

He tiwhiri...



# Te eke paihikara

i ō tātau tāone

Anei ētahi pūkenga whaihua mō te eke pahikara i ngā tāone.

## 1 Me noho koe i tētahi wāhi e kitea ai koe

Me haere mā tētahi ara e taea ai e koe te kite i ētahi atu, ā, ka kite hoki rātou i a koe.

### Kia hāngai tonu tō haere

Me haere ki te taha mauī mēnā e haumarua ana. I te nuinga o te wā ko tēnei wāhi kei waho ake o te tapa o te huarahi, tawhiti atu i ngā para i te taha, ā, i te wāhi e kite ai koe i te huarahi i mua i a koe, ā, kia kitea hoki koe e ngā kaihautū waka. Me whakamau tonu i tō ara kia hāngai tonu, hei āwhina i te hunga ki te matapae i ō nekehanga - kia tūpatu i te kōtiutu haere.



### Kia tūpatu i ngā wāhi kāpō

He nui rawa ngā wāhi kāpō o ngā waka nui pērā i ngā taraka, nā reira kāore pea e taea e te kaihautū te kite i a koe mēnā kei mua, kei muri tika koe i a ia, kei te taha tonu rānei. Me noho ki muri kia pai ai tō kite i a ia, me haere ki mua rā anō rānei kia kite ai ia i a koe - kua e haere mā te taha. Mēnā kua tū koe ki te pūtahitanga, ā, e whakaaro ana kāore koe i kitea e te taraiwa, neke whakawaho, ka āta titiro ki a ia.



### Ngā pouaka tū whatutoto

He pouaka tohu tā ētahi pūtahitanga mō ngā tāngata eke pahikara kia tū i mua kē o ētahi atu waka i ngā pūtahitanga.

Ka whakapikihia e ēnei pouaka tū tūpono kitenga e ngā kaihautū waka, ka wātea hoki koe i ngā waka e huri ana, ā, ka whai wāhi koe ki te kuhu ki te ara tika.



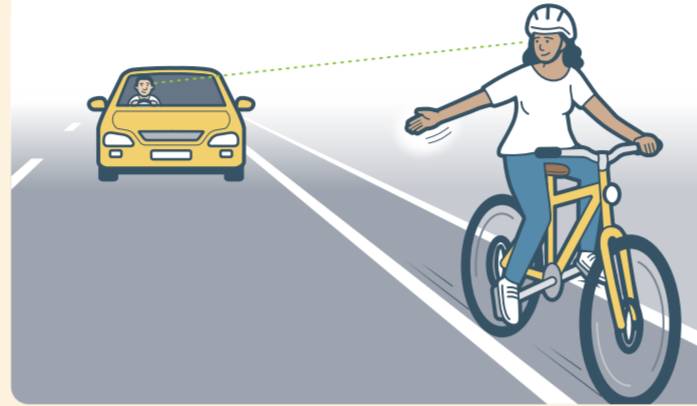
## 2 Whakawhitiwhitia ō takunetanga

Whakamahia ngā tohu ringa kia mōhio ai ētahi atu tāngata i runga i te huarahi i tū e mahi ana, kia taea ai e rātou te āta tiroiro ki ō nekehanga me te whakawātea i tētahi wāhi mōu. Me tiroiro i ngā wā katoa kia mātua whakarite kua kitea mai koe e ngā waka, ā, kia mārama hoki ai rātou ki āu tohutohu i mua ō tō nekehanga. Mēnā e rangirua ana, e neke ki te taha, ka tatari.



### Te kuhu ake, te whiti rānei i ngā rerenga waka

Tatari kia tau rawa ō whakaaro kua wātea mai he āputa haumarua i waenga i ngā waka i mua o te neke. I ētahi wā ka mate koe ki te neke ki te taha ka tatari kia wātea mai he āputa mārama i mua i to haerenga.



### Titiro, tohu atu, titiro anō, ka haere

Tirohia ki muri o tō pakihwi mēnā e haumarua ana ki te neke. Me tohu, kātahi ka titiro mēnā e haumarua tonu ana, kātahi ka haere. Mēnā kāore i te haumarua, me tohu tonu, ka tatari kia puare mai he āputa pai. He pai tonu kia tiro ā-kanohi atu ki ngā kaihautū waka.

## 3 Mōhio mō āhea whai ai i te ara

He wā anō ko te wā haumarua katoa i runga i te huarahi, ko waenganui tonu o te ara. Mā 'whāia te ara' koe e āwhina kia kitea koe, ki te kaupare i ngā kūaha motokā, me te aukati i ngā motokā mai i te whakahipa i a koe i te wā kāore i te haumarua. Kāore a whāia te ara e whakatairangatia mō te wā e tino tere ake ana te haere o ngā waka i a koe.

### Ngā huarahi whāiti

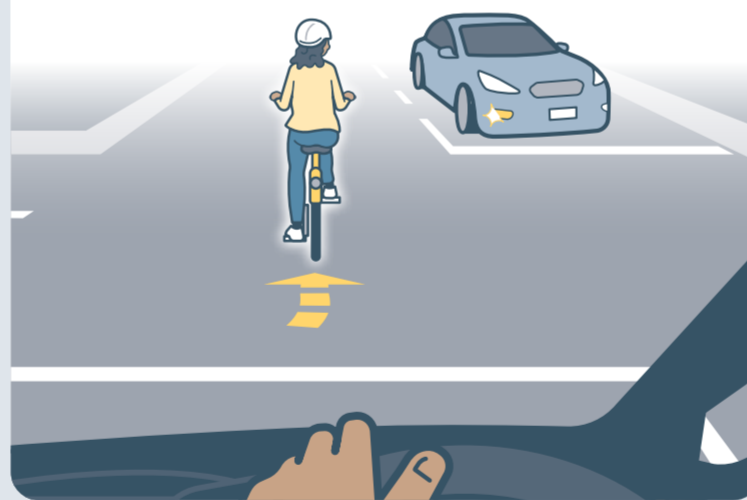
Me haere mā te huarahi tonu i ngā wā he mōrearea rawa te noho ki te taha mauī, i ngā wā rānei kāore e taea e ngā motokā te whakahipa haumarua i a koe. Tērā pea kei te taha koe o tētahi rārangi motokā e tū ana, i tētahi huarahi whāiti, i ngā wāhi kūkā pēnei i ngā whitinga kaihiko me ngā motu waka.

Ina whānui ake te huarahi me hoki anō ki te taha mauī, i te wā rānei ka haumarua ake ki te tuku i ngā waka kia hipa. Mō ngā wāhanga roa ake o te huarahi whāiti, me auu te tiroiro mō ngā waka kei muri i a koe, ā, ka tuku kia hipa i te wā e taea ana.



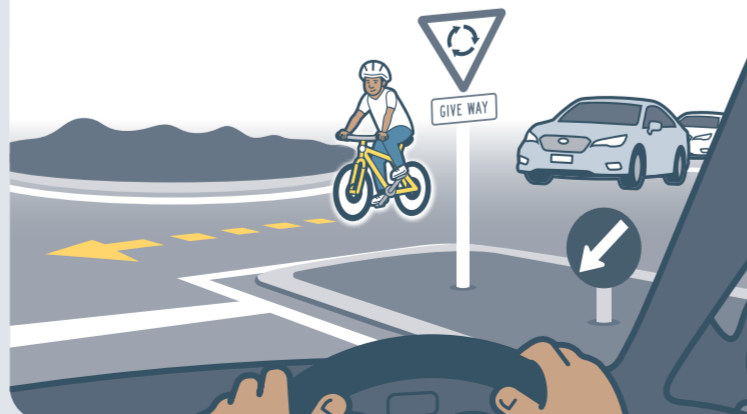
### Ngā pūtahitanga

Mā te whakamau ki te ara i ngā pūtahitanga ka hiki i tō tūpono kitea, ā, e tōai ana i te karere mai i ō tohu ā-ringa. Ka āwhina hoki ki te aukati i ngā kaihautū kia kore e hipa i a koe i tō tatanga atu, tō haerenga rānei mā te pūtahitanga.



### Ngā takawhawhe

Ki te whai i te ara i ngā takawhawhe, ka noho koe ki te taunga pai kia kitea ai koe e ngā kaihautū waka. Ka āwhina hoki ki te aukati i te mahi a ngā kaihautū waka ki te whakahipa mōrearea i a koe me te haukoti i tō ara i tō rātou makeretanga i te takawhawhe.



## 4 Mātaitia ngā mōreareatanga

Me ako ki te matapae ake i ngā āhuatanga kei tūpono rerekē te huarahi wātea i mua i a koe. Ka tatū ai pea ēnei āhuatanga i te wā he āhua reherehu te kitenga, i whakawarea rānei koe.

### Rohe kūaha waka

I ngā wā e taea ana, me haere kia tawhiti atu i te 'kūaha me te haurua' i ngā waka e tū ana, kia kore ai e tuki i ngā kūaha motokā. Me mātai whakamau i ngā rārangi waka e tū ana mō ngā tiwhiri e tūpono puta mai ana ētahi i ō rātou waka - he tohu whakatūpatu pai ngā rama, te nekehanga, ngā atarau rānei.



### Ngā rutu me ngā paheke

Kia tūpatu i ngā papa māniana, ngā huarahi pōruturu rānei. Ka taea hoki e tētahi taero iti nei te tuku i a koe kia taka, ki te hē tō tuki atu. Ko ētahi o ngā tino taero ko te: kirikiri tangatanga, ngā pokorua, ngā huarahi tereina, ngā kuoro waiāwhā me ngā taupoki paipa, ngā papa kua peitahia rānei e māniana ana i te wā ka mākū.

## Ngā waka e huri ana

Kia wātea ake i ngā waka e huri ana, tatū noa ki ngā mea nunui pēnei i te taraka, pahī rānei. Tatari, ā, ka tuku i te waka kia huri i mua i a koe kia kore ai koe e mau i roto i tana porowhita huri.



### Ngā huarahi e pokea ana

Kia pai te haere, ā, kia rite ki te tū i te wā ohore, i te mea ka puta ohore mai te tangata me ngā waka. I a koe e haere ana mā ngā rārangi waka e tū ana, e āta haere ana rānei, mātai whakamau mō ētahi āputa i te rārangi, otirā ngā wāhi kei tūpono whakawhiti ngā waka i tō ara haere.

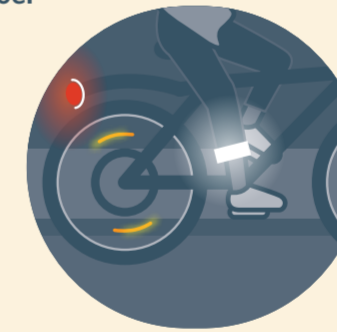


## 5 Me piataata i te pō

I ngā wāhi tāone, he mea nui tonu kia nui tonu tō kitea i mua, kia taea e ngā waka e huri ana te kite i a koe. I ngā wāhi e haere tere ana ngā motokā, he mea tino nui tonu kia kitea koe i tawhiti, kia whai wā ngā kaihautū ki te āta haere, me te tuku wāhi ki a koe.

### Ngā whakaata

Ko tā ngā kākahu me ngā whakarei whakaata he tuku i tētahi ara whaihua ki te hiki i tō tūpono kitenga i te pōuri, inarā mēnā ka piata ake i ngā rama o ētahi atu waka i te wā ka neke ō ringa, ō waewae, tō pahikara rānei.



## Me whai rama - i mua, i muri

Me whakarite kei a koe ngā rama tōtika (mā i mua, whero i muri), ā, me whakakā i ngā wā pōuri. Ki te kore koe e whakaohore i ētahi atu i runga i te huarahi, me paku te anga whakararo o tō rama.



## 6 Kia mahara ake - he tangata katoa tātou

Kia āta haere. He wā anō e whakaraerae ana tātou katoa - ahakoa te āhua o te hāereere - ā, he wā anō ka hē ā tātou mahi.



### Ngā huanui tuari

Āta haere, ā, ka tuku wāhi wātea ki ngā tāngata. He uaua ki te matapae i ngā nekehanga o te tangata, nō reira me tūpatu i te wā e tata ana.

### Whakamaua te pōtae mārō

Ko tō roro te mea tino whai uara - me tiaki. Waiho ki te takahi ture te kore e mau pōtae mārō.

### He wā anō ka mahi hē te tangata.

Ka māhaki, kia manawaroa, ā, me noho rite, kei mahi hē te tangata. Kāore e taea e koe te whakahaere i āna mahi, engari ka taea e koe te whakahaere i āu ake. Me noho mataara, ā, kia pai te haere i te wā e eke pahikara ana, mā tērā e tawhiti atu ai koe i ngā hapa a ētahi atu.

