



TOI TANGATA™

MARAE 101

If you are new to visiting a marae, we have pulled together this Marae 101 Kit for you which details the basics of what to bring and what to expect. It is always good to remember that when visiting any marae, the best thing you can bring is your open heart, open ears and open eyes!

- **Shoes off in the whare:** This is a pretty standard rule, but there will be spaces and activities that require footwear, so it is a good reminder to remove your shoes before entering the wharenui.
- **Keep kai out of the wharenui:** Kai doesn't belong in the wharenui so keep it to the wharekai. Ask if water is allowed in the wharenui if you want to keep your water bottle with you to hydrate.
- **Wait for karakia before eating:** Someone will bless the kai before every meal as an expression of gratitude and thanks.
- **Bums off tables:** Tables are for kai, not for bottoms.
- **Jandals for the shower:** Remember to bring a pair of rubber jandals to wear in the bathroom and shower to keep your feet neat.
- **Bring towels:** Marae don't provide towels and toiletries, so remember to bring your own. Chuck in a spare and be prepared to share if someone forgets- there's always someone!

POWHIRI / RITUAL OF ENCOUNTER

There are plenty of tikanga (rules and protocols) in Māori society. So as not to overwhelm you, the basics for the pōwhiri are the following.

- Show respect at all times
- No eating or drinking
- When walking in, women at the front, men towards the back
- Inside, men sit at front (do not sit in the very front, unless you want to talk in Te Reo Māori)
- Women sit behind men
- Do not cross between the two front rows of men on either side

Remember, if in doubt, follow! If you get lost at any time, there will be plenty of people who can help you out.