**Lafoga ma Alagaupu (Proverbs and Phrases)**

Lafoga is the Samoan word for phrases. Alagaupu are proverbs – wise sayings or expressions about life. The following phrases and proverbs can be used as part of speeches or writings to strengthen your ideas. Samoan and English explanations are provided to capture the essence of each lafoga and alagaupu.

1. **O le pa e sala i lona fausaga.**

Upu fa’amanatu e ala ona malepe se mea, ona o le fa’avae ma le fausaga e le i mautū.

*Some events / projects or endeavors are unsuccessful owing to faulty design and/or workmanship.*

1. **E afua mai mauga manuia o nu’u.**

O upu e fai e fa’ailoa ai o le tele o manuia o nu’u ma aiga e mafua mai i o latou ta’ita’i.

*A phrase that suggests wellbeing of families, communities and nations is largely dependent on its leaders.*

1. **A fisaga le matagi. Sisi le lā fala.**

O le lapata’iga a folau i le matagi agi fisaga, ona tiu lea i le la fala.

*A saying to recommend that when sailing in light winds, use a light sail.*

1. **A lutaluta le tai. Sisi le la ‘afa.**

O le lapata’iga a folau i matagi malolosi, ona tiu lea i le lā ‘afa.

*A recommendation that when sailing in strong winds, use a heavy sail.*

1. **Ia mau pea le to’ovae.**

O le lafoga taofiofi, a fa’alavelave se tasi a o e tautala, pe fa’aali ni aga lē ‘ano’ano, ia lava le onosa’i.

*This is to forewarn that when someone rudely interrupts, or being disrespectful, to exercise self control.*

1. **O le Atua lo tatou maluapapa.**

O le lafoga ta’utino, a tetele faigata o le olaga, o le Atua tatou te malu ai.

*It is a promise that when in stressful situations, seek shelter in God and you will be in peace.*

1. **Faatuatuanai mea ua tuanai, a e tuli i luma se ai.**

O se lapata’iga, o mea ua uma ona tutupu e le mafai ona toe suia. O mea ua tuana’i, e tatau ona avea ma fa’amanatu ina lava tapena mo le lumana’i.

*This is a confirmation that history can never be changed, and to use past experiences to seek a better future.*

1. **E soso’o afā ma maninoa.**

O se fa’amanatu a tali tigā i taimi o puapuagā ma faigata, e tua i manuia ma le saogalemū.

*A phrase to suggest that peace of mind is often the outcome of persistence during hardship.*

1. **Ua pisia tatou i i'ufoe.**

O upu e mafai ona faamatala ai le afaina o tagata i faalavelave, mea o le olaga, ma fa’ama’i e lē ma’alofia.

*An alert that there are things outside of our control that we cannot help but be affected by them.*

1. **Ua e seu i le vateatea lupe o malama.**

O upu e faamatala ai se tagata ua ia faia se galuega lelei ma le maoa’e.

*It is to acknowledge when someone does far more than what is normally expected for anything or any occasion.*

1. **Lutia i Puava ae mapu i Fagalele.**

O se upu fa’amalosi’au ina ia onosa’i i puapuaga, e tua i le to’amalie ma fa’amanuiaga.

*A saying from experiences in sailing close to Puava Point, where the sea is always rough, before the calm in Fagalele Bay.*

1. **Seu le manu ma taga’i i le galu.**

O se upu lapata’i ina ia fa’aeteete pe a fai se galuega, ia mata’alia e alofia ai ni isi fa’alavelave matuiā e ono tutupu mai.

*When the focus is solely on one thing, it can lead to unintentional harm. The saying is a reminder to cast your attention widely to avoid other unwanted damages*.

1. **Ua tatou i luga o le gaga.**

O se upu lapata’i e iai mea o le olaga tatou te le lava tapena i ai, ae mana’omia le taumafai ma le galulue fa’atasi.

*This is an alert not to miss an opportunity as there are times when we are not as* *well-prepared as we would like. In such events / occasions we need to give our individual and collective best.*

**14.Ua mapu i sāsāga faagaluega a fafine tō‘aga.**

O le upu e fa’asino i nafa a tama’ita’i o le lava tapena o le fofoga taumafa (vaiinu) o a’iga.

*This is an affirmation of the thoroughly prepared undertaking of selfless women. The joy of seeing the beauty of your hard work, and families well provisioned.*

1. **E sua le ‘ava ae toto le ‘ata.**

O se lafoga lapata’i mo le aga’i i luma ina ia fafai/sua ona toe totō lea.

*A saying to recommend that to sustain anything, we must always be mindful to replant/replenish and pass on the knowled*ge.