



**Experience America!**  
Become an Au Pair in the US

# Discover America as an Au Pair!

## THE AUPAIRCARE PROGRAM

The AuPairCare program provides qualified young women and men the opportunity to live with an American family while working as an au pair – caring for the family’s children. Since 1989, AuPairCare has placed over 25,000 au pairs with families in the US and is designated by the Department of State as an official au pair program sponsor. AuPairCare will match you with a caring host family, sponsor your visa, organize your travel, and provide constant support to ensure you have a successful year!

## REWARDS AND BENEFITS OF YOUR YEAR

- Make a real difference in the lives of children
- Teach Americans about your culture and learn about theirs
- Improve your English
- Take classes at an American college or university
- Earn money while experiencing life in the US
- Make new friends and travel in your free time
- Gain maturity, confidence and international work experience

## THE AUPAIRCARE ADVANTAGE

- Timely matching with a screened, caring host family
- Au Pair Orientation Training Program in New York City
- 2-Weeks paid vacation and 4-weeks to travel at the end of your year
- Regularly scheduled social and cultural activities with other au pairs
- Year-long support of a local AuPairCare representative

*“I always liked babysitting and taking care of kids, but I never realized how special my host children would be to me. We have had such a wonderful year together, and I treasure the time I have spent with them!”*

*-Anna, Age 19  
Auckland, New Zealand*



*"I am so glad I chose AuPairCare! They found me a great host family, introduced me to other au pairs, and provided me with ideas and advice!"*

*-Mariana, Age 26  
Sao Paulo, Brazil*



## SUPPORTING YOU FROM START TO FINISH

The helpful, caring and experienced support of AuPairCare's staff ensures your year in the US will be a rewarding one.

### SELECTING YOUR AMERICAN FAMILY

With AuPairCare, you get to choose your host family. Our families are carefully screened to ensure you will be in a comfortable environment. Our experienced representative interviews each family in-person, and assesses the family's suitability for the program.

Our unique on-line matching service allows us to make the best match between your preferences and those of the host family. Most host families are working parents with 1-3 children, typically between the ages of 1-8 years old, and live in suburbs outside of cities. Our families are open to new ideas, interested in the world and other countries, and look forward to learning about your culture. Most of all, they want you to feel welcome in your new home, and want you to become part of the family.

### NYC ORIENTATION

Once you have matched and an arrival date is set, you will travel to New York City to attend the AuPairCare Orientation Training Program. This three day/four night course provides instruction on child development, child health and safety and adjusting to life in the US. It is also an opportunity to meet other au pairs and explore the best NYC has to offer!

### LOCAL AUPAIRCARE SUPPORT

Once you are with your host family, your local AuPairCare representative is available to provide guidance whenever you need it. They will introduce you to other au pairs in the region and organize monthly events in your area. You will also be supported by our 24-hour toll-free emergency phone service.



### OPTIONAL SECOND YEAR EXTENSION

AuPairCare also offers you the opportunity to extend your stay for an additional 12 months. A second year allows you to deepen your connection with your host family and gives you more time to explore and experience life in the US.

### EARN MORE AS AN ELITE AU PAIR

If you have a higher level of skills and experience in childcare, AuPairCare's Elite program is right for you! Elite au pairs are paid 30% more than regular au pairs. To qualify, Elite au pairs must have one or more of the following:

- Have completed a full-time, two-year academic course in childcare
- Be a certified childcare provider or hold a related degree
- Have two years of full-time experience as a nanny, or nursery/primary school teacher

## SKILLS AND REQUIREMENTS

Au pairs need to have experience caring for children, speak English, be licensed to drive a car, and agree to the other conditions set by the U S Department of State regulating au pairs in the United States.

### AS AN AUPAIRCARE AU PAIR YOU MUST:

- Love caring for children
- Have previous experience in childcare
- Be between the ages of 18 and 26
- Be a secondary school graduate or equivalent
- Be proficient in English
- Be in good health
- Have a valid driver's license

### THE AUPAIRCARE PROGRAM PROVIDES YOU WITH:

- A 12-month J-1 cultural exchange visa
- Round-trip airfare from your country to New York City, and one-way airfare to your host community
- A weekly stipend (\$139.05) paid to you by the host family (\$200 for Elite)
- An educational fund (\$500) to pay for local classes
- 2-Weeks (ten days) paid vacation time
- A month to travel after completing your year
- Private room and full board provided by your host family
- Full medical and accident insurance
- An option to extend your program

As an au pair you will provide personalized childcare up to 45-hours per week. An au pair's duties may include light housekeeping related to the children, and other childcare support, such as:

- Supervising and playing with your family's children
- Preparing children's meals
- Straightening children's rooms
- Doing children's laundry
- Driving children to school, appointments and activities



### APPLICATION AND INTERVIEW

To apply to become an au pair, you will submit a detailed written application, including a childcare resume, essay, photographs, recent medical check-up, and police background check. You will also need at least two childcare references and one character reference. Every au pair is interviewed in person by an AuPairCare representative.

*“One of my goals for this year was to see as much of the US as I could. Guess what? I did it! Grand Canyon and Yosemite, Las Vegas and Los Angeles, beaches and mountains, and everything in between!”*

*–Marte, Age 22  
Oslo, Norway*



## LIFE AS AN AU PAIR

AuPairCare au pairs are adventurous, curious, and interested in learning about new countries and cultures. Most importantly, they love spending time with children. As an au pair you will spend up to 45 hours per week taking care of children and related childcare duties. An average day might include taking your host children to the park, playing games, baking cookies with them, and helping them clean their room. During your free time, you may get together with other au pairs for a movie, take a trip to explore a nearby city, or join your host family for a barbecue or weekend outing to the beach. Life as an au pair is busy, fun, challenging and different every day!

## LIFE AS A STUDENT

Pursuing educational opportunities is part of your year in the US. You'll choose classes at a local College or University where you will earn academic credits. Studying in the US will give you a chance to make American friends, experience campus life, and explore academic interests. You may want to study Art History, Advanced English, Astronomy or American Cinema! Your host family will provide you with up to \$500 towards your studies.

## LIFE IN AMERICA

As an au pair, you'll have lots of time to experience life in America. With your host family you'll learn about the US in an everyday setting, as well as discover the US as a tourist. You'll get to know your community, visit new places on weekends, and travel during your two-week paid vacation. Your J-1 visa also gives you an extra month to travel at the end of your program. So whether you see the US on your own, or with friends you meet on the program, there are many adventures awaiting you!

*“Studying in the US has been a real plus to being an au pair. I have taken Art History and a web design course!”*

*–Monika, Age 25  
Warsaw, Poland*



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