



SIMPLE COOK ISLANDS WORDS & PHRASES

*Learn the Cook Islands language
Tamōu I te Reo Kuki Airani*

Phrase Translation

Listen	Akarongo
Listen to me	Akarongo mai kiaku
Excited	Mataora
I'm very excited	Mataora tikai au te
to see you	kiteanga iakoe
Come in	Tomo mai
Come in and	Tomo mai kia
have a rest	akangaroi koe
Island Shirt	Pona pareu
Please, iron your	Me ka tika, aurilia toou
island shirt	pona pareu
Wait	Tiaki
Mama will wait	Ka tiaki atu a mama
for you	iakoe
Crown	Korona
This is a crown	E korona teia
Age	Mataiti
I'm 30 years of age	E toru ngaūru oku mataiti
Car	Motokā
I have a red car	E motokā muramura toku
Sit	No'o
Sit down	No'o ki raro
Shop	Toa
Go to the shop	Aere ki ko i te toa

Phrase Translation

Greetings	Kia Orana
Greetings to you	Kia Orana koe
Excuse me	Ina ake ana ine?
It's ok	Te meitaki 'uara
How are you?	Peea ua koe?
I am well	Meitaki ua au
What is your name?	Ko'ai to'ou ingoa?
My name is Helen	Ko 'Erena toku ingoa
Where are you	Te 'aere nei koe
going?	ki'ea?
I am going to school	Te 'aere nei au ki te 'api'i
Are you hungry?	E matepongi ainei koe?
Yes, I am very	'Ae, e matepongi
hungry	tikai au
OK	Ae
Farewell then	Aere ra
What is the time?	Eaa te ora?
The time is 10am	E ora nga'uru te ora
Which way is the	Tiea te mataara ki
road to Tutakimooa?	Tutakimooa?
Follow the main	E aru i te mataara ki
road to town	te taoni
Do you sell apples?	E oko apara ana koe?

MY FAMILY

I/Me	Au
You	koe
Father	Metua tane
Mother	Metua vaine
Older Sibling	Tuakana
Younger Sibling	Teina
Children	Tamariki
Grandparents	Tupuna
Grandchildren	Mokopuna/Utaro

MONTHS

Jan	Tianuare
Feb	Peperuare
Mar	Mati
Apr	Aperira
May	Me
Jun	Tiunu
July	Tiurai
Aug	Aukute
Sep	Tepetema
Oct	'Okotopa
Nov	Noema
Dec	Titema

NUMBERS

One	Ta'i
Two	Rua
Three	Toru
Four	'A
Five	Rima
Six	Ono
Seven	'Itu
Eight	Varu
Nine	Iva
Ten	Ta'inga'uru

DAYS

Monday	Monite
Tuesday	Ru'irua
Wednesday	Ru'itoru
Thursday	Paraparau
Friday	Varaire
Saturday	Ma'anakai
Sunday	Tapati

