



Over 35 Years
of Excellence

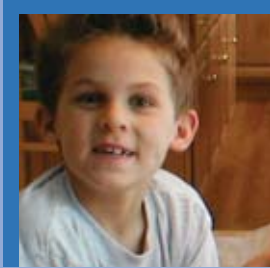
A photograph of a woman with long dark hair, wearing a dark purple long-sleeved shirt and dark pants, smiling as she holds a young boy from behind. The boy is wearing a blue t-shirt and blue and yellow plaid shorts. They are both holding a bright orange baseball bat. The background is a lush green field under bright sunlight. The image is framed by a blue arc at the top and an orange arc at the bottom.

InterExchange Au Pair USA

An
Intercultural
Child-Care
Program

Au Pair USA

Who We Are



AuPair USA is a child-care program offered by InterExchange, a non-profit organization founded more than 35 years ago to create affordable, cultural exchange programs for young adults throughout the world. We take great pride in the professionalism and service of our New York-based staff, local coordinators and international cooperators. Our goal is to provide on-going support to host families and au pairs throughout their time with our program, making sure that it is an enjoyable, enriching and rewarding experience for all. Since 1986, InterExchange has sponsored thousands of young people on our program, while helping host families throughout the United States find the quality, affordable live-in childcare they want.



This Au Pair USA brochure contains information for potential host families and au pairs. Presenting the Au Pair USA program to both host families and au pairs in one brochure ensures that both the host family and the au pair have the same understanding of the program prior to participating. InterExchange creates realistic expectations for its host families and au pairs in order to better prepare them for the wonderful and enriching experience of cultural exchange that lies ahead.

"As a local coordinator for the last 12 years, I've watched hundreds of au pairs share their lives and their cultures with my host families. Au pairs learn and grow as their year progresses and bring to host families true love for their children and an opportunity to make everyone feel part of a larger world community. This program is all about opening your heart and your home."

— DEB MARTIN, AU PAIR USA LOCAL COORDINATOR, MICHIGAN



Au Pair USA

Childcare with a Difference

The Au Pair USA program offers American families the unique opportunity to experience affordable, live-in childcare, provided by young adults from around the world. Au Pair USA offers these young adults the chance to live with an American host family as an extended family member and to learn about life in the United States while caring for their children.

What is an Au Pair?

Au pairs are caring, live-in child-care providers between the ages of 18 and 26 who live as an extended member of a host family while receiving room, board and a small stipend. While the au pair's first priority is to provide quality childcare for the host family's children, Au pairs also benefit from a small Educational Component, which gives them an opportunity to meet other young people in their community. In addition to providing childcare, an au pair's responsibilities may include:

- dropping the children off at school
- picking them up from school or after-school activities
- helping with homework
- assisting in keeping the children's rooms clean
- cooking light meals for the children

Au pairs are young people who have a genuine love of children. Au pairs care for the host family's children up to 10 hours per day and a maximum of 45 hours per week. Au pairs are in a unique position to share their culture with their host family by teaching the children songs, games and activities from their native country. Au pairs, the children they care for and their parents often develop a strong bond that lasts well beyond the time they are together in the program.

InterExchange is proud to be one of the first organizations designated by the U.S. Department of State to offer the Au Pair program. Since 1986, InterExchange has sponsored thousands of young people to take part in this program.



Highlights of the Au Pair USA Program

Commitment to Quality, Personal Service and Support

Au Pair USA makes a commitment to providing top quality personal service and support the entire time host families and au pairs are participating in the program. Participants receive personal attention and continuous support. Our local coordinators are trained by Au Pair USA with a focus on ensuring that host families and au pairs have the best experience possible.

Screening and Qualification Process

Designated by the U.S. Department of State, Au Pair USA follows strict guidelines to ensure that each experience is a positive one. Host families and au pairs are selected with great care. Au pairs are interviewed in their home country, submit references and a medical report, are tested for English skills, provide a police clearance report and have child-care experience. Host families submit references and are interviewed by an Au Pair USA local coordinator who takes the time to explain the program, answer any questions they may have, learn about the family's particular needs and ensure the host families can provide suitable living arrangements for their au pair.

Exclusive Choice Matching

Au Pair USA's Exclusive Choice Matching means that only one family at a time reviews each au pair's application. There is no competition among host families to be the first to contact an au pair. Host families and au pairs can consider each situation individually, giving both parties the time to make sure it is the right situation.

Orientation and Training for Au Pairs

All au pairs receive the Au Pair USA Childcare book written by early childhood educators, consultants and nurses. This independent study unit introduces au pairs to the stages of child development from infants to school-aged children, and to child-care topics, including communication with children, discipline, safety and basic first aid.

Au pairs also participate in a one-week Orientation and Training Program designed and taught by professionals from the education and health-care fields. Held at a conveniently located conference hotel in the center of New York City, the program includes the use of workbooks, lectures, videos and hands-on training.





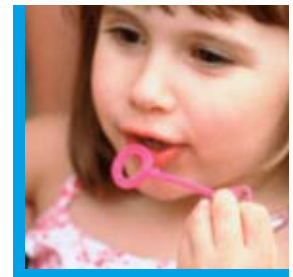
General topics include:

- Child Development for Newborns to Age 12
- Age Appropriate Activities
- Culture Shock, Insurance and J-1 Visa and Program Regulations

An all-day child health and safety program led by an American Red Cross licensed instructor is a key feature of the Orientation and Training program.

Topics for this portion of the program include:

- First Aid, CPR and Rescue Breathing
- Accident Prevention Awareness
- Car, Fire, Toy, Indoor and Outdoor Safety
- Basic Child Health Care



Professional and Caring Local Coordinators

Our local coordinators cover 24 states and are trained by Au Pair USA staff to serve as a resource and advisor to host families and au pairs. They get to know each family in order to assist in choosing the right au pair and to answer any questions that might arise. Local coordinators also welcome au pairs upon their arrival and stay in contact once a month to ensure things are running smoothly. Our local coordinators are recognized as the best in the industry!

Extensive Network of International Cooperators

Au Pair USA has international cooperators in more than 40 countries around the world with offices in Western & Eastern Europe, South America, Australia, Asia and Africa. Our international cooperators have been trained by Au Pair USA staff to recruit au pairs who have a genuine love of children with a variety of child-care experience. Au pairs are given an orientation to the program and then are interviewed and tested for English language skills and submit references, a medical report and a police clearance report. International cooperators also help au pairs with pre-departure logistics and provide assistance with the J-1 Visa application process at the local U.S. Consulate.

Au Pair Extension and Summer Only Programs Available

Au Pair USA offers an Extension program that allows families to extend a current au pair's stay for 6, 9 or 12 months, providing a more stable childcare environment and reduced fees. The summer-only program is for families that only need summer childcare. Summer au pairs go through the same screening, orientation and training process as traditional au pairs.



Host Families

Why Host Families Choose Au Pair USA

The Au Pair USA program offers you the unique opportunity to experience affordable, live-in childcare by young adults from around the world.

Flexible, Affordable, Live-In Childcare

Hosting an au pair in your home has many advantages over other forms of childcare. You eliminate the need to drive your children to an outside childcare provider and you have increased flexibility in determining the hours and days of childcare needed each week. Hosting an au pair is also less expensive than most other forms of childcare. In addition, program fees and weekly stipends are the same no matter how many children you have. There are no “per child” charges, which makes Au Pair USA an even more economical option for families with more than one child.

Increased Parental Control Over How Childcare Is Provided

Hosting an au pair gives you a greater degree of control over the type of care provided to your children than with childcare provided outside the home. You will have the chance to impart your child-care requirements to your au pair while building a solid relationship with your children’s caregiver.

One-on-One, Personalized Attention for Your Children

Au Pairs provide one-on-one attention for your children and ensure continuous care, even when a child is ill, reducing the need for you to miss work.

Exclusive Choice Matching

Our Exclusive Choice Matching means that only one family at a time reviews our carefully screened and interviewed au pair candidates. You will not have to compete with other host families when calling and interviewing an au pair.

Long History of Offering Cultural Exchange and Au Pair Programs

InterExchange has been offering the Au Pair program since 1986. Au Pair USA was one of the first Au Pair programs designated by the U.S. Department of State.

Safety and Au Pair Training

Au Pairs participate in our mandatory Orientation and Training Program before joining your family, which includes: American Red Cross Basic First Aid, CPR, Health and Safety Training and Child Development and Cross-Cultural Awareness Training.



Cultural Exchange Opportunities

Au pairs come from more than 40 countries worldwide, providing your children with a unique perspective on the world outside of your local community. Children develop a greater understanding of the world around them, establishing a bond with their caregiver that typically lasts well beyond the au pair's stay with your family.

Requirements

Host Families must:

- Be prepared to welcome your au pair as an extended member of the family and include the au pair in family meals, outings, holidays and other events;
- Speak English and be U.S. citizens or legal permanent residents;
- Be able to provide a private room and meals for your au pair;
- Reside in an area covered by an InterExchange Au Pair USA Local Coordinator.

Host family applications are accepted all year long. While au pairs provide up to 10 hours of childcare per day and up to 45 hours of childcare per week, host families provide the au pair with a weekly stipend of \$139.05, and \$500 for the year toward the Educational Component. The au pair also receives two weeks' paid vacation during the year, one and a half days off each week and at least one complete week-end off each month.

"I am writing to commend our au Pair, Steffi Lutz, from Germany. My entire family loves her; it feels as if she's been part of our family for a long time. We have 5-month-old triplet boys and you can imagine the amount of work involved and our concern about having someone in our house who we can trust with our three babies. Steffi has been an absolute dream; it is a pleasure to have her in our home!"

— THE ANDRADE HOST FAMILY



Host Families

How to Become a Host Family

Upon being accepted into the program, your family will receive our Handbook for Host Families and Au Pairs. This publication covers everything from the application process to au pair placement, the J-1 Visa, the year ahead, building a relationship with your au pair and much more.

Choosing the Right Au Pair for Your Family

Once we have received your completed Au Pair USA application, your local coordinator will contact you to schedule an in-home interview and orientation. This will allow your local coordinator to get to know your family better, to discuss your child-care needs and to answer any questions you may have about the program.

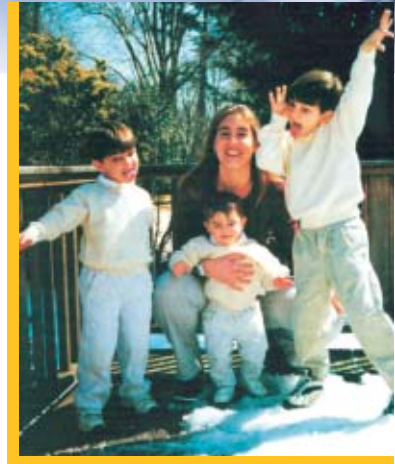
Your placement coordinator in New York will send you Au Pair applications to review based on the needs outlined in your application and input received from your local coordinator. Au Pair USA's placement coordinators are trained to identify the qualities in an au pair that are important to you, making it easier for you to select your au pair. Au Pair USA never matches by computer; all matching is done by our professional and caring staff.

With Au Pair USA's Exclusive Choice Matching process, your family is the only family reviewing the Au Pair applications picked specifically for you. There is no competing with other families for an au pair's attention, and no confusion on the au pair's part about who you are. Exclusive Choice Matching is what makes Au Pair USA's placement process so simple and stress-free for host families and au pairs.

Host families speak with au pair candidates at least twice in order to ensure that the au pair is right for your family and can fit in as an extended family member. Au Pair USA's Handbook for Host Families and Au Pairs provides suggested interview questions for Host Families.

Our local coordinators, many of whom have been with Au Pair USA for 10 years or more, are also a good resource for host families. Your local coordinator can provide you with additional input regarding a potential au pair, and will offer guidance and support throughout the matching process.

When you and your au pair have agreed to match, inform your local coordinator and Au Pair USA will do the rest!





Au Pairs

Why Au Pairs Choose Au Pair USA

The Au Pair USA program offers you the opportunity to learn firsthand about the United States by living with an American family and providing childcare for their children.

J-1 Visa Sponsorship from an Experienced Organization

Au pairs are sponsored by InterExchange for a J-1 Exchange Visitor Visa. This Visa permits you to work as an au pair in the United States. InterExchange has been sponsoring cultural exchange programs for more than 35 years.

Live as an Extended Family Member With a Carefully Screened U.S. Host Family

As an au pair, you will have the opportunity to live with an American host family and care for their children, as an extended family member participating in many family activities. Each host family is carefully screened and interviewed and recognizes the benefits of participating in a cultural exchange experience. You will gain a valuable insight into the American culture and way of life and also have the chance to improve your English language skills.

Exclusive Choice Matching

Our Exclusive Choice Matching means that only one family at a time will call you. There is no confusion about which family is calling, and you will have time to learn about your prospective host family before you match.

Orientation and Training Program in the Center of New York City

All au pairs participate in a one-week Orientation and Training Program in New York City prior to traveling to their host families. Held at a conference hotel in the heart of New York City, it is an exciting introduction to your year in the United States. In addition to seminars on child development and child health and safety issues, you'll learn about life in the United States and how to adjust to a new culture. The rules and regulations of the J-1 Visa and the health insurance program are explained and you'll be given the opportunity to participate in a New York City tour during one of the free evenings.



Au Pairs



Monthly Au Pair Meetings

Au pairs attend monthly meetings organized by their local coordinator. Meetings can be informational, cultural or educational in nature, and are a great way for you to meet other InterExchange Au Pair USA participants in your community. Some meetings have included holiday parties, museum trips, concerts, sporting events, volunteer projects, travel opportunities, charity walks and guest speakers on child-care issues.

Weekly Stipend, Room and Board, Paid Vacation and Time Off

Au pairs are provided with a weekly stipend of \$139.05 per week for 51 weeks, a private room, meals, an education allowance, two weeks' paid vacation, one and a half days off per week and at least one complete weekend off each month during the year.

Travel Arrangements and Accident & Sickness Insurance Included, International Airfare Provided from Most Countries

Au pairs receive international airfare from most countries. Accident & Sickness Insurance is also provided for all au pairs participating in the program.

Educational Allowance for Classes

Au pairs enroll in classes, taking the equivalent of six credit hours for the year, while participating in the program. Au pairs receive up to \$500 per year to use toward the Educational Component of the program. You can take interesting courses and make new friends at the same time!

Optional Month to Travel Within the United States

After successfully completing the program, au pairs have the option to travel throughout the U.S. for up to one month.



Au Pairs

How to Become an Au Pair

Upon being accepted into the program, you will receive our Handbook for Host Families and Au Pairs. This publication covers everything from the application process to au pair placement, the J-1 Visa, the year ahead, building an au pair-host family relationship and much more.

Requirements

Au pairs must:

- Be 18 to 26 years old;
- Have a genuine love of children and previous childcare experience;
- Speak and understand English;
- Be a secondary school graduate;
- Be in good health;
- Have an international driver's license and a minimum of 50 hours of driving experience;
- Be a non-smoker or be prepared to stop smoking if required by the host family;
- Be of good character and receive a police clearance report;
- Prepare to commit to 12 months away from home;
- Be a first time au pair in the U.S.



Au pair applications are accepted year-round by Au Pair USA's international cooperators.

Return your completed Au Pair USA application to your international cooperator. Your international cooperator will contact you to arrange an information session and interview in English. This time is set aside to answer any questions you may have about the program, to ask you questions about your previous child care experiences and your motivations for being an au pair, and for you to complete a Personality Profile.

Once your completed application is received by Au Pair USA, your application will be reviewed and sent to appropriate families, one family at a time. You can be assured that Au Pair USA's experienced placement coordinators will find the best family for you. The host family will then call you on the phone so that you can get to know each other and ask each other questions. Once you have agreed to match with a host family, Au Pair USA will send you your visa documentation, flight information and pre-departure information — Au Pair USA does the rest!

1-800-AuPairs or 212.942.0446 from outside the United States

InterExchange

Contact Information

Au Pair USA

www.AuPairUSA.org
1-800-Au-Pairs or 1-212-924-0446
AuPair@InterExchange.org

H-2B

www.InterExchange.org/H2B
1-800-479-0907 or 1-212-924-0446
H2B@InterExchange.org

Camp USA

www.InterExchange.org/CampUSA
1-800-597-1722 or 1-212-924-0446
CampUSA@InterExchange.org

Work & Travel USA

www.WorkTravelUSA.org
1-800-621-1202 or 1-212-924-0446
WorkTravel@InterExchange.org

Career Training USA

www.CareerTrainingUSA.org
1-888-621-1202 or 1-212-924-0446
Training@InterExchange.org

Working Abroad

www.WorkingAbroad.org
1-800-597-3675 or 1-212-924-0446
WorkAbroad@InterExchange.org



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