

Āpōpō Journal

Mā te matapae te wāheke e whakaterere
Navigating the future with foresight

**Āpōpō Journal has been created by
18 to 25-year-olds for 18 to 25-year-olds.**

Featuring a range of futures studies skills and practical advice, *Āpōpō Journal* allows young New Zealanders to explore life's challenges and opportunities over the next 40 years.

Āpōpō Journal features life skills and practical advice, a pātaka maumahara (an evolving time capsule), a maramataka (calendar) detailing historic national dates, and an overview of future studies tools. *Āpōpō Journal* celebrates the diversity of New Zealand and illustrates the importance of using hindsight, insight and foresight to navigate future pathways.

Young New Zealanders have said

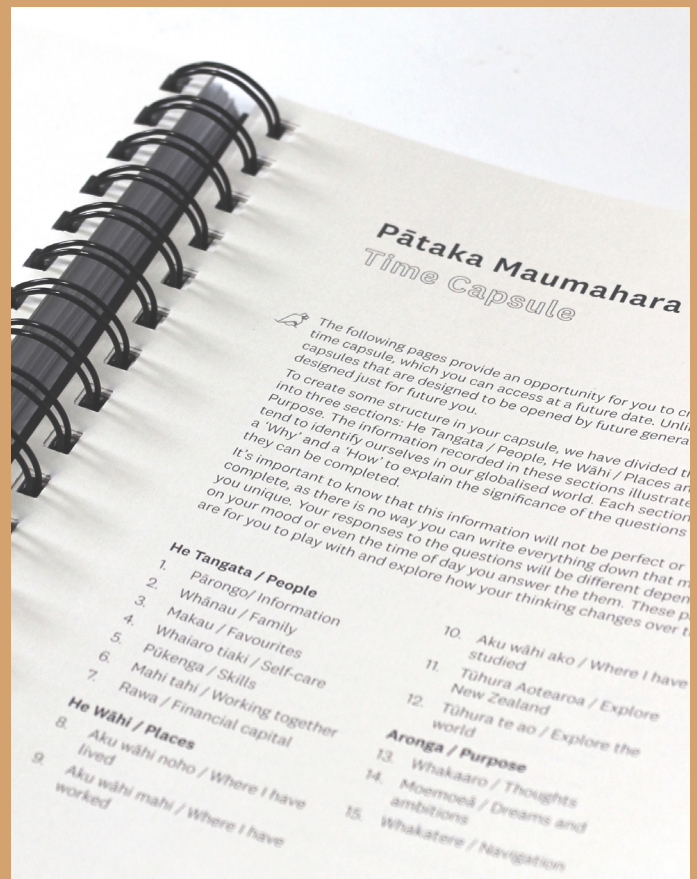
'Āpōpō Journal means that I'm always thinking about tomorrow – that's what this journal represents.'

'Social media can provide a visual timeline of your life, but this is something different. Writing in a journal helps me to remember things.'

'A journal like this is definitely something that is needed in our generation; an era in which the Internet is king and Google gives us the answer instantly. Yes, it's knowledge, but understanding is only built along the journey taken to attain knowledge.'

'Love the inclusion of NZ's significant dates – pivotal moments'

Learn more at www.apoponz.org and on Instagram @mcguinnessinstitute



Behind Āpōpō Journal

Āpōpō Journal is published by the McGuinness Institute, a non-partisan 'think and do tank'. The Institute's overarching project began in 2008 and is called *Project 2058*, to reflect a focus on New Zealand's long-term future with a particular emphasis on the year 2058. The journal commemorates the first ten years of this 50-year project.



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TE HONONGA WAKA