



Te Oranga Kaiora: Ko Wai?

Te Oranga Kaiora is a Māori focused, Māori driven initiative by regional sports trust - Harbour Sport. Harbour Sport started 'Te Oranga Kaiora' following Iwi consultation in 2020. 'TOK' was established to support and empower Māori communities living in the North Shore through physical activity, health and wellbeing; fostering whānaungatanga and reinforcing connections between rangatahi, whānau and Te Taiao.

'TOK' successfully applied for funding for the 2023 HPK Tangata Whenua Outdoor Activity Fund. Through community consultation and partnerships, they developed a Wānanga Moana programme for 2023 with two local Kura Kaupapa Māori, Te Kura Kaupapa o Hoani Waititi and Te Kura Kaupapa o Te Raki Paewhenua.

The TOK Wānanga Moana programme provided rangatahi with exposure to the Moana within a kaupapa Māori context, addressing the critical issue of drowning disparities for Māori. Its multi-pronged approach worked to develop water safety practices, instil life skills, foster confidence, build capability in kai gathering, and revive the ancestral knowledge of tīpuna Māori.

Through these initiatives, TOK actively contributes to the holistic development and wellbeing of Māori communities, embodying a commitment to cultural identity, environmental connection, community empowerment.

Ngā Whāinga Matua o te Wānanga Moana

Rangatahi gain increased knowledge of water safety and practical experience on how to keep themselves safe when in water and/or gathering kai.

Rangatahi to have increased confidence when in the sea.

Rangatahi to have an increased sense of connection to Te Taiao Māori, especially te moana.

Rangatahi to have increased confidence in how to gather kai from the moana.



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Mana Motuhake - Māori Achieving Success as Māori

Te Reo Māori me ōna Tikanga: Te Oranga Kaiora places a strong emphasis on te reo Māori, tikanga, and mātauranga Māori, fostering a deeper connection to Te Ao Māori. The participants, rangatahi and kaiako, played an integral part in the design, planning and delivery of the programme. The expertise they provided ensured that tikanga Māori was visible across all aspects of the programme. Rangatahi lead daily karakia, waiata, haka, whaikorero, karanga within the Māori spaces where the programme took place. Kaimahi noted that this allowed the rangatahi to share



their strengths and to shine in their Māoritanga.

Tuakana/Teina: Leadership and Manākakitanga was exemplified and embedded throughout the programme. A

Tuakana/Teina model was implemented where rangatahi buddied up. The Tuakana ensured the safety and well being of the Teina throughout the experience, on and off the moana. This model integrated the participants, creating new connections and relationships between the two kura. Rangatahi actively engaged in educational sessions, gaining a comprehensive understanding of traditional practices and cultural significance.

Whanaungatanga: Pre-existing relationships between rangatahi and TOK kaimahi ensured ongoing responsiveness to their needs. Strong relationships built on shared understandings and values were evident between participants, kaiako and kaimahi.

The Water Safety NZ Report 2023 noted that **ethnic disparities in drowning rates for Māori underscore the necessity for "culturally tailored water safety education and outreach programmes" (Water Safety NZ, 2023, p.8).**

According to Te Mauri - Pimatisiwin (2021), **"Restoring mauri ora or wellbeing within a Māori worldview can be achieved through the application of cultural beliefs and practices" (p. 2).**

Williamson and Gaston (2020), assert that **"practising kaitiakitanga (guardianship) and conserving and protecting our natural environment goes hand in hand with looking after our own wellbeing."**

Hauora - Health and Wellbeing

TOK, rooted in a Māori worldview, emphasises the integral connection between cultural

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identity, environmental stewardship, and personal wellbeing.

TOK ensured rangatahi finished the programme with quality dive equipment to continue building on what they have learnt in the wānanga. Providing them with the skills and equipment will enable them to share this mātauranga with their whānau and encourage a sustained connection with the Taiao.

Mahi Tahī - Partnership and Collaboration

The 2023 TOK programme was developed through a co-design partnership between participants and providers. Crucial partnerships with Sir Peter Blake Marine Education Recreation Centre (MERC), Piritahi Marae, Waiheke Marine Project, Waiheke Dive and Snorkel, and Waiheke Island community contributed diverse perspectives and experiences, enriching the overall programme.

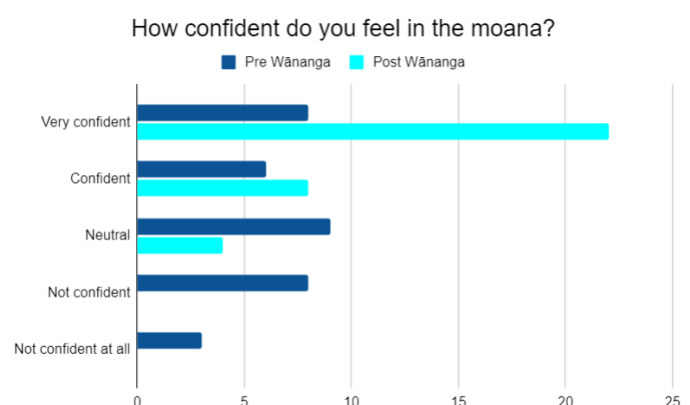
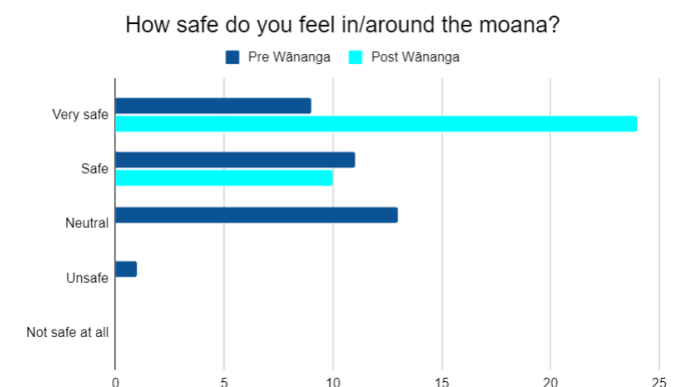
- **Sir Peter Blake MERC** - Harbour Sport has had a long standing relationship with Sir Peter Blake MERC, and they were brought onboard to provide a water safety training and education element. Their expertise and knowledge was easily integrated into the programme and supported through language translation by kaiako and kaimahi. MERC staff acknowledged they too are on a journey of developing cultural competency.
- **Waiheke Marine Project** - A marine conservation initiative on Waiheke Island, were brought in to provide understanding and awareness of the health, mauri and mana of Tikapa Moana. This is a Treaty led organisation

with manawhenua Ngāti Pāoa ki Waiheke as a key stakeholder.

- **Piritahi Marae** - Piritahi Marae is a ngā hau e wha community Marae. Piritahi Marae determined the tikanga for the pōwhiri, with a unique focus on involving rangatahi in leadership roles, such as whaikorero, leading pōwhiri, waiata, and haka. This enabled rangatahi to discover their leadership potential within the rōpū, fostering tuakana involvement in group and behaviour management, as well as marae responsibilities.

The TOK programme provided Māori-led delivery with Te Reo Māori, facilitated by kaimahi and kaiako fluent in Te Reo Māori, incorporating their own experiences and understanding of the cultural nuances.

Ngā Hua - Participant Surveys





Te Ao Māori Principles Glossary

Tikanga: A “...customary system of values and practices...” (Te Whanake, accessed April 2024).

Whanaungatanga: “A relationship through shared experiences and working together which provides people with a sense of belonging” (Te Whanake, accessed April 2024).

Tuakana/Teina: Tuakana-teina relationships emphasise the older sibling or peer (tuakana) serving as a mentor to the younger sibling or peer (teina), sharing knowledge and expertise. This dynamic fosters reciprocal learning, with the tuakana guiding the teina while also gaining insights from their experiences. **“Mā te tuakana te teina e tōtika, Mā te teina te tuakana e tōtika. From the older sibling the younger one learns the right way to do things, and from the younger sibling the older one learns to be tolerant”** (Tuakana Learning Communities, accessed April 2024).

Manākakitanga: “Hospitality, kindness, generosity, support - the process of showing respect, generosity and care for others” (Te Whanake, accessed April 2024).

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