



OPEN MIC KAI NIGHTS

Kai, community and someone's first time on stage.

Free, alcohol-free open mics with shared kai at the heart of the room. Whānau and neighbours eat well and cheer on young people stepping up to perform, many for the very first time.

4 of 15

paid acts at Rediscover Parnell 2026 came through our open mic

Free

kai, entry and a relaxed soundcheck

No audition

and no ticket, any genre welcome



HOW AN OPEN MIC KAI NIGHT WORKS

A room full of people on your side.

Dessert halfway through

WHAT IT IS

Think of a family Friday night, opened out to a whole neighbourhood: free, all-you-can-eat kai, and your cousin getting up to perform for the first time in front of a room of well-fed people on their side. Singer-songwriters, rappers, poets and spoken word artists welcome.

WHO IT'S FOR

Young performers who want a kind, supportive first stage, and anyone who wants to be that supportive crowd: whānau, friends and the local community.

HOW IT WORKS

Performers sign up ahead and get a relaxed soundcheck before doors open. Kai comes out as people arrive. Our MC holds the room so each performer gets full attention. A paid Rangatahi on Stage artist closes the night, and young Events Pathways crew run the sound, paid for their work.

WHERE IT LEADS

The open mic is the front door to Rangatahi on Stage. When a first-timer is ready, we put them forward for paid gigs.



a duo, warm light



the crowd on your side

COMING BACK BRAVER

"It's my second open mic and I'm not nervous anymore! Huge improvement to how I felt last time."

Open Mic Kai Night performer

GET INVOLVED

Come along, sign up to perform, or offer a venue

@youtharts.nz for the next night · youtharts.nz



a room that fills



performers and crew



any genre welcome



poetry and spoken word