




SQUARE
AUPAIR

Square AuPair Step by Step guide to
becoming an Au Pair in the USA

Let's do it together!

Contents



Introduction	1
Benefits	2-3
Requirements	4
Let's Meet	5
It's a Match!	6-7
Training	8-10
Your Host Family	11
A Day in the Life of an Au Pair	12
Three Programme Options	13
Fees	14
Get in Touch	15

The most exciting way to experience the American lifestyle



An Au Pair is a young adult, between the ages of 18 and 26, who travels to the United States on a J-1 Visitor Exchange Visa to provide childcare in exchange for the experience to live with and become part of an American family. Au Pairs provide their Host Families with childcare, up to 45 hours a week, and help with child related household duties.

Our programme provides American families with live-in childcare and allows our Au Pairs to experience American education, life and culture in an affordable international education programme. The term “au pair” from French means “on equal terms”, signifying that Au Pair and Host Family treat each other as equals.

Becoming an Au Pair is the most affordable and exciting way to obtain an international experience in the United States.

All of our Host Families are pre-screened by local representatives, making this a safe and most affordable way to travel and live in the U.S.



What are the benefits of our Au Pair Programme?



Free round trip flight to the United States from your home country (your free return flight is based on a successful 12 months programme completion)



Earn over \$10,000 for the year, with all accommodation (private room) and meals included



Medical insurance included



Two weeks paid holiday, 1.5 days off per week and 1 weekend off per month



Help with every step of the way



Receive up to \$500 or \$1000 (based on your programme) tuition allowance to study in an accredited US post-secondary institution (as required by US government)



The opportunity to travel for 1 month in the USA at the end of your successful placement



Become more independent and self-confident



Make new friends from around the world



Continuous support during your programme, including 24 hours a day, 7 days per week emergency support



Our partner agency based in the USA will sponsor you on a J-1 Visa, which is the only legal way for Au Pairs to go to the United States

Ensure you are eligible to become an Au Pair in the USA

You are eligible to become an Au Pair in the USA if you meet the following criteria set by the United States Government:

- Aged 18-26
- Be available for full 12 months cultural exchange programme
- Have previous childcare experience and can provide two references for non-family related childcare (minimum of 200 hours of childcare experience. This experience can include babysitting, working in a school or day care, or prior Au Pair / Nanny experience)
- Hold a full driving license
- Have secondary school exams (GCSEs or equivalent)
- Have no criminal record and can get a recent, enhanced DBS check in advance of travel
- Are in good health
- Have never participated in an Au Pair Programme in the USA

If you meet all the criteria, we will contact you and help you to take the first step - this is such an exciting time for you.

We will advise you how to fill our registration form so that it gives the best impression to Host Families.

Let's meet!

Once you complete the registration form, we will arrange an in person interview with you, during which we can answer all your questions and can further evaluate your suitability for the Au Pair Programme. We will also check your ID and can help you start the process of application for your DBS criminal background check.

As part of your application you can list your preferences about what type of Host Family you would like to be placed with (such as preferred age of the children, number of children, family's religion, location) but to have a good chance to find a Host Family quickly and complete the programme successfully, we prefer Au Pairs to be flexible and open to go to any city or state in the U.S. as the right Host Family is more important than living in a specific city.

Remember that all Host Families also have to go through an in person interview and various checks to ensure that they will treat you as a part of their family and can provide you with all that you need.

Talk to the Host Families

Once you are accepted into the programme, you will be introduced to families matching your personality and criteria and you will talk to possible Host Families by Skype, so you can get to know each other and see if you want to spend the year together. Sometimes this takes several Skype calls and a few potential families to find the right Host Family for you.

We will support you with Square AuPair Skype Call Guide which will give you useful tips and ideas about things to ask and talk about on these calls.
Number one tip: enjoy these calls with a smile!


Some Au Pairs will be matched within 1 week, some Au Pairs will take longer – depending on your level of experience and flexibility. Usually the Host Family send an introduction email first and ask to set up a Skype Call – we advise you reply as soon as possible and remain in contact with them until that first call. On average it can take up to 3 months from the date you apply for the programme to the date you are matched with your Host Family.

How we find the right American Host Family for you

We are partnered up with an American Au Pair agency that is a U.S. Department of State Designated Au Pair programme since 2003. This extends and continues our support even whilst you are in the USA as we are able to have Field Staff across USA to ensure all Au Pairs receive personalised attention.

It also ensures that All Host Families go through an in person interview and must prove they will abide by the U.S. Department of State Rules for the Au Pair Programme. The local field staff go inside the Host Family home to inspect and assure they have an adequate private room for the Au Pair. They must also show evidence that they will treat you as a member of family, include meals and activities and allow you to attend University (or similar Educational institute).

It's a match!



Once you find your Host Family and both sides are happy and comfortable, your arrival date can be confirmed and our partner agency can issue a Certificate of Eligibility for J-1 Status (also called Form DS-2019). You will receive a hard copy of documents by mail and arrange an appointment at the U.S. Embassy in London. (Don't worry, we will help you every step of the way!).

The U.S. Embassy in each country charges approximately \$160 for the J-1 visa cultural exchange non-immigrant visa application and you will need to pay this directly to the U.S. Embassy.

There is also a SEVIS fee (SEVIS – Student and Exchange Visitor Information System). It is internet based and it must be processed at least three business days prior to the date of the visa interview. Proof of payment of the fee should be presented at the time the applicant applies for the visa) – but this fee is included in your programme.

Just before you go!

Once you obtain your visa and you are preparing for your departure, we will supply you with all Pre-Arrival information that you will need. You will also be provided with your Flight ticket and information explaining the details of your travel plans and The Au Pair School Training.



The Au Pair School Training


Upon arriving to the U.S. to spend a year with your new Host Family, you will first attend our partner agency's Au Pair Training School and Programme Orientation in New Haven, Connecticut.

The Au Pair Training School is a great way for you to overcome jet lag and ask questions in a comfortable environment. It is also a way for you to meet other Au Pairs and classmates often stay in touch throughout the entire programme year.

Classes are lead by a team of child development experts who have extensive experience teaching and working with children who teach in a learning and caring capacity. Class training includes lectures, child development instruction, safety with children, videos, tests, and hands-on projects.

Acquiring these new skills will give you confidence when settling in with your new family. You will also receive an Au Pair Workbook which details the lessons so you can refer to it during your year in America. As required by the U. S. Department of State, you will receive a total of 32 hours of training and instructions through course materials, classroom time, hands-on learning, videos, tests and answers sheets. The programme lasts 3 days and free time to visit the region is available in the evenings (visiting New York City is the most popular!). Accommodation, breakfasts and lunches are included in the programme and your Host Family will either collect you at the end of your Training School or will cover your pre-arranged travel to their home.

The Au Pair Training School topics include the following:

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- Roles and responsibilities of an Au Pair
 - American culture & the typical American household
 - Creating a positive working relationship with Host Parents
 - Preparing for culture shock
 - Establishing routines and maintaining flexibility
 - Health and nutritional needs of children
 - Child temperament and communicating effectively with children of all ages
 - In-depth Child Development and Safety courses for:
 - Newborns to 12 months,
 - Age 12 months to 24 months,
 - Ages 2 to 5
 - Ages 5 to 12+
 - Sibling relationships and how to care for more than one child at a time
 - Household safety & hygiene
 - First aid training that includes CPR
 - Safety training for infants, toddlers and young children, and much more!

Meeting your Host Family

Your Host Family will be fully prepared for your arrival and no doubt as excited to meet you as you will be to meet them!

We will fully support both of you with Au Pair Guide / Host Family Guide and you will also have a Local Community Counselor that will be there for any of your questions, worries or concern. The Local Community Counselor will meet with you in person within 2 weeks of your arrival, and after that, once every month.

We will also help you to meet other Au Pairs in the local area.

Host Families are responsible for your flights and / or transportation expenses from the Au Pair School to their home.

Typical day in the life of an Au Pair

Enjoying childcare is a must. The daily schedule and range of tasks vary from family to family but some of the most common tasks are:

- Getting children up and ready for the day
- Preparing meals for children
- Being home as necessary if children are home from school due to illness, holidays or weather
- Taking the children to and from activities, helping with homework
- Playing!
- Organising activities, play dates and days out
- Organising children's bedroom and laundry

Host Families can ask you to work up to 45 hours per week maximum with 1.5 days off per week and 1 full weekend off per month.

You will receive \$195.75 every week from the Host Parents. Not only you will be earning money and getting experience working with kids and living the American lifestyle for a year, you will also have the opportunity to add to your education during your time in America. As a part of your J-1 visa, during the 12 months programme, you must complete 6 credits (72 hours) of educational classes at a recognized US educational institution. This works out just over 1 hour of classes per week. We will advise you on available local courses – some of the subjects are great fun options.

This is such an exciting opportunity and having an American qualification will look great on your CV. It is also a great way to make new friends from all over the world. Host Families pay up to \$500 towards these courses.

And after the 12 months...

As a part of your J-1 visa, you are allowed up to 1 month of a travel time in the USA – fantastic opportunity to discover USA with your new friends (road trip anyone?).

You can also extend your time in the US for an additional 6, 9 or 12 months following the successful completion of your 12 months of the programme. This extension can be with a new Host Family or with the same Host Family.

Three Programme Options



Square AuPair offers 3 programme options to best fit your needs and experience:

Au Pair Pro :

Our Au Pair Pro programme is available to host families that would like a more experienced Au Pair.

- Up to 45 hours of childcare per week
- Weekly Stipend: \$265.00
- Complete 6 credits or 72 classroom hours
- Educational allowance up to \$500

Additional requirements:

- A University degree related to education, child development, or health professional
- 2500h experience with children
- 20 years of age or older

Au Pair Programme :

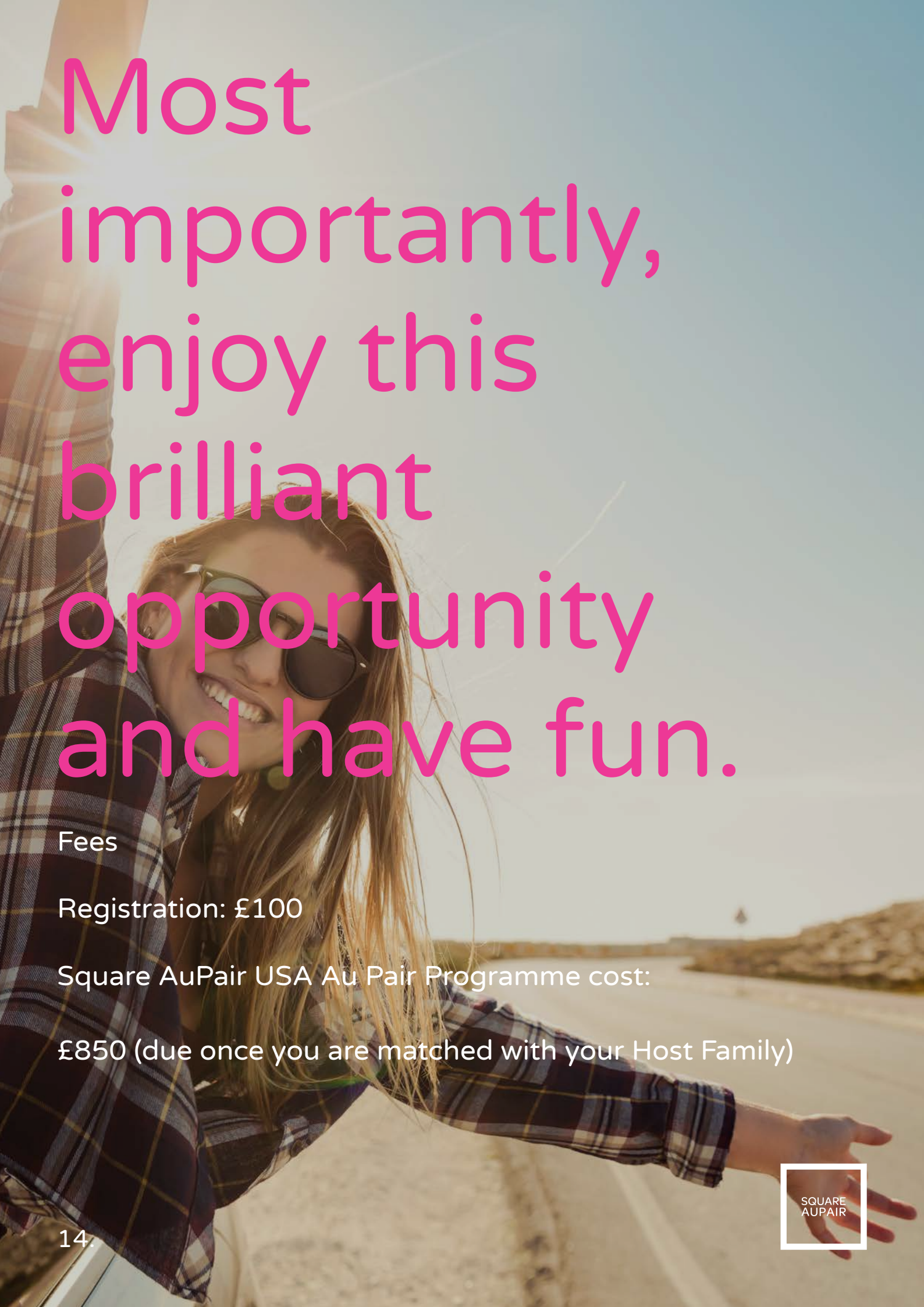
Experience American education, life, and culture in an affordable international education programme.

- Up to 45 hours of childcare per week
- Weekly Pay: \$195.75
- Complete 6 credits or 72 classroom hours
- Educational allowance up to \$500

TutorCare Au Pair :

This programme helps families who require care primarily during the mornings before school and after school and weekends.

- Up to 30 hours of childcare per week
- Weekly Stipend: \$146.81
- Complete 12 credits
- Educational allowance up to \$1,000



Most
importantly,
enjoy this
brilliant
opportunity
and have fun.

Fees

Registration: £100

Square AuPair USA Au Pair Programme cost:

£850 (due once you are matched with your Host Family)

Get in touch

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