

# What is a Au Pair



A Service You Can Trust

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An au pair is a vibrant individual aged between 18 and 30, who is single and without any children. Their desire is to venture overseas and reside with a welcoming host family for a specific duration, all while engaging in a cultural exchange. By living with the host family, au pairs have the chance to enhance their language proficiency, immerse themselves in a new culture, and acquire invaluable experiences abroad. In return, they lend a helping hand to the host family by assisting with childcare and light household chores.

*Thank you for reading*

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# Duties of an Au Pair



Au pairs are there to assist their host families with childcare and light household tasks. However, it's important to note that they should not be seen as domestic helpers, cleaners, language instructors, elderly caregivers, dog minders, or seasonal employees. It's unrealistic for host families to expect au pairs to have formal training or qualifications in childcare, making them childcare experts. Instead, au pairs should be considered as temporary members of the family who contribute to enhancing and enriching family life for everyone involved.

## Working hours

In numerous countries where au pairs are hosted, the public authorities determine the duration of their working hours. It is advisable for au pairs to not exceed 30 hours of work per week, which includes babysitting. Flexibility is key for both the host family and the au pair when it comes to working hours. For instance, the family might occasionally request the au pair to extend their childcare duties for a bit longer during a specific week. However, as a fair exchange, the family would typically grant the au pair an entire weekend off.

# Board and lodging



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# Pocket Money

Au pairs are provided with free accommodation and meals by their host families, along with pocket money. The specific amount of pocket money varies depending on the host country. For instance, in the UK, it is currently approximately £390. This financial assistance plays a crucial role for au pairs as they utilize it to cover expenses like language courses and other activities such as visiting cafes, going to the cinema, or exploring their host country. It's important to note that au pairs will continue to receive their entitled pocket money.