



Humpback whale, Vava'u, Tonga

# TONGA AT A GLANCE

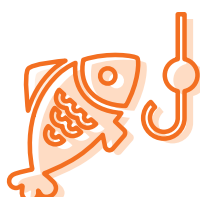


Home to over  
**106,000**  
PEOPLE

## MAJOR INDUSTRIES



**Agriculture**



**Fisheries**



**Forestry**

Tonga relies heavily on remittances from workers who live abroad (mostly in Australia, New Zealand and the United States).

## GEOGRAPHY

Tonga is made up of **169 islands**, of which 36 are inhabited. These islands are divided into 3 main groups – **Vava'u, Ha'apai and Tongatapu**. Tonga's total land area is about **750 km<sup>2</sup>**.



**CAPITAL**  
**Nuku'alofa**

The capital of Tonga is Nuku'alofa, which is located on the largest island, Tongatapu.



For detailed country map please visit:  
[maps.google.com](https://maps.google.com)



# LANGUAGES

## Tongan and English

Tongan and English are the official languages. Tongan is a Polynesian language that is closely related to Wallisian, Niuean and Hawaiian.



# CULTURE

Tongan culture has been influenced by the number of Tongan citizens living overseas but some traditional ceremonies and art forms are still practiced. These include kava ceremonies, the manufacturing of tapa cloth from bark, and traditional dancing.

# RELIGION

## Christianity



Christianity is the predominant religion, and most Tongans are ardent churchgoers. Sunday is celebrated as a sabbath, and even enshrined as such in the constitution. This means no trade is conducted on this day, except for essential services.



# DRESS

Tongan men and women wear a type of clothing called a tupenu, which is similar to a sarong. For women, this consists of a long tupenu, while men wear a shorter tupenu. Women cover the tupenu with a kofu, or western-style dress. Men top the tupenu either with a t-shirt, a casual shirt, or on formal occasions, a dress shirt.

# WORKPLACE CULTURE

Tongans tend to be very polite and may say what they think you want to hear. They can have a relaxed approach to time and are often quite hierarchical. Take the time for relaxed conversation before a meeting, as they will appreciate you taking an interest in their culture and wellbeing.



Swearing and blasphemy are not common and can be interpreted as offensive or aggressive behaviour.

# PASTIMES

## Rugby and singing



Rugby union is the national sport in Tonga and Tongan players are well represented in international competition. Singing is popular in Tonga, with choral singing common in churches and kava clubs.



# PHRASES & GREETINGS

PHRASE — English	Tonga	PHRASE — English	Tonga
Hello	Mālō e lelei (informal)	Goodbye	Alu a (to somebody going) Nofo ā (to somebody staying)
How are you?	Fēfē hake? (sg), Mo fēfē hake? (dl), Mou fēfē hake? (tr)	I'm sorry	Fakamolemole
Please	Kātaki	Do you speak English?	'Oku ke lava 'o lea faka-pālangi?
Thank you	Mālō		

For more common phrases and translations, refer to: <https://omniglot.com/language/phrases/tongan.php>



The wooden Royal Palace of the Kingdom of Tonga in the capital of Nukualofa