



The Royal New Zealand
College of General Practitioners
Te Whare Tohu Rata o Aotearoa

Hauora Māori Noho Marae Programme

This programme is subject to change. A final programme will be available prior to your noho.

Te rā tuatahi – Day 1

9.30am: Huihuinga Manuhiri

10.00am: Pōwhiri

10.30am: Kai o te ata | Morning tea

11.00am: Morning session | Mana whenua kōrero

12.45pm: Kai o te ahiahi | Lunch

1.30pm: Midday session | Reflections on mana whenua kōrero

2.15pm: Afternoon session | Introduction to Hauora Māori

3.15pm: Paramanawa | Afternoon tea

3.30pm: Afternoon session | Intro to Hauora Māori cont. & Small group work

5.30pm: Whakarite i te whare | Set up sleeping arrangements

6.00pm: Kai o te pō | Dinner

7.00pm: Evening session | Whakawhanaungatanga & reflections

Te rā tuarua – Day 2

7.00am: Kai o te ata | Breakfast

7.45am: Whakapai whare | Tidy up

8.15am: Morning session | Meihana model & hui process

10.15am: Paramanawa | Morning tea

10.30am: Midday session | Small group work

12.50pm: Kai o te ahiahi | Lunch

1.35pm: Final clean up

1.45pm: Afternoon session | Pātai and final thoughts

2.00pm: Poroporoaki - whakawātea | Farewell

2.30pm: Depart