

www.kalandra.ac.nz



KALANDRA LEVEL 4

2026

Programme Brochure



Kalandra.ac.nz



Training@kalandra.ac.nz



0800 KALANDRA

NEW ZEALAND CERTIFICATE IN HEALTH AND WELLBEING (LEVEL 4)

Certificate in Health and Wellbeing (Level 4)

Programme Overview:

NZQF: Level 4

Total credits: 120

Delivery length: 46 weeks (including 6 holiday weeks)

Total learning hours: 1200

Directed learning: 20 Hours per week. ONLINE.

Work placement: Clinical hours in own place of work (as appropriate).

A minimum of 10 hours per week.

Entry Criteria:

- Aged 18 years of age and over
- NCEA Level 1 Numeracy and Literacy or equivalent
- Currently employed as a Health Care Assistant (or undertaking regular volunteer work)
- New Zealand Certificate in Health and Wellbeing (Level 3) or the equivalent qualification or experience
- Clean criminal record
- Ability to complete course work and assignments online
- Willingness to work with the older person
- Physically able

Work Visas:

- IELTS 5.5 overall or equivalent
- Support of employer

Strand Options:

- Palliative Care
- Physical Disability
- Intellectual Disability
- Community Care
- Mental Health Support



Programme Content:

Module 1: Relationships in Healthcare

Module 2: Personal Growth

Module 3: Contributions to the Workplace

Module 4 & 5: Elective

Module 6: Communication & Engagement

Module 7: Cultural Identity and Related Issues

Electives:

1. Mental Health
2. Dementia Care
3. Community Care
4. Palliative Care
5. Diversional Therapy

Cost:

New Zealand Citizens OR
Permanent Residents

\$2222

Work Visa Holders

\$5000

Can be paid by installments

Employment Pathways:

Graduates can be employed in roles such as:

- Healthcare Assistant – Aged Care, Primary and Acute Care, Therapeutic Programme Care
- Community Support Worker
- Medical Practice Assistant, Dental Assistant
- Homecare Support Worker / Caregiver
- Hospital Orderly

Education Pathways:

For graduates who wish to pursue further study related to health and wellbeing, this qualification may lead on to the New Zealand Certificate in Public Health and Health Promotion (Level 5), New Zealand Diploma in Addiction Studies (Applied) (Level 6) or Bachelor Degrees in related health and wellbeing subject areas. For graduates who intend to pursue further study related to leadership and management, this qualification may lead on to the New Zealand Certificate in Business (First Line Management) (Level 4), the New Zealand Diploma in Business (Level 5) and New Zealand Diploma in Business (Level 6) or Bachelor Degrees in related leadership and management subject areas.

INTRODUCTION

Vision: To inspire excellence and foster growth in education and training that empowers caring and person-centred care

Mission: At Kalandra we nurture caring hearts and skilled hands through innovative, culturally attuned training – making a real difference in the lives of those who need it most

Purpose:


In a world dominated by an ageing society, the demand for the provision of care that older people expect and deserve is rapidly outstripping current support staff numbers and ability. Kalandra's purpose is to meet that demand and, by extending Health Care Assistant knowledge and skills, to optimise the standard of care received by aged people in New Zealand and internationally. Kalandra is built on a value system that holds caring, respect and knowledge at its core

Why Kalandra?

Transparent - no hidden fees! No admin fees if visas are not granted.

Clear policies regarding refunds, assessments and expectations.

History - long history in the provision of healthcare training as well as in the healthcare industry.



“Billie” the spirit behind Kalandra with founder and CE Dr Christine Clark

TESTIMONIALS

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TESTIMONIAL

"Thanks to Ritchie and the Kalandra team for giving me the opportunity to complete my Diploma in Dementia Care Level 5. It has enhanced my personal growth and development and my Faculty Manager has acknowledged my achievements and is proud of what I have accomplished with my studies and knowledge about Dementia Care."

S. C.
(DIPLOMA IN DEMENTIA, L5)

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TESTIMONIAL

"I would like to take this opportunity to thank the staff, teachers, mentors and management team at Kalandra Education Group. It was the most memorable experience of my life which i will always cherish"

D. K.
(DIPLOMA IN DEMENTIA L5)

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TESTIMONIAL

"Kalandra is so much more accepting of life's obstacles... which tells me they truly do understand fellow people's dynamics"

J. B. K

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TESTIMONIAL

"I believe that it is the tutor that makes the difference to how much a student can learn and take in. I also believe that I would not have been able to get through the assignments without the input and weekly webinar held by the tutor. Thank you Joanna"

T
(NZ CERT L3)