



# Ngawurramangajirri (we care for each other)

Tiwi phrases for mental health and wellbeing



---

Authors: Josie Povey<sup>1</sup>, Anne Marie Ampirlipiyanuwu Puruntatameri<sup>1</sup>, Cathy Pumuralimawu Stassi<sup>1</sup>, Ancilla Warlapijimayuwu Kurrupuwu, Magdalen Pamurntanawu Kelantumama, Francis Xavier Maralampuwi Kurrupuwu, Callista Jukura Kantilla, Jahdai Wilson Vigona<sup>1</sup>, Taliyah Millen<sup>1</sup>, Michelle Sweet<sup>1</sup>, Kylie Dingwall<sup>1</sup>, Tricia Nagel<sup>1</sup>, Fiona Shand<sup>2</sup> & Anne Lowell<sup>3</sup>.

1 Menzies School of Health Research, 2 Black Dog Institute, 3 Charles Darwin University





For all Tiwi Elders, past, present and future, who have, and continue to  
share their knowledge with future generations

— Ngawurramangajirri Group, 2020

© Menzies School of Health Research 2020

This work is copyright. Except as permitted under the Copyright Act 1968 (Commonwealth), no part of this publication may be reproduced by any process, electronic or otherwise, without the specific written permission of the copyright owners. Enquiries concerning reproduction and rights should be addressed to [info@menzies.edu.au](mailto:info@menzies.edu.au)

ISBN: 978-1-922104-77-9 - paperback

ISBN: 978-1-922104-76-2 - online





# Welcome

*"We named this project Ngawurramangajirri. We are helping our people to keep our culture strong, respect each other and look after ourselves and others, our land and our creators, Purrukupali and his mother, Murntankala." (Cathy Pumuralimawu Stassi, 22<sup>nd</sup> October, 2019).*

## **Ngirramini Ngini Murntankala Jipilikirimi Yuwurra Ratuwati**

(The story of Murntankala creating the two Islands, Bathurst and Melville - Creation story for the Tiwi Islands)

**Parlingari yakuluwuni yuwutupa, kiya kapi awarra yangamini, jinipamanipa awinyirra yinjula, yikilatinga, api kapi nyirra jukwatanga jipakuturruwa yuwurrajirrima nyirra mwaruwi, Purrukupali, Wurupungala amintiya Kujatapingala.**

**Murntankala jimanuwa jarrumwani jikirimi ngini ngirra kintanga, kiya alalaga yimi kukuni, waya ngini jipilikirimi yuwurrara ratuwati.**

**Kiya awuta nyirra mwaruwi, kakirijuwi pirlinkiti piri, pili wuta paruwani, kiya juwuriyi juwunga yingarti yinkiti, jilikari jiyimi ngini wuta nyirra mwaruwi ngini wuwapa. Karri jipipaya ngini jikirimi ratuwati waya awungari jipamulijipa yiloti.**

*In the dreamtime, the earth shook. From underground an old blind lady came out. On her back she had three children, Purrukupali, Wurupungala and Kujatapingala. Murntankala, she crawled and make tracks with her feet. Water bubbled up then she created the two islands.*

*Her children started to feel hungry, they cried. She went to look for food. She got plenty of food for them to eat. When she finished creating the two Islands, she disappeared.*

(Story told by T K Puruntatameri, 22<sup>nd</sup> October, 2019).

*"We share this story to family, to pass on this knowledge to our future generation. We are proud to be Tiwi. This story explains the creation of the Tiwi Islands. Without knowing this story, Tiwi young people, they get lost, they lose their identity, culture and respect. They won't know what to do." (TK Puruntatameri, 22<sup>nd</sup> October, 2019).*



## Preface

Tiwi is the Aboriginal Language of the Tiwi people who originate from Bathurst and Melville Islands, approximately 65km north west of Darwin. Tiwi people have four Yiminga /Pukuwiyi (skin groups and totems); Wantarringuwi (sun), Takarringuwi (scaly mullet), Miyartiwi (pandanus) and Lorrulla (stone). “The Old Tiwi word mulunjupa means at once ‘language’ and ‘culture’, the two being intrinsically co-dependent” [1]. Tiwi, like many modern Languages, has undergone, significant change in the past 100 years [1-3]. What is commonly referred to as ‘old Tiwi’ is no longer spoken in conversation. Today, the most senior Elders of the community have knowledge of ‘old Tiwi’ however converse in ‘modern Tiwi’, which is spoken by most old to middle age people and incorporates English words. Younger people are now speaking ‘New Tiwi’ which is a highly blended version, incorporating more English words [1]. Language preservation is identified by many Elders on the Tiwi Islands as a key component of maintaining culture, promoting wellbeing and instilling a sense of pride in future generations [3-5].

This project grew out of the identified need for young people to develop stronger Tiwi language skills, and more specifically be able to express their feelings and needs using Tiwi. Anne Marie Ampirlipiyanuwu Puruntatameri and Cathy Pumuralimawu Stassi, generated the idea and passion for this project. Over the time of this project we have received outstanding support from various individuals and organisations. Of particular mention is the Uti Kulintjaku project from Central Australia, who are the pioneers of this work, having undertaken a much larger project with three other Language groups in Central Australia [6]. Being able to discuss, learn and create from their processes, helped this project become what it has.

This project was by no means an easy feat! The rapid transformation of Tiwi Language across generations, the fact it is a spoken and not written language, limited existing dictionaries and language resources, the lack of an available linguist familiar with Tiwi, logistics and restrictions on time and budget have caused delays and challenges. None



the less, this book has been produced and is something all those involved should be immensely proud of.

There is rarely a direct translation for mental health terms in Tiwi. Each feeling, description or phrase included in this dictionary, was explained in Tiwi and English, then carefully crafted through discussion amongst the Tiwi language speakers. Words and phrases were put together, taken apart, put back together, revised, edited, revised again then checked and double checked. The majority of content within this dictionary, occurred within seven workshops of four-six hours duration, held over a six-month period between May and September 2019. Between five and fifteen Elders with an extensive knowledge of Tiwi, were present at each workshop and worked together, through long discussions and storytelling, to gain adequate meaning behind each term. Health professionals were present at each workshop to provide plain English explanations for interpretation.

Of note, was the Elders' stamina, excitement and pride in being a part of this work. Some of the most senior Elders from the Tiwi Islands joined us, for hour after hour of brain testing discussions and negotiations. This journey included, long days, exhausting discussions, stories both cheerful and heartbreaking, seagull eggs, tea and damper, lost glasses, missing hearing aids, singing, dancing and lots of laughs. We hope you enjoy the end product and find it useful.

"We would like people to know, we feel this is just the beginning. Others might like to make their own story. We included many people's views and interpretations. There are probably some differences in language or spelling, but we have tried our best. We hope this book encourages Tiwi people to talk about how they feel and what could help them."

*(Cathy Pumuralimawu Stassi, 22<sup>nd</sup> October 2019).*



## Contributors and Acknowledgements

Many people have contributed to the Ngawurramangajirri project, bringing their enthusiasm, energy and expertise.

### Tiwi Language speakers:

- Anne Marie Ampirlipianuwu Puruntatameri
- Cathy Pumuralimawu Stassi
- Magdalen Pamurntanawu Kelantumama
- T K Puruntatameri
- Andrew Jipwarlapijimi Kelantumama
- Ancilla Warlapijimayuwu Kurrupuwu
- Francis Xavier Maralampuwi Kurrupuwu
- Callista Jukura Kantilla
- Gibson Farmer Illortaminni
- Linda Jipiripalawu Farmer
- Berna Naniwayuwu Timapeatua
- Anastasia Nilus Juwaringini Vigona
- Gregrianna Juwapiyanuwu Parker
- Cedric Ampilimirri Stassi
- Leonie Pukujungumi Tipiloura

### Research Team Members:

- Anne Marie Ampirlipianuwu Puruntatameri
- Cathy Pumuralimawu Stassi
- Josie Povey
- Jahdai Wilson-Vigona
- Taliyah Millen
- Dr Kylie Dingwall
- Dr Michelle Sweet
- A/Prof Fiona Shand
- Prof Tricia Nagel
- A/Prof Anne Lowell





Health Professionals:

- Stacey Bridges
- Illija Jacobs
- Dr Anne Patton
- Dr Kate Goodenough

Illustrators from Tiwi College:

- Denise Martin
- Kim Stassi
- Meleane Vetekina
- Makayla Lalara
- Maletta Warrior
- Misan Kris
- Taletta Kris

Supporting Organisations:



Music/Audio provided by:

- Ngarukuruwala (<http://www.ngarukuruwala.org/home>)
- Anne Marie Ampirlipiyanuwu Puruntatameri
- Cathy Pumuralimawu Stassi
- Jahdai Wilson-Vigona

Video Production by:

- Taliyah Millen







## A little about Tiwi & how to use this book

Tiwi is a complex language which has undergone dramatic change in the past 100 years. Here we describe how to use this book. For greater understanding of the word structures, suffixes and verb forms, please refer to Osborne (1974) or Lee (2003).

This book contains sections Tiwi-English and English-Tiwi. Each are in alphabetic order.

Abbreviations used in this book:

- Tiwi words change depending on the gender of the person being spoken to or about. In this book “(female)”, “(male)” or “(group)” – refers to who you are talking to or about.
- “Can also mean: ...” is used when a Tiwi word or phrase has several meanings, depending on how and in what context it is used.
- “/” e.g. “Kukunari/Miringayi” is used when there are two ways of saying the same thing
- “...” e.g. “Cheeky drugs” is used when local slang or lingo in English is included
- “( )” e.g. “Big eyes (*staring*)” is used to describe an implied term, the term preceding it is the literal translation from Tiwi
- “NB:” is used to add a relevant note to the description in English

Other helpful resources on Tiwi:

- Access to Tiwi – An introductory guide to Tiwi for beginners, shows common words and descriptions for day to day use. Available for sale at the Patakijiyali Museum, Wurrimiyunga [7].
- Charles Osborne dictionary (1974) – contains mostly old Tiwi [3]
- Dr Jenifer Lee’s, *Nguwuranungurumagi Nginingawila Ngapangiraga: A Tiwi-English Dictionary*, (1993) available in print and as an online interactive dictionary [8].

Full citations included in reference list.



## Contents

<b>Welcome .....</b>	<b>2</b>
<b>Preface.....</b>	<b>4</b>
<b>Contributors and Acknowledgements .....</b>	<b>6</b>
<b>A little about Tiwi &amp; how to use this book.....</b>	<b>9</b>
<b>Tiwi to English.....</b>	<b>11</b>
<b>Greetings and checking in .....</b>	<b>11</b>
<b>Terms for feelings and behaviours .....</b>	<b>20</b>
<b>English to Tiwi.....</b>	<b>33</b>
<b>Greetings and checking in .....</b>	<b>33</b>
<b>Terms for feelings and behaviours .....</b>	<b>42</b>
<b>References:.....</b>	<b>55</b>



# Tiwi to English

## Greetings and checking in

Awungana jiyima (female)?	What did she do?
Awungana mamanta	How are you my friends? <i>Often used as: A greeting/welcome</i>
Awungana nginja mantani (male)/ mantanga (female)?	How are you, my friend?
Awungana pirima (group)?	What did they do?
Awungana yima (male)?	What did he do?
Kamini apalamiya kangi nginjila ruwuti?	What's in your heart? <i>(What are you feeling right now?)</i>
Kamini awarra naki ngirramini ngini nginja wiyi aminyuwani?	What is this word/story that you could do to help yourself? <i>(What is something you could do to help yourself?)</i>
Kamini awarra ngirramini ngini wiyi aminyuwani?	What is this word/story that you could do which will help you feel better? <i>(What is something you can do which will help you feel better?)</i>





**Awungana nginja mantani (male)/ mantanga (female)?**

How are you, my friend?



Pilikama ngarra pirlinkiti awujingimi (male)?	Why is he crying?
Pilikama nginja karluwu kukunari?	Why are you not happy?
Pilkama nyirra pirlinkiti ampujingimi (female)?	Why is she crying?
Pilikama pirlinkiti wujingimi (group)?	Why are they crying?
Maka jana awurrumi?	Where is the pain?
Maka jana awurrumi?	Where do you feel the pain? <i>NB: can be physical or emotional pain</i>
Maka minyawunga ngimpangirri/purrakuninga/mikajanga?	Where is your hearing going? <i>(Are you listening to me?)</i>
Maka nginja punyipunyi kawunaga arimi	Where is your head/thinking going <i>(not concentrating)?</i>
Mikajanga pumpuka (female)	She has good ears/is a good listener
Mikajanga pupuni (male)	He has good ears/is a good listener
Mikajanga/Purrakuninga (ears) pumpuka (female) wuni	She has good ears <i>(listens properly)</i>
Mikajanga/Purrakuninga (ears) pupuni (male) wuni	He has good ears <i>(listens properly)</i>
Murrajiyarrapirri	Let's talk together



**Kamini awarra naki ngirramini ngini nginja wiya aminyuwani?**

What is this word/story that you could do to help yourself?  
(What is something you could do to help yourself?)





<b>Murrajiyarrapirri ngini apalamiya kangijila ruwuti/punyipunyi</b>	<b>Let's talk about what is in your heart/mind</b>
<b>Muwiwati murrangurlimayi</b>	<b>You and I walking together/side by side</b>
<b>Ngaripirtangaya</b>	<b>Listen/hear</b>
<b>Ngawurramwariyi ngini kutakamini jirti ngirramini ngintirikimani. Ngapapurukaga angi pupuka jarumwaka.</b>	<b>Leaving worries/bad stories behind. Go forward, follow the good road.</b>
<b>Ngawurrayamangajirri</b>	<b>Care for each other</b>
<b>Ngawurrayamangamiya</b>	<b>Look after ourselves</b>
<b>Ngini jirti apalamiya kangijila purnikapa api murrajiyarrapirri</b>	<b>If you've got bad feeling, I am here to talk with you</b>
<b>Nginja kuwapi ngirimipi?</b>	<b>Who are you related to?/Who is your family?</b>
<b>Nginja jimajirripi pupuni japinana?</b>	<b>Did you sleep well last night?</b>
<b>Nginja paruwani?</b>	<b>Are you hungry?</b>
<b>Nginja pupukana? (female) or Nginja pupuka? (female)</b>	<b>Are you ok?</b>
<b>Nginja pupunana? (male) or Nginja pupuni? (male)</b>	<b>Are you ok?</b>
<b>Ngiya awungarra ngini murrajiyarrapirri ngini kutakamini apalamiya kangijila</b>	<b>I am here if you need to talk</b>



Ngiya awungarra ngini murrajiyarrapirri ngini kutakamini apalamiya kangijila ruwuti amintiya punyipunyi	I am here if you need to talk about what is in your heart and mind
Ngiya karluwu pupuni ngirimajirripi japini	I didn't sleep well last night
Ngiya ngiripirtangaya ngini nginja ngimpirimirra	I listen to a story without getting involved/ I observe their story
Ngiya wiyi ngiminyiwani	I will help you
Ngiya wiyi nyiminjakurluwunyi	I will come to see you
Ngiya wiyi parlinginari nyiminjakurluwunyi	I will come to see you later
Pilikama ngarra arimikimirtiyarri (male)?	Why is he angry?
Pilikama nginja arliranga?	Why do you feel shame?
Pilikama nginja mirliga?	Why are you feeling sad/unhappy?
Pilikama nginja yunukurni nyimpirimajirripi?	Why are you sleeping a lot?
Pilikama nuwa arliranga (group)?	Why do all of you feel shame?
Pilikama nuwa ngimpirimikimirtiyarri (group)?	Why are they angry?



**Ngiya ngiripirtangaya ngini nginja ngimpirimirra**

I listen to a story without getting involved/ I observe their story





<b>Pilikama nyirra ampirimikimirtiyarri (female)?</b>	<b>Why is she angry?</b>
<b>Pilikama nuwa ngimpiwayatipi?</b>	<b>Why are you arguing?</b>
<b>Pilikama nuwa ngupujinguwayatipi?</b>	<b>Why are you both arguing?</b>
<b>Pupuni awurlanari</b>	<b>Good afternoon</b>
<b>Pupuni japinamirni</b>	<b>Good night</b>
<b>Pupuni japinari</b>	<b>Good Morning</b>
<b>Tayamangamiya</b>	<b>Look after yourself</b>
<b>Wiyi parlinginari nimarra murramikimi</b>	<b>We will talk together later</b>
<b>Wiyi parlinginari nimarra murumi</b>	<b>Later on, we will talk together</b>



**Ngiya wiyi parlinginari nyiminjakurluwunyi**

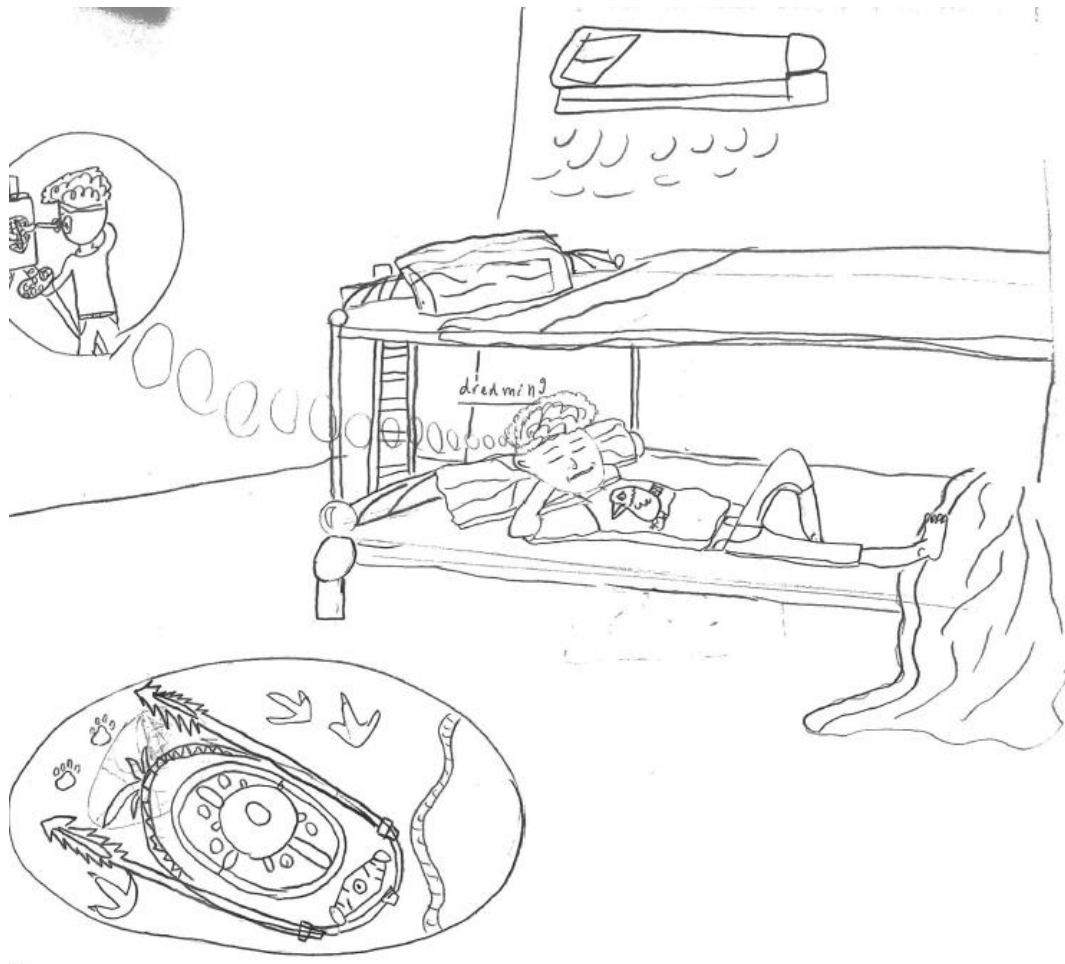
I will come to see you later



## Terms for feelings and behaviours (Tiwi to English)

Ampangirrajamiya (female)	Feeling or thinking she is good/proud/”flash”
Ampirimakirri (female)	Frightened/scared
Arimakirri (male)	Frightened/scared
Arliranga	Shame/Shy (main meanings) <i>Can also mean:</i> <i>”Sorry” for others</i> <i>Unhappy/Worried</i>
Arrungiramiya (male)	Feeling or thinking he is good/proud/”flash”
Awuntingirraga	”Stressing” <i>Can also mean:</i> <i>Confused/paranoid/not coping</i>
Awuta mamakuwi nimarra wujingimi kang i wuta minyawunga	Hearing voices in their ears telling them what to do
Awuta mamakuwi nimarra wujingimi kang i wuta punyipunyi	Hearing voices in their head telling them what to do
Janawurti	Feeling weak or tired
Jikitarriji/jipakilimigi angatawa yiminga (female)	She got a shock





### **Arrungiramiya (male)**

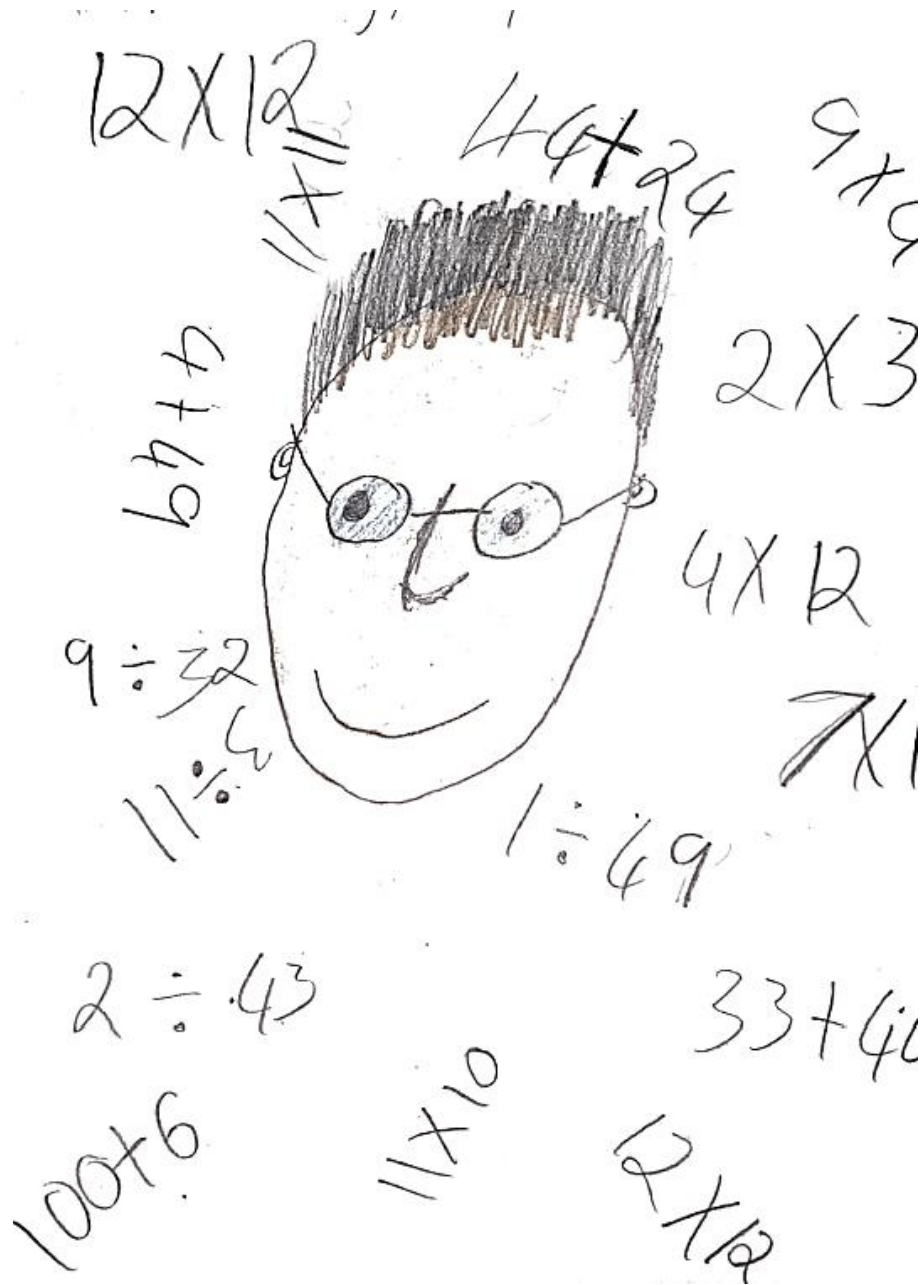
Feeling or thinking he is good/proud/"flash"



Jikurturumi (female)	Feeling strong (body and mind)
Jirti	“No good” <i>Can also mean: Annoyed/sick</i>
Jirti yilipiga	Feeling “no good” in your body <i>Can also mean: Not feeling yourself/Sad inside</i>
Jukutingini (male)	Whispering to himself
Jukutinga (female)	Whispering to herself
Jukutingimpi (group)	Whispering to themselves
Kalampara	Sweating
Kali jimakirringimi (female)	She ran away
Kali jimakirringimi pili jirti ngirramini (female)	She ran away from her bad story <i>(problems/worries)</i>
Kali wurimakirrimi (more than one)	They ran away
Kali yimakirringimi (male)	He ran away
Kali yimakirringimi pili jirti ngirramini (male)	He ran away from his bad story <i>(problems/worries)</i>
Kapi awuntingirraga	People who have worries/”stressing”/not coping
Kapi ngawa mamanta awuntingirraga	Our friends who have worries/”stressing”/not coping
Kapi wuta awuntingirraga	People who have worries/”stressing”/not coping
Karluwu kukunari	Not happy
Karluwu pupuni ngirimajirripi	I didn’t sleep well



Karrikuwapi ngiya mamanta	I have no friends
Karrikuwapi ngiya ngirimipi	I have no family
Karrikuwapi wurtimarti ngiya	Nobody loves me/cares for me
Kukunari/Miringayi	Happy Relaxed/calm Proud
Kutakuwapi nimarra wujingimi kapi ngiya punyipunyi	Somebody is talking, but it is all in my head/I can hear people talking inside my head ( <i>auditory hallucinations</i> )
Kutamaka ngarra punyipunyi arimuwu (male)	He has lost touch with reality/his mind is somewhere else
Kutamaka nyirra punyipunyi ampirimuwu (female)	She has lost touch with reality/her mind is somewhere else
Kutamaka wuta punyipunyi arimuwu (group)	They lose touch with reality/their mind is somewhere else
Majaripika	“Cheeky drugs”/”hot drugs”/ Synthetic drugs (e.g. Synthetic marijuana, ice, methamphetamine)
Mamankuwi wujirrangiraga	Hearing voices
Mankirringini/ arimakirri (male)	Scared
Mankirrika / ampirimakirri (female)	Scared
Mankirringimpi / wurumakirri (group)	Scared



**Ngarra arungurramiya (male)**

He is deadly/smart/clever





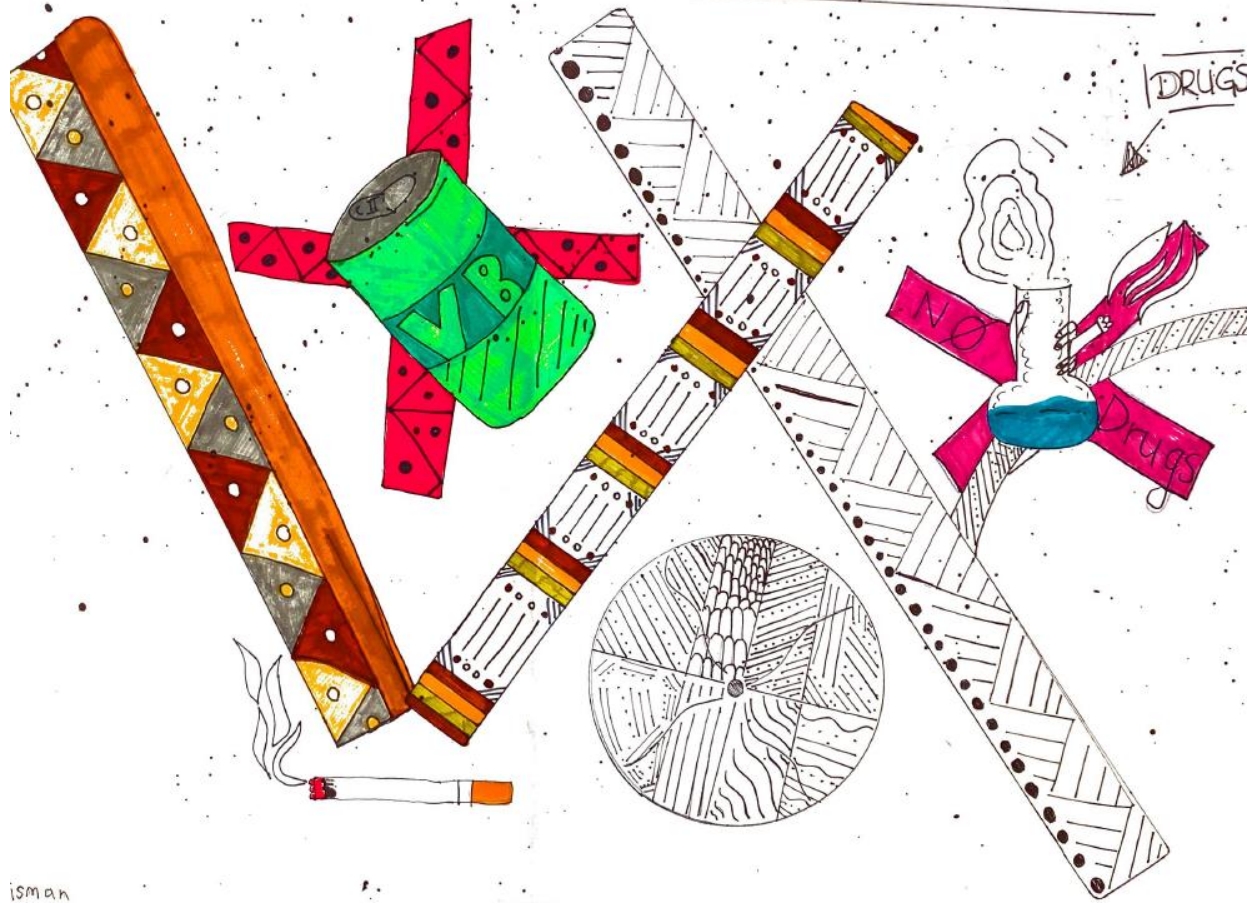
Martupungari	Jealous
Mijuwalini/pupuni (male)	Feeling good
Mijuwalinga/pupuka (female)	Feeling good
Mijuwaluwi/Papuranjuwi (group)	Feeling good
Mirliga	Unhappy
Mirripaka	Beer/"Grog"/Alcohol <i>Also means:</i> <i>Saltwater</i>
Ngajiti ngawujakirimitiyarri	Don't get angry/aggressive
Ngarikilini	Sweating
Ngarra arungurramiya (male)	He is deadly/smart/clever
Ngarra arimingarlingi (male)	He is surprised
Ngarra yipirnamiya (male)	He took his life away (suicide)
Ngawa ngintimatapiliga nginingawula ngirramini	Teaching people/reminding ourselves of the right story, to keep on track (positive thinking)
Ngawa mamanta wupakurluwunyi mamakuwi karri wuta jana	Our family see things that are not there when they are sick
Ngiya karluwu paruwani	I am not hungry
Ngiya karluwu pupuka (female)	I am not well
Ngiya karluwu pupuni (male)	I am not well
Ngiya wangantamiya	I am on my own/alone
Ngiya yikwanari	I am hot <i>Can also mean:</i> <i>I am angry</i>



Nimarra ampirimi nyitamiya (female)	She is talking to herself
Nimarra arimi ngatamiya (male)	He is talking to himself
Nimarra wurimi wutilamiya (group)	They talk to themselves
Nimarra wujingimi wutamiya (group)	They are talking to themselves
Nyirra ampirimarlingi (female)	She is surprised
Nyirra jipirnamiya (female)	She took her life away (suicide)
Nuwa nguriyi	I am “sorry” <i>(I acknowledge your or my grief)</i> <i>NB: often accompanied with action/body language – patting/tapping above your heart, used as a show of respect)</i>
Palipali ampirimi angilawa yiminga	Feeling anxious/uneasy Heart beating fast, a problem/bad news is coming
Parlingarri ngini jirti ngirramini purruwunani api karluwu kiyija arnturuka	From the past, they still carry that bad feeling inside them ( <i>trauma</i> )
Pijarama (female)	Big eyes ( <i>staring</i> )
Pijaramini (male)	Big eyes ( <i>staring</i> )
Pijaramuwi (group)	Big eyes ( <i>staring</i> )
Pilikama ngarra yimintakurluwunyi (male)?	Why did he look at me? ( <i>suspicious</i> )



# NO Alcohol And Drugs



## Mirripaka

Beer/"Grog"/  
Alcohol  
*Also means:*  
*Saltwater*

## Wupunga

"Gunja"/  
cannabis/  
marijuana

## Majaripika

"Cheeky drugs"/"hot  
drugs"/ Synthetic drugs  
(e.g. Synthetic marijuana,  
ice, methamphetamine)





Pilikama nuwa ngintimantakurluwunyi (group)?	Why are they looking at me? ( <i>suspicious</i> )
Pilikama nyirra jimintakurluwunyi (female)?	Why did she look at me? ( <i>suspicious</i> )
Pirlamarri ampingiraga (female)	Talking all jumbled up ( <i>talking but not making sense</i> )
Pirlamarri apangiraga (male)	Talking all jumbled up ( <i>talking but not making sense</i> )
Pirlamarri wupangiraga kapi naki (group)	Talking all jumbled up ( <i>talking but not making sense</i> )
Pirlamarri wupangiraga ngawa mamanta (group)	These people are talking all jumbled up ( <i>these people are talking but not making sense</i> )
Pirlinkiti awujingimi (male)	Crying
Pirlinkiti ampujingimi (female)	Crying
Pirlinkiti wujingimi (group)	Crying
Pirringawuni	Feeling weak or tired
Puranji wurumuwu ngawa	I am being loved
Puranji wurumuwu ngiya	They love me
Purukurturumi (group)	Feeling strong as a group
Purlingiya	Nervous, shaking ( <i>anxiety</i> )
Purlingiya ngirimi	I am shaky
Purlingiya ngirimi kapi ngiya pitipita	I am shaky inside my stomach ( <i>nausea</i> )
Pungintaga jana	Pain in the head/headache
Pupuni ngirimajirripi japini	I slept well last night/good sleep





Putuputuwu ngawuntakirayi ngawa mamanta	Feel “sorry” for that family/we feel “sorry” for them (grief)
Putuputuwu ngawurrakirayamiya	We grieve for ourselves/ Feeling “sorry” for ourselves
Pwakayini kapi ngatamiya (male)	He is laughing to himself
Pwakayini kapi nyitamiya (female)	She is laughing to herself

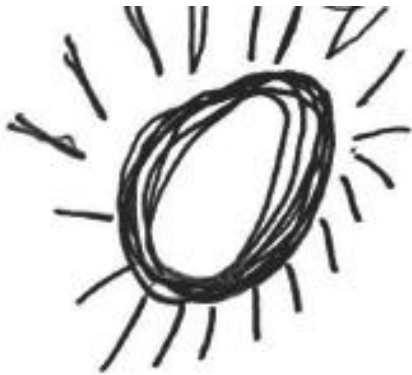


**Purlingiya ngirimi**

I am shaky



Pwakayini wurimi wutilamiya (group)	They are laughing to themselves
Ruwuti ampilampa	Heart beating fast
Tayikuwapi nimarra wujingimi kapi ngiya punyipunyi	Everyone is talking in my head
Waya nguujukupawurli kapi ngiya timani pili ngiya waya jana yiminipirni.	I am going back to my homeland because I am feeling sick ( <i>longing for country</i> )
Wujirrangiraga kangawa purrakuninga	Hearing voices
Wupakurluwunyi yimanka	Seeing spirits/seeing things that are not there ( <i>visual hallucinations</i> )
Wupangirrajamiya (group)	They are feeling or thinking they are good/proud/“flash”
Wupunga	“Gunja”/cannabis/marijuana
Wurumakirri (group)	Frightened/scared
Wuta wurumarlingi (group)	They are surprised
Wutamiya nimarra wujingimi (group)	They are talking to themselves
Yartari	Feeling anxious/unsure
Yartari ampirimarrimi angi nyitawa yiminga (female)	Feeling anxious/unsure with shortness of breath
Yartari arimarrimi angatawa yiminga (male)	Feeling anxious/unsure with shortness of breath



**Puranji wurumuwu ngawa**  
I am being loved



Yartari ngarimajigi nginingawula punyipunyi	Feeling anxious/unsure with head ( <i>thoughts</i> ) racing
Yartari wurumarrimi angiwutawa yiminga	Feeling anxious/unsure with heart beating fast
Yartari wurumajigi nginiwutawa punyipunyi	Feeling anxious/unsure and not thinking straight (confused)
Yikitarriji/yipakilimigi angatawa yiminga (male)	He got a shock
Yikurturumi (male)	Feeling strong <i>NB: can represent body and mind</i>
Yilintiraga	Goosebumps
Yiminga	Heartbeat/Pulse <i>Can also mean:</i> <i>Totem</i> <i>Craving for bush tucker</i>
Yinjinga juwurumi	Tight muscles ( <i>feeling tense</i> )
Yingampini nyimpangirliparra	Sometimes I forget
Yingarti mirripaka	Lots of beer (Intoxicated/drunk)
Yingarti pujinga nimarra wujingimi kangawula	There are lots of voices/people talking around us
Yingarti wupunga	Lots of “gunja” (Intoxicated/ ”stoned”/feeling the effects of cannabis)





# English to Tiwi

## Greetings and checking in

Are you hungry?	Nginja paruwani? (male) Nginja paruwana? (female)
Are you ok?	Nginja pupukana? (female) or Nginja pupuka? (female)
Are you ok?	Nginja pupunana? (male) or Nginja pupuni? (male)
Care for each other	Ngawurrayamangajirri
Did you sleep well last night?	Nginja jimajirripi pupuni japinana?
Good afternoon	Pupuni awurlanari
Good Morning	Pupuni japinari
Good night	Pupuni japinamini
He has good ears (He is a good listener)	Mikajanga/Purrakuninga (ears) pupuni (male)
How are you my friends? <i>Commonly used as: A greeting/welcome</i>	Awungana mamanta?
How are you, my friend?	Awungana nginja mantani (male)/ mantanga (female)?
I am here if you need to talk	Ngiya awungarra ngini murrajiyarrapirri ngini kutakamini apalamiya kangijila

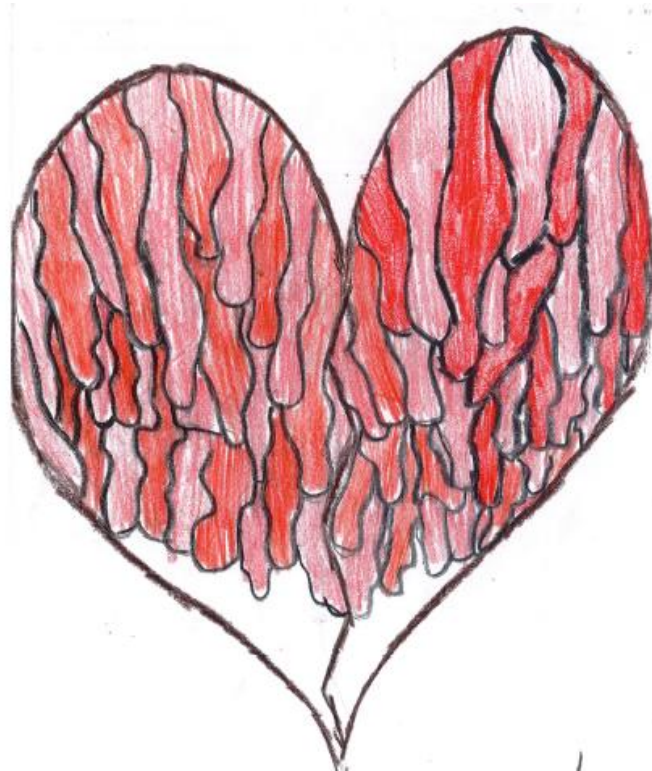


**Awungana nginja mantani (male)/ mantanga (female)?**

How are you, my friend?



I am here if you need to talk about what is in your heart and mind	Ngiya awungarra ngini murrajiyarrapirri ngini kutakamini apalamiya kangijila ruwuti amintiya punyipunyi
I didn't sleep well last night	Ngiya karluwu pupuni ngirimajirripi japini
I will come to see you	Ngiya wiyi nyiminjakurluwunyi
I will come to see you later	Ngiya wiyi parlinginari nyiminjakurluwunyi
I will help you	Ngiya wiyi ngiminyiwani
If you've got bad feeling, I am here to talk with you	Ngini jirti apalamiya kangijila purnikapa api murrajiyarrapirri
Later, we will talk together	Wiyi parlinginari nimarra murumi
Leaving worries/bad stories behind. Go forward, follow the good road.	Ngawurramwariyi ngini kutakamini jirti ngirramini ngintirikimani. Ngapapurukaga angi pupuka jarumwaka.
Let's talk about what is in your heart/mind	Murrajiyarrapirri ngini apalamiya kangijila ruwuti/punyipunyi
Let's talk together	Murrajiyarrapirri
Listen/hear	Ngaripirtangaya
Listening to a story without getting involved/Observe their story	Ngiya ngiripirtangaya ngini nginja ngimpirimirra
Look after ourselves	Ngawurrayamangamiya
Look after yourself	Tayamangamiya



**Ngiya awungarra ngini murrapiyarrapirri ngini kutakamini apalamiya  
kangijila ruwuti amintiya punyipunyi**

I am here if you need to talk about what is in your heart and mind





She has good ears ( <i>listens properly</i> )	Mikajanga/Purrakuninga (ears) pumpuka (female)
We will talk together later	Wiyi parlinginari nimarra murramikimi
What did he do?	Awungana yima (male)?
What did she do?	Awungana jiyima (female)?
What did they do?	Awungana pirima (group)?
What is this word/story that will help you to feel better? ( <i>What is something you can do which will help you feel better?</i> )	Kamini awarra ngirramini ngini wiyi aminyuwani?
What is this word/story that you could do to help yourself? ( <i>What is something you could do to help yourself?</i> )	Kamini awarra naki ngirramini ngini nginja wiyi aminyuwani?
What's in your heart? ( <i>What are you feeling right now?</i> )	Kamini apalamiya kangki nginjila ruwuti?
What's in your heart? ( <i>What are you feeling right now?</i> )	Kamini apalamiya kangki nginjila ruwuti?
Where is the pain?	Maka jana awurrumi?
Where is your head/thinking going ( <i>not concentrating</i> )?	Maka nginja punyipunyi kawunaga arimi
Where is your hearing going? ( <i>Are you listening to me?</i> )	Maka minyawunga ngimpangirri/purrakuninga/mikajanga?



**Ngiya ngiripirtangaya ngini nginja ngimpirimirra**

I listen to a story without getting involved/ I observe their story



Where do you feel the pain? <i>NB: Can be physical or emotional</i>	Maka jana awurrumi?
Who are you related to?/Who is your family?	Nginja kuwapi ngirimipi?
Why are they angry?	Pilikama nuwa ngimpirimikimirtiyarri (group)?
Why are they crying?	Pilikama pirlinkiti wujingimi (group)?
Why are you arguing?	Pilikama nuwa ngimpiriwayatipi?
Why are you both arguing?	Pilikama nuwa ngupujinguwayatipi?
Why are you feeling sad/unhappy?	Pilikama nginja mirliga?
Why are you not happy?	Pilikama nginja karluwu kukunari?
Why are you sleeping a lot?	Pilikama nginja yunukurni nyimpirimajirripi?
Why do all of you feel shame?	Pilikama nuwa arliranga? (group)
Why do you feel shame?	Pilikama nginja arliranga?
Why is he angry?	Pilikama ngarra arimikimirtiyarri (male)
Why is he crying?	Pilikama ngarra pirlinkiti awujingimi (male)?
Why is she angry?	Pilikama nyirra ampirimikimirtiyarri (female)?
Why is she crying?	Pilkama nyirra pirlinkiti ampujingimi (female)?
You and I walking together / side by side	Muwiyati murrangurlimayi



**Pilikama nyirra ampirimikimirtiyarri (female)?**

Why is she angry?





**Ngiya wiyi parlinginari nyiminjakurluwunyi**

I will come to see you later



## Terms for feelings and behaviours (English to Tiwi)

“Cheeky drugs” / “hot drugs” / Synthetic drugs (e.g. Synthetic marijuana, ice, methamphetamine)	Majaripika
Beer / “Grog” / alcohol <i>Also means:</i> <i>Saltwater</i>	Mirripaka
Big eyes ( <i>staring</i> )	Pijarama (female)
Big eyes ( <i>staring</i> )	Pijaramini (male)
Big eyes ( <i>staring</i> )	Pijaramuwi (group)
Crying	Pirlinkiti awujingimi (male)
Crying	Pirlinkiti ampujingimi (female)
Crying	Pirlinkiti wujingimi (group)
Don’t get angry/aggressive	Ngajiti ngawujakirimitiyarri
Everyone is talking in my head	Tayikuwapi nimarra wujingimi kapi ngiya punyipunyi
Feel “sorry” for that family/we feel “sorry” for them (grief)	Putuputuwu ngawuntakirayi ngawa mamanta
Feeling anxious/uneasy Heart beating fast, a problem/bad news is coming	Palipali ampirimi angilawa yiminga
Feeling anxious/unsure	Yartari



### **Arrungiramiya (male)**

Feeling or thinking he is good/proud/"flash"

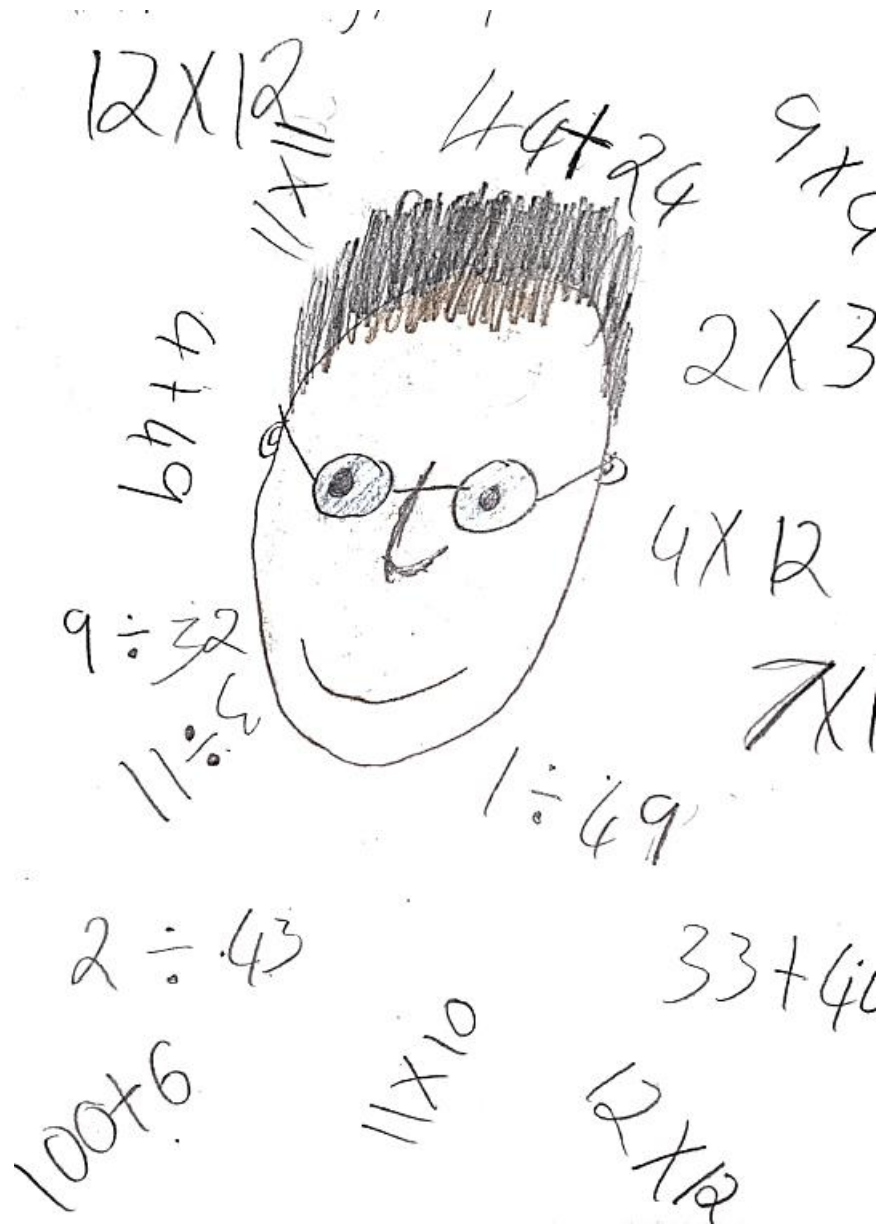


Feeling anxious/unsure and not thinking straight ( <i>confused</i> )	Yartari wurumajigi nginiwutawa punyipunyi
Feeling anxious/unsure with head ( <i>thoughts</i> ) racing	Yartari ngarimajigi nginingawula punyipunyi
Feeling anxious/unsure with heart beating fast	Yartari wurumarrimi angiwutawa yiminga
Feeling anxious/unsure with shortness of breath	Yartari ampirimarrimi angi nyitawa yiminga (female)
Feeling anxious/unsure with shortness of breath	Yartari arimarrimi angatawa yiminga (male)
Feeling “no good” in your body <i>Can also mean: Not feeling yourself/”Sad inside”</i>	Jirti yilipiga
Feeling or thinking you are good/proud/flash	Ampangirrajamiya (female)
Feeling or thinking you are good/proud/flash	Arrungiramiya (male)
Feeling or thinking you are good/proud/flash	Wupangirrajamiya (group)
Feeling strong <i>NB: in your body and mind</i>	Jikurturumi (female)
Feeling strong <i>NB: in your body and mind</i>	Yikurturumi (male)
Feeling strong as a group <i>NB: in your body and mind</i>	Purukurturumi (group)
Feeling tense ( <i>tight muscles</i> )	Yinjinga juwurumi
Feeling weak or tired	Janawurti





Feeling weak or tired	Pirringawuni
Frightened/scared	Ampirimakirri (female)
Frightened/scared	Arimakirri (male)
Frightened/scared	Wurumakirri (group)
From the past, they still carry that bad feeling inside them ( <i>trauma</i> )	Parlingarri ngini jirti ngirramini purruwunani api karluwu kiyija arnturuka
Feeling good	Mijuwalini/pupuni (male)
Feeling good	Mijuwalinga/pupuka (female)
Feeling good	Mijuwaluwi/Papuranjuwi (group)
Goosebumps	Yilintiraga
“Gunja”/cannabis/marijuana	Wupunga
Happy <i>Can also mean:</i> <i>Relaxed/calm</i> <i>Proud</i>	Kukunari/Miringayi
He got a shock	Yikitarriji/yipakilimigi angatawa yiminga (male)
He has lost touch with reality/his mind is somewhere else	Kutamaka ngarra punyipunyi arimuwu (male)
He is feeling deadly/smart/clever	Ngarra arungurramiya (male)
He is laughing to himself	Pwakayini kapi ngatamiya (male)
He is surprised	Ngarra arimingarlingi (male)
He is talking to himself	Nimarra arimi ngatamiya (male)



**Ngarra arungurramiya (male)**

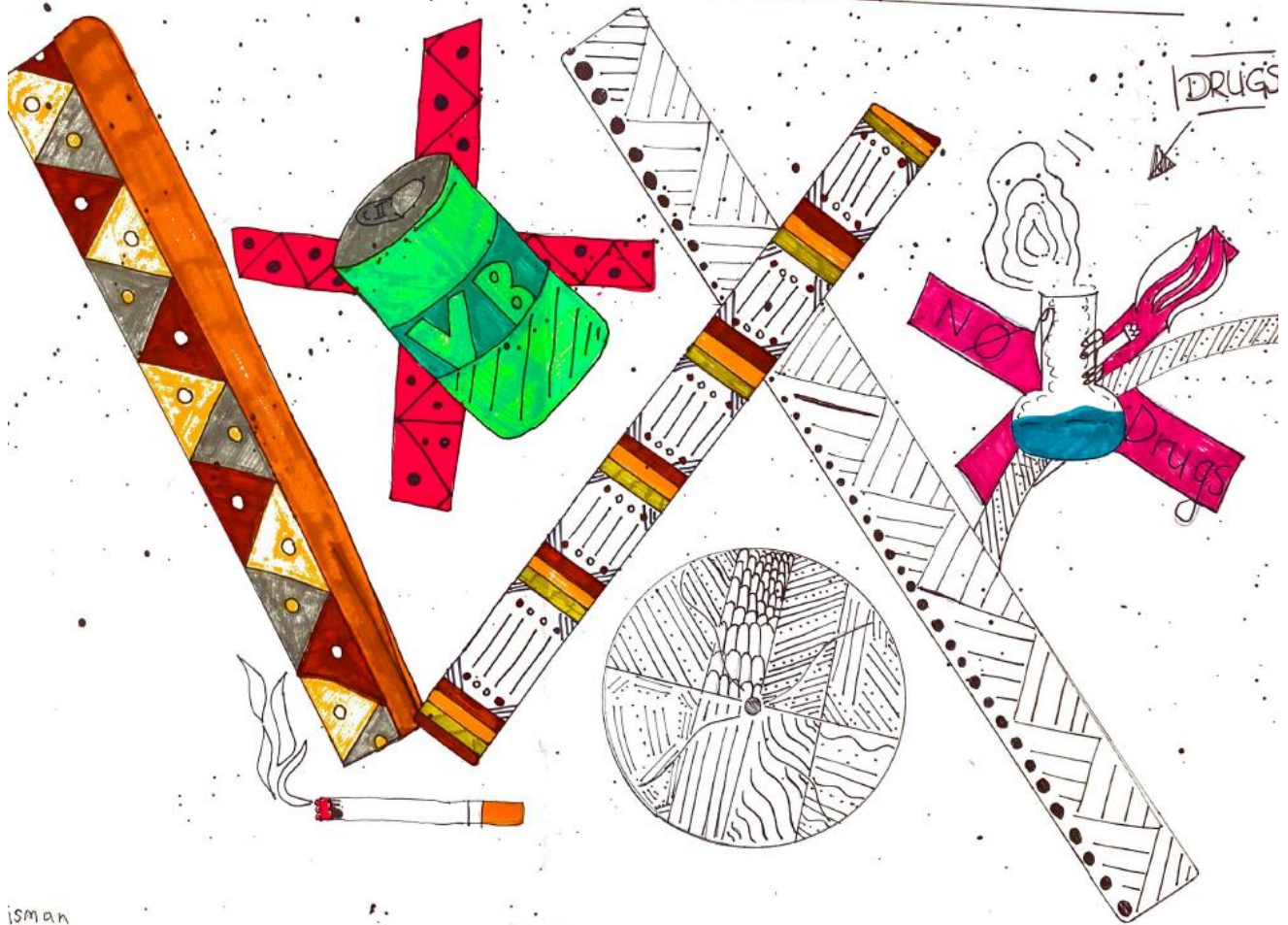
He is deadly/smart/clever



He ran away	Kali yimakirringimi (male)
He ran away from his bad story (problems/worries)	Kali yimakirringimi pili jirti ngirramini (male)
He took his life away (suicide)	Ngarra yipirnamiya (male)
Hearing voices	Mamankuwi wujirrangiraga
Hearing voices	Wujirrangiraga kangawa purakuninga
Hearing voices in their ears telling them what to do <i>NB: refers to people talking around them</i>	Awuta mamakuwi nimarra wujingimi kangi wuta minyawunga
Hearing voices in their head telling them what to do <i>NB: refers to auditory hallucinations</i>	Awuta mamakuwi nimarra wujingimi kangi wuta punyipunyi
Heartbeat/Pulse <i>Can also mean: Totem Craving for bush tucker</i>	Yiminga
Heart beating fast	Ruwuti ampilampa
I am being loved/feeling loved	Puranji wurumuwu ngawa
I am going back to my homeland because I am feeling sick ( <i>longing for country</i> )	Waya nguujukupawurli kapi ngiya timani pili ngiya waya jana yiminipirni



# NO Alcohol And Drugs



## Mirripaka

Beer/"Grog"/  
Alcohol  
*Also means:*  
*Saltwater*

## Wupunga

"Gunja"/  
cannabis/  
marijuana

## Majaripika

"Cheeky drugs"/"hot  
drugs"/ Synthetic drugs  
(e.g. Synthetic marijuana,  
ice, methamphetamine)





I am hot <i>Can also mean: I am angry</i>	Ngiya yikwanari
I am not hungry	Ngiya karluwu paruwani
I am not well	Ngiya karluwu pupuka (female)
I am not well	Ngiya karluwu pupuni (male)
I am on my own/alone	Ngiya wangantamiya
I am “sorry” <i>(I acknowledge your grief) NB: Often accompanied by action/body language – patting/tapping above your heart, a show of respect)</i>	Nuwa nguriyi
I didn’t sleep well	Karluwu pupuni ngirimajirripi
I have no family	Karrikuwapi ngiya ngirimipi
I have no friends	Karrikuwapi ngiya mamanta
I slept well last night/good sleep	Pupuni ngirimajirripi japini
Jealous	Martupungari
Laughing to themselves	Pwakayini wurimi wutilamiya (group)
Lots of beer (Intoxicated/”drunk”/feeling the effects of alcohol)	Yingarti mirripaka
Lots of “gunja” (Intoxicated/”stoned”/feeling the effects of cannabis)	Yingarti wupunga



Nervous, shaking ( <i>anxiety</i> )	Purlingiya
“No good” <i>Can also mean:</i> <i>Annoyed/sick</i>	Jirti
Nobody loves me/nobody cares for me	Karrikuwapi wurtimarti ngiya
Not happy	Karluwu kukunari
Our family see things that are not there when they are sick	Ngawa mamanta wupakurluwunyi mamakuwi karri wuta jana
Our friends who have worries/stressing	Kapi ngawa mamanta awuntingirraga
Pain in the head/headache	Pungintaga jana
People who are “stressing”/have worries/not coping	Kapi wuta awuntingirraga
People who are “stressing”/have worries/not coping	Kapi awuntingirraga
Scared (female)	Mankirrika / ampirimakirri (female)
Scared (group)	Mankirringimpi / wurumakirri (group)
Scared (male)	Mankirringini/ arimakirri (male)
Seeing spirits ( <i>visual hallucination</i> )	Wupakurluwunyi yimanka
I am shaky	Purlingiya ngirimi
Shaky inside my stomach ( <i>nausea</i> )	Purlingiya ngirimi kapi ngiya pitipita



**Karrikuwapi ngiya mamanta**

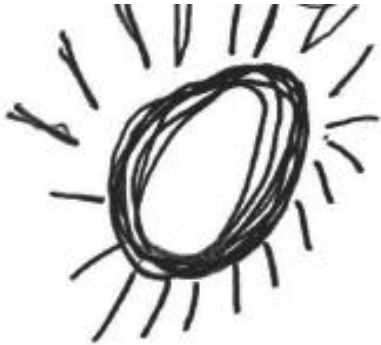
**I have no friends**

<b>Shame</b> <i>Can also mean:</i> <b>Shy</b> <i>"Sorry" for others</i> <b>Unhappy/Worried</b>	<b>Arliranga</b>
<b>She got a shock</b>	<b>Jikitarriji/jipakilimigi angatawa yiminga</b>
<b>She has lost touch with reality/her mind is somewhere else</b>	<b>Kutamaka nyirra punyipunyi ampirimuwu (female)</b>
<b>She is laughing to herself</b>	<b>Pwakayini kapi nyitamiya (female)</b>



She is surprised	Nyirra ampirimarlingi (female)
She is talking to herself	Nimarra ampirimi nyitamiya (female)
She ran away	Kali jimakirringimi (female)
She ran away from her bad story (problems/worries)	Kali jimakirringimi pili jirti ngirramini (female)
She took her life away (suicide)	Nyirra jipirnamiya (female)
Somebody is talking, but it is all in my head/I can hear people talking inside my head (auditory hallucinations)	Kutakuwapi nimarra wujingimi kapi ngiya punyipunyi
Sometimes I forget	Yingampini nyimpangirliparra
Stressing <i>Can also mean: Confused/paranoid/not coping</i>	Awuntingirraga
Sweating	Kalampara
Sweating	Ngarikilini
Talking all jumbled up	Pirlamarri ampagiraga (female)
Talking all jumbled up	Pirlamarri apangiraga (male)
Talking all jumbled up	Pirlamarri wupangiraga kapi naki (group)
Teaching people/reminding ourselves of the right story, to keep on track (positive thinking)	Ngawa ngintimatapiliga nginingawula ngirramini





**Puranji wurumuwu ngawa**  
I am being loved



There are lots of voices/people talking around us	Yingarti pujinga nimarra wujingimi kangawula
These people are talking all jumbled up/mixed up	Pirlamarri wupangiraga ngawa mamanta (group)
They ran away	Kali wurimakirrimi (more than one)
They are surprised	Wuta wurumarlingi (group)
They are talking to themselves	Wutamiya nimarra wujingimi
They are talking to themselves	Nimarra wujingimi wutamiya (group)
They lose touch with reality/their mind is somewhere else	Kutamaka wuta punyipunyi arimuwu (group)
They love me	Puranji wurumuwu ngiya
They talk to themselves	Nimarra wurimi wutilamiya (group)
Tight muscles ( <i>feeling tense</i> )	Yinjinga juwurumi
Unhappy	Mirliga
We grieve for ourselves/ Feeling “sorry” for ourselves	Putuputuwu ngawurrakirayamiya
Whispering to herself	Jukutinga (female)
Whispering to himself	Jukutingini (male)
Whispering to themselves	Jukutingimpi (group)
Why are they looking at me? ( <i>suspicious</i> )	Pilikama nuwa ngintimantakurluwunyi (group)?
Why did he look at me? ( <i>suspicious</i> )	Pilikama ngarra yimintakurluwunyi (male)?
Why did she look at me? ( <i>suspicious</i> )	Pilikama nyirra jimintakurluwunyi (female)?



## References:

1. Campbell, G., Ngariwanajirri, *The Tiwi strong kids song: Using repatriated song recordings in a contemporary music project*. Yearbook for Traditional Music, 2012. 44: p. 1-23.
2. Osborne, C.R., *A grammar of the Tiwi language of North Australia*. 1978, Thesis (Ph.D.) -- University of London, 1970.: London.
3. Osborne, C.R., *The Tiwi language : grammar, myths and dictionary of the Tiwi language spoken on Melville and Bathurst islands, northern Australia*. 1974, Canberra: Canberra : Australian Institute of Aboriginal Studies.
4. Designs, T. *Language*. 2019 [cited 2019 24 September]; Available from: <https://tiwidesigns.com/pages/language>.
5. Norris, G., et al., *Addressing Aboriginal mental health issues on the Tiwi Islands*. Australasian Psychiatry: Bulletin Of Royal Australian And New Zealand College Of Psychiatrists, 2007. 15(4): p. 310-314.
6. Togni, S.J., *The Uti Kulintjaku Project: The Path to Clear Thinking. An Evaluation of an Innovative, Aboriginal-Led Approach to Developing Bi-Cultural Understanding of Mental Health and Wellbeing*. Australian Psychologist, 2017. 52(4): p. 268-279.
7. Lefort, B., *Access to Tiwi : resource material for people interested in basic linguistic survival skills in the Tiwi language of Bathurst Island (Northern Territory)*, ed. T. Ward, C. Nguui Nginingawila Literature Production, and C. Nguui Nginingawila Language. 1990, Nguui, N.T.: Nguui, N.T. : Nguui Nginingawila Literature Production Centre.
8. Lee, J. *Tiwi-English Interactive Dictionary (2nd Ed)*. 2013 [cited 2019 24 October]; Available from: <http://ausil.org/Dictionary/Tiwi/categories/main.htm>.