

WHANAUNGATANGA

Whanaungatanga is about relationship, kinship and a sense of family connection. It is created through shared experiences and working together and provides people with a sense of belonging.

MANAAKITANGA

Manaakitanga is behaviour that acknowledges the mana of others as having equal or greater importance than one's own, through the expression of aroha, hospitality, generosity and mutual respect.

KOTAHITANGA

Kotahitanga is the concept of togetherness. Māori are a small yet unified race, and it's important to lift each other up. Kotahitanga is identifying as one – sharing the earth, extending our āwhina (support) to everyone, and receiving the same back.

Kia Kaha
Be strong (try hard)

Karwhina
Give it heaps

Ka mau te wehi!
That's outstanding

Ka pai tō mahi
Great work

Okeā ururoatia
Don't give up

Kei te whakahihiti au ki a koe
I am very proud of you

Ka rawe
Excellent

Miharo
Wonderful

Kei te pai
It's all good

Kia māia
Be brave

Kia rite
Be ready

Kia tene
Be fast

WORDS OF ENCOURAGEMENT

WAIATA SONG

TE AROHA

Te Aroha
Te Whakapono
Me te Rangimarie
Tātou, tātou e.

Love,
Faith,
and peace,
for us all.

TUTIRA MAI

Tutira mai ngā iwi
Tātou, tātou e.
Tutira mai ngā iwi
Tātou, tātou e.
Whaia te māramatanga
Me te aroha. E ngā iwi,
kia tapatahi, kia kotahi rā
Tātou, tātou e. (anō /repeat)
Tātou, tātou e. He aue hi!

Let the people stand united
Together as one (2x)
Seek after knowledge,
and love for each other – everyone
stand as one, unite as one
All of us together as one.

OMA	Run
PŌRO	Ball
RĪKI	Rugby League
RUTU	Tackle
KIKI	Kick
MAKA	Pass
TIMATA	Kick off
KAUTE WEHENGĀ	Half time
WĀ MUTUNGA	Full time
KĀPENE	Captain
WHANA TĀPIRI	Conversion
TAKA WHAKAMUA	Knock on
TĪMA	Team
PŪTU	Boots
ĀRAI WAHA	Mouthguard
WHARA	Injury
REWERHI / KAIWAWAO	Referee
TARAI / PIRO	Try
PARAEHE	Headgear

RUGBY LEAGUE WORDS

KARAKIA PRAYER

OPENING PRAYER

Tūtawa mai i runga,
Tūtawa mai i raro,
Tūtawa mai i waho,
Tūtawa mai i roto,
Kia tau ai te mauri tū,
te mauri ora ki te katoa.
Hāumi e, hui e, taiki e!

I summon from above, below, within,
from the outside environment,
to calm and settle
the vital inner essence,
the well-being of everyone,
Be joined, together, united

FOOD PRAYER

Nau mai e ngā hua e hora nei.
I haere mai,
I whakatipua ā nuku,
i whakatipua ā rangi.
Taiāwhio ki a Rehua, ki te ao mārama
Kia whakairia ki runga
Kia tina! Tina!
Hui e!... Taiki e!

We acknowledge the food
That has come from the combined efforts of
Ranginui and Papatūānuku
into the world of light immersed
draw together! Together!
Bind together, as one.

INTRODUCTION

PEPEHA
Kia ora
Hello (informal)

Tāna koe
Greetings (to 1 person, formal)

Tāna koutou
Greetings (to 2 people, formal)

Mōrena / Ata mārie
Good morning

Ahiani mārie
Good afternoon

Haere rā
Goodbye (to someone leaving)

E noho rā
Goodbye (to someone staying)

Ka kite ano
See you again

Mā te wā
Bye for now

Hei konei rā
Goodbye

Kia pai to rā
Have a good day

PEPEHA
Kō
tōku maunga (mountain)

Kō
tōku awa / moana (river / sea)

Kō
tōku marae (meeting house)

Kō
tōku iwi (my people / tribe)

Kō
tōku waka (canoe / ship)

Kō
āhau (name)

PEPEHA
Tāna koutou
Hello everyone

Kō (own name) āhau
My name is...

Kō (surname) tōku ingoa whānau
My surname / whānau name is...

No (location / country) tōku ingoa whānau
My family name comes from...

Kei āhau e mahi ana
I work at (organisation)

No reira, tēnā koutou katoa
Greetings to you all

PEPEHA / MIHIMIHI INTRODUCTION

KARAKIA PRAYER

CLOSING PRAYER

Unuhia, unuhia
Unuhia ki te uru tapu nui
Kia wātea, kia māmā e ngākau
te tinana, te wairua
ki te ara tangata.
Kōia rā e Rongo,
whakairia ake ki runga
Kia tina! Tina!
Hui e!... Taiki e!

Draw on, draw on
draw on the supreme sacredness,
this is Rongo, the god of peace,
fully immersed,
draw together! Together!
Bind together, as one.
draw together, Together!

**WHAKATAUKĪ
MĀORI PROVERB**

“Ehara taku toa i te toa takitahi,
engari he toa takitini.”

“My strength is not mine alone,
it comes from the collective.”

GREETINGS

a	about	ā	far
e	enter	ē	bed
i	eat	ī	sheep
o	awful	ō	pork
u	put	ū	boot
wh	father		
ng	sing		
r	pronounced with a rolling tongue		

2 digraphs: wh ng
(two letters that combine to form one sound)

8 consonants: h k m n p r t w
of the word.

The macrons indicate a long vowel sound
and is important as it differs the meaning
You may also see these written
with a macron: ā ē ī ō ū

5 vowels: a e i o u
in the Māori alphabet:
There are 15 distinct letters



**MĀORI
LANGUAGE
POCKET GUIDE**