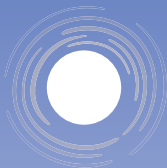


# KARAWHIUA TE REO MĀORI





# KARAKIA TĪMATANGA

**Whakataka te hau ki te uru**

The wind swings to the west

**Whakataka te hau ki te tonga**

then turns to the south, settles down

**Kia mākinakina ki uta**

Making it prickly cold inland

**Kia mātaratara ki tai**

Making it piercingly cold at sea

**E hī ake ana te ātākura**

The glowing morning will rise

**He tio, he huka, he hauhū**

on ice, on snow, on frost

**Tihei mauri ora**

Join! Gather! Intertwine!

# KIA ORA

**Kia ora**

Hi (1 person)

**Kia ora kōrua**

Hi (2 people)

**Kia ora koutou**

Hi (3+ people)

**Kia ora anō rā**

Hi again

**Tēnā koe**

Hello (1 person)

**Tēnā kōrua**

Hello (2 people)

**Tēnā koutou**

Hello everyone (3+ people)

**Tēnā anō koe**

Greetings again (1 person)

**Mōrena**

Morning

**Ata mārie**

Peaceful morning

**Tēnā koe i tēnei ahiahi**

Good afternoon (1 person)

**Tēnā kōrua i tēnei ahiahi**

Good afternoon (2 people)

**Tēnā koutou i tēnei ahiahi**

Good afternoon (3+ people)

**Ahiahi mārie**

Peaceful afternoon

**Pō mārie**

Peaceful evening



# KO WAI KOE?

**Ko wai koe?**

Who are you?

**Ko [Name] ahau**

I'm [Name]

**Ko wai tō ingoa?**

What is your name?

**Ko [Name] tōku ingoa**

[Name] is my name





# MIHI

**Tēnā koe/kōrua/koutou**

Hello everyone  
(one/two/many people)

**I whānau mai au ki...**

I was born in...

**I tupu ake au ki...**

I grew up in...

**Kei... ahau e noho ana**

I live in...

**Kei Inspire Group  
ahau e mahi ana**

I work at Inspire Group

**Ko... tōku ingoa**

My name is...

**Tēnā koe/kōrua/koutou  
katoa**

Hello to you  
(one/two/many people)



# KEI TE PĒHEA KOE?

**Kei te pēhea koe?**

**Kei te pēhea kōrua?**

**Kei te pēhea koutou?**

**Kei te...**

**harikoa**

**hiamō**

**pōuri**

**māuiui**

**āwangawanga**

**pukuriri**

**rangirua**

**whakamā**

**makariri**

**hiamoe**

**hiakai**

**ngenge**

**āio**

How are you? (1 person)

How are you? (2 people)

How are you? (3+ people)

I am...

happy

excited

sad

sick

anxious

angry

confused

embarrassed

cold

sleepy

hungry

tired

calm



# AKO

**Kia pārekareka**

Enjoy

**Ka mau te wehi**

Awesome

**Rawe**

Excellent

**Mīharo**

Amazing

**Pai mārika**

That's great

**Mahi tika ana**

Great work

**Ātaahua**

Beautiful

**Ka pai**

Well done

**Tino pai**

Very good

**Kia reri tātou**

Let's get ready

**Autaia**

Not bad

**Kua reri koe?**

Are you ready?

**Kōrero ano**

Say that again

**Pātai**

Question

**Tīmata**

Start

**Whakaaroaro**

Reflection



# AKO

**Kōrero mai**

Speak to me

**Whakarongo mai**

Listen up

**Tōku/Tōu whakaaro**

My/Your thoughts

**Kei te kite/rongo au ki a koe**

I see/hear you



# MAHI TARI

**He nui ō mahi?**

Are you busy?

**Āe, he tino nui aku mahi**

Yes, I am very busy

**Kāo, kāore i nui aku mahi**

No, I'm not very busy

**Kei te aha koe?**

What are you doing?

**Kei te mahi au**

I am working

**Āhea te hui?**

When is the meeting?

**Ā te rua karaka**

At 2 o'clock

**Ā te ata**

In the morning

**Ā te ahiahi**

In the afternoon

**Ināianei**

Now

**Kua mutu kē**

It's finished

**Kua ngū tō reo**

You're on mute



# MAHI TARI

**Me kōrero ākuanei**

Let's talk soon

**Me kōrero ināiane**

Let's talk now

**Kia pai te...**

Have a good...

**hui**

meeting

**huitīma**

Teams meeting

**huitopa**

Zoom meeting

**Tautoko**

I support what you said

**Tika**

Correct



# TAU TATAU

Kore	0
Tahi	1
Rua	2
Toru	3
Whā	4
Rima	5
Ono	6
Whitu	7
Waru	8
Iwa	9
Tekau	10
Tekau mā tahi	11
Rua tekau	20
Rua tekau mā tahi	21
Rau	100
Kotahi rau e toru tekau	130
Mano	1,000



# NGĀ RĀ O TE WIKI

## *Kupu Arotau*

**Mane**

Monday

**Tūrei**

Tuesday

**Wenerei**

Wednesday

**Tāite**

Thursday

**Paraire**

Friday

**Hātarei**

Saturday

**Rātapu**

Sunday





# NGĀ MARAMA O TE TAU

## *Kupu Arotau*

**Hanuere**

January

**Pēpuere**

February

**Maehe**

March

**Āperira**

April

**Mei**

May

**Hune**

June

**Hūrae**

July

**Ākuhata**

August

**Hepetema**

September

**Ōketopa**

October

**Noema**

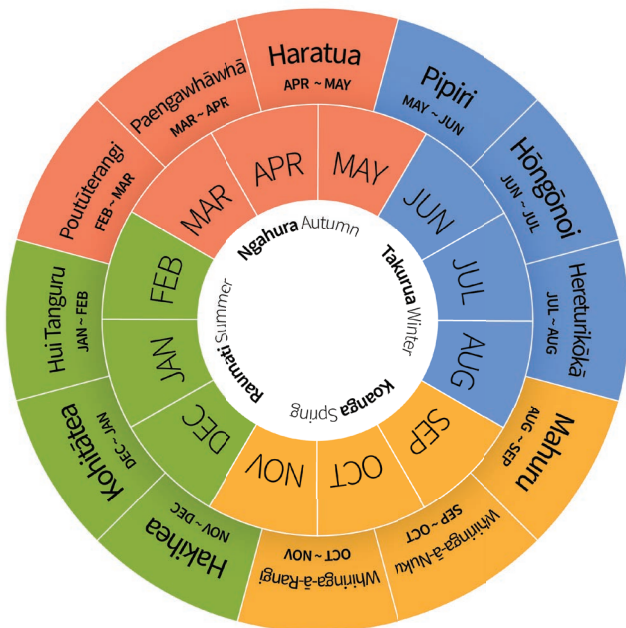
November

**Tihema**

December



# MARAMATAKA



# HUARERE

**Tino wera**

It is very hot

**Te wera hoki**

It is hot

**Hē tino mahana**

It is very warm

**Ka wera nga rā**

The days are hot

**Ka maroke te whenua**

The land is dry

**Kei te whiti te rā**

The sun is shining

**He rā tino ātaahua tenei**

This is a lovely day

**He āhua makariri**

It is a bit cold

**He tino makariri**

It is very cold

**Te kaha o te haupapa**

There is a heavy frost

**Kei te heke te hukapapa**

It is snowing

**Ka nui te hukapapa**

There is a lot of snow

**Kei te pupuhi te hau**

The wind is blowing

**Titiro ki ngā kapua**

Look at the clouds

**Kei te heke te ua**

It is raining

**He tino āwhā te ua**

It is pouring with rain

**Titiro ki te aniwaniwa**

Look at the rainbow

# KIWAHA

**Kia manawaroa**

Be resilient

**Karawhiua**

Give it heaps

**Mea rawa ake**

Next minute

**Ka pai te tūtaki ki a koe**

Lovely to meet you

**Kia manawa tītī**

Don't give in

**He takunga anō,  
he takunga anō**

Excuses, excuses

**Kotahi atu**

Make a bee line

**Hei aha māu**

Mind your own business

**Te mutunga kē mai o te pai**

Never better

**E rua, e rua**

Same, same/I feel the same

**Nā whai anō**

It's no wonder

**Mauāhara**

Holding a grudge

**Homai kia rima**

Give me five

**Kua tae te wā**

It's time



# KUPU WHAKAMUTUNGA

**Nā**

**Ngā mihi**

**E noho rā**

**Haere rā**

**Hei āpōpō**

**Hei konā rā**

**Hei konā mai**

**Hei konā mai me ngā mihi**

**Hei reira**

**Mā te wā**

**Ka kite anō**

**Noho ora mai**

**Kia haumaruru te noho**

From

Kind regards, thank you

Goodbye (to those staying)

Goodbye (to those leaving)

See you tomorrow

Goodbye

Goodbye for now

Goodbye for now and thanks

See you then

See you later

See you later

Stay well, look after yourself

Travel safe and be well



# KUPU WHAKAMUTUNGA

**Kia pai tō rā**

Have a nice day (1 person)

**Kia pai tō rā kōrua**

Have a nice day (2 people)

**Kia pai tō rā koutou**

Have a nice day (3+ people)

**Ka nui tēna**

That's it for now

**Ka tūtaki au ki a koe**

Until we meet again

**Ā tōna wā**

Sometime in the future

**Māu au e whakamōhio mai**

Let me know

**Kia pai tō rā whakatā**

Have a great weekend



# INGOA WĀHI

## ***Te Ika-a-Māui North Island***

**Kirikiriroa** Hamilton

**Rotorua-nui-a-Kahumatamōmoe**

Rotorua

**Tūranga-nui-a-Kiwa**

Gisborne

**Taupō-nui-a-Tia** Taupō

**Ngāmotu**

New Plymouth

**Ahuriri** Napier

**Whakaoriori** Masterton

**Te Whanganui-a-Tara**

Wellington

**Raukawa Moana** Cook Strait

**Te Reinga Wairua**

Cape Reinga

**Kororāreka** Russell

**Te Whanaga-a-Reipae**

Whangārei

**Tāmaki-Makaurau**

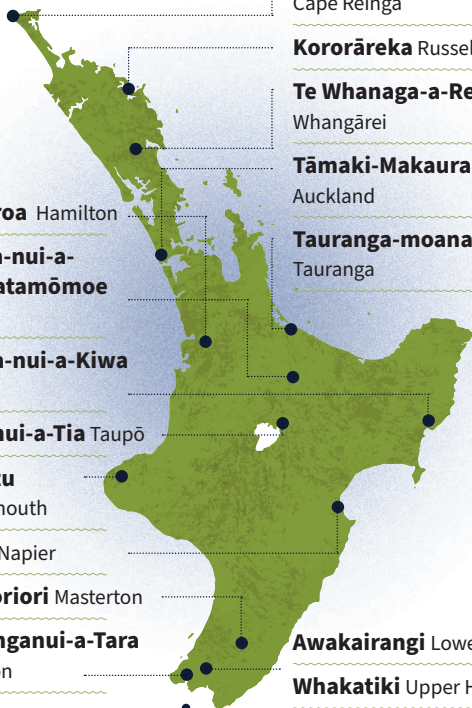
Auckland

**Tauranga-moana**

Tauranga

**Awakairangi** Lower Hutt

**Whakatiki** Upper Hutt



# INGOA WĀHI

## *Te Waipounamu South Island*

**Whakatū** Nelson

**Wairau** Blenheim

**Kawatiri** Westport

**Te Ahi-kai-koura-a-Tama-ki-te-Rangi** Kaikōura

**Māwhera** Greymouth

**Ōtautahi** Christchurch

**Aoraki** Mt Cook

**Te Kirikiri** Queenstown

**Wānaka**

**Te Ara a Kiwa**  
Foveaux Strait

**Te Tihi-o-Marū** Timaru

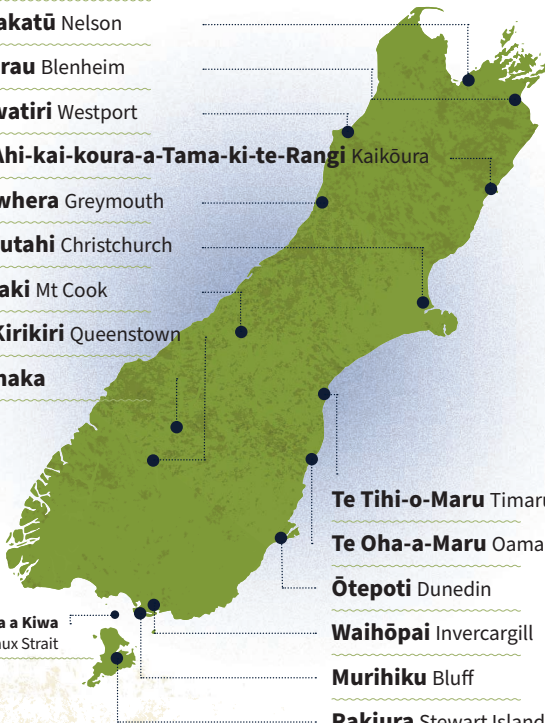
**Te Oha-a-Marū** Oamaru

**Ōtepoti** Dunedin

**Waihōpai** Invercargill

**Murihiku** Bluff

**Rakiura** Stewart Island





# KIRIHIMETE

**Meri Kirihimete**

**Ngā mihi o te Kirihimete  
me te Tau Hou**

**Meri Kirihimete ki a koe**

**Meri Kirihimete ki a kōrua**

**Meri Kirihimete ki a koutou**

**Kia pai tō kirihimete**

**Ngā manaakitanga**

**Ngā mihi mō te Tau Hou**

**Kia pai tō wā whakatā**

**Kāri Kirihimete**

**Hākari Kirihimete**

Merry Christmas

Season's greetings for  
Christmas and the New Year

Merry Christmas to you  
(1 person)

Merry Christmas to you  
(2 people)

Merry Christmas to you  
(3+ people)

Have a great Christmas

Best wishes

Happy new year

Have a great holiday

Christmas card

Christmas feast



# KIRIHIMETE

**Pepa ruruku**

Wrapping paper

**Rākau Kirihimete**

Christmas tree

**Whakapaipaitanga**

Decorations

**Anahera**

Angel

**Tōkena Kirihimete**

Christmas stocking

**Hana Kōkō**

Santa Claus

**Mārama Kirihimete**

Christmas lights

**Hīmene Kirihimete**

Christmas carol



# NGĀ KUPU MĀORI MŌ TE RAUMATI

**Wao**

Forest

**Te rā**

The sun

**Moana**

Ocean

**Pani ārai rā**

Sunblock

**Kaimoana**

Seafood

**Rorerore**

BBQ

**Me haere tāua mō te hikoi?**

Do you want to go for a walk?

**Whakarongo ki ngā manu**

Listen to the birds

**Whakamaui tō pōtae!**

Put your hat on!

**Me haere tāua ki tātai?**

Do you want to go to the beach?

**Me haere tātou ki te kaukau**

Let's go for a swim

**Kia mau ki te tokanga  
nui-a-noho**

There's no place like home



# NGĀ KUPU MĀORI MŌ TE RAUMATI

**Kei a koe te wā**

It's your turn

**Kei te aha koe?**

What are you doing today?

**Kei roto te kai i te umu**

The food is in the oven

**Kua puta a pito**

The food was delicious  
I'm full

**He inu māu?**

Would you like a drink?

**Inā te reka!**

That's very tasty!

**Kia pai tō raumati mangere**

Have a lazy summer



# HE PĀTAI TĀKU

## *Wai*

**Ko wai koe?**

**Ko wai te ingoa o  
tēnā wahine?**

**Ko wai tēnā?**

**Kei a wai...?**

## *Aha*

**He aha?**

**He aha tēnei?**

**E kimi ana ia ki te aha?**

**Kei te aha ia?**

## *Who*

Who are you?

What's the name  
of that woman?

Who is that?

Who has got...?

## *What*

What?

What is this?

What's he searching for?

What is she doing?



# HE PĀTAI TĀKU

*Hea*

**Kei hea?**

**Kei hea tōku waka?**

**Ka haere ia ki hea?**

**Kua hoki mai  
koe i hea?**

*Nō hea*

**Nō hea koe?**

*Āhea*

*Nōnahea*

**Āhea te kēmu?**

**Nōnahea koe i hoki mai ai?**

*Where*

Where?

Where is my waka?

To where is he going?

From where have  
you returned?

*Where from*

Where are you from?

*When (future)*

*When (past)*

When's the game?

When did you return?



# HE PĀTAI TĀKU

*E hia*  
*Tokohia*

**E hia ngā ika kei roto  
i tōu kete?**

**Tokohia ngā tangata  
e haere mai?**

*Pēhea*

**Kei te pēhea koe?**

**I pēhea tāu kai?**

*Tēhea*  
*Ēhea*

**Ko tēhea te kapu pai ki a koe?**

**Ko ēhea ngā pukapuka  
kua pānuitia e koe?**

*How many (things)*  
*How many (people)*

How many fish are  
in your kete?

How many people  
are coming?

*Like what*

How are you?

What was your food like?

*Which (one thing)*  
*Which (plural)*

Which cup do you like?

Which books have  
you read?



# HUARERE

**Kei te pēhea te āhua  
o te rangi?**

What's the weather  
like today?

**Kei te...**

It is...

**Wera**

Hot

**Paki**

Fine

**Hātai**

Mild

**Makariri**

Cold

**Hukarere**

Snow

**Hukapapa**

Frost

**Ua**

Rain

**Mākū**

Wet

**Tūāua**

Showers

**Marangai**

Stormy

**Kapua**

Cloudy

**Pupuhi te hau**

Windy





# KIWAHA

**Me pūrua te moko**

Do something again until it sticks

**Turou Hawaiki**

May the force be with you

**Nōku te whiwhi**

I am fortunate, I am grateful

**Kua hīnātore**

Having an epiphany

**Anō he ahi tawa**

A noisy bunch

**Moumou te pango**

Be true to your identity

**E mea ana [koe]!**

That's right! You bet!

**KtK – kaha te katakata**

Māori equivalent of LOL

**Ka nui te ora!**

I'm doing great! My health is strong and I am thriving!

**Kei te aroha au ki a koe**

I love you

**Anei au hei tautoko!**

Here to support you, I got you!

**Tino pai tō mahi**

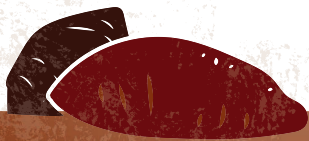
Love your work

**Me poho kererū koe**

Proud of you

**Pai tū, pai hinga**

Good luck



# NGĀ KUPU MĀORI MŌ TE NGAHURA

## *Mahi māra*

**Māra**

To garden, gardening

**Hauhake**

To harvest, dig up root crops

**Kākano**

Seed

**Putiputi**

Flower

**Kāheru**

Spade

**Whakatō(kia)**

To plant

**Mate**

Dead

**Ora**

Alive

**Tupu(ria), Tipu(ria)**

Grow, flourish, seedling

## *Ngā kākahu*

**Pōtae**

Hat

**Kahuringa**

Gloves

**Hamarara**

Umbrella

**Kamupūtu**

Gumboots

**Hei**

Scarf

**Koti**

Jacket



# PRONOUNS

## *First Person*

**au, ahau**

I, me



**tāua**

we (2 people)  
inclusive of listener



**tātou**

we (3 or more people)  
inclusive of listener



**māua**

we (2 people)  
exclusive of listener



**mātou**

we (3 or more people)  
exclusive of listener



# PRONOUNS

## *Second Person*

**koe**

you



**kōrua**

you (2 people)



**koutou**

you (3 or more people)



## *Third Person*

**ia**

him/her, he/she



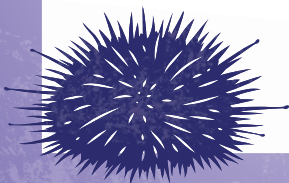
**rāua**

they (2 people)



**rātou**

they (3 or more people)



# IDENTITY PRONOUNS

**Wahine/Wāhine**

Woman/Women/Wife

**Tāne**

Man/Men/Husband

**Irarere**

Gender-fluid

**Takatāpui**

All Māori who identify with diverse genders, sexualities and sex characteristics such as whakawāhine, tangata ira tāne, lesbian, gay, bisexual, trans, intersex and queer

**Māmā/Whaea**

Mum

**Pāpā/Matua**

Dad

**Taitamaiti/Tamariki**

Child/Children

**Pēpē**

Baby

**Tamāhine**

Girl/Daughter/Niece

**Tama**

Boy/Son/Nephew



# IDENTITY PRONOUNS

**Kuia**

Grandma

**Koroua**

Grandad

**Mokopuna**

Grandchildren

**Teina**

Younger sibling of same sex

**Tuakana**

Older sibling of same sex

**Tuahine**

Sister of a male

**Tungāne**

Brother of a female

**Whaea kēkē**

Aunty

**Matua kēkē**

Uncle

**Irāmutu**

Nephew/Niece



# POSSESSIVES

## *The A/O category*

**tāku/tōku**

*First person* my

**tāu/tōu**

*Second person* your

**tāna/tōna**

*Third person* his or her

The relationship between the possessor and the thing is how you choose if a kupu is in the a or o category.

## **You use the ‘a’ category when the things that is possessed is:**

- People and things you have a responsibility for
- People made objects (not clothing)
- Actions
- Food and drink (not drinking water)



# POSSESSIVES

**The 'o' category is used when the thing that is possessed is:**

- People
- Feelings
- Transport, shelter, large immovable people made things
- Pure drinking water and medicine
- Clothes
- Parts of the body

## *Neutral category*

**This category is used with singular possessive pronouns.**

**taku/aku**

*First person* my

**tō/ō**

*Second person* your

**tana/ana**

*Third person* his or her





# NGĀ KUPU MĀORI MŌ TE KŌANGA

**Puanga**

**Ngā tipu**

**Tōpuku**

**Tirara**

**Ihu pāwera**

**Whenua**

**Mauti**

**Punua**

**Kahukura**

**Kahuku**

**Huakiwi**

**Rōpere**

**Kerepe**

Blossom

Buds

Bulb

Daffodil

Hay fever

Land

Grass

Baby animals

Red admiral

Monarch butterfly

Kiwifruit

Strawberry

Grape



# KĀKAHU

## He aha ō kākahu

What are you wearing?

Poraka

Jersey

Hāte

Shirt

Tīhate

T-shirt

Panekoti

Skirt

Tarau

Pants

Tarau poto

Shorts

Tarau tāngari

Jeans

Hūtu

Suit

Toroiho

Underwears

Tōkena

Socks

Hū

Shoe

Kākahu moe

Pyjamas

Pūtu wuruhi

Slippers



# KARAKIA WHAKAMUTUNGA

**Te whakaaetanga e**

It is completed. It is done

**Te whakaaetanga e**

We have achieved our purpose

**Tēnei te kaupapa ka ea**

and completed our forum

**Tēnei te wānanga ka ea**

Let the purpose of our

**Te mauri o te kaupapa ka whakamoea**

Gathering rest for now

**Te mauri o te wānanga ka whakamoea**

Let the vitality of our discussions replenish

**Koa ki runga, koa ki raro**

We depart with fulfilled hearts and minds

**Haumi e, hui e, tāiki e!**

Bonded in our common goal and unified!





**INSPIRE** GROUP