

NAME: _____ DATE: _____ CLASS PERIOD: _____

⚠ **Do not start until you have received instructions from your teacher.**

'O Ioimata o Apa'ula'

▶ [Pronunciation](#)


'The tears of Apa'ula'

This proverb originated from a Samoan legend of a love story between Apa'ula and her husband, Vaea. After returning to her homeland to give birth to their baby, Apa'ula comes back to Samoa to find her husband has turned to stone while waiting for her.



He became the mountain known as Mount Vaea, which rises from Samoa's island of Upolu. In her grief, she cried from a broken heart. Her tears of grief

formed a river known as *Loimata o Apa'ula*. In the past, people used to make pilgrimages to the river *Loimata o Apa'ula* to drink, bathe, meditate, and pray that the tears of Apa'ula would bring them healing to their suffering.

 **Instructions:** "O loimata o Apa'ula" is a story that exemplifies how we make meaning of water and its connection to us.

Think about a source of water that is important to you. Write or record a story that exemplifies why it is meaningful to you and/or how you are connected to it.

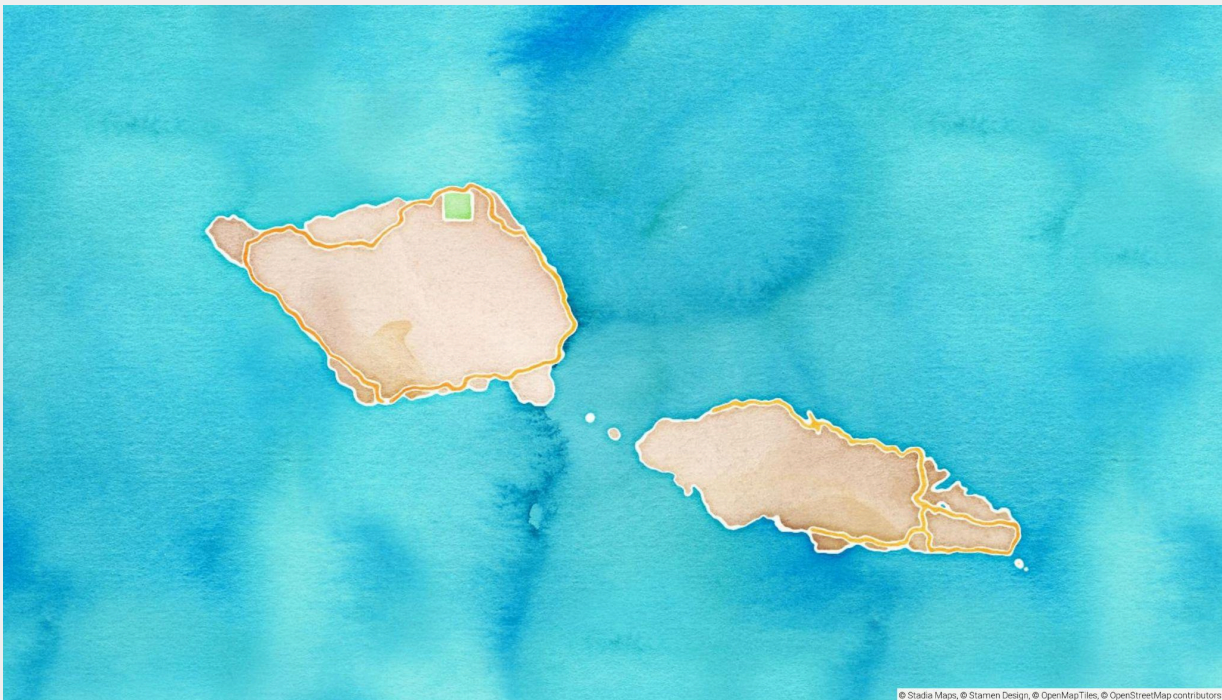
Note: When creating your story, remain respectful of the sacred elements of the Samoan proverb.

'O le vai ola'


► [Pronunciation](#)

'Water has life'

This saying implies that water itself is a living entity and requires the cooperation of the wider cosmos for its long-term survival. On the other hand, water can be dead, known as 'O le vai pē', or 'dead water'. This means that when water ceases flowing from a spring, it is considered dead. There are many reasons why water dies. Some of the reasons include deforestation and removing rocks from the water spring, and also the loss of human connections in terms of taking care of the spring where water surges from.



In accordance with Samoan Indigenous understanding, water is a fundamental element. Water is perceived to possess a shared lineage with all living entities. Within this framework, water is intricately interlinked with the land, which in turn is linked with humanity, the expansive cosmos, and the divine realms (Tui Atua Efi, 2008). This symbiotic relationship is considered sacred, highlighting a profound interdependence among all constituents of the cosmos, wherein each entity relies on each other for mutual sustenance and existence. Therefore, as a living entity, there's a strong understanding that water (vai) needs to be cared for, needs to be protected, and respected.

 **Instructions:** "O le vai ola" is a proverb that brings up many questions about our relationship with water and its health.

Write or record a journal entry that reflects on the following questions:

In what ways are you interlinked with water?

What are some other reasons why water could die?

How should we take care of water?

'E ā Ulu tāfega, ae selefutia ai Vaisigano'

► [Pronunciation](#)


'It is Ulu's raging torrents that have devastated Vaisigano'

In Samoa, the Vaisigano River is located on the island of Upolu and runs through Apia before emptying into the sea. Some legends have it that along the way, the Vaisigano River is joined by the mountain brook known as "Ulu", just above the village of Magiagi. The mountain brook is usually dry, but after heavy rains, the water from "Ulu" can turn into raging torrents which causes damage to the banks of Vaisigano downstream.



This proverb speaks to the traditional knowledge that has long existed about the damage that is done when the Vaisigano River bursts its banks. It is a threat that has always existed but has been made extremely difficult to cope with in the present day due to climate change. "E ā Ulu tāfega, ae selefutia ai Vaisigano"

implies that other peoples' actions can have devastating effects on others for years to come.

 **Instructions:** "E ā Ulu tāfega, ae selefutia ai Vaisigano" discusses the theme of consequences, specifically, the impacts of climate change.

Write or record a journal entry that reflects on the following questions:

What changes do you see happening in your environment?

What is your reaction to these changes?

How could we adapt to climate change?