



TOI TANGATATM

Toi Tangata Student Internship 2021/2022

Toi Tangata Internship Overview

Toi Tangata is pleased to offer two summer internship opportunities. These two internship positions will be available for a ten week period between November 2021 and February 2022. Each internship is worth a total amount of \$5000NZD.

Purpose

The internships aim to provide opportunities for two students to participate in the development of an innovative approach to physical activity and nutrition in a project that has reciprocal benefits to both the student and the health sector. The internships are one tactic within the larger project of Growing the Puna, which is aimed at fostering the whanaungatanga between tertiary students, community, and the health sector, particularly those working in the area of sport, nutrition, exercise, and physical activity now and in the future. The interns will work under the direction and guidance of the Kaiarahi Innovation, Design and Research, with the support of the wider Toi Tangata team, on a project that aligns and contributes to advancing the aspirations of Toi Tangata.

Eligibility

Māori students enrolled in a degree or postgraduate level in hauora, sports, physical activity, or nutrition who are genuinely interested in growing their skill set, developing their skills, knowledge, and networks to contribute meaningfully to whānau, hapū, iwi and sector in the realm of sport, nutrition, exercise, and physical activity.

Internship Project

Atua Matua & Toi Rēhia project

There has been a growing interest in approaches to physical activity and tākaro (play) that build on the mātauranga of Atua, kaitiaki, whenua, and whakapapa. Developed and created by Dr Ihirangi Heke the **Atua Matua framework** removes a non-māori approach to health and wellbeing. This project will enable you to explore the depths of Mātauranga Māori and its connection to environmentally centred kōrero that pertains to the importance of strength and conditioning to perpetuate whakapapa (genetic information) a higher rationale as to why we engage, where physical activity, health and wellbeing are all but incidental outcome. The Atua Matua Framework will allow you to see health and wellbeing from a totally different perspective compared to that of Mainstream systems.

"You are the undiluted, crystallised form of greatness from generations of selecting only those things that would allow you to survive and become the embodiment of what our elders intended us to be ...the challenge is to take what our ancestors have provided and realise the innate potential that it represents, that is, prove your ancestors right in that they put the best they had in to you." (Dr Ihirangi Heke)

Toi Rēhia is the art of leisure where we encourage ourselves to be swept away by the spirit of joy in play. Toi Rēhia is not a new concept; our tīpuna found ways to make life fun everyday.

It can be expressed through games, sports, jamming and dancing to music, spending time with others, and connecting to the environment. Toi Rēhia is about being present in the moment and having fun, however you decide that incidentally

Toi Tangata is looking at further resourcing our wellbeing approach that supports, whānau, hapū and communities. This project will support the successful Interns in creating tangible resources for Toi Tangata through the learnings of Mahi ā Rēhia and Atua Matua.

The successful Interns will be given an opportunity to learn alongside Dr Ihirangi Heke (Atua Matua Framework) and Wiremu Sarich (Taonga Tākaro). These learnings will be foundational to the design of this project.

Project Location

Students will be required to work via satellite office (remote from your home space). They must have access to the internet and a computer. Travel opportunities will also exist for the student intern to participate in some of the organisation's fieldwork within the public health sector.

Programme of work to be carried out

Three key phases of the project will include

1. Interns will learn about the Atua Matua Framework through a practical approach.
2. Interns will learn about the art of Taonga Tākaro and Mahi ā Rēhia through a practical approach.
3. With support of kaimahi at Toi Tangata, Interns will develop practical applications of mātauranga to share with their own whānau, hapū, community and sector.
4. Interns will support and attend wānanga to be held during the period of the internship.
5. Interns will be required to travel (costs covered) to certain destinations to wānanga with mentors.
6. Interns will work collaboratively to create a Mahi ā Rēhia resource incorporating Atua Matua that is adaptable and applicable for whānau, hapū, and community.

Skills the student will learn

- Interact with other members of the Toi Tangata team and grow and understand the Māori public health physical activity and nutrition sector.
- Apply mātauranga Māori approaches to physical activity and nutrition.
- How to gather insights from whānau/hapū experience through their project.
- Basic applications of social innovation and design.
- Students will also have the chance to present this work on completion of their 10 week Internship.

Application

To apply, please fill the application form [here](#)

Applications are due by **Friday 29 October 2022**

For further information, please contact

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