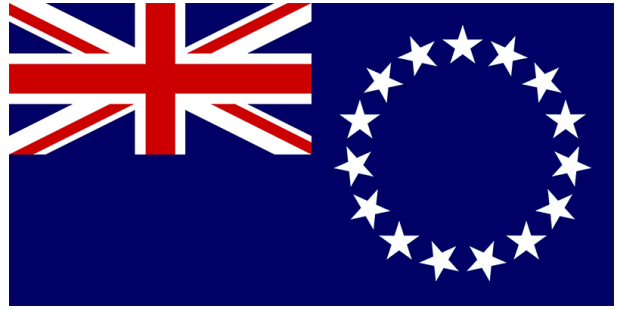


Cook Islands Language Week



Information sourced from [Kiddle](#) and [NZC - TKI](#).

The annual 'Epetoma o te reo Māori Kūki 'Āirani: Cook Islands Language Week is being held from Sunday 30th July to Saturday 6 August 2023. This year's theme is 'Ātuitui'ia au ki te au peu o tōku kāinga Ipukarea, which means, "connect me to the traditions & culture of my homeland".

The Cook Islands were first settled in the 6th century by Polynesian people who migrated from Tahiti, an island 1,154 kilometres (717 mi) to the northeast.

There are 15 islands in Cook Islands. They are Manihiki (Te Fuinga o Niva), Nassau (Te Nuku o Ngalewu), Penrhyn Atoll (Tongareva or Mangarongaro), Pukapuka (Te Ulu o te Watu), Rakahanga (Tapuahua), Suvarrow also called Suvorov, Tema Reef, Atiu (Enua Manu or Island of Birds), Ma'uke (Akatokamanava), Mitiaro (Nukuroa), Takutea, Aitutaki (Araura Enua), Mangaia (Auau Enua), Rarotonga (Tumutevarovaro), with the capital, Avarua, Palmerston Island (Pamati), Manuae, Winslow Reef (submerged).

The Cook Islands community are the second largest Pacific ethnic group in New Zealand making up 20% of the Pacific population (Census 2013). In the 2018 New Zealand census, 80 532 people identified as Cook Island Māori.

There are three distinct Polynesian languages spoken in the Cook Islands:

- Cook Islands Māori is an Eastern Polynesian language with a number of dialects. This language belongs to the same language family as New Zealand Māori and the languages of Hawai'i and Tahiti.
- Pukapuka is a Western Polynesian language, belonging to the same language family as the languages of Sāmoa, Tuvalu, and Tokelau.
- Palmerston Island has its own unique and distinctive mixture of Cook Islands Māori and English.

The Cook Islands are very well known for their tourism. They offer many activities such as snorkelling, lagoon cruises, diving, day tours, island night cultural tours, and many more. The locals love to share their exciting history through traditional music, song, dance and food, and it isn't hard to find somewhere to experience this. Adults can also gain a motorbike licence (for a small fee) so they can drive scooters around the island and enjoy the island at their own leisure. Their food is similar to other Pacific Islands, but they are well known for their donuts. EVERYONE loves them.