

Whakanuia Te Wiki o te Reo Māori Celebrate Māori Language Week

Monday 23 July to Sunday 29 July

Arohatia te Reo – Cherish the Language

This is the theme for Te Wiki o te Reo Māori this year. "We encourage you, no matter who you are, where you come from, or what you do, to find a way to express how you can use, honour, speak and show your love for the language of our country," says the Kōrero Māori website www.korero.maori.nz

"Make yourself at home – and give it a go!" they say.

Did you know that on that site...

- you can learn interactively at a level appropriate for your knowledge level and interest (Te hunga akoako for learners, Te Hunga Kōrero for speakers, Pakihi for businesses)?
- there are interactive conversations, language resources, and advice to help you increase your knowledge of te reo Māori?
- there's a quiz where you can test your knowledge?
- there's an online Rōpū Reo Māori – Language Club where you can link up with other Māori language speakers to support te reo by using it and contribute your experience and ideas?
- there are events celebrating Te Wiki o te Reo Māori and ideas about how you can mark the week?

100 Māori words every New Zealander should know

Enjoy also this list of words on the NZ History site, grouped in categories: the marae; concepts; people and their



groups; components of place names; greetings; body parts. Click on a word to hear it spoken, and follow their pronunciation guides.

Want greetings or sign-offs for your emails? Want to know about names for: holidays; days, months and seasons; protocols, roles, emotions and characteristics; families and people; places; numbers; the natural world; sport; the various iwi; government organisations; food and drink; shops, buildings and rooms; transport...? Find these on the same site in a further list called, "A Māori word a day."

If you're keen on quizzes, this site has one too, for Māori Language Week.

Te Tinana – the body

Some of these are words the average New Zealander won't know in English (or Latin!) but they're very relevant to you Kaikōmirimiri (physiotherapists).

- Ua, uaua, kiko (Muscle)
- Ua here (Tendon)
- Pona (Joint)
- Takoki (Sprain)
- Tanuku (Strain, muscle tear)
- Ua pakihwi (Deltoid)
- Ua Rei (Pectoralis)
- Ua rua (Biceps brachii)
- Ua Toru (Triceps)
- Ua kōtore (Gluteus maximus)
- Ua tūturi (Sartorius)
- Ua whā (Quadriceps femoris)
- Uarua kātete (Biceps femoris)
- Ua takakaha (Tibialis anterior)
- Ateate (Gastrocnemius)
- Kaki (Neck)
- Pakihwi, pokohiwi (Shoulder)
- Tuketuke, tuki (Elbow)
- Whatianga rinaringa (Wrist)
- Huāmanu (Hip joint)
- Pona turi (Knee)
- Pungapunga (Ankle)

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