



Enliven your sense of adventure!



## Working in the United States

An Au Pair is a 'big sister/brother' who lives in the United States as an extended member of their Host Family. These young women provide child care services in exchange for room, board, a weekly stipend, and contributions towards education. Most Au Pairs participate in the Au Pair Program for the valuable cultural experience of living with an American family and are treated more as a member of the family than as an employee.



# About America

Mickey Mouse, Grey's Anatomy, The Notebook... thanks to movies and TV we all have impressions of the United States of America. Yet nothing can prepare you for your first glimpse of Manhattan's unforgettable skyline, your first ride in a yellow cab, the ubiquitous hamburger joints, and vast expanses of prairie, the sweet strains of New Orleans jazz or the neon-lit excesses of Las Vegas.

The USA is a huge country to explore, with 50 states to choose from, flanked by two oceans and covering an incredibly varied terrain. For five centuries, since the 'New World' discoveries of Christopher Columbus, people from every corner of the globe have come here in search of 'the American Dream'. Between them, they have created the richest, most powerful country on earth, and a fascinating melting pot of cultures and traditions.

Vast plains, snow-covered mountain ranges, forested rolling hills, deserts, strange rock formations, soaring skyscrapers, stunning coastlines, impressive national parks and a thriving cultural scene; the USA has it all!!

## Au Pair requirements

We are looking for open-minded, flexible, mature Au Pairs who have a positive attitude and like caring for children. Other experiences like First Aid training, girl/boy scouts, music, dance, sports, arts and crafts, local Au Pairing or experience working at a pre-school are examples of skills that would contribute to your childcare abilities and will strengthen your application. Childcare with children aged 2 and under is also very beneficial and will strengthen your application.

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- You must be 18-26 years old
  - Have a driver's licence
  - Have Grade 12 or equivalent
  - Have good childcare experience
  - Understand and speak English
  - Have a love for kids and be caring
  - Agree to commit for one full year
  - Be in good physical and mental health. Only non-smokers are accepted
  - South African citizenship
  - Unmarried and no kids of your own
  - If you have a childcare education or full-time experience looking after children for at least 2 years, you may qualify as an Au Pair Experience
  - No criminal record





## Au Pair responsibilities:

Take the kids to school, play dates and pick them up afterwards

Assist with general child-related chores, such as laundry, tidying the children's bedrooms and play areas

Prepare meals for the kids

Help kids with homework

Help prepare the kids for the day's activities

Work for a maximum of 45 hours a week

As the saying goes,

“life is 5% what happens to you, and 95% how you react to it”

WWW

Please visit our website for more information:  
[www.epicexchange.co.za](http://www.epicexchange.co.za)

Feel free to contact us at:  
011 784 4556



<https://www.facebook.com/epicexchange01/>

## What's included in the program?

- ▶ **FREE** Return flights when completing your 12 months in USA
- ▶ Visa assistance
- ▶ **FREE** 5-day orientation training in New York!
- ▶ Basic Medical Insurance
- ▶ Welcome pack with contact details of fellow au pairs in your area
- ▶ Furnished bedroom in host family's home
- ▶ A counsellor within an hour's drive from you
- ▶ Monthly Au Pair meetings
- ▶ \$500 study allowance to study a 6-credit course of your choice at a college/university
- ▶ A 13th month to travel in the USA **OR** the option of extending for another 6 months, 9 months or 12 months
- ▶ 2 Weeks paid vacation during your year
- ▶ Accommodation and meals with the family for the entire year's stay
- ▶ A minimum wage of \$198.95 per week. If you have qualifications or have Au Paired in another country before, you will receive more money per week. Please ask us if you think you qualify.



## Program fee



R8,000 – (divided in 4 parts, not all paid at once)

- ▶ Sign-up fee R1 500
- ▶ Profile fee R2 000
- ▶ Placement fee R3 500
- ▶ Au Pair Training R1 000

**All this INCLUDES RETURN FLIGHTS & assistance right through your year!**

**There are NO hidden costs & NO flight surcharge!**

**Refer a friend who signs up for the program and get R500 off your program fees!!**

Other expenses you will have:

- ▶ Visa fee (+- \$160 plus DHL fee for delivery of your passport)
- ▶ Applying for documents such as your passport, police clearance and international driver's licence

## Highlights of the program

### Commitment to Quality, Personal Service and Support

Carla's Au Pairs 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.

The local coordinators in USA are carefully trained with a focus on ensuring that host families and au pairs have the best experience possible.

### Professional and Caring Local Coordinators

Local coordinator serves 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. You can always go to your local coordinator if you need any help, assistance or advice. She also arranges socials (cluster meetings) every month where you can go out, explore and meet new friends!

The staff of Carla's Au Pairs is also always accessible to you if you need anything. That is what makes us stand out - we believe in the personal approach and treating our Au pairs as individuals, each with their own special personality and needs. We make it our priority to stay in contact with you during your au pair year.





# Orientation and Training for Au Pairs



## Au Pair Course in South Africa (Pretoria and Cape Town locations)

### Here is a summary/outline of what the Au Pair course will look like:

- ▶ Opening and Welcome
- ▶ Ground Rules
- ▶ Break times
- ▶ Start and Finish times
- ▶ Day Program summary
- ▶ Introduction of trainer and Course Material
- ▶ Open Questions
- ▶ Getting to know each other
- ▶ In-house icebreaker and Introduction

### Also:

Upon arriving in USA, you will attend an orientation week in New York City. This is included in the Au Pair Program. Accommodation and meals are provided – no cost to you! After completing your orientation, you will go to your host-family.

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.

### General topics include:

- ▶ Child Development for Newborns to Age 12
- ▶ Age Appropriate Activities
- ▶ Culture Shock, Insurance and J-1 Visa and Program Regulations
- ▶ First Aid, CPR and Rescue Breathing
- ▶ Accident Prevention Awareness
- ▶ Car, Fire, Toy, Indoor and Outdoor Safety
- ▶ Basic Child Health Care

### Module 1 – Introduction to a Foreign Country

A Glimpse of The USA  
Adjusting to the American Lifestyle  
Culture Shock and what to expect

### Module 2 – Coping Skills

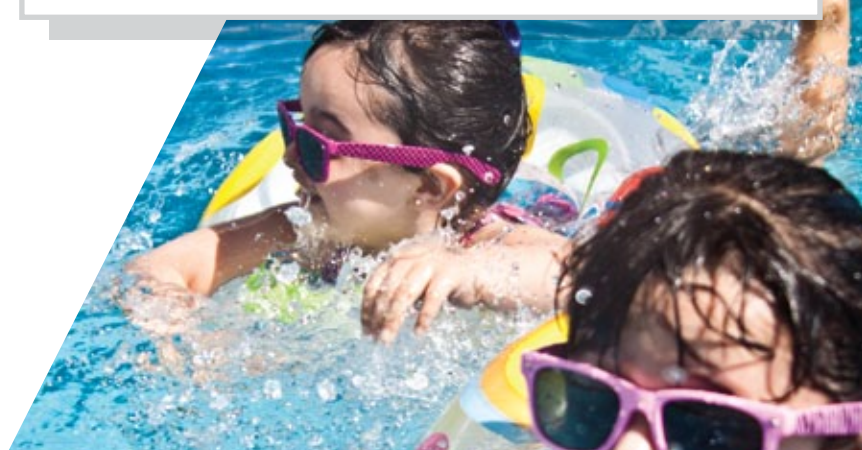
Personality types – What is your personality  
Work Ethics  
Time Management  
Basic house cleaning duties  
Coping with Stress – you and the children

### Module 3 – Basic Childcare

Basic Hygiene and Safety in and around the house  
Baby and Toddler Care: From nappies to tantrums  
Adolescence and Teens  
The Sick Child  
Fun Activities and stimulation – Different Age Groups

### Module 4 – Cooking and Nutrition

Healthy eating habits  
Infants – From bottle to Introducing Solids - Allergies  
Healthy Snacks for Toddlers and Teens  
South African traditional meals to prepare for your new family



# 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 Au Pairs in your community. Some meetings have included holiday parties, museum trips, and concerts, sporting events, volunteer projects, travel opportunities, charity walks and guest speakers on child-care issues.

## Educational Allowance:

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.

**Extension Option.** You can extend your stay for up to 2 years. You can either stay with the same host-family, or go to new one.

If you have been an Au Pair in the USA before, you can go again! (As long as you have been back in SA for at least 2 years). That means that you can spend up to 4 years in the USA as an Au Pair. As long as you still meet the requirements!

There are so many beautiful places you can visit and explore in the US. From East coast to the west coast, North and South – each state is its own little “country” on its own with an array of sights, natural wonders and cultures to explore!

Think of the mighty Statue of Liberty in New York, Yellowstone National Park in Montana, and The Grand Canyon in Arizona, Bourbon Street in New Orleans, and the flashing lights of Las Vegas. Gorgeous beaches in California and the beautiful architecture of Chicago and Boston – to name but a few!

The public transport system in the big cities is fantastic and it's easy to get around. Local flights are not too expensive, so visiting another state is not hard at all!

**International Airfare Provided.**

**Travel Arrangements and Accident and Sickness Insurance Included**

## So, what are you waiting for?!

### How the application process will work:

After you've filled in all the forms and have all your documents ready, you need to email it to our office for processing. The R1,500 sign up fee is then due. We will then process your documents and send it to our USA partner.

Once your file is in USA, you will be contacted by families who wish to match with you. The Profile fee of R2,000 is then due. You will have telephonic or Skype interviews and can decide which family you'd like to go to. It can take a few weeks, even months to match.

Once you've matched with your host-family the R3,500 placement fee is due. We will then help you with your visa (about 2-3 weeks before you depart).

You also need to arrange to attend the Au Pair Training course held in Cape Town and/or Pretoria. Cost is R1000 and we pay it over to the professional trainer. This course can be done anytime during your application (before you match with a family as well)

We arrange the visa documents for you and you need to pay the visa fee at any FNB into your nearest U.S Consulate's account just before your scheduled appointment at the consulate.

Your flights will be arranged and you're off to your free 5-day orientation in New York!

After your orientation is completed you will travel to your host family and start your adventure as an Au Pair in America!

**This program is brought to you by Carla's Au Pairs and we as Epic Exchange are their program partner.**



Facebook : Carla's Au Pairs

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