you can learn from them?
Teuteu ki ha fatongia Fakafāmili | Plan for a special occasion

Has someone in your family marking a milestone soon – like a birthday, wedding, a big trip, or a birth? Use Language Week as a time to prepare to make this occasion as special as possible for them.

The book *Ko e Kahoa Fai’aho* by Lesieli Kupu MacIntyre is a useful resource to look at. In this story, a young girl helps to make heilala kahoa (garlands) for her cousin’s 21st birthday. Heilala are red blossomed flowers – a high ranking symbol in the Kingdom of Tonga. It is the national flower and also the royal flower.

Loto Fakatōkilalo - Humility

Tokoni ki ha taha ‘oku fiema’u ho’o tokoni | Using your gifts to serve others

In Tongan culture, it is important to honour one another above ourselves. Think about what your gifts and strengths are, and find ways to give of these to others in your group, class, school, centre, workplace, or organisation.

For instance, if you are really strong at playing rugby you might work hard to represent your family, school, town/city, province or even country.

If you are gifted with music, you might put on concerts for the enjoyment of your friends and family.

Fakamalō ki ha tokoni kuó fai ‘e ha taha | Acknowledge the gifts of others

Recognise the people in your lives for the gifts and strengths they possess. You could make a special card to give them acknowledging what their gifts and strengths mean to you, and how they positively impact your life.

For instance, you might thank your Mum and Dad for working really hard at their job, making yummy food, or giving amazing hugs.
Lea faka-Tonga champions - Our nation-wide initiative

Everyday efforts and environments nurture, invest in, and develop the Tongan language. That means there are many people, across our communities, who are our champions of Lea faka-Tonga - whether children, young people, adults and elders, our role models or celebrities.

This Tongan Language Week, the Ministry for Pacific Peoples (MPP) want you to acknowledge these important people, and share the messages they have regarding Language Week/Lea faka-Tonga.

How do I get involved?

Step 1: Put forward a person from your community who you think should be recognised in 2016. Discuss why you believe this person is a Lea faka-Tonga champion.

Step 2: Utilise the certificate template on pages 23 (or create your own version that better reflects you, or your centre, school or organisation). Make sure to write or draw the reasons why you have selected your champion on the certificate.

Step 3: Present your certificate to your champion, telling them why they are your Lea faka-Tonga champion in 2016. If your champion can’t receive their certificate in person, you could post it (via mail or email) along with a letter or drawing outlining your reasons.
**Step 4:** With your champion’s permission, post the picture of them on social media (Facebook, Instagram or Twitter), along with a short explanation. Make sure to include the hashtag #LeafakaTongaChampion

For example:

_Sione Finau is a Lea faka-Tonga champion. He is a university student who teaches Lea faka-Tonga to secondary students every Saturday morning. He encourages families and communities to find time to teach and speak Lea Tonga, and to have fun doing it. #LeafakaTongaChampion_

**Step 5:** Use the hashtag to search out other Lea faka-Tonga champions, recognised by people all around Aotearoa New Zealand!

Make sure to check out champions featured on the Ministry for Pacific Peoples Facebook page @MinistryforPacificPeoples throughout Language Week too.
Tohi Fakamo‘oni Ngāue Lelei

Certificate of Recognition

‘Oku foaki ‘a e tohi ni mo e loto hounga mo‘oni kia | This certificate is awarded with pride to

Ki he ngāue mo e poupou ki he Uike ‘o e Lea faka-Tonga 2016 | For their work to support Tongan Language in 2016.

Fakamo‘oni Hingoa | Signed: