



**Empowering Change
Through Cultural Identity**

WHAKAPĀ MAI

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Te Ihu Waka



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Te Ihu Waka is a Tikanga Māori Motivational Programme, a culturally responsive initiative designed for individuals serving sentences with Ara Poutama Aotearoa, both in prison and in the community.

The programme aims to motivate participants to change their behaviour and engage in rehabilitation by reconnecting with their cultural identity.

Te Ihu Waka four key principles within Tikanga:

Manaakitanga:

- Principle of reciprocal care and goodwill
- Teaches expressions of aroha, hospitality, generosity, and mutual respect
- Motivates participants to uplift and enhance the mana of themselves and those around them

Whanaungatanga:

- Principle of building relationships and responsibility to whānau
- Focuses on developing reconnection through whakapapa and building positive relationships with whānau.

Rangatiratanga:

- Emphasizes humility and willingness to support others.
- Encourages self-determination and responsibility for one's actions.

Wairuatanga:

- Principle of cultural and spiritual integration.
- Promotes connectedness with the environment and decision-making for the well-being of the whānau.

Te Ihu Waka Group Activities

