
Distance STAR Catalogue 2025

This STAR course catalogue has a list of offerings that are available via **Distance** (Online, PDF or Paper-based).

All courses are fully funded by the Youth Transitions Team. To be eligible to enrol, students **MUST** be enrolled with Te Kura as a Full-Time student or a Young Adult doing 3 or more Te Kura subjects. Students must also continue to engage with their Te Kura learning while enrolled in a STAR course.

Students can enrol in **2 STAR courses** each year. Please note that all courses are subject to availability and dates will be updated throughout the year. Some courses may have certain requirements for you to enrol such as needed equipment, practical components, a workplace, living in New Zealand etc. **This catalogue was last updated on Friday 28th February – 1:00pm**

To find out more about a Distance course that you are interested in and possibly enrol, please contact your local Coordinator listed below:

- **Northern** ([Te Tai Tokerau](#) and [Tamaki Makaurau](#)) – *Natalie Jones*
Natalie.Jones@tekura.school.nz
- **Central North** ([Te Kāhui Hauāuru](#) & [Te Kāhui Rāwhiti](#)) and **Te Aka Taumatua** – *Ces Lowe*
Ces.Lowe@tekura.school.nz
- **Central South** and **Overseas** – *Lisa Usoali'i-Jansen* Lisa.Usoalii-Jansen@tekura.school.nz
- **South Island** – *Seth Smith* seth.smith@tekura.school.nz

For all **Tertiary Link** queries and enrolments, please contact the nominated Coordinator below:

- **Agriculture & Horticulture | Equine** – *Ces Lowe* Ces.Lowe@tekura.school.nz
- **Animal Care | Health Wellbeing | Sport & Exercise | Tourism** – *Seth Smith*
seth.smith@tekura.school.nz
- **Aviation | Early Childhood** – *Lisa Usoalii-Jansen* Lisa.Usoalii-Jansen@tekura.school.nz

For all **Gateway** queries and enrolments, please contact Gateway Coordinator **Ruth Church**
Ruth.Church@tekura.school.nz

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Available Distance Courses

Adulthood

The GET Group

Master the art of adulthood by understanding tenancy agreements, opening a bank account, improving your chat skills and managing your money like a pro!

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced	2990 (Level 3 – Credits 4) 9694 (Level 3 – Credits 4) 28104 (Level 3 – Credits 3)	Year 11 and above Regular check-ins with The GET Group

Advanced Customer Services

Industry Training Solutions (ITS)

Learning the skills required to be successful in retail are only a couple of things that this course offers. You will learn about the importance of product knowledge and effective communication skills. Also delves into the world of theft and fraud and the effect that can have on the workplace.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced 8-week timeframe	11818 (Level 3 – Credits 4) 11831 (Level 3 – Credits 6) 376 (Level 3 – Credits 2)	Year 11 and above Must complete practical component within a workplace or volunteer work

Babysitting

Whanau Awhina Plunket

Gain the knowledge and skills to babysit children of all ages. For first-time babysitters this course consists of 9 modules and on successful completion you will receive a certificate from Awhina Plunket along with a Babysitter's Manual.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
Online	Self-paced 4-week timeframe	Not available	Year 10 and above Contact Lisa U-J to enrol

Barbering Theory

HITO

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced Due in November	10645 (Level 3 – Credits 3) 28018 (Level 3 – Credits 4)	Year 11 and above

Beauty Therapy Theory

HITO

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced Due in November	27644 (Level 3 – Credits 4) 27645 (Level 3 – Credits 6)	Year 11 and above

Business Communication 101

Industry Training Solutions (ITS)

Develop the ability to write internal communication and external correspondence, as well as a short report for a workplace. Learners will be able to write business correspondence to convey complex ideas and/or information. You will also learn the art and be able to write minutes for a formal meeting for a workplace.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced 8-week time frame	11095 (Level 3 – Credits 3) 1296 (Level 3 – Credits 3) 3494 (Level 3 – Credits 3)	Year 11 and above Must complete practical component within a workplace or volunteer work

Business Communication Basics

Industry Training Solutions (ITS)

Develop the ability to write internal communication and external correspondence, as well as a short report for a workplace. Learners will be able to give information to clients and respond to enquiries and identify the purpose of graphics in communication; and communicate using graphics.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced 8-week timeframe	3488 (Level 2 – Credits 3) 3492 (Level 2 – Credits 3) 1280 (Level 2 – Credits 2)	Year 11 and above Must complete practical component within a workplace or volunteer work

Business Communication Kickstarter

Industry Training Solutions (ITS)

Communicate with a diverse range of people in a workplace environment. You will become a more confident person in leading a presentation with an audience in a workplace situation. Learn about the importance of communication with diverse people from different cultures.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced 8-week timeframe	1304 (Level 3 – Credits 2) 1307 (Level 3 – Credits 3) 1296 (Level 3 – Credits 3)	Year 11 and above Must complete practical component within a workplace or volunteer work

Chef's Starter Kete

Industry Training Solutions (ITS)

A great introduction for anyone who wants a career in the kitchen. Gain an understanding of the culinary products and terms used in the industry. Learn about the safe food practices required for all food handlers, which is a requirement under the Food Act 2014.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced 8-week timeframe	18497 (Level 3 – Credits 8) 168 (Level 3 – Credits 4)	Year 11 and above

Customer Care Champions

Industry Training Solutions (ITS)

You'll gain valuable techniques for interacting with customers in a service delivery context, enhancing their experience and fostering loyalty. Learn how to communicate effectively, address customer needs, and handle inquiries with confidence.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced 8-week timeframe	11971 (Level 2 – Credits 3) 28145 (Level 2 – Credits 2)	Year 11 and above Must complete practical component within a workplace or volunteer work

Day Skipper

Coastguard

This course is for recreational pleasure craft operators and crew and covers general knowledge required to operate a pleasure craft in familiar waters during daylight hours, at an introductory level.

Delivery	Duration	Dates	Unit Standard(s)	Enrolment Criteria
Online	Self-paced 12-week timeframe	28 April – 14 July 21 July – 10 October	26542 (Level 2 – Credits 6)	Year 11 and above Must be able to demonstrate practical competence in knot tying and provide evidence

Espresso Basics (Level 2)

The GET Group

Learn the basics of espresso, filter and pressed coffee and get ready for the workplace.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced	17286 (Level 2 – Credits 2) 17287 (Level 2 – Credits 2) 17285 (Level 2 – Credits 4)	Year 11 and above Access to an Espresso Coffee Machine Regular check-ins with The GET Group

Espresso Intermediate (Level 3)

The GET Group

Level up your coffee game and unleash your inner barista.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced	17284 (Level 3 – Credits 3) 17288 (Level 3 – Credits 5)	Year 11 and above Access to an Espresso Coffee Machine

Fashion

Southern Institute of Technology

4838 Demonstrate knowledge of clothing materials in the clothing industry

16837 Prepare for and produce fashion drawings

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
Online	Self-paced Due 28 November	4838 (Level 2 – Credits 3) 16837 (Level 2 – Credits 3)	Year 11 and above Enrol into one unit standard at a time

Food Safe, Service Smart

Industry Training Solutions (ITS)

Safe food served with great service provides an exceptional customer experience. A perfect package for anyone that wants to start working in hospitality. Understand the importance of food safety and learn key formative skills you need to start your new career!

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced 8-week time frame	167 (Level 2 – Credits 4) 14425 (Level 2 – Credits 5) 14434 (Level 2 – Credits 3) 57 (Level 2 – Credits 2)	Year 11 and above Must complete practical component within a workplace or volunteer work

Hairdressing Theory

HITO

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced Due in November	2891 (Level 2 – Credits 5) 25439 (Level 2 – Credits 2)	Year 11 and above

Health & Safety in Work

The GET Group

Health and safety is an integral part of any induction process in the workplace, so get industry qualified with this great short course. Your employer will love you for it!

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced	497 (Level 1 – Credits 3) 30265 (Level 3 – Credits 8) 19522 (Level 3 – Credits 3)	Year 11 and above Regular check-ins with The GET Group

Hospitality Skills Essentials (Level 2)

Industry Training Solutions (ITS)

A fantastic entry-level course covering the essentials needed to work in a safe environment (both Front of House and Back of House) and the importance of product knowledge and information. Workplace safety is everyone's responsibility – from preparing the food correctly, to following policies and procedures, to identifying any potential hazards.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced 8-week time frame	20666 (Level 2 – Credits 2) 14466 (Level 2- Credits 2) 28301 (Level 2 – Credits 5)	Year 11 and above

Hospitality Skills Essentials (Level 3)

Industry Training Solutions (ITS)

Essential transferable skills for anyone currently working in hospo and wanting to upskill their knowledge or branch out with a career change into hospitality. This course enables you to learn the important information required to be a hospitality superstar, from correct kitchen practices, the history of coffee and responsible service of alcohol.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced 8-week time frame	168 (Level 3 – Credits 4) 17284 (Level 3 – Credits 3) 4645 (Level 3 – Credits 2)	Year 11 and above

In Work Skills

Industry Training Solutions (ITS)

Communicate and collaborate in a team, provide feedback and understand aspects of sleep management. Work as a team to become a better listener and communicator, and gain skills to be a great leader. Understand how to give feedback to people you work with, communicate, and collaborate in a team and understand why a good night's sleep is important.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced 8-week time frame	9705 (Level 3 – Credits 3) 11097 (Level 3 – Credits 3) 9681 (Level 3 – Credits 3) 21337 (Level 3 – Credits 2)	Year 11 and above Must complete practical component within a workplace or volunteer work

Learner Licence

DriverED

This course has 4 Online Learner Licence Sessions which can be completed at any time and as many times as you like over a 10-week period (during the school term). These online sessions are self-paced and taught using online lessons. During this time, you will have unlimited access to online Learner Licence Practice Tests.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
Online	Self-paced 10-week timeframe	Not available	16 years old and above

Maritime VHF Operator's Certificate (MVOC)

Coastguard

Under the Radiocommunications Act 1989, it is a legal requirement that anyone wishing to operate a marine VHF radio holds the appropriate operator's certificate. For operators of marine VHF radios, the minimum legal operator certification is the Maritime VHF Operator's Certificate (MVOC). This MVOC course syllabus is aligned with that specified by Radio Spectrum Management (RSM) as being required for this certificate. RSM is the government agency responsible for managing the radio spectrum in New Zealand.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
Online	Self-paced 15-week time frame	19491 (Level 3 – Credits 3)	Year11 and above

Money Basics

The GET Group

Learn the risks and develop the skills to manage your money and master your emotions during stressful situations.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced	28088 (Level 1 – Credits 3) 28089 (Level 1 – Credits 3) 29558 (Level 1 – Credits 3) 12348 (Level 1 – Credits 2)	Year 11 and above Regular check-ins with The GET Group

Responsible Mixology

Industry Training Solutions (ITS)

A taster for anyone wanting to work in the hospitality industry. Learn knowledge of alcoholic and non-alcoholic beverages and how these are presented in the industry. Understand the importance of being a responsible host to keep your customers, staff and community safe.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced 8-week time frame	4645 (Level 3 – Credits 2) 14420 (Level 3 – Credits 3)	Year 11 and above

Retail Ready

Industry Training Solutions (ITS)

Learn the means to explain practices used to detect and reduce theft and fraud, and how to effectively communicate any issues that may arise. This is a great course that will provide you with the means to explain practices used to detect and reduce staff and customer theft as well as fraud in a retail or distribution environment. You'll learn the legal definitions, terminology used and the consequences that can occur.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced 8-week time frame	24999 (Level 3 – Credits 4) 24996 (Level 3- Credits 3) 27928 (Level 3 – Credits 5)	Year 11 and above

Retail Skills 101

Industry Training Solutions (ITS)

Retail employers are always seeking new staff who understand the importance of creating a respectable and enjoyable experience for the customer. Being safe, positive and efficient is mandatory for all staff to look after their customers and keep the business healthy, safe and thriving!

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced 8-week time frame	11971 (Level 2 – Credits 3) 11941 (Level 2 – Credits 2) 11938 (Level 2 – Credits 5)	Year 11 and above Must complete practical component within a workplace or volunteer work

Savvy for Life

The GET Group

Discover the keys to living away from home with this savvy short course.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced	24695 (Level 2 – Credits 2) 28093 (Level 2 – Credits 3) 28095 (Level 2 – Credits 3) 1827 (Level 2 – Credits 2)	Year 11 and above Regular check-ins with The GET Group

Smart About Money

The GET Group

Uncover the secrets of wise spending, and sharp decision making when earning those hard-earned dollars.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced	28100 (Level 3 – Credits 4) 28098 (Level 3 – Credits 3) 28099 (Level 3 – Credits 3) 7127 (Level 3 – Credits 2)	Year 11 and above Regular check-ins with The GET Group

Success in Café Service

Industry Training Solutions (ITS)

An opportunity for students to get real hands-on experience – serving in a café and working with customers and get assessed on the skills that they will learn along the way.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced 8-week time frame	14441 (Level 3 – Credits 5) 21853 (Level 3 – Credits 5)	Year 11 and above Must complete practical component within a workplace or volunteer work

Success in Retail

Industry Training Solutions (ITS)

Learning the skills required to be successful in retail are only a couple of things that this course offers. You will learn about the importance of product knowledge and effective communication skills. Also delves into the world of theft and fraud and the effect that can have on the workplace.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced 8-week time frame	28301 (Level 2 – Credits 5) 24997 (Level 2 – Credits 5)	Year 11 and above

Supporting & Leading

The GET Group

Communicate effectively and plan an event for your community with a group.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced	1304 (Level 3 – Credits 2) 11095 (Level 3 – Credits 3) 30906 (Level 3 – Credits 6)	Year 11 and above Regular check-ins with The GET Group

Understand Customer Service

Industry Training Solutions (ITS)

The service industry requires you to have a wide range of skills. This starter package will give the best start! This is a great mix of theory and practical assessments. Will suit anyone that wants to work in hospitality, retail or travel and tourism.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced 8-week time frame	14466 (Level 2 – Credits 2) 14469 (Level 2 – Credits 2) 28145 (Level 2 – Credits 2) 11968 (Level 2 – Credits 4)	Year 11 and above Must complete practical component within a workplace or volunteer work

University Courses

Some universities offer online STAR courses for students ready for their first-year university level. Specific requirements apply, please contact your region's STAR advisor for more information. Only available to students who are residing in New Zealand. Alternatively, check out the **Uni Ready** course with the provider *Thrive for Life* which is available to Year 12 & 13 students.

Uni Ready

Thrive for Life

Going to uni next year? This self-paced online uni-prep course helps with the what, where and how – including selecting the right uni, checking out halls, managing money, future planning, developing good study habits and self-care skills. Check out this [video](#) from Thrive for Life for more information.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
Online or Paper-Based	Self-paced	Not available	Year 12 and above

Wellbeing Basics

The GET Group

Learn self-management skills with a focus on resilience strategies and developing a plan for your personal wellbeing/Hauora.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced	33157 (Level 1 – Credits 3) 33241 (Level 1 – Credits 4) 33242 (Level 1 – Credits 4)	Year 11 and above Regular check-ins with The GET Group

Wellbeing for Life

The GET Group

Plot your career, master the art of wellness & tackle problems challenges.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF or Paper-Based	Self-paced	4251 (Level 3 – Credits 3) 2990 (Level 3 – Credits 4) 9695 (Level 3 – Credits 4)	Year 11 and above Regular check-ins with The GET Group

Tertiary Link

Tertiary Link courses are mostly theoretical but may include some practical work. They will give you an idea of what it's like to study at a tertiary level and may help you decide whether a certain career path is right for you. Students may choose what programmes that can do but will only be able to gain up to **12 credits in total**.

Agriculture & Horticulture

Southern Institute of Technology (SIT) / Telford

If you are interested in any Primary Industry, you can choose from the available Level 1, 2 & 3 unit standards.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF	Self-paced Due 28 November	See Agriculture & Horticulture flyer for available unit standards.	Year 11 and above Contact Ces to enrol

Animal Care

Southern Institute of Technology (SIT)

If you love working with and caring for animals, or you have an interest in vet nursing, you can choose from the available Level 2 & 3 unit standards.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
Online	Self-paced Due 28 November	See Animal Care flyer for available unit standards.	Year 11 and above Contact Seth to enrol

Aviation

Service IQ / International Aviation Academy New Zealand (IAANZ)

If you are interested in Aviation, you can enrol into Level 1 & 2 Entry Level unit standards with Service IQ. Te Kura may also order Level 3-unit standards through International Aviation Academy NZ on a case-by-case basis.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
Paper-based (Level 1 & 2)	Self-paced Due 5 December	See Aviation flyer for available unit standards.	NZ Based Only Level 1: Year 10 and above
Online (Level 3)	Self-paced 16-week time frame	Level 3 units require an exam to be completed in order to gain the credits.	Level 2: Year 11 and above Level 3: Case-by-case basis Contact Lisa U-J to enrol

Early Childhood

Whanau Awhina Plunket

These unit standards aim to provide opportunities and pathways for students to gain skills in early childhood learning and the care of infants, toddlers, and young children.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF	Self-paced Due 5 December	Please see ECE flyer for available unit standards.	Year 11 and above Some units require access to an ECE setting Contact Lisa U-J to enrol

Equine

Telford / New Zealand Equine Education Trust (NZEET)

If you own or work with horses or are considering a career within the Equine Industry, you can choose from the available Level 1, 2 & 3 unit standards.

Delivery	Duration	Unit Standard(s)	Enrolment Criteria
PDF	Self-paced Due 28 November	Please see Equine flyer for available unit standards.	Year 11 and above Contact Ces Lowe to enrol

Health & Wellbeing

SIT

The aim of this programme is to provide ākongā with the skills and knowledge required for employment or further training in the health sector. An ideal starting point for ākongā wishing to study Nursing, Midwifery and other health and wellness professions.

Delivery	Duration	Unit Standard	Enrolment Criteria
Online	Self-paced Due 28 November	Please see Health & Wellbeing flyer for available unit standards.	Year 11 and above Contact Seth Smith to enrol

Tourism

International College Tourism (ITC)

This programme is suitable for those who are interested in helping people plan their holidays or want to work for a travel agency. Choose from the available Level 2 & 3 unit standards.

Delivery	Duration	Unit Standard	Enrolment Criteria
Online	Self-paced Due December	Please see Tourism flyer for available unit standards.	Year 11 and above Contact Seth Smith to enrol

Sport and Exercise

SIT

Gain a foundation of knowledge to work in the recreation and sport community. Learn how to progress into more advanced studies in sport and exercise. There are Level 2, 3 & 4 unit standards available.

Delivery	Duration	Unit Standard	Enrolment Criteria
Online	Self-paced Due 28 November	Please see Sport and Exercise flyer for available unit standards.	Year 11 and above Contact Seth Smith to enrol