

He Aratūtahi

Ka taea e te kaiuru te pīkau i ngā taumata katoa o te Tohu Hillary - Rauwhero, Hiriwa, Kōura - ki te Ao Māori ināiane. Ko ngā mātāpono o te whanaungatanga, te kotahitanga me ngā herenga o te ao tūroa ki ngā mea e kore e ora ana te tūāpapa o te kaupapa.

He ōrite tonu ngā paerewa ngohe, ko te rerekētanga me whakatinana te kaiuru i ngā mātāpono o te Ao Māori pēnei i te Mātauranga Māori me te Tikanga Māori ki ngā mahi me ngā wāhanga katoa (hāunga te wāhanga Hākinakina).



Ratonga Tūao - Ngā Mahi Rato *Me whai wāhi atu Te Ao Māori ki ngā Mahi Tūao, ā, me whakatinana ngā kaiuru i te kaitiakitanga me te whanaungatanga, hei tauira: Mā te whakaako i te Mau Rākau, te Kī-o-rahi, te Pūrākau, te Tautohetohe, te kaitiakitanga, te tū hei kaiako, te whakapau rānei i te kaha ki tō Marae, ki tō kura, ki ngā hui tūao, ki te āwhina i te rōpū tiaki taiao pēnei i te Kaitiaki.*



Ngā Pūkenga - Whanakehia Ō Pūmanawa *Me whai wāhi atu Te Ao Māori ki ngā pūkenga hei whanake, hei tauira: te Kapa Haka, te ako i tō Whakapapa, i ngā āhuetanga o te Taiao, te Māra Huawhenua, te Tātai Arorangi (tātai whetū), te Whakairo, te Raranga, Te Tiriti, Ngā Waka o Aotearoa, te Rongoā Māori, te Manu Kōrero, te Mirimiri.*



Haerenga Mātātoa - Kia Rikarika Kātahi Tūhuratia *Ka rite tonu te wāhanga takahi i te ara mātātoa, ahakoa he hīkoi, he kaupapa tūhura rānei. Ko ngā haerenga mātātoa he takahi haere i ngā whenua o te iwi, he whaiwhai i ngā tapuwae o ngā tūpuna, he whakaterere waka pea, he tūhura i ngā āhuetanga o te tiaki taiao hoki.*



Ngā Hākinakina - He Whakaheke Werawera *he ōrite tonu ngā āhuetanga - he aropū ki te whakapiki i te hauora o te tangata - oranga tinana, oranga hinengaro hoki, hei tauira. te eke paihikara, te pūkura, te waka ama, te kirikiti, ngā hākinakina ki rō whare hākinakina.*






Kaupapa Kāinga - Kia Waewae Kai Kapua *E tika ana kia aro atu tēnei wāhanga ki te Ao Māori mēnā e taea ana, hei tauira: te pīkau i te kaupapa tiaki taiao, te whakapau kaha ki te Marae, te tautohu i ngā wāhi whakahirahira o onamata ki Aotearoa nei.*

Kia oti katoa i te kaiuru ngā wāhanga o te Tohu Hillary, ka whiwhi ia i te tiwhikete ōkawa me te whakairinga kōrero mō tāna takahi i He Aratūtahi.

Manaaki whenua, Manaaki tangata, Koke whakamua



TĀTAUIRA NGOHE - HE ARATŪTAHI

| Whakauruhia te wā ki te whakaoti i taua ngohe mō taua taumata kaupapa (tohua te taumata) |  Ratonga Tūao |  Ngā Pūkenga |  Hākinakina |  Haerenga Mātātoa |  Kaupapa Kāinga |
|---|--|---|---|--|--|
| Te āwhina i tō Marae | | | | | |
| Te āwhina i tō kura | | | | | |
| Pepeha | | | | | |
| Pūrākau | | | | | |
| Pakiwatara | | | | | |
| Tikanga – karakia | | | | | |
| Kōrero o mua/korero nehe | | | | | |
| Awahi kaumatua/kuia | | | | | |
| Tautohetohe | | | | | |
| Manu Kōrero | | | | | |
| Waiata (tangi, aroha, tahanga...) | | | | | |
| 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 | | | | | |
| Ngā tīma hākinakina kura katoa, hei tauira. poitarawhiti, whutupōro, pūkara, kirikiti, tēnehi tēpu, waka ama | | | | | |
| Ngā hākinakina taratahi, hei tauira. te omaoma, eke paihikara, hākinakina kaiaka, hākinakina ki rō whare hākinakina, omanga roa taiwhenua | | | | | |
| Ngā haerenga ki wāhi kē (i te kura) e taea ana te whakamahi i te Poukapa Tūhura | | | | | |
| Haerenga hopuni kura (mēnā e whakaaetia, mēnā e eke ana ki ngā paearu) | | | | | |
| Te hīkoi ki te tūhura i ngā whenua o te iwi me te wāhi o te rangatira ki te tiaki i aua whenua | | | | | |
| Te whakapau wā ki te Marae. Te tautohu i ngā wāhi whakahirahira o onamata. | | | | | |
| He kaupapa noho-kāinga ki te Marae | | | | | |

*He Rato Tūao mēnā i whai wāhi atu ki ngā whiringa whakariterite, whakahaere rānei i te ngohe

+ Ka puritia ngā mahi hākinakina taratahi i oti (hei whakaea i te taha aromatawai) ki ngā taupānga Map my Run, Map my Ride, Strava, aha atu rānei