

**Pacific Worlds Institute:  
Ahupua'a Documentation Workshops**

<b>Course:</b>	<b>1 hour</b>	<b>Half Day</b>	<b>Full Day</b>	<b>Extended</b>	<b>Elem.</b>	<b>Middle</b>	<b>High</b>
<b>Origins/Arrival:</b>			•	•	•	•	•
Introduction to your ahupua'a	•				•	•	•
Traditions of Earliest-known people(s)	•				•	•	•
Legendary setting of your area	•	•			•	•	•
Your territory: landmarks, place names, boundaries	•	•			•	•	•
Your neighbors	•	•			•	•	•
<b>A Native Place:</b>							
Identify & learn the uses & meanings of wahi pana and cultural sites in your ahupua'a	•	•	•		•	•	•
<b>The Living World:</b>							
Identify traditional zones by use, terminology	•	•	•		•	•	•
Explore/discuss seasons, traditional month names	•	•	•		•	•	•
Explore/discuss vegetation zones & their uses	•	•	•		•	•	•
Explore/discuss ocean zones & their uses	•	•	•		•	•	•
Explore/discuss birds and their cultural significanses	•	•	•		•	•	•
<b>Sustenance:</b>							
Talk with kūpuna about their diet growing up		•	•		•	•	•
Identify fresh water bodies and their stories		•	•		•	•	•
Learn your ahupua'a's agricultural history		•	•			•	•
Learn about gathering in your ahupua'a		•	•		•	•	•
Learn about coastal/reef gathering		•	•		•	•	•
Learn about fishing in your ahupua'a		•	•		•	•	•
<b>Health:</b>							
Discussion: being human, health and disease	•					•	•
Interview a practitioner of lā'au lapa'au		•	•		•	•	•
Interview a practitioner of lomilomi		•	•		•	•	•

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<b>Footprints (storied places):</b>							
Identify and learn about legendary places in your ahupua'a , and discuss the meanings of the stories and what they tell us.	•	•	•		•	•	•
<b>Visitors:</b>							
What can you find out about traditional society in your area around the time of Western contact, or before?		•				•	•
Who were the first explorers to come to your area? What are their stories and impacts?	•	•				•	•
Who were the first missionaries to come to your area? What are their stories and impacts?	•	•				•	•
Search Mahele records and maps to understand what happened to land in your ahupua'a	•	•				•	•
What other changes took place in your ahupua'a , leading up to the early 20th century?	•	•				•	•
<b>Memories:</b>							
Talk with parents, kūpuna about important changes or events during the 20th century. Select those that are most important and explore them deeper.		•			•	•	•
WWII impact on your area	•	•			•	•	•
<b>Today:</b>							
Use Census data to find out about the demographic profile of your area	•	•				•	•
Look into how much of your ahupua'a is urbanized and how much remains open land.		•				•	•
Identify invasive and endangered species		•				•	•
Decide what are the main issues affecting your ahupua'a today, and look into them more deeply		•				•	•

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<b>Onwards:</b>							
What efforts are underway to protect the land in your ahupua'a ? What could/should be done?	•	•				•	•
What efforts are underway to protect the sea in your ahupua'a ? What could/should be done?	•	•				•	•
What is the status of the wahi pana in your ahupua'a? Should they be better protected?	•	•				•	•
Identify and discuss the most important traditional values needed for perpetuating nohona Hawai'i in your ahupua'a .	•	•				•	•