

A close-up photograph of two young women with their eyes closed, leaning their heads against each other in a warm embrace. The woman on the left has dark hair with a blonde streak and is wearing a black hoodie. The woman on the right has dark hair in a ponytail and is wearing a white button-down shirt over a grey t-shirt. The background is a soft-focus green forest.

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KIA ORA

Introductions

To create your
own Pepeha,
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KIA ORA TĀTOU

GREETINGS ALL

KO RANGITOTO TE MAUNGA

RANGITOTO IS THE MOUNTAIN

KO HAURAKI TE MOANA

HAURAKI IS THE OCEAN

NŌ TĀMAKI AHAU

I AM FROM AUCKLAND

KO BAMBRY TŌKU WHĀNAU

BAMBRY IS MY FAMILY

KO HELEN TŌKU INGOA

MY NAME IS HELEN

Pepeha

Pepeha is a way of introducing yourself in Māori.

It paints a picture of who you are and where you belong by sharing your connections with mountains, lakes, and rivers from your hometown or anywhere around the world.



Tūtawa mai i runga

Tūtawa mai i raro

Tūtawa mai i roto

Tūtawa mai i waho

Kia tau ai te mauri tū

Te mauri ora ki te katoa

Haumi e, Hui e, tāiki e

I summon from above

I summon from below

I summon from within

And the surrounding environment

The universal energy and vitality to
infuse and enrich those present

To be unified, connected and blessed



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KARAKIA

The Māori custom is to start and finish meetings with karakia (blessing)

The purpose of the opening karakia is essentially to help the group to get focused.



KIA ORA

Kia ora Video

Tiaki

Tiaki means to care for people, place, and culture. By following the Tiaki Promise, you are making a commitment to New Zealand. To act as a guardian, protecting and preserving our home.

[Tiaki video](#)



Manaakitanga

Extending Manaakitanga (hospitality) requires kindness, generosity, support – the process of showing respect, generosity and care for others.

You arrive in New Zealand as manuhiri, a visitor but leave as whānau as family.

[Discover manaakitanga video](#)



Ceremonial Welcome

Mihimihi

Whakatau

Pōwhiri



Mihimihi

A mihimihi is an informal introduction at the beginning of any hui, gathering or event



Whakatau

A mihi whakatau is a form of a welcome ceremony similar to a pōwhiri but less formal and more flexible.

It's used in many different contexts and can be adapted to suit the occasion.

The aspects that are common in both forms of welcome are the tikanga (values and principles) that underpin and drive them.



Pōwhiri

A pōwhiri is a traditional Māori welcoming ceremony, involving whaikōrero (formal speech), waiata (singing) and Kai (food).

The exchange of speeches, songs or chants, along with the ceremonial hongī (nose pressing) symbolises unity and connection.

The ritualised welcome of a pōwhiri is a powerful, emotional, and memorable way to open an event.



Host

During a ceremonial welcome, a designated host welcomes the guests, acknowledging the spiritual guardianship of the land, ancestors who have come before, introducing themselves, sharing lineage & connections to the land.

Guests

Guests are invited to respond and introduce themselves expressing gratitude for the opportunity to be present.



Hongi

A traditional Māori greeting, the hongi, meaning sharing of breath, is performed by two people pressing their noses together.

The hongi is the key to a free flow of emotions based on mutual trust and goodwill. The breath of life enters and leaves through your nose.



Paunamu

In Māori culture, Pounamu has been treasured for centuries.

It is often regarded as a taonga, a precious gift.

Pounamu is believed to possess mana, a spiritual power that connects the wearer to their ancestors and the natural world.



Incorporating Māori culture into your conference

Weaving culture values into your event provides unique perspectives and experiences that will set the scene for a collaborative and impactful event

[E-book guide](#)



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