# TE TOKI O AWA

# Ko Te Ātiawa nō runga i te rangi, ko te toki tē tangatanga i te rā.

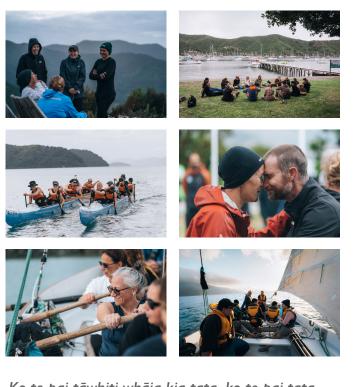
Te Ātiawa o Te Waka-a-Māui and Outward Bound NZ have developed Te Toki o Awa programme together to support personal growth, cultural capability and to strengthen leadership pathways for members of Te Ātiawa whānau.

The course is designed to weave Te Ātiawatanga, tikanga and te reo Māori with the physical challenges and personal growth of an Outward Bound course.

It aims to inspire ākonga to have the resilience and inner strength to overcome all obstacles and to hold fast to their goals, despite any hardship encountered.

The course name is derived from the whakawai above, which references the leadership of Te  $\bar{A}$ tiawa with collective strength of old not being unraveled, even under extreme circumstances.

The course will be guided by kaiako from both Te Ātiawa o Te Waka-a-Māui and Outward Bound.



Ko te pai tāwhiti whāia kia tata, ko te pai tata whakamaua kia tīna.

Seek to bring distant horizons closer and sustain and maintain those that have been arrived at.



# Ngā Taipitopito | Details

**Te wā / dates:** 16-21 March 2025

## Mā hea / where:

You will push your limits in the ngahere and on water exploring both your identity and significant sites in and around Tōtaranui Moana (Queen Charlotte Sound) from Anakiwa to Waikawa Marae.

#### Ngā mahi Māoritanga / cultural activities:

Strengthen and develop your te reo Māori, whakapapa, tikanga, wāhi tapu, whare tapa whā, and knowledge of pūrākau.

#### Ngā mahi kori tinana / physical activities:

Likely to include oma/running, kauhoe/swimming, waka hēra/sailing, waka ama, hīkoi/tramping, and pikinga/climbing.

#### Ko wai / who:

The course is limited to fourteen attendees and will require you to be physically and mentally fit and well. Attendees will need to be able to run 3km in 25 minutes by the start date, to ensure they are fit enough to enjoy the course. It will be a safe environment for intergenerational learning for people at any age (over 18) and wherever you might be on your Te Ātiawatanga journey.

#### Utu / Cost:

Course fees are fully covered. However, travel costs will need to be met by individuals.

## **APPLICATIONS CLOSE 10 DECEMBER 2024**

**For more information please contact:** Te Ātiawa o Te Waka-a-Māui Trust 03 573 5170 <u>office@teatiawatrust.co.nz</u>

