
Distance STAR Catalogue 2026

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 February 2026**

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** – *Matthew Thornbury* Matthew.Thornbury@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:

- [Early Childhood](#) | [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](#) | [Automotive](#) – *Matthew Thornbury* Lisa.Usoalii-Jansen@tekura.school.nz

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

Driver Licensing

Drive is a free, government-funded course that helps young people aged 16+ build the knowledge and skills they need to achieve their Learner, Restricted, and Full licences. Through step-by-step guidance, practical resources, and confidence-building activities, Drive supports rangatahi on their journey to becoming safe, independent drivers.

[Click here to access Drive](#)

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Available Distance Courses

Babysitting

Whanau Awhina Plunket

This course is presented using videos, quizzes and activities which are fun as well as informative. You will learn about the role of the babysitter, including the expectations of the families you are working for ages and stages of children from birth to school age, their basic needs and their care; Professional behaviour, including your presentation; How to engage with children of different ages, including activities for each age group and behavioural information; Safety, including emergency situations, keeping yourself and the children safe, and basic first aid and How to get a babysitting job.

| Delivery | Duration | Unit Standard(s) | Enrolment Criteria |
|-----------------|------------------------------------|-------------------------|---|
| Online | Self-paced 4-week timeframe | Not available | Year 10 and above Contact Ces Lowe Ces.Lowe@tekura.school.nz to enrol |

Barbering Theory

HITO

| Delivery | Duration | Unit Standard(s) | Enrolment Criteria |
|--------------------|-----------------------------------|---|---------------------------|
| PDF or Paper-Based | Self-paced Due in November | 10645 (L3 – Cr 3) 28018 (L 3 – Cr 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 (L3 – Cr 4) 27645 (L3 – Cr 6) | Year 11 and above |

Business Basics L2

Industry Training Solutions

Build workplace communication capability. Practice writing clear internal and external correspondence, short reports and graphic bases documents. Learn workplace language and presentation styles that employers expect. A great option for ākongā preparing for admin or customer service roles.

| Delivery | Duration | Unit Standard(s) | Enrolment Criteria |
|----------|--|---|--|
| Online | Self-paced – 8 week deadline to complete | 3488 L2, 3 cr 3492 L2, 3 cr 1280 L2, 2 cr | Year 11 and above Workplace or simulated workplace required for practical assessment component. |

Business Skills L3

The GET Group

Get a taste of business by understanding organisational requirements and mastering team leadership like a pro!

| Delivery | Duration | Unit Standard(s) | Enrolment Criteria |
|--------------------|------------|--|---|
| PDF or Paper-Based | Self-paced | 27557 (L3 – Cr3) 30911 (L3 – Cr3) 27563 (L3 – Cr4) | Year 11 and above Regular check-ins with The GET Group |

Chef's Starter Kete L3

Industry Training Solutions

Explore key culinary terms, food-safety principles and contamination – control methods required under the Food Act 2014. Gain an understanding of ingredients, preparation methods and safe kitchen practice.

| Delivery | Duration | Unit Standard(s) | Enrolment Criteria |
|----------|--|--------------------------------|--------------------|
| Online | Self-paced – 8 week deadline to complete | 18497 L3, 8 cr 168 L3, 4 cr | Year 12 and above |

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 | | 26542 (L2 – Cr 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 Due 15 December 2025 | 17286 (L2 – Cr 2) 17287 (L2 – Cr 2) 17285 (L2 – Cr 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 (L3 – Cr 3) 17288 (L3 – Cr 5) | Year 11 and above Access to an Espresso Coffee Machine Regular check-ins with The GET Group |

Fashion

Southern Institute of Technology

| Delivery | Duration | Unit Standard(s) | Enrolment Criteria |
|----------|------------|--|---|
| Online | Self-paced | 4838 (L2 – Cr3) 6685 & 6692 (L2, 10 cr) 16837 (L2 – Cr 3) | Year 11 and above Enrol into one unit standard at a time |

Food Safety L2

Industry Training Solutions

Understand Food Control Plans, hazard management and compliance requirements. Develop skills to maintain safe, hygienic workplaces and confidently meet NZ food safety standards applicable across cafes, restaurants and community kitchens.

| Delivery | Duration | Unit Standard(s) | Enrolment Criteria |
|----------|--|--|--|
| Online | Self-paced – 8 week deadline to complete | 20666 L3, 2 cr 167 L3, 4 cr 168 L3, 4 cr | Year 12 and above Workplace or simulated workplace required for practical assessment component. |

Hairdressing Theory

HITO

| Delivery | Duration | Unit Standard(s) | Enrolment Criteria |
|--------------------|-------------------------------|---|--------------------|
| PDF or Paper-Based | Self-paced Due in November | 2891 (L2 – Cr 5) 25439 (L2 – Cr 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 Due 15 December 2025 | 497 (L1 – Cr 3) 30265 (L3 – Cr 8) 19522 (L3 – Cr 3) | Year 11 and above Regular check-ins with The GET Group |

Hospo Skills Essentials L2

Industry Training Solutions

The perfect intro to the world of hospitality. Learn about workplace safety, product knowledge and the importance of maintaining a secure hazard free environment. This course prepares ākongā for both front and back of house roles.

| Delivery | Duration | Unit Standard(s) | Enrolment Criteria |
|----------|--|---|--------------------|
| Online | Self-paced – 8 week deadline to complete | 20666, L2, 2 cr 14466, L2, 2 cr 28301, L2, 5 cr | Year 11 and above |

Hospo Skills Essentials L3

Industry Training Solutions

Upskill for higher level hospitality roles by expanding your knowledge of food safety, coffee production and responsible alcohol service.

| Delivery | Duration | Unit Standard(s) | Enrolment Criteria |
|----------|--|--|--------------------|
| Online | Self-paced – 8 week deadline to complete | 168, L3, 4 cr 17284, L3, 3 cr 4645, L3, 2 cr | Year 12 and above |

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 until you are confident enough to book in for your Learner Licence test. 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 | Not available | 16 years old and above |

LCQ Alcohol Managers Course L3/4

Industry Training Solutions

This course delivers all knowledge required for the Licence Controller Certificate Qualification, including host responsibility and legal compliance under the Sale and Supply of Alcohol Act 2012.

| Delivery | Duration | Unit Standard(s) | Enrolment Criteria |
|----------|--|--|--------------------|
| Online | Self-paced – 8 week deadline to complete | 4645 L3, 2 cr 4646 L4, 2 cr 16705 L4, 4 cr | Y13 |

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 (L3 – Cr 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 Due 15 December 2025 | 28088 (L1 – Cr 3) 28089 (L1 – Cr 3) 29558 (L1 – Cr 3) 12348 (L1 – Cr 2) | Year 11 and above Regular check-ins with The GET Group |

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 (L3 – Cr 4) 24996 (L3 – Cr 3) 27928 (L3 – Cr 5) | Year 11 and above |

Safe in Work

The GET Group

Learn how to deal with harassment, understand discrimination and master the art of being assertive.

| Delivery | Duration | Unit Standard(s) | Enrolment Criteria |
|--------------------|------------------------------------|---|---|
| PDF or Paper-Based | Self-paced Due 15 December 2025 | 1299 (L2 – Cr 4) 542 (L2 – Cr 3) 525 (L2 – Cr 3) | Year 11 and above Regular check-ins with The GET Group |

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 Due 15 December 2025 | 24695 (L2 – Cr 2) 28093 (L2 – Cr 3) 28095 (L2 – Cr 3) 1827 (L2 – Cr 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 Due 15 December 2025 | 28100 (L3 – Cr 4) 28098 (L3 – Cr 3) 28099 (L3 – Cr 3) 7127 (L3 – Cr 2) | Year 11 and above Regular check-ins with The GET Group |

Success in Retail L2

Industry Training Solutions

This theory course focuses on product knowledge, communication, and awareness of theft and fraud in the workplace. Gain an insight into how excellent service and sound knowledge drive customer satisfaction and business success.

| Delivery | Duration | Unhis Standard(s) | Enrolment Criteria |
|----------|--|--------------------------------------|--------------------|
| Online | Self-paced – 8 week deadline to complete | 28301 (L2, cr 5) 24997 (L2, cr 5) | Y11 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 Due 15 December 2025 | 1304 (L3 – Cr 2) 11095 (L3 – Cr 3) 30906 (L3 – Cr 6) | Year 11 and above Regular check-ins with The GET Group |

University STAR Courses

University of Canterbury offers online courses for students ready for their first-year university level study. 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 Due 15 December 2025 | 33157 (L1 – Cr 3) 33241 (L1 – Cr 4) 12348 (L1 – Cr 2) 30910 (L1 – Cr 2) | 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 Due 15 December 2025 | 4251 (L3 – Cr 3) 2990 (L3 – Cr 4) 9695 (L3 – Cr 4) | Year 11 and above Regular check-ins with The GET Group |