



He aha te take e tiaki ai tātou i tō tātou pō, me pēhea hoki

Ko te rangi pōuri o te pō, te pō e whakamāramatia nei e te Marama, e ngā whetū me te Māngōroa, he tūhono i a tātou ki te orokohanga o te ao, ki tētahi mea e mōhiotia ana e te ao katoa. Mai i te kunenga mai o ngā koiora i te Ao nei, arā te pōuri kerekere o te pō, i te taha o te awatea e hōmai nei e te marama o te rā, o te ua, me te oneone. Ko te pōuri noa o te taiao tētahi wāhi taketake o te aotūroa mauri ora e noho nei tātou i roto.

I puta mai ngā mea ora katoa o te Ao i roto i te manawataki māori noa o ia rā, o ia pō. I hokihoki tonu tēnei manawataki ia rā, ia rā, mō te hia piriona tau, ā, he mea tuitui ki roto i te hanga koiora o ia mea ora, mai i ngā pepeke moroiti rawa ki ngā whāngote nui rawa. Ki te mau tonu te pōuri tiwhatiwha māori noa o te rangi i te pō, ka āhei ngā koiora katoa ki te whakaterere i ō rātou ara, ki te kimi kai, ki te mahi uri, ki te whakatā hoki, rite tonu ki ngā whakatupuranga o mua.

Neke atu i te 75% o ngā tāngata o Aotearoa e whakaae ana he mea hira te pupuru i te pōuri kerekere o te rangi i te pō ki a rātou, me te tata anō o ngā aumihī ki te pōuri kerekere ki te whakapono o te tangata ki ōna painga mō te hauora me te toiora.¹ He mea hira hoki te kite i ngā horanga o te rangi i te pō ki te hunga puta ki waho i ō rātou whare i ngā pō, i Aotearoa.² Kua uaua kē atu te kite i te pōuri kerekere, me te rongō i ōna pāinga, nā te marama haere o ngā rangi i te pō, ūā ana nei.

Te tūrama horihori i te pō

Kua kaha kē atu te whakamahi i te marama horihori i te pō, me te horapa o tēnei āhua, puta noa i Aotearoa. I waenga i ngā tau 2012 me 2021, i piki te rahi o te rohe e kā nei ngā maramatanga mā te 37%,³ me te aha, kua kā te tini o tō tātou rangi i te pō i te tūrama horihori. Hei āwhina te marama i te pō i te tangata mō tana haumarua me tōna ahunga i tōna ara,⁴ engari e piki ana ngā taunakitanga rangahau, he mea mōrearea tūturu tēnei.

I Aotearoa, ka whakapōrarua te marama parau i te pō i te tini o ngā momo māori, tae atu ki te kiwi, ki te tūi, ki te riroriro, ki te karoro me te tarāpunga, ki te pōhutukawa, ki te pūtangatanga, ki te pāpapa, ki te pūrerehua, ki te titiwai, ki te ika me te pekapeka.⁵ Ka pā hoki te marama ki te tangata. Ko tā te tūrama horihori he whakapōrarua i te karaka whakaroto o te tinana, me tana pā ki te moe pai, ki te wairua, me te pūnaha awihikiri. E haere tahi ana te kitenga wā roa i te tūrama horihori i te pō ki te mōrea piki ake o te mōmona, o te mate pāpōuri, o te mate iaia manawa, me ētahi momo mate pukupuku.⁵

E ako tonu ana tātou ka pēhea te tūrama horihori i te pō e pā ai ki ētahi hononga ā-wairua, ā-ahurea, me ngā ritenga tuku iho pēnei i Matariki.



Te marama o te pō 2025

pōuri tīaho

Hei whakaputa painga ā tātou kōwhiringa māramatanga

He rongopai! Ko tā ngā hoahoa māramatanga whai whakaaro, me ngā hangarau hou, he tuku i te mārama tika, ki te wāhi tika, i te wā tika - me te whakaheke i ngā pānga ki ngā koiora me te tangata.

Inā ngā āhuatanga o te māramatanga whai whakaaro:



He whai take

Me whakamahi i te mārama i ngā wā anake e hiahiatia ana

Me noho anō he pūtaka tika mō ngā mārama katoa. Me āta whakaaro ka pēhea tōna pānga ki ngā koiora me ō rātou nōhanga.



Me whakahāngai

Me whakahāngai i te mārama ki ngā wāhi anake e hiahiatia ana

Me kōpare ngā take māramatanga, me te whakahāngai whakararo te aho kia kaua ai e maringi whakawaho atu i te wāhi e hiahiatia ana.



He mea āta whakarite

Me whakamahi i te mārama i ngā wā anake e hiahiatia ana

Ko tā ngā karaka ine wā me ngā paerongo koringa he whakakā i te tūrama ina hiahiatia, ā, he whakaweto, ki te kāhore.



Me whakaheke te tīaho

Kaua e kaha ake te tīaho i te āhua e hiahiatia ana

Me whakarite ki te taumata iti rawa ka hiahiatia. Kia mōhio, he kaha kē atu te whakaata o ētahi mata me te piki tonu o te nuinga o te mārama ki te rangi i te pō, tēnā i te mea e hiahiatia ana.



He mahana te tae

Me whakamahi i ngā raiti he mahana kē atu ngā tae

Me here i te mārama waiporoporo-kikorangi (ngaru poto) ki te taumata iti e hiahiatia ana — koia nei te mea whakapōraruru nui i ngā koiora.

He mea tuhi me te āwhina o ngā tuhinga a Dark Sky International me te Illuminating Engineering Society



KĀORE I TE TIKAI

Kāore i kōparetia/
e hē ana te kōpare

E HĒ ANA

He iti noa te kōpare

PAI ATU

Kua kōpare katoatia
(kua kapi katoa
te pūtaka tūrama)

PAI RAWA ATU

Kua kōpare katoatia
+ karaka ine wā/
paerongo koringa



1. Cieraad E & Dalley J (2026). [New Zealanders' connection with the night sky](#). Kōtuitui: New Zealand Journal of Social Sciences Online, 21(1): e70013.
2. DOC, unpublished data.
3. Cieraad E & Farnworth B (2023). [Lighting trends reveal state of the dark sky cloak: light at night and its ecological impacts in Aotearoa New Zealand](#). New Zealand Journal of Ecology, 47(1): 3559.
4. Cieraad E & Dalley J (2026). [Bright needs, dark desires: Public preferences and balancing the benefits of artificial light and natural darkness at night in Aotearoa New Zealand](#). People and Nature, 8(1): 197–209.
5. Zielinska-Dabkowska K, Schernhammer E, Hanifin J, Brainard G (2023). [Reducing nighttime light exposure in the urban environment to benefit human health and society](#). Science, 380(6650).
Ngā atahanga: Karem Adem, www.lightpollutionmap.info, Dark Sky International

He mea āta hoahoa
te tuhinga pūtaio e



He mea whakamāori nā Piripi Walker

He mea āwhina ā-pūtea e



Department of Conservation
Te Papa Atawhai