
Central South STAR Catalogue 2025

This STAR Catalogue has a list of face-to-face offerings that are available to students currently in the **Central South Region** (Wellington, Hutt Valley, Manawatū-Whanganui and Taranaki).

Please note that students based in the Top of the South Island will need to contact Southern STAR Coordinator *Seth Smith* seth.smith@tekura.school.nz

If you are unable to attend a face-to-face STAR course, then a distance course may suit. Please see available courses via the [Distance STAR Catalogue](#)

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 in this catalogue throughout the year. **This catalogue was last updated on Monday 13th October – 12:00pm**

For all **Central South STAR** queries and enrolments, please contact STAR Coordinator *Lisa Usoali'i-Jansen* Lisa.Usoalii-Jansen@tekura.school.nz

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

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

- [Automotive](#) | [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

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Wellington Courses

Below are courses available in **Wellington City, Porirua, Kapiti Coast, Horowhenua (Levin)** and surrounding areas. All courses have their location listed unless there are various options available. If a course does not have any unit standards listed or is a 'Taster', then there are no credits available.

(Work Ready) Barista

The Learning Place

Wash those hands and pop on an apron for this simulated café experience. Ākonga will learn and demonstrate safe work practices, espresso beverage making, and customer interactions in a café environment.

Location	Duration	Dates	Times	Unit Standard(s)	Enrolment Criteria
Wellington Bridge Club – 17 Tinakori Road, Thorndon	2 days	24 – 25 November	9am – 3pm	Practical assessments: 28145 (Level 2 – Credits 2) Written and Practical assessments: 17593 (Level 2 – Credits 4) 17285 (Level 2 – Credits 4)	Year 11 and above

Comprehensive First Aid

NZ Red Cross

This course is one we recommend for all workplaces, but particularly for those in high-risk industries. It covers crucial first aid skills such as CPR and managing life-threatening bleeding, along with more advanced topics like head and spinal injuries, environmental conditions such as hypothermia and heat stroke, and addressing more complex trauma injuries. You will gain the practical skills and knowledge needed to confidently provide first aid in emergencies, whether at work or home.

Location	Duration	Dates	Times	Unit Standard(s)	Enrolment Criteria
Wellington	2 days	Dates vary, please inquire	Day 1: 8:30am – 5pm Day 2: 8:30am – 12:30pm	6402 (Level 2 - Credits 2) 6401 (Level 2 - Credit 1) 6400 (Level 3 - Credits 2)	Year 10 and above
Levin					
Tawa					
Kapiti					

Defensive Driving

AA Driver Training

The AA Defensive Driving course will give you the skills, knowledge, and confidence to be a smarter and safer driver. You can complete this course while on your Learner, Restricted or Full Licence. If you are on your Learner Licence, you must be confident enough to complete a 1-hour drive.

Location	Duration	Dates	Times	Unit Standard(s)	Enrolment Criteria
Wellington	2 days a week for 2 weeks	Dates vary, please inquire	From 5pm to 8pm	Not available	16 years old and above Must have at least Learner Licence Must be confident to complete 1 hour drive
Thorndon					
Johnsonville					
Karori					
Porirua					
Kapiti					
Levin					

Essential First Aid

NZ Red Cross

This course is a great option for first aiders in low-risk workplaces and those wanting to increase their first aid skills. It covers important life support skills and builds upon them with training on how to assess and manage common trauma injuries such as burns and fractures, as well as medical emergencies like heart attacks and strokes.

Location	Duration	Dates	Times	Unit Standard(s)	Enrolment Criteria
Wellington	1 day	Dates vary, please inquire	8:30am – 5pm	6402 (Level 2 - Credits 2) 6401 (Level 2 - Credit 1)	Year 10 and above
Tawa					
Kapiti					
Levin					

Hutt Valley

Below are courses available in **Lower Hutt** and **Upper Hutt**. All courses have their location listed unless there are various options available. If a course does not have any unit standards listed or is a 'Taster', then there are no credits available.

Comprehensive First Aid

NZ Red Cross

This course is one we recommend for all workplaces, but particularly for those in high-risk industries. It covers crucial first aid skills such as CPR and managing life-threatening bleeding, along with more advanced topics like head and spinal injuries, environmental conditions such as hypothermia and heat stroke, and addressing more complex trauma injuries. You will gain the practical skills and knowledge needed to confidently provide first aid in emergencies, whether at work or home.

Location	Duration	Dates	Times	Unit Standard(s)	Enrolment Criteria
Petone	2 days	Dates vary, please inquire	Day 1: 8:30am – 5pm	6402 (Level 2 - Credits 2) 6401 (Level 2 - Credit 1) 6400 (Level 3 - Credits 2)	Year 10 and above
Upper Hutt			Day 2: 8:30am – 12:30pm		

Defensive Driving

AA Driver Training

The AA Defensive Driving course will give you the skills, knowledge, and confidence to be a smarter and safer driver. You can complete this course while on your Learner, Restricted or Full Licence. If you are on your Learner Licence, you must be confident enough to complete a 1-hour drive.

Location	Duration	Dates	Times	Unit Standard(s)	Enrolment Criteria
Lower Hutt	2 days a week for 2 weeks	Dates vary, please inquire	From 5pm to 8pm	Not available	16 years old and above
Upper Hutt					Must have at least Learner Licence Must be confident to complete 1 hour drive

Essential First Aid

NZ Red Cross

This course is a great option for first aiders in low-risk workplaces and those wanting to increase their first aid skills. It covers important life support skills and builds upon them with training on how to assess and manage common trauma injuries such as burns and fractures, as well as medical emergencies like heart attacks and strokes.

Location	Duration	Dates	Times	Unit Standard(s)	Enrolment Criteria
Petone	1 day	Dates vary, please inquire	8:30am – 5pm	6402 (Level 2 - Credits 2) 6401 (Level 2 - Credit 1)	Year 10 and above
Upper Hutt					

Palmerston North Courses

Below are courses available in **Palmerston North, Manawatu, Horowhenua (Foxton and Shannon)** and surrounding areas. All courses have their location listed unless there are various options available. If a course does not have any unit standards listed or is a 'Taster', then there are no credits available.

Café Service Skills **UCOL Palmerston North**

The UCOL STAR Café Service Skills course teaches methods for preparing and presenting basic sandwiches for service.

Location	Duration	Dates	Times	Unit Standard(s)	Enrolment Criteria
UCOL Campus – 18 Princess Street	2 weeks (every Friday)	7 November 14 November	9am – 3pm	13281 (Level 2 – Credits 5)	Year 10 and above

Comprehensive First Aid **NZ Red Cross**

This course is one we recommend for all workplaces, but particularly for those in high-risk industries. It covers crucial first aid skills such as CPR and managing life-threatening bleeding, along with more advanced topics like head and spinal injuries, environmental conditions such as hypothermia and heat stroke, and addressing more complex trauma injuries. You will gain the practical skills and knowledge needed to confidently provide first aid in emergencies, whether at work or home.

Location	Duration	Dates	Times	Unit Standard(s)	Enrolment Criteria
Palmerston North	2 days	Dates vary, please inquire	Day 1: 8:30am – 5pm Day 2: 8:30am – 12:30pm	6402 (Level 2 - Credits 2) 6401 (Level 2 - Credit 1) 6400 (Level 3 - Credits 2)	Year 10 and above

Defensive Driving

AA Driver Training

The AA Defensive Driving course will give you the skills, knowledge, and confidence to be a smarter and safer driver. You can complete this course while on your Learner, Restricted or Full Licence. If you are on your Learner Licence, you must be confident enough to complete a 1-hour drive.

Location	Duration	Dates	Times	Unit Standard(s)	Enrolment Criteria
Palmerston North	2 days a week for 2 weeks	Dates vary, please inquire	Times vary each date and location	Not available	16 years old and above Must have at least Learner Licence Must be confident to complete 1 hour drive.

Essential First Aid

NZ Red Cross

This course is a great option for first aiders in low-risk workplaces and those wanting to increase their first aid skills. It covers important life support skills and builds upon them with training on how to assess and manage common trauma injuries such as burns and fractures, as well as medical emergencies like heart attacks and strokes.

Location	Duration	Dates	Times	Unit Standard(s)	Enrolment Criteria
Palmerston North	2 days	Dates vary, please inquire	8:30 am – 5pm	6402 (Level 2 - Credits 2) 6401 (Level 2 - Credit 1)	Year 10 and above

Whanganui Courses

Below are courses available in **Whanganui, Rangitikei, Ruapehu** and surrounding areas. All courses have their location listed unless there are various options available. If a course does not have any unit standards listed or is a 'Taster', then there are no credits available.

Comprehensive First Aid

NZ Red Cross

This course is one we recommend for all workplaces, but particularly for those in high-risk industries. It covers crucial first aid skills such as CPR and managing life-threatening bleeding, along with more advanced topics like head and spinal injuries, environmental conditions such as hypothermia and heat stroke, and addressing more complex trauma injuries. You will gain the practical skills and knowledge needed to confidently provide first aid in emergencies, whether at work or home.

Location	Duration	Dates	Times	Unit Standard(s)	Enrolment Criteria
Whanganui	2 days	Dates vary, please inquire	Day 1: 8:30am – 5pm Day 2: 8:30am – 12:30pm	6402 (Level 2 - Credits 2) 6401 (Level 2 - Credit 1) 6400 (Level 3 - Credits 2)	Year 10 and above

Essential First Aid

NZ Red Cross

This course is a great option for first aiders in low-risk workplaces and those wanting to increase their first aid skills. It covers important life support skills and builds upon them with training on how to assess and manage common trauma injuries such as burns and fractures, as well as medical emergencies like heart attacks and strokes.

Location	Duration	Dates	Times	Unit Standard(s)	Enrolment Criteria
Whanganui	1 day	Dates vary, please inquire	8:30am – 5pm	6402 (Level 2 - Credits 2) 6401 (Level 2 - Credit 1)	Year 10 and above

Taranaki Courses

Below are courses available in **New Plymouth, Stratford, South Taranaki**, and surrounding areas. All courses have their location listed unless there are various options available. If a course does not have any unit standards listed or is a 'Taster', then there are no credits available.

Barista

WITT New Plymouth

This course is designed to give you an introduction to the hospitality industry by giving you the opportunities to learn how to use commercial espresso coffee equipment and prepare espresso beverages for service

Location	Duration	Dates	Times	Unit Standard(s)	Enrolment Criteria
WITT Campus – 20 Bell Street	6 days	17 – 24 November	9am – 2:30pm	17285 (Level 2 – Credits 4) 17288 (Level 3 – Credits 5)	Year 10 and above

Comprehensive First Aid

NZ Red Cross

This course is one we recommend for all workplaces, but particularly for those in high-risk industries. It covers crucial first aid skills such as CPR and managing life-threatening bleeding, along with more advanced topics like head and spinal injuries, environmental conditions such as hypothermia and heat stroke, and addressing more complex trauma injuries. You will gain the practical skills and knowledge needed to confidently provide first aid in emergencies, whether at work or home.

Location	Duration	Dates	Times	Unit Standard(s)	Enrolment Criteria
Hawera	2 days	Dates vary, please inquire	Day 1: 8:30am – 5pm	6402 (Level 2 - Credits 2) 6401 (Level 2 - Credit 1) 6400 (Level 3 - Credits 2)	Year 10 and above
New Plymouth			Day 2: 8:30am – 12:30pm		

Essential First Aid

NZ Red Cross

This course is a great option for first aiders in low-risk workplaces and those wanting to increase their first aid skills. It covers important life support skills and builds upon them with training on how to assess and manage common trauma injuries such as burns and fractures, as well as medical emergencies like heart attacks and strokes.

Location	Duration	Dates	Times	Unit Standard(s)	Enrolment Criteria
Hawera	1 day	Dates vary, please inquire	8:30am – 5pm	6402 (Level 2 - Credits 2)	Year 10 and above
New Plymouth				6401 (Level 2 - Credit 1)	