

# Our values, attitudes and lifestyle

New Zealanders are open-minded and welcoming to people of all countries and cultures. We value kindness, tolerance and friendship. We expect everyone to be treated fairly and they enjoy feeling safe.

We are a people who love to work hard, spend time with our friends and family (whānau) and enjoy the beautiful country we live in. New Zealanders – or Kiwis, as we're often known – balance time at work with time to relax and unwind.

## Māori culture

Māori are the indigenous people of New Zealand. Māori culture is a very central part of life here and this includes Māori food, language, and customs.

Even if you're just living here for a short time, it's important that you know, understand and respect Māori customs and how to interact in Māori culture.

## Tikanga Māori: the Māori way of doing things

Tikanga are Māori behaviours or ways of doing things. It's about behaving in a way that is culturally respectful or appropriate. Most people prefer to act in ways that are respectful to others.

It's important to understand that because Māori culture has a strong influence on New Zealand culture overall, these ways of behaving are not separate to general New Zealand culture and customs.

Below is a list of tikanga to help you understand Māori culture and to help you avoid any uncomfortable moments where you're not sure what to do.

- A person's head is tapu (sacred). Don't touch another person's head unless invited.
- Don't put hats on food tables.
- Don't sit on tables, especially tables with food on them. Putting your bottom or bag on the table is seen as unclean.



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There may be many things that are different to your home country here. The more you experience here, the better you'll understand our culture.

New Zealand has three official languages: English, Te reo Māori and New Zealand Sign Language. Te reo Māori is a very important part of New Zealand culture.



## Haka

Traditionally, haka was a way to welcome and entertain visiting tribes. It also served as a way to prepare warriors before heading into battle. It was a show of physical prowess and also an embodiment of cultural pride, strength and unity. Not dissimilar to the origins of lacrosse – Baggataway.

Today, haka is a representation of mana (prestige) and respect. It varies between iwi's (tribes) who use haka to tell stories of significant events to them.

The most famous haka is Ka Mata. The words, chanted over 200 years ago, begin with 'Ka mate, ka mate, ka ora, ka ora', which translates to 'I die, I die, I live, I live', by Ngāti Toa Chief Te Rauparaha who evaded capture by a rival iwi. Te Rauparaha became a great military leader who's territory included the lower North Island.

# Pōwhiri

A pōwhiri is a Māori welcoming ceremony, involving whaikōrero (formal speeches), waiata (singing) and kai (food).

**Teams, officials, volunteers, VIPs and guests will be seated in the Greenroom no later than 15 minutes prior to the start, with the exception of 2 members from each team and the officials who will be the official representatives of the visiting teams.**

The pōwhiri will begin at the waharoa (entrance to the Greenroom), starting with an initial karanga usually conducted by the kaikaranga (women caller). The manuhiri (teams and official representatives) will be welcomed into the greenroom by a kaikaranga who begins the karanga, to which the manuhiri kaikaranga will respond. The manuhiri will move up slowly behind the kaikaranga. The karanga will continue until the manuhiri reach the competition court.

This removes the tapu (sacredness) from the manuhiri, who will be referred to as waewae tapu (sacred feet) if they are first-time visitors to NZCIS.

## Wero/Waerea

The wero is a challenge that attempts to determine the intent of the manuhiri, which, once established, clears the way for the rest of the welcome ceremony. They may carry a taiaha (spear-like weapon) and will lay down a token, often a small branch, for a male representative of the manuhiri to pick up to show you come in peace.

## Whaikōrero - the formal speeches

The haukāinga (local people of a marae) will initiate the whaikōrero, followed by a waiata (song) that the tangata whenua sings in support of their speaker(s). The manuhiri (guests) then follow the same kawa (protocol).

The opening of the tournament, including the athlete and official oaths, will be occur during the Whaikōrero .

## Koha

After manuhiri have sung their waiata, a koha (gift/offering) is presented, being placed in front of the haukāinga. Symbolising thanks to the hosts for the manaakitanga (hospitality) extended to them. The process then moves back to the haukāinga who close the whaikōrero proceedings.

## Hariru/hongi

Nearing the ending of the pōwhiri, the manuhiri will move across to hongī the haukāinga. This involves the shaking of hands and a gentle pressing of noses, possibly also a kiss on the cheek, signifying the sacred breath of life – the mauri (life principle).



## Kai - food

After the pōwhiri, kai (food) will be shared, keeping with the Māori tradition of manaakitanga (hospitality). As a sign of respect, manuhiri are fed first; kaumātua (elders) and tamariki (children) next, followed by the pakeke (adults).

Recognising the need for teams to continue to prepare for the tournament with trainings and classifications scheduled during the remainder of the day, only the VIPs and guests will gather in the wharekai (dining hall) after



**AKE AKE AKE**  
A FOREVER LANGUAGE  
KIA KAHA TE REO MĀORI

## English

## Te Reo Māori

**New Zealand**

**Aotearoa**

**Hi/hello/thank you (casual)**

**Kia ora!**

**Thank you (formal)**

**Tēnā koe**

**See you later**

**Mā te wā**

**Good bye**

**Haere rā**

**Good morning**

**Ata marie**

**Good evening**

**Pō marie**

**Have good day**

**Kia pai te rā**

**Food**

**Kai**

**Toilet**

**Wharepaku**

**My name is**

**Ko [name] tōku ingoa**

**Country**

**Whenua**

**Sport**

**Hākinakina**

**Athlete Village**

**Pā Kaipara**

**Well done**

**Tino pai**

**Amazing!**

**Mīharo**

**Be strong! Give it your all!**

**Kia kaha! Kia toa!**

**Opening Ceremony**

**Pōwhiri**

**Closing Ceremony**

**Poroaki**

**Medal**

**Mētara**

**Gold**

**Kōura**

**Silver**

**Hiriwa**

**Bronze**

**Parāhi**

**I'm proud of my team**

**Kei te whakahī au i taku kapa**

**I'm proud to represent my country**

**Ko au ko taku whenua, ko taku**

**This is for my family**

**Mō taku whānau tēnei**

## English

## Te Reo Māori

Field	Papa tākaro
Ball	Poikiri, Pōro
Stick	Rākau
Goal	Ūhanga
Scoop	Haukoko
Hit, Strike	Haukuru, Kuru, Patu
Pass	Tuku
Attack	Kōkiri
Defence	Waonga, Pākai riri
Midfielder	Kaunuku
Goalkeeper	Kaitiaki ūhanga
Sprint	Hohoro
Cross	Whana hōkai
Sidestep	Karo
Obstruction	Taupare
Penalty	Hāmene, Tautuku
Save	Haukoti ūhanga
Turnover	Tuku atu
Final score	Tapeke

Player	Kaitākaro
Team	Kapa, Tira
Coach	Kaiako
Official	Āpiha
Timekeeper	Kaimātai wā

As fast as a shooting star	Me he kōtiri te rite
A marvellous sidestep! Like a shaft of lightning!	Haramai te karo! Me ko Tama-te-Uira!
He is dominating the field	He marutuna ki te whenua
What a brilliant play!	Tauria te taua, tau ana!
The D, Shooting circle	Apure ūhanga
Shot on goal	Kuru ki te ūhanga
A crucial interception in defense	He haukoti waiwai
Excellent ball control under pressure	Tau ana
He's winning aerial duels with strength and timing	He toa ki te pakanga arorangi
He's leading the counterattack with pace	He tere tana kōkiri i te taupaepae
A crucial save in goal to deny the opposition	He kaupare waiwai, he aukati hoariri
They will advance to the final	Kua eke ia ki te whiringa toa