



# Wānanga Tōkeke

With Emma-May Loretz



# Before we get started!

## How confident are you with these skills?

1 being least confident and 5 being most confident:	1	2	3	4	5
Understand cultural practices such as pōhiri and mihi whakatau	<input type="checkbox"/>				
Define and compare concepts such as tikanga and kawa	<input type="checkbox"/>				
Create a mihi mihi that accurately describes who you are and where you're from	<input type="checkbox"/>				
Communicate safely with Māori patients	<input type="checkbox"/>				
Understand how to navigate the movement between tapu and noa	<input type="checkbox"/>				

# Mihimihi - introductions in te reo Māori

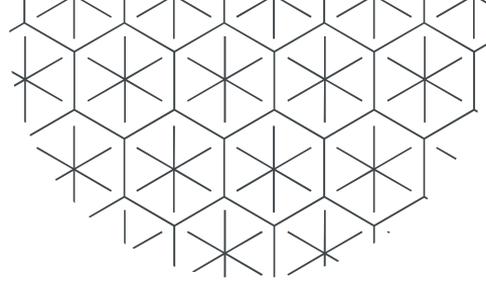
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# Ko wai ahau?





# Cultural Context

Pōhiri, mihi whakatau and all things connective

## Pōhiri - Formal Setting

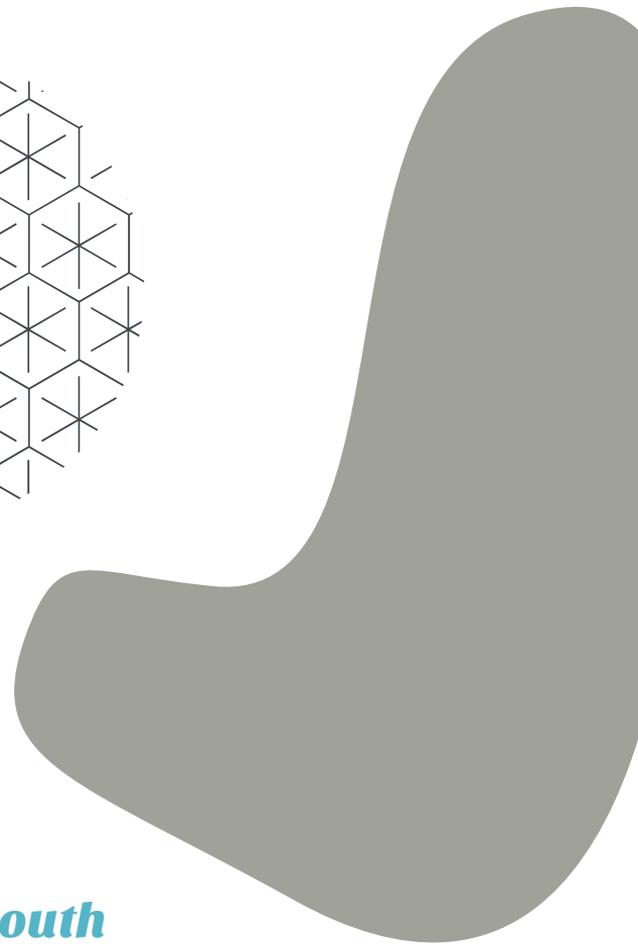
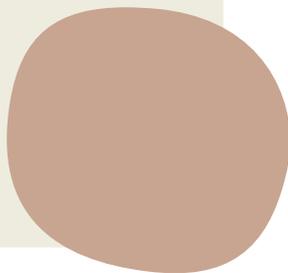
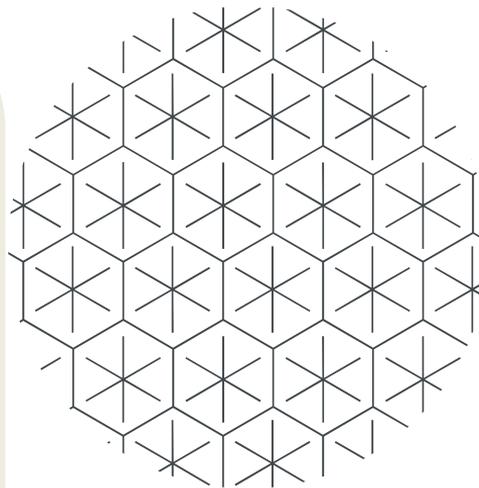
- Wero - Taha tinana
- Karanga - Taha wairua
- Whaikōrero - Taha hinengaro & taha whānau
- Kai/hākari - Taha tinana & taha whānau
- Mihimihi - Taha whānau





## Mihi Whakatau - informal

- Karakia - Taha wa irua
- Mihimihi - Taha whānau
- Kai - Taha tinana & taha whānau



# Important differences to remember

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Definitions	
<b>Whaikōrero</b>	To make a formal speech, eloquent and metaphoric language
<b>Mihimihi</b>	Speech of greeting - Focus on living and peaceful interrelationships
<b>Pepeha</b>	Oral description of where you come from
<b>Whakapapa</b>	Genealogy, lineage

# Hui process



Lacey et al. (2011)

# Creating a mihimihi

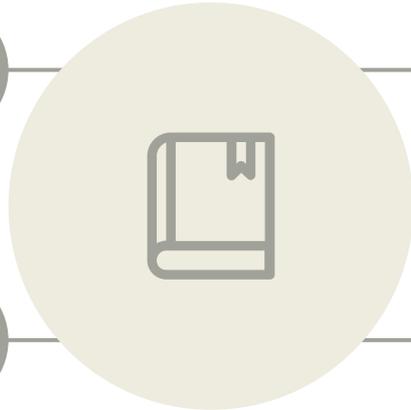
## Start catchy

Use a whakataukī or local saying to encapsulate your kōrero



## Connect

Who are you and where are you from? What is your role?



## Keep it simple

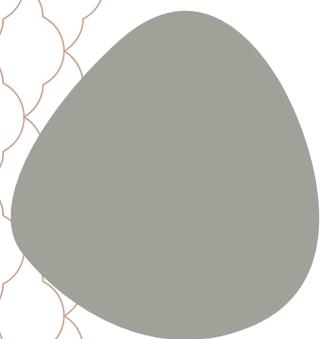
Especially when new, any effort is a good start



## Send it off well

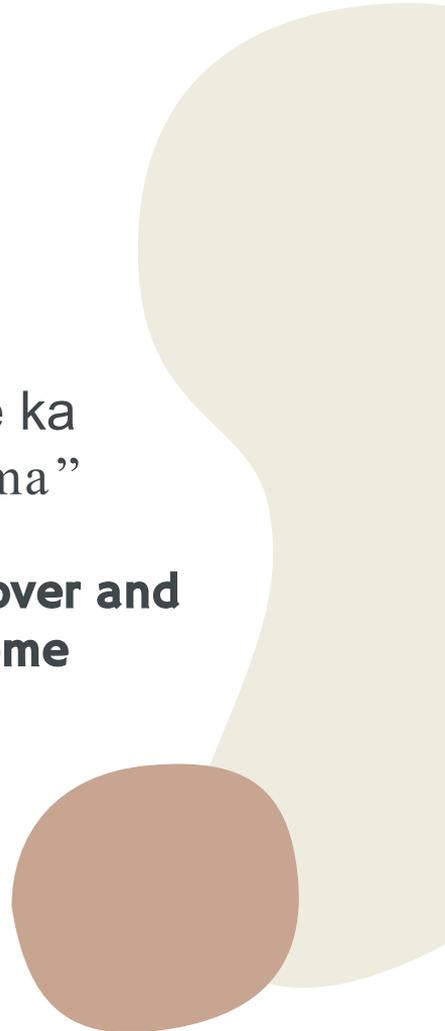
You've shared so thank those around you for their time and space





“Mā te kimi ka kite, mā te kite ka mōhio, mā te mohio ka mara ma”

– **Seek and discover, discover and know, know and become enlightened**



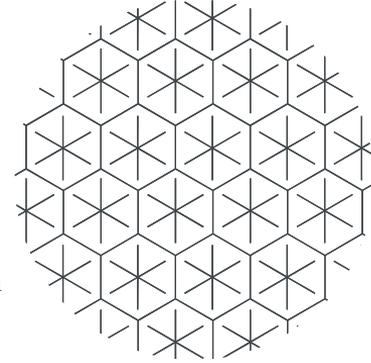
# References

O'Sullivan, J., & Mills, C.E. (2009). The Maori cultural institution of hui : when meeting means more than a meeting.

University of Otago (2019) Hundreds turn out for tauiā Māori powhiri.  
<https://www.otago.ac.nz/otagobulletin/news/otago705808.html>

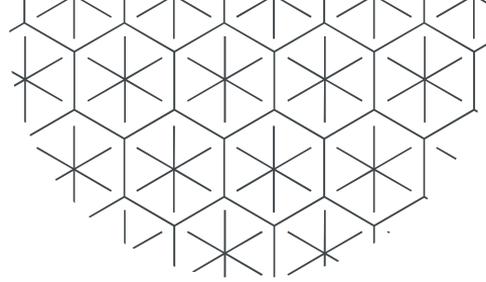
Lacey, Cameron & Huria, Tania & Beckert, Lutz & Gilles, Matea & Pitama, Suzanne. (2011). The Hui Process: A framework to enhance the doctor-patient relationship with Māori. The New Zealand medical journal. 124. 72- 8.

Moorfield, J C. (2003- 2023). Te Aka Māori Dictionary. <https://maoridictionary.co.nz/>



# Te Ao Māori - Looking at the world from a Māori perspective

with Emma- May Loretz



# Cultural Context

Pre-colonial practices that continue to thrive

# Foundations of Te Ao Māori

## Tikanga

Cultural customs  
and procedures

## Kawa

Localised  
cultural practice

## Tapu

State of sacredness,  
restricted or forbidden

## Noa

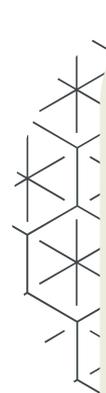
To be free of tapu,  
unrestricted



## Examples of tikanga

Loosely translates to “correct way of doing”

- Removing shoes before entering a house or marae
- Not sitting on surfaces where food is placed
- Respecting mana whenua and their differing kawa
- To feed and house guests
- Pōhiri process



## Examples of kawa

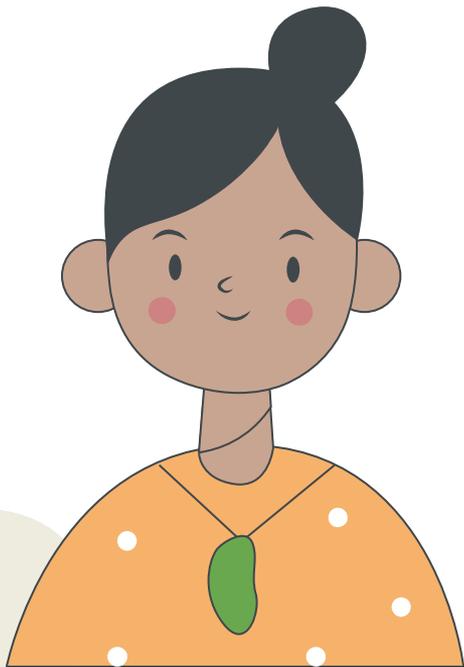
Differing practices between

- Gender roles <sup>marae</sup>
  - Some marae allow women to speak as kaikorero during the pōhiri
  - Men can start their own waiata if they have no women to support them
- Time for kai is usually when formalities end - some marae are dictated by the cooks

# Examples of tikanga

What do you do in your life that is a habit you've learnt from your parents and grandparents?





## Examples of Tapu

- Atua, Māori Gods
- Food before harvest
- The body
  - The head is the most tapu
- Ancestral areas
  - Waka
  - Mountains
  - Bodies of water
- Rāhui

# Examples of how to whakanoa

## Agents of noa - tools you can use to move out of tapu

### Water

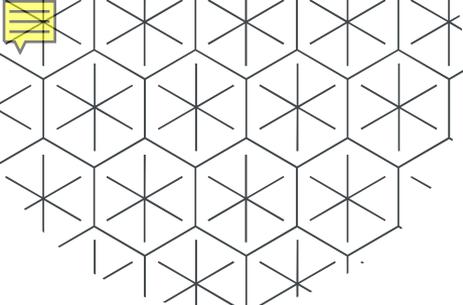
Modern uses of water similar to uses in Christian practices

### Prayer

Acknowledges both the physical and spiritual aspects of tapu

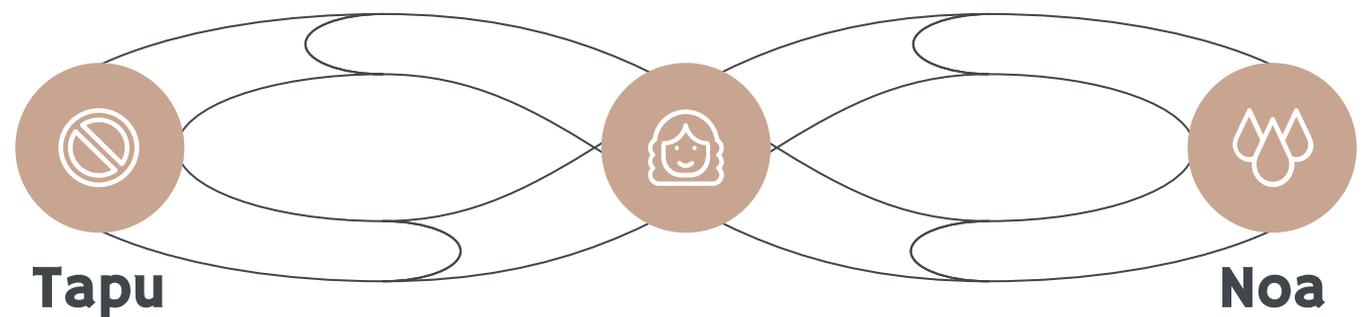
### Food

Particularly food that has been blessed either at gathering or before eating



# Cyclic nature of tapu

Powered and maintained by tikanga



## Tapu

Recognition of tapu is most important as Māori feel “wrong” if left in tapu

## Noa

Water, food and prayer are agents of noa

# Important to remember!

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Term	Definition	Action
<b>Tikanga</b>	Custom, protocol	No sitting on tables
<b>Kawa</b>	Local practices	Wearing shoes vs not
<b>Tapu</b>	Sacred, state of restriction	Entering an urupā
<b>Noa</b>	Free of restriction/ noa	Drinking water

What would you do



# Te Whare Tapa Whā





# Ngā mihi, ētahi pātai pea?

Do you have any questions ?

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# Resources

- Careers.govt.nz. 2019. *Te Whare Tapa Whā* [online] Available at: <https://www.careers.govt.nz/resources/career-practice/career-theory-models/te-whare-tapa-wha>.

