

Te Hoe Manaaki me kā Ratoka Ahumahi

# Hospitality & Services Industries



**GET  
SET**



[ara.ac.nz](http://ara.ac.nz)

# Dual Enrolment

## Learn with us while you're still at school.

If you're in Years 11 to 13 at secondary school, Dual Enrolment courses are a way to experience tertiary study while still at school. You spend a day or two at Ara and the rest of the week at school. It's a great opportunity to earn NCEA credits and get a head start in a subject you want to study when you leave school.



Scan to learn more about our Dual Enrolment courses

# Youth Guarantee

## Discover your path with a free course.

If you're aged between 16 and 24 and not in school, employment or any other training, a Youth Guarantee course is the smart way to get ahead. Free and available in a wide range of subjects, these courses set you up with great foundation skills for employment or further study, and enable you to make confident decisions about your future.



Scan to learn more about our Youth Guarantee courses

### Dual Enrolment



Level 1 – 3



Christchurch, Timaru



Part-time: one year



February

*\*Some courses are available in Christchurch only or in Timaru only*

We offer the following Dual Enrolment courses in:

#### Food and Hospitality

- Bakery Level 3 (2-day)
- Cookery Level 3 (2-day)
- Cookery and Restaurant Service Skills Level 3 (1-day)
- Hospitality, Cookery & Beverage Level 2 (2-day) (Chch)
- Hospitality Supported Learning Level 1 (1day)

#### Hair and Beauty

- Beauty Therapy and Hairdressing
- Hairdressing and Beauty Therapy Level 3 (Timaru only)
- Introduction to Beauty Therapy Level 2 (1-day)
- Introduction to Barbering Level 2 (1-day)
- Salon Skills Level 2

### Youth Guarantee



Level 2 – 3



Christchurch, Timaru\*



Full-time: six months



February, July\*

*\*Not all courses are available at both locations, or in both semesters. Please contact us for exact details.*

We currently offer these Youth Guarantee courses:

- New Zealand Certificate in Salon Skills (Introductory) Level 2
- New Zealand Certificate in Hairdressing (Salon Support) Level 3

# Bakery

## Learn the skills, techniques and artistry required for a career in baking.

Professional baking is more than just making breads, cakes, pies, pastries and desserts. It's also about understanding the ingredients, the recipes and the science behind the process. As a baker you also need to know how to operate efficiently in a commercial food setting and be comfortable working in a fast-paced environment.

At Ara we can equip you with all these skills in preparation for a career in bakery. Our highly experienced tutors are passionate about sharing their knowledge and encouraging your creativity in the kitchen. They'll ensure you graduate with skills and confidence, ready for an exciting career in the baking industry.



Scan to learn more about our Bakery courses



## New Zealand Certificate in Baking (Generalist)



Level 4



Christchurch



Full-time: one year



February

## Learn the essential skills required to work in a commercial or boutique bakery.

Gain the essential skills you need for a successful career as a professional baker with this industry-focused programme.

We'll teach you how to produce a range of bakery products including biscuits, breads, cakes and pastries, plus all the basic principles of bakery science, quality management, health and safety and hygiene standards required for the commercial baking industry.

As part of the programme, you'll take part in work placements at local cafés and bakeries, and you'll be involved in operating and preparing food for our on-campus cafe, The Pantry.

## New Zealand Diploma in Cookery (Advanced Patisserie)



Level 5



Christchurch



Full-time: one year



February

## Acquire advanced patisserie skills and take a leading role in commercial kitchen environments.

This programme will equip you with the advanced preparation, cookery and presentation techniques to confidently plan and produce a wide range of complex dishes including hot and cold desserts, gateaux and torten.

You'll also learn effective methods for planning and monitoring workflow and supplies, and strategies for managing staff and operations to meet performance targets.

Visit [ara.ac.nz](http://ara.ac.nz) for all entry requirements and fee information.

# Cookery

Transform your love of food into a career as a professional chef.

Ara is renowned for the quality of its cookery graduates and has a proud record of success at national and international competitions.

In our commercial training kitchens, our highly experienced cookery tutors will equip you with all the essential skills you'll need as a chef – from culinary expertise and presentation techniques to knowledge of related areas like menu planning, ingredient sourcing, inventory and health and safety. You'll graduate prepared for an exciting career which can take you around the world, from local cafes and function venues to international resorts and Michelin star restaurants.



Scan to learn more about our Cookery courses



## New Zealand Certificate in Cookery



Level 4



Christchurch, Timaru



Full-time: one year



February, July\*

**Gain the skills and confidence required to work in fast-paced commercial kitchen environments.**

During this course you'll gain the skills required to create a wide range of complex dishes including meats, poultry, cold larder and desserts.

You'll learn about preparation and presentation techniques, food safety, health and safety, operating policies of commercial kitchens and communication practices between colleagues, managers and customers.

*\*July intake available in Christchurch only.*

## New Zealand Diploma in Cookery (Advanced Cookery)



Level 5



Christchurch



Full-time: one year



February, July

**Learn how to produce advanced dishes and take a leading role in commercial kitchen environments.**

This advanced programme will equip you with the skills to confidently plan and produce a broad range of meat, poultry, fish and larder dishes, employing advanced preparation, cookery and presentation techniques.

You'll also learn effective methods for planning and monitoring workflow, strategies for managing staff and operations to meet performance targets, and how to plan, develop and design dishes and menus.



# Hospitality and Tourism

## Pursue your passion for serving perfection.

The huge and ever-expanding hospitality and tourism sector relies on people with a passion for delivering exceptional service and experiences.

Our courses in these areas are very practical and designed to equip you with the hands-on skills employers need. You'll learn from highly experienced tutors – including many who continue to work in the industry – and graduate with excellent employment prospects.



Scan to learn more about our Hospitality Management and Tourism courses



## New Zealand Certificate in Food and Beverage Service



Level 3 and Level 4



Christchurch



Full-time: six months per programme  
or one year for both  
Part-time: available



February, July\*

## Gain essential hospitality, food and beverage service skills in our specialist training facilities.

Great customer service and product knowledge are the keys to standing out to an employer. This highly practical programme (with Level 3 and Level 4 options) has a choice of study strands.

Learning in our campus café and restaurant from tutors with extensive experience, you'll acquire the skills to produce a range of bar and espresso beverages to a high standard and provide formal table service. In the Level 3 programme you'll learn the selling skills and product knowledge (including wine, beverages and menu items) for working in a licensed restaurant or bar. In the Level 4 programme you can build on this knowledge by learning how to design cocktails, and provide advanced table service.

*NB: See the website for more information on strands and intakes.*

*\*July – Level 4 only*

Visit [ara.ac.nz](http://ara.ac.nz) for all entry requirements and fee information.

## New Zealand Diploma in Hospitality Management (Level 5)



Level 5



Christchurch



Full-time: one year



February, July

### Equip yourself with management skills for the hospitality industry.

Trainee manager, supervisor, team leader; whatever role you're seeking in the hospitality industry, this programme will equip you with essential skills you can build on throughout your career.

You'll learn about leadership principles, how to build and maintain positive staff relationships, and how to monitor and maintain operating procedures and compliance requirements. Key areas covered include the importance of excellent customer service and how to work in collaborative, team-based environments within restaurant, bar, barista, hotel reception and accommodation contexts. In addition, you'll gain a sound understanding of local and international tourism and the essential contribution tourists make to the hospitality industry.

You'll undertake a practical work placement which will give you the opportunity to set personal and professional development goals.



## Bachelor of Hotel & Tourism Management<sup>^</sup>



Level 7



Christchurch



Full-time: three years  
Part-time: up to 10 years



July

### Gain specialist skills to excel in hospitality or tourism.

This flexible degree will prepare you to succeed in hospitality management or tourism management by equipping you with widely applicable, real-world knowledge and skills.

In your first year you'll develop a depth of business knowledge required for any commercial context, such as leadership, accounting, marketing, HR and sustainability.

In your second year you'll choose to specialise in either tourism management or hospitality management (or both for a double major) and take a range of courses appropriate to your specialisation.

Your final year of study involves more complex critical and strategic thinking skills. A work placement with a hospitality or tourism-related business will put your learning to the test. Through a practical project with a real-world organisation, you'll address a business problem or advance a business opportunity for that organisation. On successful completion, you'll have real-life work experience to add to your CV.

*<sup>^</sup>Pending approval*



# Beauty Therapy

Learn how to help people look and feel their best.

Ara's beauty therapy, skincare and make up courses will equip you with all the skills and knowledge you need to embark on a career in the beauty industry. You'll learn from expert tutors and gain lots of practical experience at our in-house salon which is open to the public.

When you graduate, you can take advantage of the range of career opportunities available in the industry. You could specialise in a particular treatment like electrolysis or facials, become a makeup artist for film and TV, work in salons and spas around the world (even on cruise ships) or start your own business.



Scan to learn more about our Beauty Therapy courses

## New Zealand Certificate in Makeup and Skin Care (Introduction)



Level 3



Christchurch



Full-time: six months



February, July

### Equip yourself with foundation skills for the beauty industry.

This programme is a great way to gain a foundation of knowledge and hands-on skills for working as a skincare and makeup technician. You'll learn about skin types and conditions, makeup techniques, workplace requirements and professional communication and conduct.

Within our treatment rooms, you'll also have the opportunity to work on models, applying and gaining knowledge about a wide range of makeup and skincare products.



Visit [ara.ac.nz](http://ara.ac.nz) for all entry requirements and fee information.



Level



Location



Duration



Starts

## New Zealand Certificate in Beauty Therapy



Level 4



Christchurch, Timaru



Full-time: one year



February, July\*

### Acquire the skills and knowledge needed to work as a beauty therapist in New Zealand or overseas.

Through a combination of theory and practice, this programme will equip you to walk into a job, consult with clients and perform beauty therapy services in a professional manner. Aspects covered include professional practice, business awareness, anatomy and physiology, facial treatments, makeup, nail and waxing services, spray tanning and relaxation massage.

You'll learn from experienced tutors and a wide range of industry speakers including spa managers, appearance medicine specialists and cosmetic representatives. These professionals will give you an insight into products, techniques, technologies, and specific qualities that employers look for. You'll also work with real clients in our industry-standard salons.

*\*July intake available in Christchurch only.*



## New Zealand Diploma in Beauty Therapy



Level 5



Christchurch



Full-time: one year



February

### Expand your skills and expertise to become a highly competent beauty professional.

If your goal is to become a highly qualified beauty therapist, this programme is the perfect way to build on your existing knowledge and skills.

It will equip you to work in a variety of settings and take on greater responsibilities. You'll also become capable of managing or owning your own beauty clinic. Specifically, you'll learn about a range of treatments that will extend your capabilities in advanced skincare, nutrition, microdermabrasion, electrolysis hair removal, hot stone massage, body wraps and exfoliations, dermal needling and LED light therapy.

You'll extend your ability to take on advanced responsibilities and implement professional standards in the areas of health, safety and hygiene - skills that are valued in the industry and will enhance your employment opportunities.



"It prepared me with the right tools, skills and opportunities."

**Annica, Beauty Therapy**

# Hairdressing and Barbering

Gain the skills for a fulfilling career in the hairdressing industry.

If you're a people person, creative and good with your hands, hairdressing and barbering could be your perfect career. Every day you'll apply your skills to the task of enhancing the confidence and self-image of your clients, and as techniques and products evolve, you'll always be learning.

At Ara, you'll learn from industry professionals who'll teach you both theory and practical skills in our modern training salons. You'll also gain valuable real-world experience by operating salon days on campus with real paying clients.



Scan to learn more about our Hairdressing and Barbering courses

## New Zealand Certificate in Hairdressing (Salon Support)



Level 3



Christchurch, Timaru



Full-time: one year



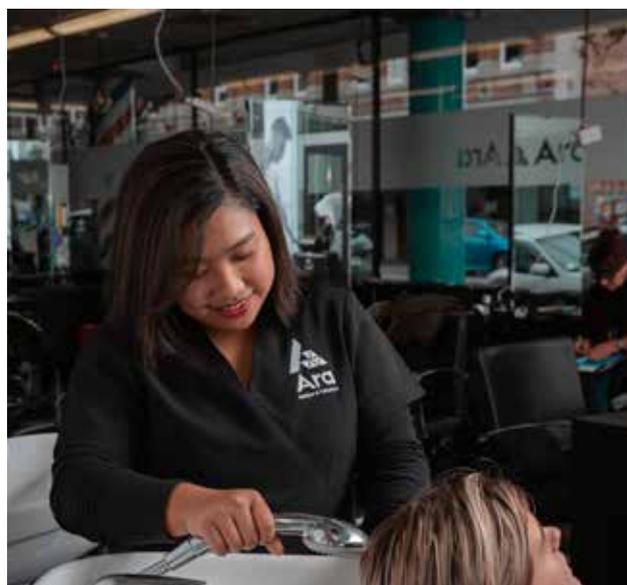
February

### Gain the foundation skills needed to start a career in hairdressing.

If you're seeking an introduction to hairdressing, this programme will give you a solid foundation to build on with further study.

You'll learn about salon culture, operations and terminology so you can communicate effectively with clients, peers and supervisors, perform reception duties, and master hairdressing theory and practical skills.

Other areas covered include: conducting thorough client consultations; applying hair treatments; removing hair colour; understanding home hair care products; shaping and styling hair using different techniques and tools; maintaining cutting equipment; performing colouring and de-colouring services; handling chemical treatments; and adhering to personal hygiene, presentation, health, safety and environmental standards within a salon.



Visit [ara.ac.nz](http://ara.ac.nz) for all entry requirements and fee information.

## New Zealand Certificate in Hairdressing (Professional Stylist)

 Level 4

 Christchurch

 Full-time: one year

 February

## New Zealand Certificate in Commercial Barbering

 Level 4

 Christchurch

 Full-time: one year

 February

### Add to your salon skills to give yourself a strong start to a career in hairdressing.

This programme has been designed to follow on from the New Zealand Certificate in Hairdressing (Salon Support) Level 3.

As well as continuing to build on the skills and knowledge you've already acquired, you'll learn about advanced hair and scalp analysis, advanced cutting and chemical and non-chemical services. You'll also design, develop and create long hair creative styles for special themes or events. Work experience within the industry is a crucial part of your learning.

Upon completion you will be a fully-qualified hairdresser possessing skills in advanced consultations and treatments, cutting techniques, creative colouring and chemical knowledge, as well as strong interpersonal skills.

### Master the art of barbering for a career in an expanding sector.

Taught by barbering experts, this heavily practical programme will equip you with detailed knowledge and skills to be able to work in the ever-growing barbering industry. It covers classic and modern barbering techniques, scissor skills, clipper and fade work including traditional wet shaves, plus professional ethics and standards.

You'll study the latest industry fashion trends and develop your own style. You'll also learn about health and safety requirements, front-of-house operations and discover how to enhance your social media capabilities in order to attract a regular clientele. Our on-site barber shop provides a real-life industry environment where you'll build your skills and capabilities as a professional commercial barber.



# Massage Therapy

## Become a skilled and qualified massage practitioner.

Massage therapy is a form of health care that dates back thousands of years. It's used to support an individual's wellbeing and to balance their physical, emotional and mental state. Our massage therapy programmes allow you to specialise in a particular area of massage – remedial or wellness and relaxation – or to study both areas to broaden your skill base. You'll learn from highly experienced practitioners and gain solid theoretical knowledge to complement the hands-on skills you'll acquire. Your studies will also include clinical practice hours to ensure you graduate with real-world experience and ready for employment or self-employment.



Scan to learn more about our  
Massage Therapy courses



### New Zealand Diploma in Wellness and Relaxation Massage



Level 5



Christchurch



Full-time: one year



February

### Prepare for a career as a wellness and relaxation massage therapist.

This qualification will equip you to provide wellness and relaxation massage therapy services within the health sector and massage therapy industry. You'll learn about the anatomical, physiological and basic chemical concepts of the body and application methods to perform a full body massage treatment. You'll also learn a range of professional, self-management and communication skills required to meet client and industry needs. In addition, you'll gain insight into the psychological benefits of massage relevant to professional practice. Learning takes place in a real-world industry environment and includes clinical practice hours during which you'll apply and refine your massage techniques.

### New Zealand Diploma in Remedial Massage



Level 6



Christchurch



One year



February

### Prepare for a career as a remedial massage therapist.

Designed to build upon the New Zealand Diploma in Wellness and Relaxation Massage Level 5, this qualification will equip you to provide remedial massage therapy services to the public in allied health, wellness and medical settings that require this specialist service.

It will develop your existing skills in massage therapy assessment, enquiry, observation and physical testing. You'll learn how to identify and interpret pathological processes on body systems and medical diagnostic testing, and you'll go into further depth regarding the psychology of health. You'll also apply sport-specific assessment and massage therapy techniques to identify and treat a range of sports-related injuries.

Learning takes place in a real-world industry environment and includes clinical practice hours.

Visit [ara.ac.nz](http://ara.ac.nz) for all entry requirements and fee information.



Level



Location



Duration



Starts



# COME CHECK US OUT

Get a feel for what it's like to study with us on a guided campus tour.

**Book your tour at:**  
[ara.ac.nz/book-a-tour](https://ara.ac.nz/book-a-tour)

## Notes

## Notes



# APPLY NOW

[ara.ac.nz](http://ara.ac.nz)

## City campus

130 Madras Street, Christchurch  
Mon-Fri, 8am - 4.30pm

## Manawa campus

276 Antigua Street, Christchurch  
Mon-Fri, 8.30am - 4.30pm

## Woolston campus

Ensors Road, Christchurch  
Mon-Fri, 8am - 4.30pm

## Timaru campus

32 Arthur Street, Timaru  
Mon-Fri, 8am - 4.30pm

## Connect with us:

Connect with us here:

Free call (New Zealand): 0800 24 24 76

Email: [info@ara.ac.nz](mailto:info@ara.ac.nz)

