

Nga iwi e, Nga iwi e!

Kia kotahi ra te Mo-a-na- nui-kiwa

e-i-a-i-e(Whakarongo tai toko)

Kia mau ra! Kia mau ra!

Ki te mana motuhake me te aroha

e-i-a-i-e (Whakarongo tai toko)

Wahine ma! Wahine ma!

Ma-ra-nga mai, Ma-ra-nga mai, ***kia kaha (boys)***

e-i-a-i-e (Whakarongo tai toko)

E tama ma! E tama ma!

E tama tu, E tama tu, tama ora!

e-i-a-i-e (Whakarongo tai toko)

All you people! All you people!

Be united as one, like the Pacific Ocean.

(Cries of joy!) "air-ee-ah-ee-air"

Hold on firmly! Hold on firmly

to your inheritance, and to compassion.

All you young women! All you young women

rise up, rise up, be strong

All you lads! All you lads!

Stand up tall and live like men!

e-i-a-i-e -----

