

Live in the USA as an AuPair

Do you love children? Have you dreamed of spending a year in America? Now, while you are young and free?

As part of your education or while deciding what to do with your life You can make it happen, by living as part of an American host family for a whole year through JCR Cultural Exchange Child Care Programs. You'll help care for your host family's children in exchange for the rich experience of living as a treasured "big sister" or "big brother" in an American family.

What is an Au Pair in the USA?

Of course you know what it is to be an au pair! But living as an au pair in the USA is very different, and much more rewarding. As an au pair, you live as a member of an American host family, sharing in the joys of family living. You become a special "international daughter", not a servant.

In exchange for the hours of child care assistance you provide for your host family's children each week, you'll have your own furnished private bedroom and receive weekly pocket money. You'll have 2 weeks of vacation during the year, and at least 1 1/2 days free each week. You'll have time to spend as you choose, and the opportunity to learn about new subjects in American classes.

Part of being an au pair is studying at a local educational institution for 3 hours per week (educare aupairs study for six hours per week). Your family will help you get enrolled, they will pay up to 500 U.S. dollars (\$1000 for an Educare aupair) for your school fees, and make sure you have transportation to your classes and of course, you will meet new American friends as you share their classes and way of life.

Besides your American friends, you'll meet other au pair exchange participants like yourself - young women and men from many countries who've come to your homestay community as au pairs and you'll meet your Community Counselor / Area Representative - a special support person and friend - who'll be there for you throughout your year in America.

Live in America Safely and Legally

When you become an au pair, you become a part of one of the most respected cultural exchange organizations in America and the world.

JCR's partner goAUPAIR is one of six USIA designated au pair cultural exchange programs and since its founding has provided nearly 8.000 au pairs with the opportunity to spend a year as an au pair in the USA.

With goAUPAIR you have the security of being a legal au pair participant with a proper j-1 exchange visitor visa. Au pairs who are in the USA illegally can be arrested and expelled from America, without the opportunity to return. They often receive little money, and have no legal rights and no one to turn to for help. goAUPAIR offers safe and legal approach to becoming an au pair in America.

goAUPAIR au pairs are also happy to learn that their airfare is subsidised and the superior medical, travel, personal liability and life insurance coverage is the most comprehensive possible.

goAUPAIR au pairs soon recognize that is dedicated to providing the best exchange experience for all program participants.

You and Your Host Parents

When you are placed with an host family, you have the security of knowing they chose you out of all the au pairs available to them.

The best way to truly become involved in the culture of a foreign country is to live among its people as a member of a family. Every au pair exchange participant does

just that. Host families are carefully screened by goAUPAIR and consider it a privilege to welcome au pairs into their home.

Your host family expects you to provide safe, loving, reliable child care assistance for their children for up to 45 hours each week. You may be responsible for bathing and feeding the children, playing games, making up the beds and straightening up the children's rooms. Your day may include being available to a sleeping child, helping with schoolwork, or driving the children to soccer or ballet practice. You won't be responsible for heavy housework, but you may prepare an occasional family meal, help clean up the dishes, or help with the family grocery shopping.

You and the Children

A lot happens in a child's life during a year. They grow physically, they develop in leaps. They triumph when they master something and they are sometimes sick and miserable. Everything to them has an intensity of the new and unknown and you are caught up in it. You become as excited as they when they manage their first steps or when they understand that words mean certain things.

To live with a child for a year is to become permanently attached. It is a deep rewarding feeling when you have become someone of trust and comfort to a child. They will come to you with all their joys and worries.



What it's like to be an Au Pair in the USA

When you become an au pair, you will:

- Have your own furnished bedroom in your host family's home.
- Be placed near a major city, close to colleges or other educational institutions, within a group of au pairs.
- Receive 139.05 U.S. dollars weekly Pocket money*. Educare Aupairs earn \$124.09, Premier Aupairs \$200 and Aupair Plus \$170 per week.
- Have 2 weeks vacation, with pocket money.
- Receive a legal J-1 exchange visitors visa, which allows you to come and go freely to and from the USA.

* Subject to change in US government regulations.

Au Pair in the USA

- Participate in an orientation meeting conducted by your local Community Counselor
- Complete medical, travel, personal liability and life insurance coverage.
- A caring Community Counselor, who genuinely enjoys meeting and helping au pairs.
- Benefit from the support of the staff and Community Counselor
- Be given a Handbook
- Be able to take the "13th month" to travel and explore the USA.
- Spend a year in America legally, with an U.S. Government designated cultural program. *) with an option to renew for a second year.

- A regular schedule of social, cultural and recreational activities with other
- sponsored cultural activities twice a year
- Attending classes that will help you learn about American culture with American students. Host families pay up to 500 U.S. dollars for school fees.
- The most extensive choice of affordable, well-planned vacation trips for au pairs.
- goAUPAIR's newsletter
- Choosing the departure month that's best for you.
- Immediate placement with a carefully selected host family.

the best *exchange* experience

The Handbook

Having enough information and preparation will help make your year more rewarding and successful. Before you leave for America, you will receive a Handbook full of useful information on adjusting to a new culture, getting to know your host family, recognizing and appreciating cultural differences, and getting the most from your program year

"Au Pair Workshop"

Prior to arrival in the USA, you will receive 32 hours of instruction by DVD to prepare you for your year in America. Some families will request that you spend 4 days in New York City, before heading off to your home stay

communities participating in a the "Au Pair Workshop", taught by American Red Cross certified instructors.

Instruction will include child safety and injury prevention as well as basic first aid for child injuries. In addition you will learn about various child development stages with emphasis on techniques that promote a successful relationship between you and the children of your Host Family.

Community Counselors

Your Community Counselor will hold an orientation meeting for you soon after you arrive in your homestay community and will contact you regularly through the year She'll give you information about

resources available in your community and ideas for classes you can take. Your Community Counselor will plan regular get-togethers and activities for you and other au pairs in the area, and special "cultural events". Your Community Counselor is someone who can help you adjust to your new life, meet other au pairs and resolve any difficulties you and your host family cannot handle on your own.

Community Counselor volunteer their time because they genuinely like young people and believe in the value of cultural exchange. Your Community Counselor can help make your program year the best ever

Ask about the New Summer Aupair

June to September program

Extend Your Stay

Plan to spend your vacation or "13th month" travelling or you can discuss with your counsellor an option to spend a second year as an aupair in the USA and travel in your 25th month.

Becoming a Au Pair in the USA

Do you love children? Are you eager to spend an enriching year abroad? Do you want to experience authentic American life as a trusted "big sister or brother" in your host family? Would you like to make lifelong friends abroad?

You may be accepted by if you

- Are mature and responsible.
- Are 18 through 26 years of age.
- Enjoy children up to the age of 13 years, and have at least 200 hours experience in caring for children (baby-sitting, etc.).
- Enjoy helping children grow and develop, and are willing to enrich the lives of your host family by sharing your culture and traditions.
- Are a dedicated person who is willing to make a 1-year commitment to experience American culture by living as a member of an American family, and providing up to 45 hours of child care each week
- Have completed at least the educational equivalent of an American high school diploma (12 years).
- Are conversant in English.
- Are in good health.
- Are energetic and enthusiastic.
- Are a non-smoker
- Preferably are a licensed driver. Most American families lead highly mobile lives, driving everywhere. It is not often that a family can accept an au pair that isn't licensed to drive and if you cannot you may have to wait for placement.

In order to qualify for the goAUPAIR Premier program, au pairs must have one of the following qualifications:

- Have completed a full-time, academic course in childcare
- Be a certified childcare provider or hold a degree in childcare
- Have two years of full-time experience as a nanny, childcare provider or nursery/primary school teacher
- Have had a driver's license for at least six months

In order to qualify for the goAUPAIR Aupair Plus program, au pairs must have spent a year already as an aupair in another country



How to Apply to the Program

It's easy to apply. Simply:

- Complete and return the Pre-Application form below. We will then contact you with all details and arrange for a personal interview.

After You Are Accepted

If goAUPAIR accepts you, your application packet will be sent to in America, where it will be presented to host families that have been screened by goAUPAIR, just as you have. Often, the family will choose an au pair with



similar interests and hobbies, or the au pair may just "sound right".

In most cases, placement occurs quickly. When you have been placed with your host family, will send you your visa papers and arrange for your travel from your home country to New York City, and then to your homestay community. During this time, you can begin writing letters to your host family, so they can start getting to know you.

Departure Months

With goAUPAIR, you choose the time when you are available to travel. With The exception of SUMMER AUPAIR when travel is mid May to Mid June, you can travel at any time during the year to suit yourself and your host family.

Pre-Application form - USA

Name							
	last	first		middle			
Address							
Street / postal box							
post code				city			
Home phone		Mobile		email			
Easiest time to reach me							
Date of birth				Citizenship			
Earliest month I can depart				Latest month I can depart			
Present occupation							
Drivers license		yes		no			
English spoken		fluent		good		fair	
How did you hear about JCR – Cultural Exchange programs							
Experience with children							
Which program are you applying for? Please mark the box with an X							
Educare	Standard Aupair		Aupair Plus		Premier Aupair		Summer Aupair

Fax or email this form to

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A Year of Growth and Caring