

JV Introductory Pohnpeian Word and Phrase List

Hello/Goodbye	kasalehlie
thanks	kalahngan
you are welcome	komw dehr kupwuroki
yes	ei
no	soh
sir/madam	maing
where is...	ia wasa...
What time is it?	Kuloak depe?
When?	Iahd?
Who?	Ihs?
me	ngehi
I	I
you (singular)	kowe, komwi
you (plural)	kumwa (2), kumwail (3+)
him/her	e
we	se (exclusive of person spoken to)
we	kita (you and I)
we	kitail (you[plural] and I)
us	kiht (exclusive of person spoken to)
they	ira (2); irail (3+)
How much does this cost?	Ia uwen pweine?
Is/are there a/any...?	Mie...?
One	ehu
two	riau
three	silu
four	pahieu
five	limau
six	wenou
seven	isuh
eight	waluh
nine	duwau
ten	eisek
eleven/etc	eisek ehu/etc
20	rieisek
30	silihsek
40	pehk

50	limehk
60	wenehk
70	isiakan
80	weliakan
90	duwehk
100	epwiki
200	riepwiki
1000	kid
come	kohdo
go	kohla
see	kilang
hear	rong
touch	doahke
want	men
I want to go to the store.	I men kohla ni sidohwao.
To teach/a teaching	padahk
teacher	sounpadahk
something	mehkot
things	soahng kan
my	ei/nei
yours	omw/noumw
ours	at/atail
I'm tired	I pwang.
I'm starved.	I duhpek.
I want to eat/I'm hungry.	I men mwenge.
I'm thirsty.	I men nim.
road	ahl
building	ihmw
church building	ihmw sarawi
Church/parish	Mwomwohdiso
Christian	souleng
king	nanmwarki
know	ese
don't know	sehse
understand	wehwehki
I don't understand	I sohte wehwehki.
none	sohte
walk	alu

run		tang
talk		lokaia
English		lokaian wai
Pohnpeian		lokaian Pohnpei
school		sukuhl
I will go.		I pahn kohla.
to/for		ong
of		en
inside		loale
outside	liki	
up		powe
down		pah
left		palimeing
right		palimaun
correct	pwung	
incorrect		sapwung
sin		dipw
man		ohl
woman	lih	
girl		serepein
boy		pwutak
child		seri
baby		seri pwelel
wife/husband		pwoud/werek
swimming lessons		padahk en pampap
search		rapahki
find		diar
floor		taht
wall		dihd
door		wenihmw
window		wenihmwtok
tree		tuhke
dirt		pwehl
dish/plate/bowl		dahl
knife		naip
fork		pok
spoon		sipuhn
start		tep

end	imwi
tomorrow	lakapw
today	rahnwet
yesterday	aio
night	pwong
at night	ni pwong
day	rahn
noon	souwas
evening	soutik
morning	menseng
sing/song	koul
Let's sing.	Kitail en koul.
Let's go.	Kitail.
sick	soumwahu
happy	nsenamwahu
joy	peren
unhappy	nsensuwed
bad/evil	suwed
family	peneinei
group	pwihn
Be quiet!	Katairong!
dress/fabric	likou
head	moang
hand	peh
foot/leg	neh
hair	pitenmoang
skirt	rohs/koahl
book	pwuhk
pencil	pinsil
write	nting
read	wadek
memorize	wadliki
play	mwadong
meet	tuhpene
fish	mwahmw
ocean	madau
sea/lagoon	sed
in	nan

go in	kohlong
go out	kohiei
from	sang
prayer	kapakap
morning prayer	kapakap en menseng
evening prayer	kapakap en soutik
Mass	Mihsa/kaudok/sarawi
holy	sarawi
God	Koht
Jesus Christ	Iesus Krisdus
pastor	silepe
altar	pei sarawi
custom	tiahk
light	marain
dark	rot/rotorot
faith	pwoson
hope	koapworopwor
love	limpoak
sit	mwohndi
stand up	uhda/kesihnenda
(honorific adverb)	ketin
(humiliative adverb)	patohwan
e.g. Komw ketdi met. (Sit down here.) Komw ketda. (Stand up)	
patohda. (I	I pahn patohdi mwo. (I will sit there.) I pahn
will stand up.)	
[Newcomers are not expected to use high language, so don't worry about it.]	
here	wasah
there	wasao
wehi	kingdom/municipality
kousapw	village
land	sahpw
island	deke
make	wiada
cook (v.tr)	kukih
cook (n.)	sounkuk

leader	kaun
title	mwar
name	ahd
date of birth	rahn en ipwidi
date of death	rahn en mehla
think	medemedewe
thought	madamadau
question	peidek
answer	pasapeng
coconut tree	nih
drinking coconut	uhpw
mature coconut	mwangas
breadfruit	mahi
mango	kengid
banana	uht
yam	keh
taro	mwahng
pig/pork	pwihk
chicken	malek
fence	kehl
north	paliepeng
south	palieir
east	palimese
west	palikapi
forest/jungle	nanwel
farm	mwetuwel
cookhouse	wenuhmw
meeting house	nahs
please	mah/mahs
give to me	kihdo
receive	ale
grow	keirda
small	tikitik
large	lapalap
sleep	meir
She's sleeping.	E memeir.
Work	doahk/doadoahk
He's working.	E doadoahk.

She's going.	E kohkohla.
She already left.	E samwalahr.
He's shopping.	E wie netinet.
She's walking around.	E alilalu seli.
Stay	mi
staying	mihmi
He stays in different places.	E kin mihmi seli wasa kan.
(Plural designation)	kan
person	aramas
people	aramas akan

JV Pohnpeian Word List – Supplement

Brian suggests: “The only things I might add are phrases that could help on first visits with host families like showering, washing hands, and bathroom, but we could also just cover that stuff during ICO before they go to their families. Maybe menseng mwahu, pwong mwahu, etc. would be good too. And it might be helpful to have explicit definitions of some common words you have in sentences: ni, met, pahn.”

So here are a few more words and phrases that may be helpful to you:

duhdu	to bathe, shower
pahn	will (future tense)
I pahn duhdu.	I will take a shower/bath.
emwiemw	to wash hands
wude dahl	to wash dishes
pere	room (in a building)
kot/kainen	urinate or defecate
kot en pihl	urinate
kainen pihl	urinate
pere en kot/kainen	toilet
benjo	outhouse
meir	sleep
pere en meir	bedroom
mwahu	good

menseng mwahu	good morning
pwong mwahu	good night
soutik mwahu	good evening
souwas mwahu	good noon
ketipin	sun
maram	moon
usu	star
usu kan	stars
ni [nee]	at (preposition)
nih [neeee]	coconut tree (The “h” after a vowel extends the vowel sound)
met	now or here
wasa	place
wasah	this place
wasao	that place
kilang	to see
rong	to hear
ned	to smell
doahke	to touch
song	to taste
song	to try
nting	to write