



Ngā Rā Noho*
Sitting Days

Ngā Hararei Tūmatanui
Public Holidays

Ngā Rā i Whakanuia ai Ngā Hararei Tūmatanui
Public Holiday Observed

* Rātū, Rāapa
Tuesday & Wednesday:
2pm-6pm then 7pm-10pm

Rāpare
Thursday:
2pm-5pm

Kohitātea January						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Huitanguru February						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

Poutūterangi March						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Paengawhāwhā April						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Haratua May						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
17	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Pipiri June						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Hōngongoi July						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Hereturikōkā August						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Mahuru September						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Whiringa-ā-nuku October						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Whiringa-ā-rangi November						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Hakihea December						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Whakauru mai ki tō Pāremata Get involved with your Parliament

Whakapā atu ki tētahi MP
Contact an MP

Whāia mātou ki Pukamata
Follow us on Facebook

Toro mai i a mātou i parliament.nz
Visit us parliament.nz

Whakatakotoria he Tāpaetanga
Make a Submission

Me whakatimata he Petihana
Start a Petition

Whāia a @NZParliament ki Tihau
Follow @NZParliament on Twitter

Tikiakehia te taupānga Parliament XR
Download the Parliament XR app

Pātai mai ki a mātou 0800 PĀREMATA (7273 6282)
Ask us 0800 PĀREMATA (7273 6282)

Mātaki, whakarongo mai i Whakaata Pāremata
Watch & Listen Parliament TV

Whāia a @NZParliament ki te Paeāhua
Follow @NZParliament on Instagram

Pātai mai ki a mātou i parlinfo@parliament.govt.nz
Ask us parlinfo@parliament.govt.nz



Sitting Days*
Ngā Rā Noho

Public Holidays
Ngā Hararei Tūmatanui

Public Holiday Observed
Ngā Rā i Whakanuia ai Ngā Hararei Tūmatanui

* **Tuesday & Wednesday:**
Rātū, Rāapa
2pm-6pm then 7pm-10pm

Thursday:
Rāpare
2pm-5pm

January Kohitātea						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

February Huitanguru						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March Poutūterangi						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April Paengawhāwhā						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May Haratua						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
17	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June Pipiri						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July Hōngongoi						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

August Hereturikōkā						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September Mahuru						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October Whiringa-ā-nuku						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

November Whiringa-ā-rangi						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December Hakihea						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Get involved with your Parliament
Whakauru mai ki tō Pāremata

Make a **Submission**
Whakatakotoria he **Tāpaetanga**

Ask us **0800 PĀREMATA** (7273 6282)
Pātai mai ki a mātou **0800 PĀREMATA** (7273)

Contact an **MP**
Whakapā atu ki tētahi **MP**

Start a **Petition**
Me whakatimata he **Petihana**

Watch & Listen **Parliament TV**
Mātaki, whakarongo mai i **Whakaata Pāremata**

Follow us on **Facebook**
Whāia mātou ki **Pukamata**

Follow **@NZParliament** on Twitter
Whāia a **@NZParliament** ki Tihau

Follow **@NZParliament** on Instagram
Whāia a **@NZParliament** ki te Paeāhua

Visit us **parliament.nz**
Toro mai i a mātou i **parliament.nz**

Download the **Parliament XR** app
Tikiakēhia te taupānga **Parliament XR**

Ask us **parlinfo@parliament.govt.nz**
Pātai mai ki a mātou i **parlinfo@parliament.govt.nz**