

A few helpful phrases in Chuukese:

- Raam anim - hello / good day
- Nesor anim - Good morning
- Nonowas anim – good afternoon
- Nekunion anim – good evening (said at dusk only)
- Nepwong anim – good night
- Kinisou (chapur) - thank you (very much)
- Ifa ussumw? - How are you? (not often used)
- Pechekun – strong
- Ekis... - a little...
- Apwang apwang – weak
- Menu – lazy
- Nge en? - and you?
- Ka/kopwe no ia? - Where are you going? (this is more common than ‘how are you?’ as a greeting)
- Ikenam – there
- Ifa itomw? - What is your name?
- Itei (name) - I am (name)