



# **Living Well with Heart Disease**

## **Kura Raumati**

## **Internship Programme**

## **2024/25**

**He mea tautoko nā**





# Te Ara Poutama Living Well with Heart Disease

## Kura Raumati Internship Programme 2024/25

***Popoia te kākano kia puawai - Nurture the seed and it will grow.***

Te Ara Poutama (TAP) living well with heart disease is a kaupapa Māori integrated research module co-funded by Pūtahi Manawa -Healthy Hearts for Aotearoa New Zealand Centre of Research Excellence and the National Heart Foundation of New Zealand. TAP is a hapori/community-based Māori led heart health research programme which will be foundational for developing culturally grounded approaches to equitable heart health.

It involves 3 parallel integrated kaupapa Māori research projects.

1. Pou Ako – Training centre.
2. Pou Mahi ā Hapori Kaupapa Māori Co-Design.
3. Pou Pūtaiao hapori-based bilingual Māori heart survey and health checks.

### **Purpose**

The internship aim to provide opportunities for Māori tauira studying health at a tertiary level to participate in a kaupapa Māori designed and led heart health research programme of work. The tauira will have an interest to develop their skills, knowledge and networks and to contribute to the wider kaupapa of supporting our whānau hapū and iwi on their heart health journey. The 9 week internship will involve participation in a week long wānanga followed by an 8 week heart health project that will be supervised by heart health researchers and clinicians.



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THE CENTRE FOR  
**HEALTH**





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For 2023/24 the Kura Raumati internship opportunities come with a stipend of \$9000.

The internship starts with a wānanga in Tai Rāwhiti where we will be immersed in learning about mātauranga Māori approaches to heart health.

This will be the opportunity for:

- Whakawhanauangatanga
- Learning about Kaupapa Māori research methodologies
- Connecting with leading Heart health researchers and shaping the research projects for the next 8 weeks.

Following this tauira will begin their 8 week internship alongside their supervisors and community mentors. On completion of the 8 weeks tauira will come together once again to present their findings and to celebrate their successes with the wider heart health whānau and communities.

#### Expectations

- Tauira must be committed to the internship for the full nine weeks including attending both the beginning and end wānanga.

#### We will provide

- Travel to and from Te Tai Rāwhiti (marae to be confirmed).
- Costs to attend both wānanga. (Flights if needed)
- Pūtea of \$9000 for each successful tauira.
- Kaiawhina support throughout the duration of the internship.

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#### Eligibility

Māori tauira enrolled in a degree or postgraduate level in hauora health sciences, nursing programmes or in the medical sector. Tauira must be interested in growing their skills and knowledge around Māori heart health, and to develop their networks to contribute meaningfully to the hauora of whānau, hapū, iwi and the wider community.

#### Project Location

Dates:	Location:	Task:
Week 1 18 Nov - 22 Nov 24	Tai Rāwhiti	Wānanga - whaka whanaungatanga.
Weeks 2 - 5 2 Dec - 20 Dec 24	Start project mahi working in the community. Where possible we will try to match tauira with projects that are running in their rohe.	Project mahi.
Christmas Holiday 23 Dec 24 to 12 Jan 25	Relaxing with whānau & friends.	
Week 6-8 8th Jan - 2nd Feb 25	In community	Project mahi.
Week 9 3 Feb - 7 Feb 25	Waipapa Marae & Fale Pasifika Waipapa Taumata Rau University of Auckland	Presenting back to Kura Raumati whānau about project work.

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**During your internship you will have the opportunity to learn and be a part of:**

- Building good relationships in the heart health community
- Learning kaupapa Māori approaches to research in heart health
- Leadership skills development
- Creating a supported community of Māori heart health researchers and clinicians.
- Participating in a small heart health research kaupapa.

#### **Application**

To apply, please fill in the attached application form.

***Applications close midnight on 12th August, 2024***

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