

TE HOEROA KI TŪ MANAWA ORA

kia mau, kia rite, hoea!



Whakaoranga
Growing Wellbeing

Whakapapa
Sense of Belonging

Pūmautanga
Confidently Grounded

Tuakiritanga
Sense of Identity

Pūkengatanga
Developing Skills

Honongatanga
Healthy Relationships

Whakahohorotanga
Navigating Life

Whanaungatanga
Community Connections

Embark on a six month rangatahi adventure of self-discovery and empowerment. Journey from mountains to sea and develop the confidence and courage to navigate the river of life.

November 2023 - May 2024
Whanganui

KAUPAPA

Te Hoeroa ki Tū Manawa Ora is the journey of overcoming our anxieties and challenges to courageously stand with purpose and confidence. Te Hoeroa (the long steering paddle) signifies the courage to navigate one's own journey toward wellness.

There will be internal and external obstacles to overcome and safely navigate. We must learn to read the signs within the waters of our individual river to safely reach our desired destination. Te Hoeroa signifies a relationship with te taiao (the environment): not to dominate but to work with and find gentler currents.

*Hikitia te punga o te waka – puritia kia mau
te kakau o te hoeroa rite kia rite hoea to waka, ākina te ora.*
Lift the anchor, grasp the handle of the long paddle,
find rhythm and motivation toward our desired state of wellness.

Geoffrey Hipango
Te Ao Hou Marae, Whanganui

WHAT IS IT?

Te Hoeroa ki Tū Manawa Ora is a six-month action-packed, outdoor course that offers rangatahi the opportunity for transformation and development through deep engagement with whakapapa, te taiao, Te Awa Tupua, Te Kahui Maunga and Te Ao Māori.

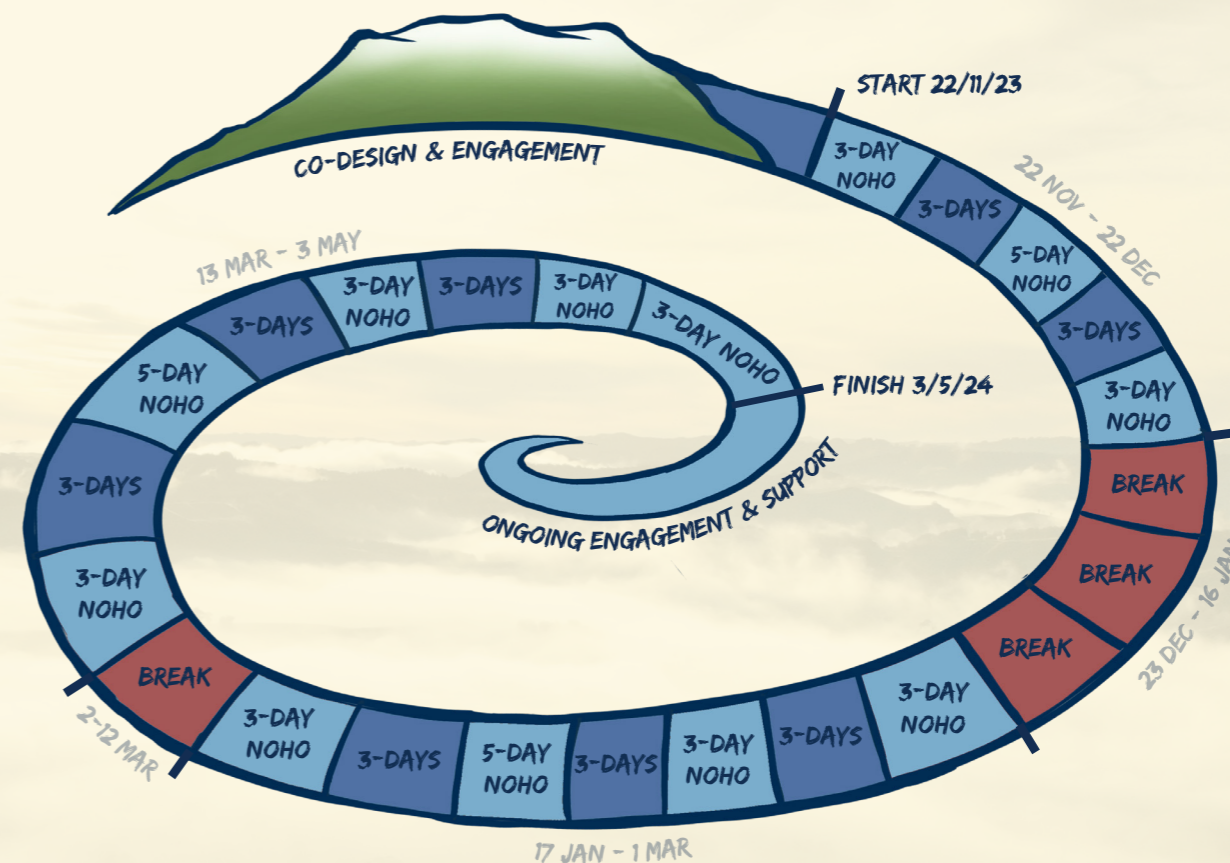
Te Hoeroa will take place in marae and taiao contexts. It will involve wānanga, adventure, camping, working with the land and waterways, growing and hunting kai, building, exercise and wellbeing practices, and expeditions from mountains to sea.

This rangatahi-led programme will build up skills and capabilities within rangatahi, with wrap-around support and mentorship. Rangatahi will be exposed to diverse people, stories and opportunities - building their personal confidence, cultural capability, and enabling them to navigate confidently toward their personal, hapū, iwi and community aspirations.

WHAT IS INVOLVED?

- Six months, 20 weeks
- 3-5 days p/week
- 66 days total
- Overnight noho every second week
- Free (\$0) for rangatahi
- Based mainly at Te Ao Hou Marae and the Learning Environment
- Rangatahi are picked up and dropped home
- Kai and gear provided

Te Hoeroa includes the opportunity for rangatahi (ages 17+) to receive a number of qualifications - including the Wai Ora Level 3 certificate delivered by Te Whare Wānanga o Awanuiārangi. These qualifications offer 60 Level 3 credits - granting University Entrance and the possibility of receiving Student Allowance during Te Hoeroa.



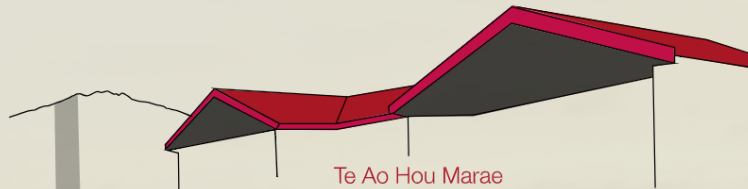
WHO IS THIS FOR?

Te Hoeroa is for any rangatahi living in the catchment area of Te Awa Tupua, with a focus on rangatahi between ages 13 and 23 who are living around Whanganui and are not in employment, education or training.

All welcome, please get in touch if you are interested.

DELIVERY PARTNERS

This kaupapa is delivered by
a team of kaimahi from:



CONTACT

Email: emma@learningenvironment.nz
Register Interest: www.tinyurl.com/tehoeroa