

He Aratūtahi | A pathway on which we can all stand

Participants can now do any level of the Award - Bronze, Silver or Gold – with a focus on Te Ao Māori and the holistic concept of whanaungatanga, the interconnectedness and interrelationship of all living and non-living things.

The activity achievement requirements remain exactly the same, the difference is that all the sections except Physical Recreation require the participant to utilise Te Ao Māori concepts like Mātauranga and Tikanga in their approach.



Voluntary Service - Give Back | Ratonga Tūao - Ngā Mahi Rato Voluntary Service *must have a Te Ao Māori focus* with participants engaging in kaitiakitanga and whanaungatanga eg: coaching Mau Rākau or Kī-o-rahi or teaching Pūrākau or Tautohetohe, helping on your Marae or in school, nurturing relationships as a mentor or teacher, volunteering at an event, or working with an environmental community group as a Kaitiaki.



Skills - Find Your Genius | Ngā Pūkenga - Kitea Ō Pūmanawa The Skills chosen *must have a Te Ao Māori focus* eg: Kapa Haka Kura, studying your Whakapapa/genealogy, Taiao (learning about the environment), Māra Huawhenua (learning about food from the nature), Tātai Arorangi (Māori astronomical knowledge), Whakairo (carving), Raranga (Māori weaving), Te Tiriti, Ngā Waka o Aotearoa, Rongoā Māori (traditional Māori healing), Manu Kōrero or Mirimiri.



Adventurous Journey or Exploration - Get Wild and Explore | Haerenga Mātātoa - Kia Rikarika me te Hōpara The adventurous journey, whether an expedition or exploration, remains unchanged. Journeys may explore iwi land, or trace traditional expeditions for hunting, they may utilise waka or engage in preservation or be explorations of environmental impacts on the whenua.



Physical Recreation - Break a Sweat | Ngā Hākinakina - He Whakeheke Werawera the requirements are unchanged and remain focused on physical and mental well-being eg. Cycling, badminton, waka ama, cricket, gym.



Gold Residential Project - Leave Your Comfort Zone | Kaupapa Kāinga - Kia Waewae Kai Kapua This section *should have a Te Ao Māori focus where possible* eg: working on a conservation project, spending time on a Marae, Identifying historical Aotearoa locations.

Once participants have completed the Award, they will receive a record of their He Aratūtahi journey as well as their formal Award certificate.

Manaaki whenua, Manaaki tangata, Haere whakamua- Care for the land, Care for the people, Go forward



ACTIVITY TEMPLATE - HE ARATŪTAHI

Apply the appropriate time over the period for the Level participation (indicate level)	 Voluntary Service	 Skills	 Physical Activity	 Adventurous Journey	 Gold Residential
Helping on your Marae					
Helping at your school					
Pepeha					
Pūrākau					
Pakiwatara					
Tikanga – karakia					
Kōrero o mua/korero nehe					
Awhi kaumatua/kuia					
Tautohetohe					
Manu Kōrero					
Waiata (tangi, aroha, tahanga etc)					
Autaia					
Tangata whenua					
Māra huawhenua					
Kī-o-rahi					
Mau rākau					
Kapa Haka kura					
Te Matatini					
Whakapapa					
Tātai Arorangi					
Whakairo					
Raranga					
Taiao					
Tiaki whenua, awa, moana					
Te Tiriti					
Ngā waka o Aotearoa					
Rongoā					
Mirimiri					
All school sports teams eg. netball rugby, badminton, cricket, table tennis, waka ama					
All individual sports eg. running, cycling, athletics, gym, cross country					
Trips outside schools with Exploration Matrix applied					
School camp (with approval and fitting criteria)					
Tramp exploring Iwi land observing the rangatahi's role in its preservation					
Spending time on a Marae. Identify significant historic locations.					
Residential programme on a Marae					

+ NB Note individual physical activity can be logged for assessment through May my Run, Map my Ride, or Strava or Apps of a similar nature