KIA MAU, KIA ORA!

Empowering young Kiwis to dream big and go far

2026/27

SCHOLARSHIP PROSPECTUS

Why This Scholarship Exists

In 2024, Dr Inia Raumati — a senior emergency doctor and accomplished ultramarathon runner — achieved something never before done. Over the course of a single year, he became the first person in the world to complete a self-supported multi-stage ultramarathon on every continent, running more than 2,000 kilometres across some of the most demanding environments on earth.

Each step of the journey was part of a larger vision: to create opportunity for young New Zealanders. Through his global challenge, Dr Raumati raised funds to establish the Kia Mau, Kia Ora Scholarship, designed to help students challenge themselves, grow in confidence, and take meaningful steps toward their future careers.

Today, the scholarship supports recipients in preparing for and participating in the Southern Lakes Ultra in Queenstown. The experience is built to develop resilience, discipline, and belief in what is possible.

The Opportunity

The Kia Mau, Kia Ora Scholarship is centred on personal development. Recipients work directly with Dr Inia Raumati, who provides mentorship throughout the journey and connects them with experienced ultramarathon runners, doctors, and professionals whose guidance aligns with their interests and future aspirations.

This experience goes beyond preparing for and completing the Southern Lakes Ultra, a 250km multi-stage, self-supported ultramarathon. It is about building confidence through doing something genuinely difficult, learning the value of sustained commitment, and discovering true capability. Alongside the challenge, participants receive mentorship around career direction and a financial contribution toward their future career.

The scholarship provides recipients with:

- Professional training
- Mentorship
- Entry into the Southern Lakes Ultra
- Travel costs
- Essential gear and equipment
- Ongoing guidance and peer support throughout the journey
- A financial contribution toward future education or career development

Who Should Apply

The Kia Mau, Kia Ora Scholarship is open to Year 12 students across New Zealand who are willing to challenge themselves and commit to a demanding but rewarding experience. No previous ultramarathon experience is required. What matters most is a willingness to prepare, to learn, and to give the challenge an honest effort.

This opportunity is suited to students who are:

- Passionate, driven Year 12 students based in New Zealand
- Committed to personal growth and willing to step outside their comfort zone
- Eager to embrace physical, emotional, and mental challenges
- Open to mentorship and interested in exploring future career pathways
- Interested in connecting with like-minded peers
- Willing to commit to structured training and preparation

What We Look For

You do not need to be an experienced runner, an elite athlete, or someone who has already figured out exactly what you want to do in the future. You do not need perfect grades or a long list of achievements.

What matters most is your willingness to give something difficult a genuine effort. We are looking for students who are prepared to train, learn, and stay committed to the journey even when it becomes challenging.

How to Apply

Applications are submitted through the Kia Mau, Kia Ora Scholarship application form. The form includes a small number of questions designed to help us understand who you are, why you want to take on this challenge, and what you hope to gain from the experience.

Applicants are welcome to include creative submissions such as a video, written piece, artwork, or any format that best reflects their motivation and goals.

Complete the application form here, or;

Scan the below QR Code to go to the application form

For any questions, contact:
kiamaukiaora@gmail.com

Tama tū tama ora; tama noho tama mate
He who stands lives; he who sits, perishes

Organisations Supporting the Kia Mau, Kia Ora Scholarship

The Kia Mau, Kia Ora Scholarship is made possible through the support of organisations and partners who share a commitment to creating opportunity for young New Zealanders.

With the support of:

If you are interested in supporting the scholarship or contributing to future recipients, please contact: kiamaukiaora@gmail.com

Meet Dr Inia Raumati

Dr Inia Raumati (Ngāti Mutunga, Te Ātiawa) is a senior emergency doctor and long-time ultramarathon runner whose career has been shaped by service, discipline, and a willingness to take on difficult challenges.

For many years he has balanced frontline emergency medicine with some of the toughest endurance races in the world, using running as a way to test limits, reset perspective, and help others see what they are capable of. As a proud Māori doctor and member of Te ORA, he is committed to creating opportunities that open pathways for rangatahi, particularly those who may not yet see what is possible for themselves.

Learn more and follow the journey

- Instagram
- RNZ article
- Dom Harvey Podcast interview