

HEKE RONGOĀ MĀORI MEDICINE

Diploma in Holistic Māori Wellbeing

Charlie Watson nō Te Āti Awa
Graduate, Heke Rongoā



It's time to enrol

WWW.WANANGA.COM

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HEKE RONGOĀ MĀORI MEDICINE

Diploma in Holistic Māori Wellbeing

Ko ahau te rongoā, ko te rongoā ko ahau. Awaken your spirit to the world of rongoā as you bring together dimensions of wairua (spirit), rongoā rakau (native herbal preparations) and the art of mirimiri (massage).

Steeped in matāuranga Māori, this one year programme will introduce you to the origins of rongoā including restorative practises of the body, mind and soul.

Drawing on pūrakau, origins of whakapapa and safe ethical practises you will gain an understanding of where we stand in relation to our natural environment. Learn how to gather, prepare and apply a variety of preparations as you become knowledgeable in relevant legislation. Be prepared to take an in-depth look at yourself; combined with iwi and hapū and reo studies you will be equipped for further advanced study, or be able to develop preparations for yourself or whānau.

If you are seeking to become a practitioner of traditional and contemporary Māori holistic wellbeing for whānau, hapū and iwi, then this tohu will set you on the pathway to get there.

Kia rangatira te tū a Te Wānanga o Raukawa, hei whare ako whakatupu hoki i te mātauranga

ENROL NOW
One year diploma (NZQA Level 5)
Three day residential seminars, self-directed and online learning
Ōtaki, Manukau campuses
Starts March, fees apply
Six residential seminars in the year*
120 credits

All students need access to a computer, internet and email to study.

Residential noho in Ōtaki include meals, accommodation with access to wifi, a gym, merchandise shop and library.



Tēnā koe e hoa.

Kiā Rangatirā Te Tū.

‘Let choice, not chance, determine your future’

In 1981 the Confederation of Te Ātiawa, Ngāti Raukawa and Ngāti Toarangatira (ART confederation) established Te Wānanga o Raukawa, a tikanga Māori tertiary educational institution that delivers programmes that contribute to the health and wellbeing of whānau, hapū and iwi. We accept that challenges of health and wellbeing are being experienced by our people, and this Rongoā diploma is part of our offerings to restore our mātauranga and reclaim our healing practice.

E mihi ana i tō whakaaro nui Rongoā Māori.

The choice you made to enquire about the Heke Rongoā course shows you have a commitment to the journey of understanding ‘healing’ from a Maori world view, and restoring that knowledge once outlawed. This is one of the criteria for entry into the programme; another is a commitment to the completion of the course. Before you take the next step, let us explain how it all works and what you need to do to develop your mātauranga in Rongoā and how to complete this course.



Kaiako demonstration - harvesting kawakawa

What is it?

E kore au e ngaro; he kākano i ruia mai i Rangiātea - I will not be lost, a seed sown from Rangiātea.

Rongoā has its foundations in mātauranga Māori and seeks to explain, describe and promote wellness through capturing and discussing past skills and knowledge to make them relevant for this day and age.

Heke Rongoā is a foundation study of the Māori view of wellness and how we achieve, maintain and retain a state of physical, mental, social, spiritual and environmental balance.

The Heke Rongoā programme is for:

- persons interested in Mātauranga Rongoā.
- persons wanting to revive, revitalise and preserve Mātauranga Rongoā for the benefit of iwi, hapū and whānau.
- persons wanting to preserve kōrero of their parents or kaumātua.

What will I learn?

You will be introduced to the vast course of study which is Rongoā, its underpinning values and the many ways in which we seek and practice wellness. You will examine its history, the changes it has undergone and develop thinking around the way forward for Rongoā. You will look at Māori models of health and how they can be utilised to assist you in your practice. You will learn about the importance of cultural and clinical safety and the role that mentors/kaumātua play in your development.

You will advance your research skills as you source Rongoā and services in your area, connect and reconnect with your marae, kuia and kaumātua and learn about your iwi history through their eyes and experience of others. Te Reo Māori will be woven through all your classes and you will be given ample opportunities to kōrero Māori i te ao, i te po.



Student with harvested kawakawa

How will I learn?

Heke Rongoā is a fulltime study programme delivered in **noho** (residential seminar blocks) and online learning through Mūrau (Moodle) and Microsoft Teams. You are not required to be on campus every day of the year, just your allocated noho dates.

There are three components that form the diploma. There is the journey of rongoā healing which our specialist tutors teach, and then there is locating that journey in understanding your iwi, hapū, origins and traditions. The final component includes language and restores/nurtures the reo. Your pūkenga will assist you on that journey.

Are you new to the language? Do not be concerned; the more you put into it, the more you will get out of it, and we also have tutor support for the duration of your study with us here at Te Wānanga o Raukawa and for your language immersion block courses we call “Hui Rūmaki Reo”.

This programme is suitable to all levels, has tutor support and is a step towards wellness for you, your whanau, hapū and iwi. There are eight formal assessments to complete to achieve this diploma. The assessments help reinforce what you have learnt and help you to achieve the outcomes of this course. To graduate from the Heke Rongoā programme you must complete ALL **Rongoā, Iwi & Hapū** and **Te Reo Māori** assessments.

When will I learn?

You will need unrestricted access to the internet because vital components of the programme will be delivered and submitted online. We recommend that you spend a minimum of 8 hours a week on the listening activities, exercises and interaction with others in the course. You do not have to sit at the computer to do this; you can listen to the audio while commuting to work, spend your lunch break doing activities, or follow the programme when the tamariki have gone to bed.

The best thing about this course is that you can learn in your own time, at your own pace and with others.

Please keep an eye out on the Te Wananga o Raukawa website for the Maramataka: <https://www.wananga.com/maramataka-course-schedules.html>

No reira, before the enrolment is confirmed, please carefully consider all your commitments and capacity to engage (time, device and internet access). If you have any questions, please contact our course coordinator whose details are below. If you are still confident you have the time and desire to take up the challenge, just reply to rongoa@twor-otaki.ac.nz to arrange an interview. Detailed course statements for Heke Rongoā will be distributed once enrolment is confirmed.

Kua takoto te mānuka, kaweā ake!

Take up the challenge!

Kara Doyle | Kaikōkiri

Te Whare Oranga

Waea: 0800 WANANGA|(64-6) 3649011 xtn 730

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Whakawātea at Ōtāki beach