

AKTIVE



# He Rauemi Āwhina

Introduction to  
Māori Culture



HE ORANGA  
POUTAMA

# Kupu Arataki

## Introduction



**Kia ora. Nau mai, haere mai ki tēnei rauemi Māori.  
(Hi, welcome to this Māori resource)**

Māori language, also known as 'te reo Māori', and culture is the identity marker that is Aotearoa, New Zealand's, point of difference in the world.

As Aotearoa, New Zealand's, indigenous people of various iwi (tribes), Māori is inherent in the land, seas, mountains, rivers and pacific place –

Te Moananui-a-Kiwa (the Great Ocean of Kiwa), in the world. It is also one of three official languages here in Aotearoa.

Our fast-changing demographic requires our sector to be able to travel across boundaries of many ethnic peoples and their cultures. This resource is part of a series designed to meet needs of people to share across the many varied cultures that reside in Tāmaki Makaurau (Auckland) indeed, across New Zealand.

This resource has been designed to support your learning journey to better engage with te ao Māori (the Māori world).

Note that this is a generic resource and many iwi/hapū (tribes/sub-tribes) may have additional or different tikanga and kawa (practices and protocols) specific to their areas.



# Rārangi Take

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# Te Tiriti o Waitangi

## Treaty of Waitangi



**The Treaty of Waitangi is Aotearoa, New Zealand's founding document. It takes its name from the place in the Bay of Islands where it was first signed, on 6 February 1840. It was signed by 512 Māori chiefs and representatives of the British Crown. The Treaty of Waitangi was written in English and Māori and contained three key articles:**

1. Kāwanatanga – Governorship
2. Rangatiratanga – Chieftainship
3. Oritetanga – Equality

Despite numerous attempts by Māori leaders to intervene, subsequent legislation led to the loss of cultural practice, land, and economic and political self-reliance. Many whānau (families), hapū (sub-tribes), and iwi (tribes) retained the values and principles to live as Māori, however, it wasn't until 1975 that this was recognised in legislation at the political level by the crown with the introduction of the Treaty of Waitangi Act. This has since led to the return of assets and settlements to some iwi by the Crown and a period of cultural reclamation and revitalisation across te ao Māori (the Māori world).

6 February is 'Waitangi Day', a National Day to commemorate the signing of the Treaty of Waitangi.



## Matariki

### Māori New Year

**Matariki is the Māori New Year, a time of celebration and renewal that begins with the rising of the Matariki star cluster (the Pleiades). Matariki is the Māori name given to these cluster of stars that become visible in the night sky at a specific time of the year. Māori Maramataka (lunar calendar) begins with the first full moon following the appearance of Matariki.**

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 It is an important time of the year for Māori to celebrate new life, remember those who have passed, and give time to plan for the future, as well as spend time with whānau (family) and friends. Matariki celebrations were important for traditional Māori games and provided a platform for game invention and development.

 The dates for Matariki can change each year and generally occur during June or July.

# Te reo Māori

## The Māori language



**Ko te reo Māori, te mauri o te mana Māori.**  
**Māori language is the life force of Māori prestige.**

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### Whakahua o te reo Māori

#### Pronunciation of the Māori language

Pronunciation of Māori words is important and shows a level of respect to the language, the culture and the people. It is important to note that there are dialect differences throughout Aotearoa amongst different iwi (tribes).

The Māori language consists of **15 characters** of the alphabet - **5 vowels, 8 consonants and 2 digraphs**.

#### Ngā oropuare - Vowels

Short vowels: **a e i o u** (a as in cup, e as in egg, i as in eat, o as in for, u as in to).

#### Ngā tohutō - Macrons

A macron is a line written above a vowel and indicates a long vowel sound. Macrons are important in the Māori language to ensure correct meaning of a word. Learn how to set up your keyboard on pages 37 and 38.

## Long vowels

**ā ē ī ō ū** (ā as in car, ē as in measure, ī as in heel,  
ō as in your, ū as in roof)

## Ngā orokati - Consonants

**h k m n p r t w**

The letter r is pronounced rolling the tongue

## Digraphs

**wh ng** (wh as in father, ng as in sing)

### When vowels are placed together

**ae** as in **pie**

**ou** as is english letter 'o'

**au** as in english letter 'o'

**ei** as in english letter 'a'

**ia** as pronounced as in the English word 'ear'

# Mana Whenua

## Locals of the land



**Tāmaki Makaurau, the Māori name for Auckland, translates to the land desired by many. Mana whenua are the iwi (tribes) and tāngata (people) who have territorial rights over the land of a particular area. It is important to recognise and acknowledge the special place mana whenua of Tāmaki Makaurau have as kaitiaki (guardians).**

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Since 1975, there have been local government relationships and partnerships, developed with mana whenua across Auckland, that recognise and acknowledge the special place and role they have as kaitiaki. Partnerships have been established that impact the governance and management of environmental, cultural and socio-economic resources that contribute to sport and recreation perspectives across Auckland.

Auckland Council recognises 19 Iwi Authorities as representing mana whenua interests in Tāmaki Makaurau.

\*Based on Auckland Council Kete Kōrero App

## 19 Iwi Authorities

### \*Tribe (Tribal Authority)

#### **Ngāti Whātua Tribal Group**

Ngāti Whātua (Te Rūnanga o Ngāti Whātua)  
Ngāti Whātua o Ōrākei (Ngāti Whātua Ōrākei Trust)  
Ngāti Whātua o Kaipara (Ngā Maunga Whakahii o  
Kaipara Trust)  
Te Uri o Hau (Te Uri o Hau Settlement Trust)

#### **Waiohua - Tāmaki Tribal Group**

Te Kawerau-a-Maki (Te Kawerau Iwi Settlement Trust)  
Ngāti Te Ata Waiohua (Te Ara Rangatū o Te Iwi o Ngāti  
Te Ata Waiohua)  
Ngāti Tamaoho (Ngāti Tamaoho Trust)  
Ngāi Tai ki Tāmaki (Ngāi Tai ki Tāmaki Tribal Trust)  
Te Ahiwaru (Makaurau Marae Trust)  
Te Ākitai Waiohua (Te Ākitai Waiohua Iwi Authority)

#### **Marutūahu Tribal Group**

Ngāti Maru (Ngāti Maru Rūnanga Incorporated)  
Ngāti Tamaterā (Ngāti Tamaterā Settlement Trust)  
Ngāti Paoa (Ngāti Paoa Iwi Trust)  
Ngāti Whanaunga (Ngāti Whanaunga Incorporated)  
Te Patukirikiri (Te Patukirikiri Incorporated)

#### **Ngāti Wai Tribal Group**

Ngāti Wai (Ngāti Wai Trust Board)  
Ngāti Manuhiri (Ngāti Manuhiri Settlement Trust)  
Ngāti Rehua (Ngāti Rehua Ngāti Wai ki Aotea Trust)

#### **Waikato**

Waikato-Tainui (Te Whakakitenga o Waikato  
Incorporated)

# Marae me ngā Maunga o Tāmaki Makaurau

## Marae and Mountains of Auckland



### Marae

Marae are spaces and places where the normalcy of Māori culture continues to be retained. They exist in both traditional genealogical contexts and modern-day urban communities and education systems (many schools and tertiary institutions have created or built marae complexes in their environments).

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### Auckland Council recognises the following marae as part of Tāmaki Makaurau

<b>Albert-Eden</b>	Te Māhurehure
<b>Franklin</b>	Umupuia, Ngāti Kōhua, Ngā Hau e Whā, Whatāpaka, Tāhuna Kaitoto, Reretēwhioi
<b>Great Barrier</b>	Motairehe, Kawa
<b>Henderson-Massey</b>	Te Piringatahi o te Maungārongo
<b>Hibiscus and Bays</b>	Te Herenga Waka o Ōrewa
<b>Howick</b>	Te Tahawai
<b>Kaipātiki</b>	Awataha
<b>Māngere-Ōtāhuhu</b>	Ngā Whare Watea, Mataatua, Papatuānuku Kōkiri, Puukaki, Te Puea, Makaurau
<b>Manurewa</b>	Manurewa

<b>Maungakiekie-Tāmaki</b>	Ruapōtaka, Te Tira Hou
<b>Ōrākei</b>	Ōrakei
<b>Ōtara-Papatoetoe</b>	Ngāti Ōtara
<b>Papakura</b>	Papakura
<b>Rodney</b>	Omaha, Puatahi, Te Aroha, Te Kia Ora, Haranui, Reweti
<b>Waiheke</b>	Piritahi
<b>Waitākere Ranges</b>	Hoani Waititi

## Maunga

Auckland's volcanic/maunga (mountain) topography is significant to Māori whakapapa. 13 maunga sit across 6 of the current 21 Local Board areas of Auckland and are co-governed jointly by the Tupuna Maunga Authority and Auckland Council.

<b>Albert-Eden</b>	Ōwairaka (Mt Albert), Maungawhau (Mt Eden), Te Kōpuke / Titikōpuke (Mt St John)
<b>Devonport-Takapuna</b>	Maungaika (North Head), Takarunga (Mt Victoria)
<b>Howick</b>	Ōhuiarangi
<b>Manurewa</b>	Matukutūruru (Wiri Mountain)
<b>Maungakiekie-Tāmaki</b>	Maungarei (Mt Wellington), Ōtāhuhu (Mt Richmond), Rarotonga (Mt Smart), Maungakiekie (One Tree Hill)
<b>Ōrākei</b>	Ōhinerau (Mt Hobson)
<b>Puketāpapa</b>	Te Tātua-ā-Riukiuta (Big King)

\*Based on Auckland Council Kete Kōrero App

# Ngā Mātāpono

## Māori Principles



There are key values and principles that Māori often refer and aspire to as the means to live meaningfully and successfully, according to a Māori world-view.

Here are a few you can familiarise yourself with:

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**Whanaungatanga - Relationships**

the process of building “family” relationships

**Manaakitanga - Hospitality**

the process of uplifting the esteem of others

**Kaitiakitanga - Guardianship**

the process of being a responsible carer

**Kotahitanga - Unity**

the process of bringing together as one

**Rangatiratanga - Leading**

the process of weaving people together to shared positive directions and/or outcomes

**Wairuatanga - Spirituality**

the process of acknowledging the spiritual realm of the two waters

**Kanohi ki te kanohi - Face to face**

the importance of face-to-face communication



## Tikanga / Kawa Practices / Protocols

### **Tikanga**

Tikanga can be described as general behaviour in Māori culture for daily life and interaction. The concept is derived from the Māori word 'tika' which means 'right' or 'correct'. For Māori, it is a way to behave that is culturally appropriate. Tikanga is generally behaviour and practices that have been passed down through generations with a Māori world view at the forefront.

Tikanga is somewhat general across Māori culture, however it is important to note that each iwi (tribes) and hapū (sub-tribes) may have variations of tikanga specific and special to them.

### **Kawa**

Kawa refers to the appropriate customs and protocols that serve to support or enhance tikanga, and just like tikanga, can differ between different iwi throughout Aotearoa.

# Nō hea koe?

## Where are you from?



**Māori emphasis on relationships to the natural world and whakapapa (genealogy) is characterised by finding out where people are from. Knowing where you are from is an important part of Māori culture and is also a way of connecting with others.** *Responses to where you are from can include where your ancestors come from and where you live currently.*

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**Nō hea koe?** Where are you from?

**Nō (place) ahau.** I am from (place).

**Ko (place) tōku kainga inaianei.** (Place) is my home now.

**E noho ana au ki (place).** I live in (place).

**Aotearoa** New Zealand

**Tāmaki Makaurau** Auckland

**Kirikiroa** Hamilton

**Te Whanganui-a-Tara** Wellington

**Ōtautahi** Christchurch

**Ōtepoti** Dunedin

**Amerika** America

**Ahitereiria** Australia

**Hapani** Japan

**Hāmoa** Samoa

**Īnia** India

**Haina** China

**Ingarangi** England

**Ūropi** Europe

**Kōtirana** Scotland

**Koramia** Columbia

**Tairana** Thailand

**Āwherika ki te**

**Tonga** South Africa



## Mihimihi Greeting Speech

A mihimihi is a basic introduction to let people know who you are and where you are from. Your mihimihi can be kept short or can include your pepeha (tribal connections) and is a way of connecting with others.

**Tēnā koutou katoa** Greetings everyone

**Ko** \_\_\_\_\_ **tōku ingoa**

My name is \_\_\_\_\_

**Nō** \_\_\_\_\_ **ahau**

I am from \_\_\_\_\_

**Kei** \_\_\_\_\_ **ahau e mahi ana**

I work at \_\_\_\_\_

**Nō reira, tēnā koutou katoa** Greetings to you all

# Pepeha

## Identity Speech



A pepeha is a statement of identity and is a way of introducing yourself on a Marae, at a hui (meeting) or any other relevant setting. Through your pepeha, you recite your whakapapa (genealogy) through a journey of your ancestral waka (canoe), maunga (mountain), awa/roto/moana (river/lake/ocean), iwi (tribe), hapū (sub-tribe), whareniui (meeting house), marae (sacred meeting place), your whānau (family) and ingoa (names).

Non-Māori may like to identify themselves with places of significance to them from around Aotearoa or te ao (the world).

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**Tēnā koutou katoa** Greetings everyone

Ko \_\_\_\_\_ **te waka** (canoe)

Ko \_\_\_\_\_ **te maunga** (mountain)

Ko \_\_\_\_\_ **te awa/roto/moana**  
(river/lake/ocean)

Ko \_\_\_\_\_ **te iwi** (tribe)

Ko \_\_\_\_\_ **te hapū** (sub tribe)

Ko \_\_\_\_\_ **te marae**

Ko \_\_\_\_\_ **tōku ingoa** (name)

**Nō reira, tēnā koutou katoa** Greetings to you all

# Marae



**The marae (sacred meeting grounds) is a place where Māori customs and values are preserved, and where history, whakapapa (genealogy) and tikanga (practices) are kept alive. Every Māori has genealogical ties to a marae. This is their tūrangawaewae (standing place).**

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A Marae generally consists of a Wharenuī (meeting house), Marae Ātea (open space in front of Wharenuī), Waharoa (gate entry), Wharekai (dining hall and cooking area) and Wharepaku (toilets and shower block).

## Tips

- Do not smoke on or near marae grounds
- Remove your shoes when entering the wharenuī
- Do not sit on tables in the wharekai
- Do not sit directly on top of pillows
- Remove your hat when inside the wharenuī or wharekai
- Do not pass things over a person's head. The head is tapu (sacred) in Māori culture
- Wait for food to be blessed before eating.



## Pōwhiri

### Welcome ceremony

**Pōwhiri is the custom of tangata whenua (local people) welcoming and hosting manuhiri (visitors). Even when you are not on a marae, for example in an office space, outside, or other venues, the following protocols guide how pōwhiri are often conducted.**

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**Basic pōwhiri can include the following steps, though not necessarily in this order:**

- The manuhiri gather outside the marae entrance or in a designated area.
- The wero (challenge) may be issued by a young warrior from the tangata whenua. This is to test whether manuhiri come in peace or war.
- You will hear the karanga (call) from a woman from the tangata whenua. The manuhiri begin to advance and return the karanga.
- Once the manuhiri are seated, men in the front, the whaikōrero (speeches) take place.
- After each whaikōrero, a waiata (song) is sung.
- Sometimes a koha (monetary gift) is given by the manuhiri. The last speaker should lay this on the ground for collection.
- Once whaikōrero and waiata are completed, the tangata whenua and manuhiri come together to hongi as a sign of peace, life and well-being, and the coming together of two people.
- A hākari (meal) is then shared. This signifies the end of the pōwhiri and the sacred part of the ceremony.

## Mihi whakatau

A mihi whakatau is also used to welcome manuhiri but is a less formal pōwhiri process. Mihi whakatau is more commonly used off the marae when welcoming manuhiri into offices or locations for a hui (meeting). A mihi whakatau can occur on a marae, more likely with manuhiri that have already been through a pōwhiri process on that specific marae.

### Tips

- Dress respectfully. Long skirts for women and dress pants for men are preferable
- Prepare by finding out the local tikanga (practices) and kawa (protocols) of the marae
- Organise your kaikaranga (caller), kaikōrero (speaker) and waiata before the pōwhiri commences
- If appropriate, arrange koha in an envelope so it can be given to the last speaker
- When walking onto the marae during a pōwhiri, women are to lead followed by the men
- When being seated in the marae, the men are to sit in the front rows and the women in the back rows
- Most often women are the kaikaranga during the pōwhiri, however this may vary in different rohe (areas)
- Most often men are the kaikōrero, however this may vary in different rohe
- Avoid talking, leaving or being distracting when speakers are speaking
- When the harirū commences, the men will lead first followed by the women
- Turn off phones.



# Tikanga o te Pōwhiri

## Elements of a welcome ceremony

### Tapu and Noa

Pre-colonial times, Māori world-view was exclusively governed through a philosophy of tapu – that of the spiritual, sacred and restricted and noa – the common and unrestricted. While life as Māori has become more blended, many practices and behaviours are derived from the concepts of tapu and noa and are still evident today.

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### Karanga

The karanga is an exchange of calls, traditionally by women, that takes place during the time manuhiri (visitors) move onto a marae or a formal meeting area. The karanga indicates the beginning of the pōwhiri and is initiated by the tangata whenua (local people) then alternates with manuhiri. The karanga exchange continues until manuhiri momentarily stop in respect in front of the whareniui (meeting house) before a final karanga by the tangata whenua and an indication to be seated is given.

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### Whaikōrero

Whaikōrero is formal speech making traditionally performed by men on the marae and in other formal settings. The whaikōrero process can follow one of two styles; Pāeke or Tauutuutu. Pāeke is when all tangata whenua speak first, followed by manuhiri speakers and then tangata whenua as the final speaker. Tauutuutu is when speakers alternate from tangata whenua to manuhiri, with tangata whenua being the first and last to speak.

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### Harirū

Harirū is a generic term in Māori that relates to the act of physically greeting someone which may include a hongī, kiss, and handshake. The hongī is a unique and traditional Māori greeting that embraces the sharing of mauri (life force) by way of pressing noses. The hongī is performed by grasping the other person's hand, as with a handshake, leaning forward and pressing noses.

# Karakia Prayer



**Karakia are prayers or incantations and are traditional ways for Māori to invoke spiritual guidance and protection. Generally used to ensure a favourable outcome to important events and undertakings as well as every aspect of life. For example, karakia can be used to farewell loved ones, open meetings and events, bless food before consuming, and ensuring safe journeys.**

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It is important to understand that different karakia are suited to different settings and events, therefore always check if you are unsure. Please see the examples below, however, we encourage you to explore your own karakia relevant to your spirituality.

## **Karakia Timatanga Beginning Prayer**

<b>He hōnore,</b>	Honour
<b>He kororia ki te Atua</b>	and glory to God
<b>He maungarongo</b>	Peace
<b>ki te whenua on</b>	Earth
<b>He whakaaro pai</b>	Goodwill
<b>ki ngā tangata katoa</b>	to all people
<b>Āmene</b>	Amen

## Karakia Timatanga Beginning Prayer

Whakataka te hau ki te uru	Cease the winds from the west
Whakataka te hau ki te tonga	Cease the winds from the south
Kia mākinakina kī uta	Let the breeze blow over the land
Kia mātaratara ki tai	Let the breeze blow over the ocean
E hī ake ana te atakura	Let the red-tipped dawn come with a sharpened air
He tio, he huka, he hau hū	A touch of frost, a promise of a glorious day
Tīhei mauri ora!	

## Karakia Timatanga Beginning Prayer

Tukua te wairua kia rere ki ngā taumata	Allow ones spirit exercise its potential
Hai ārahi i ā tātou mahi	To guide us in our work
Me tā tātou whai i ngā tikanga a rātou mā	As well as in our pursuit of our ancestral traditions
Kia mau kia ita	Take hold and preserve it
Kia kore ai e ngaro	Ensure it is never lost
Kia pupuri	Hold fast
Kia whakamaua	Secure it
Kia tina! TINA! Hui e! TĀIKI E!	Draw together! Affirm!

## Karakia Kai Food Prayer

E Te Atua	Lord God
Whakapaingia ēnei kai	Bless this food
Hei oranga mō ō mātou tinana	For the goodness of our bodies
Whāngaia hoki ō mātou wairua ki te taro o te ora	Feeding our spiritual needs also with the bread of life
Āmene	Amen

## **Karakia Kai Food Prayer**

**Nau mai e ngā hua o te wao, o te ngakinga, o te wai tai,  
o te wai māori**

I welcome the gifts of food from the sacred forests, from the cultivated gardens, from the sea, from the fresh waters

**Nā Tāne, Nā Rongo, Nā Tangaroa, Nā Maru**

The food of Tāne, of Rongo, of Tangaroa, of Maru

**Ko Ranginui e tū iho nei**

I acknowledge Ranginui who is above me and

**Ko Papatūānuku e takoto ake nei Papatūānuku**

who lies beneath me

**Tūturu whakamaua kia tina. Tina, haumi ē, hui ē, taiki ē!**

Let this be my commitment to them all!

## **Karakia Whakamutunga**

**Kia tau, kia tātou katoa  
Te atawhai o tō tātou ariki  
A ihu karaiti  
Me te aroha o te atua  
Me te whiwhinga tahitanga  
Ki te wairua tapu  
Ake ake ake  
Amine**

## **Ending Prayer**

May the grace of the Lord  
Jesus Christ  
and the love of God,  
and the fellowship  
of the Holy Spirit be with you all  
Forever and ever  
Amen

## **Karakia Whakamutunga**

**Unuhia, unuhia  
Unuhia ki te uru tapu nui**

**Kia wātea, kia māmā, te ngākau, te tinana,  
te wairua i te ara tangata**

To clear, to free the heart, the body and the spirit of mankind

**Koia rā e Rongo, whakairia ake ki runga,**

Rongo suspended high above us

## **Ending Prayer**

Draw on, draw on,  
Draw on the supreme sacredness

**Kia tina! TINA! Hui e! TĀIKI E!** Draw together! Affirm!



# Waiata Songs

## Waiata mo Aktive

E tautoko (e tautoko)	We all support
ana mātou (ana mātou)	
Korikori ai (korikori ai)	An active
o Tāmaki Makaurau (o Tāmaki Makaurau)	Auckland
He kaupapa (he kaupapa)	An important kaupapa
Whakahirahira (whakahirahira)	
Kia whai oranga (kia whai oranga)	for the well-being
Mō Tāmaki Makaurau (mō Tāmaki Makaurau)	of Auckland

## Te Aroha

Te aroha	Love
Te whakapono	Faith
Me te rangimārie	and peace
Tātou tātou e	To everyone

## E toru ngā mea

E toru ngā mea (e toru ngā mea)	There are three things
Ngā mea nunui (ngā mea nunui)	Very important things
E kī ana (e kī ana)	As stated
Te Paipera (te paipera)	In the bible
Whakapono (whakapono)	Faith
Tūmanako (tūmanako)	Hope
Ko te mea nui (ko te mea nui)	And the greatest thing,
Ko te aroha	Love

## Ehara i te mea

Ehara i te mea	It's not a new thing
Nō naianeī te aroha	Now that is love
Nō ngā tūpuna	Comes from the ancestors
Tuku iho, tuku iho	Handed down through the passages of time

# Hui

## Meetings



**When engaging with mana whenua (locals of the land) or Māori alike, it is important to conduct hui in a way that is respectful to them. Consider the people you are engaging with, the topic to be discussed, and the location of the hui when depicting the level of formality. Any of the following may occur in a Māori hui format:**

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1. Open the hui with a karakia tīmata (opening prayer)
2. Optional to follow the karakia (prayer) with a hīmene (song)
3. Welcome the roopu (group) with a short mihi mihi (introduction)
4. Invite the roopu to introduce themselves through a process of whakawhanaungatanga. (This may include mihi mihi and pepeha)
5. Implement hui agenda and explanation of the kaupapa (topic) to enable diverse perspective to be shared
6. Close hui with a short mihi mihi or a longer poroporoaki (farewell process) enabling everyone to share closing thanks and comments
7. Karakia (prayer)
8. Hīmene is optional



# Ngā mihi

## Greetings / Messages

Kia Ora Hello	(Informal)
Tēnā koe Greetings	(1 person) (formal)
Tēnā kōrua Greetings	(2 people) (formal)
Tēnā koutou Greetings	(3 people) (formal)
Mōrena	Morning
Ata mārie	Good morning

Kei te pēhea koe?	How are you?
Kei te pai ahau	I am good
Me koe?	And you?
Kei te _____ ahau	I am _____

**pai** - good, **ngenge** - tired, **hiamoe** - sleepy,  
**ora** - well, **hiakai** - hungry, **hiainu** - thirsty, **wera** - hot,  
**makariri** - cold, **mauiui** - sick

I pēhea tō rā?	How was your day?
Pai mārika taku rā!	I had a great day!
Piro rawa atu	Really Stink

Ka rawe te kōrero Māori	Speaking Māori is awesome
He whetū koe	You're a star
Tau kē	Awesome
Tino pai rawa atu koe	You're the best
Haere mai ki te kai	Come and eat
He pai rawa atu tēnā	That's fantastic
Kia kaha	Be Strong
Ka pai tō mahi	You're doing great work
He rā tino ātaahua tēnei	It's a great day
Kōrero mai anō	Please say that again
Āwhina mai i a au?	Can you help me please?
Rā whānau ki a koe	Happy Birthday
Ngā mihi o te tau hou	Happy New Year
Meri Kirihimete	Merry Christmas

# Pōwaiwai

## Email sign offs / Farewells

<b>Ngā mihi</b>	Kind regards
<b>Nāku, nā</b>	Yours faithfully
<b>Nāku noa, nā</b>	Yours sincerely
<b>Ngā manaakitanga</b>	With best wishes
<b>Kia ora rawa atu</b>	Many thanks
<b>Noho ora mai</b>	All the best
<b>Haere rā</b>	Goodbye (to someone leaving)
<b>E noho rā</b>	Goodbye (to someone staying)
<b>Ka kite</b>	See you (bye)
<b>Ka kite anō</b>	See you again
<b>Mā te wā</b>	Bye for now
<b>Hei konei rā</b>	Goodbye
<b>Haere tātou</b>	Let's go
<b>Kia pai tō rā</b>	Have a good day
<b>Kia pai tō pō</b>	Have a good night



## Ngā Rā o te Wiki

### Days of the Week

There are two Māori names for each day and month. One, a traditional name given according to the Māori Maramataka (lunar calendar) and two, a Māori transliteration of the English word. You can choose which version you chose to use.

Rāhina	or	Mane	Monday
Rātū	or	Tūrei	Tuesday
Rāapa	or	Wenerei	Wednesday
Rāpare	or	Taite	Thursday
Rāmere	or	Paraire	Friday
Rāhoroi	or	Hatarei	Saturday
Rātapu			Sunday

## Ngā Marama o te Tau

### Months of the Year

Kohitātea	or	Hanuere	January
Hui-tanguru	or	Pēpuere	February
Poutū-te-rangi	or	Maehe	March
Pāenga-whāwhā	or	Āperira	April
Haratua	or	Mei	May
Pīpiri	or	Hune	June
Hōngongoi	or	Hūrae	July
Here-turi-kōkā	or	Ākuhata	August
Mahuru	or	Hepetema	September
Whiringa-ā-nuku	or	Ōketopa	October
Whiringa-ā-rangi	or	Noema	November
Hakihea	or	Tīhema	December

# Ngā wā o te tau

## Seasons

Rā whakatā

Weekend

Rā

Day

Ko te aha tēnei rā?

What day is it?

Ko te Rāhina

It is Monday

Ko te aha tēnei marama?

What Month is it?

Ko te Kohitātea.

It is January

I tēnei tau

This year

I tēnei marama

This month

I tēnei wiki

This week

I tēnei rā

Today

---

### Writing dates: (date/month/year)

Example: 1 January 2020 / 1 o Kohitātea 2020

**Raumati** Summer

**Ngahuru** Autumn

**Hōtoke** Winter

**Koanga** Spring



## Ngā tau Numbers

<b>Kore</b>	<b>0</b>
<b>Tahi</b>	<b>1</b>
<b>Rua</b>	<b>2</b>
<b>Toru</b>	<b>3</b>
<b>Whā</b>	<b>4</b>
<b>Rima</b>	<b>5</b>
<b>Ono</b>	<b>6</b>
<b>Whitu</b>	<b>7</b>
<b>Waru</b>	<b>8</b>
<b>Iwa</b>	<b>9</b>
<b>Tekau</b>	<b>10</b>
<b>Tekau mā tahi</b>	<b>11</b>
<b>Rua tekau</b>	<b>20</b>
<b>Rua tekau mā rua</b>	<b>22</b>
<b>Kotahi rau</b>	<b>100</b>
<b>Kotahi mano</b>	<b>1000</b>
<b>Tuatahi</b>	<b>First</b>
<b>Tuarua</b>	<b>Second</b>
<b>Tuatoru</b>	<b>Third</b>

# Ngā kupu i roto i te wāhi mahi

## Common words in the work place



āe	yes
hui	meeting
Īmera	email
ipurangi	internet
kai	food
kai mahi	employee
kāo	no
kapu	cup
karakia	prayer
kawhe	coffee
kīhini	kitchen
kino	bad
kōrero	speak / talk
kūaha	door
mahi	work
miraka	milk
motokā	car
pai	good
papa pātuhi	keyboard
pene	pen
pene rākau	pencil

pepa	paper
pouaka whakaata	television
pukamata	facebook
pukapuka	book
reo	language
reta	etter
rorohiko	computer
rorohiko pōnaho	laptop
tari	office
tautoko	support
tēpu tuhi	desk
tī	tea
tūru	chair
tutaki	meet / greet
waea	phone
waea pūkoro	cell phone
wai	water
wāhi mahi	workplace
wharepaku	toilet



# Ngā kupu hākinakina

## Sport words & Phrases

<b>Hākinakina</b>	Sport	<b>Poitūkohu</b>	Basketball
<b>Kēmu</b>	Game	<b>Whutupōro</b>	Rugby
<b>Taiwhanga</b>		<b>Tēnehi</b>	Tennis
<b>hākinakina</b>	Stadium	<b>Haupoi</b>	Hockey
<b>Kaitaki</b>	Captain	<b>Whanapoikiri</b>	Soccer
<b>Kaiwhakaako</b>	Coach	<b>Poirewa</b>	Volleyball
<b>Kaitākaro</b>	Player	<b>Rīki</b>	League
<b>Hoariri</b>	Opponent	<b>Kirikiti</b>	Cricket
<b>Kaiwawao</b>	Referee	<b>Waka Ama</b>	Outrigger canoe
<b>Kaimātakitaki</b>	Spectator	<b>Kī o Rahi</b>	Traditional Māori Game(ball/kete of Rahi)
<b>Toa</b>	Win/Winner	<b>Haupōro</b>	Golf
<b>Rarunga</b>	Loss	<b>Pā whutupōro</b>	Touch rugby
<b>Kairaru</b>	Loser	<b>Whakapakari tinana</b>	Workout
<b>Rite</b>	Draw	<b>Kia kaha rā!</b>	Go hard!
<b>Poitarawhiti</b>	Netball		

Ka pai hoki tēnā piro!

Kia manawanui!

Ehara koe i te kaiwawao

E oma!

Maranga!

Whāia te pōro!

Whāia te kaitākaro rā!

Kia kaha ake

Tākaro pono

Kia kaha ake e kare mā

Whakakaha i a koe

Kia tere tonu tō haere!

Karawhiua!

Mā te whakaharatau e tika ai

Great goal!

Keep going!

You're not the ref

Run!

Get up!

Chase the ball!

Chase that player!

Give it a go

Play fair

Lets go team

Give yourself energy

Go as fast as you can!

Give it heaps!

Practice makes perfect

# Whakatauki

## Proverbs



**Whakatauki are Māori proverbs often merging historical events and holistic perspectives with underlying messages open for interpretation. Whakatauki are important to Māori and are commonly used when speaking te reo Māori.**

**Whakatauki have generic meaning from translating into English but can provide multiple meanings based on your interpretation.**

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**He aha te mea nui o te Ao?**

**He tāngata, he tāngata, he tāngata**

What is the most important thing in the world?

It is people, it is people, it is people.

*This refers to our line of work and helps bring focus to our purpose, we do it for our communities, our people*

**Tama tū, tama ora; Tama noho, tama mate**

An active person will remain healthy while a lazy one will become sick

*A word of encouragement to urge people to participate in activities and exercise. It is like saying, to stand is to live, to lie down is to die*

## **Mā whero, ma pango, ka oti ai te mahi**

With red and black the work will be complete

*This refers to co-operation where if everyone does their part, the work will be complete. The colours refer to the traditional kowhaiwhai patterns on the inside of meeting houses*

## **Tūngia te ururoa kia tipu whakaritorito te tupu o te harakeke**

Set the overgrown bush alight and the new flax shoots will spring up

*In order to change, we may need to leave some ways behind in order to do things differently*

## **Ka pū te ruha, ka hao te rangatahi**

As an old net withers, a new one is made

*Make sure to plan ahead for new leaders to emerge*

## **He tina ki runga, he tāmōre ki raro**

Contentment above, firmly rooted below

*Those with good family foundation and grounding in their own culture and heritage will find satisfaction and contentment in life*

## **Kaua e mate wheke mate ururoa**

Don't die like an octopus, die like a hammerhead shark

*Octopus are renowned for their lack of resistance when caught on a hook, however a hammerhead shark will fight bitterly to the end. Commonly used to encourage someone not to give up, no matter how hard the struggle is*

**Ko taku reo taku ohooho, ko taku reo taku  
mapihi mauria**

My language is my awakening, my language is  
my treasure

*This is a proverb closely associated with language  
revitalization, a struggle which is very important in  
maintaining culture*

**Kāore te kumara e kōrero mō tōna ake reka**

The kumara (sweet potato) does not talk of its own  
sweetness

*This proverb accentuates the value of humility*

**Tōtara wāhirua, he ka nā te ahi**

A split Tōtara is food for the fire

*This refers to division and lack of unity leads to  
failure. A reminder of the importance to work  
together*

**Ko te kai a te rangatira, ko te kōrero**

The food of chiefs is talk

*Refers to the concept of talking aloud with  
each other can be beneficial for learning and  
understanding, placing emphasis on the need for  
leaders to communicate*

**Nāku te rourou nāu te rourou, ka ora ai te iwi**

With your basket and my basket, the people will live

*Refers to the importance of cooperation and  
combination of resources when working with  
others to achieve positive outcomes*



# Te tohutō

## Macrons - Computer set up

**A macron is a line placed above a vowel to indicate it being a long sounding vowel ā ē ī ō ū Ā Ē Ī Ō Ū. The Māori word for macron is tohutō.**

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It is easy to set up your keyboard to include the macron vowels in your written forms of communication.

### Windows

The Māori keyboard is already installed; you just need to activate it

1. Start, click Control Panel
2. Click Change keyboards or other input methods (under the Clock, Language and Region heading)
3. Click Change keyboard
4. If it already says English (New Zealand) - Maori, then it's already set up. Don't continue!
5. Otherwise, click Add
6. Scroll down to English (New Zealand), expand Keyboard, click Show More
7. Find Māori in the list and tick it, then click OK
8. Change the Default input language to English (New Zealand) - Māori

Now you can easily enter a micronised vowel by pressing ` (the key with ~ on it) and then the vowel. To enter a micronised capital vowel, press ` , then hold down shift and press the vowel.

Note you don't have to hold down ` while you press the vowel, just press ` then press the vowel.

## Apple Mac

1. Click on the Apple logo in the top left and choose System Preferences
2. Click Language & Region
3. Click Keyboard Preferences
4. Click the + icon and find Māori in the list.
5. Click Add
6. Optionally, tick Show input menu in menu bar

To type a micronised vowel on a machine thus configured you simply hold down Alt/Option and then the vowel. You can also do this in conjunction with the Shift key to type an uppercase micronised vowel.

## Ngā Rauemi Resources



Here are some useful websites you may want to look at to support your Māori culture and language learning journey.

**Māori Language Commission**  
[www.tetaurawhiri.govt.nz](http://www.tetaurawhiri.govt.nz)

**Māori dictionary**  
[www.maoridictionary.co.nz](http://www.maoridictionary.co.nz)

**Te Wiki o te Reo Māori**  
[www.tewikiotereomaori.co.nz](http://www tewikiotereomaori.co.nz)

**Keyboard set up**  
[www.kupu.maori.nz/about/macrons-keyboard-setup](http://www.kupu.maori.nz/about/macrons-keyboard-setup)

**Māori Language**  
[www.maorilanguage.net](http://www.maorilanguage.net)

