

Te Arawa Waka Trust Kaihoe

Who We Are

We are a committed waka rōpū focused on deepening connections—to each other, our whakapapa, and our whenua. Guided by the values and practices of our tūpuna, we foster unity, resilience, and inclusivity, valuing the contributions of both tāne and wāhine in our kaupapa.

Hauora and Our Approach

Our journey is grounded in a **holistic approach to wellbeing**. Hauora, for us, is about strengthening our bodies through disciplined training, building mental resilience, and nurturing our social bonds. We draw spiritual enrichment from te taiao—our natural environment—integrating waka traditions, haka, waiata, and karakia to connect us more deeply to our heritage and purpose.

Training and Purpose

- **Rigorous preparation:** We train with discipline, both on water and on land, valuing teamwork and endurance.
- **Cultural practice:** Haka, waiata, and karakia are woven into our routine, strengthening our group identity and connection to taiao.
- **Leadership development:** We grow as individuals and as a collective, supporting each member's journey and learning from each other.

What Drives Us

Our focus is on more than paddling—we aim to:

- Uphold our kaupapa and traditions with respect.
- Honour our whānau, hapū, and iwi through collective achievement.
- Advance both personal and group growth, forging a strong, united rōpū capable of uplifting our community.

By keeping hauora at the heart of what we do—and nurturing our bond with te taiao—we ensure our journey is sustainable, meaningful, and guided by the legacy of those who came before us.





