



**AGENCIA INTERCAMBIOS CULTURALES Y AU PAIR**  
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## AU PAIR PROGRAMME

### **Regulations by the European Youth Council:**

#### General Information

The Au pair programme is an arrangement that allows young women, between 17 and 30 years, to spend a longer time in a foreign country in order to learn the language of a chosen country. The au pair will live in a family as an equal family member. The family that hosts an au pair will provide accommodation, full board and pocket money - 60-70 Euros per week in Spain. The relationship between the au pair and the family is absolutely personal. The success of the arrangement depends on the family's will to help the au pair to organize her courses and her free time, and on the au pair's motivation to fulfil the housework given her by the family. This arrangement should under no circumstances be considered as a general domestic service.

#### House and family

It is important that the host mother gives the au pair the maximum of information about the number of persons living in the house and their relationships, about the presence of the host mother (is she staying home or is she leaving the house regularly) and about the things that the family offers the au pair and those that it expects from her. Normally, the au pair should have her own room. She should be considered as a family member and with that she is going to eat together with the family or with the children. The relation between the host mother and the au pair is absolutely equal; it is not a relationship between boss and employee. Nevertheless, the au pair has to follow the family's customs and adapt to its way of life. She has to respect the authority of her host parents.

#### Rights and Duties

The time that the au pair girl spends on taking care of the children and housework may not exceed more than 5 or 6 hours per day. She has to have one day off per week. During summer holidays it might be necessary that the au pair has to work more hours, since the children don't go to school and the parents work all day. However, those hours are not considered as working hours, it is rather time in which the au pair girl has to be present (e.g. look after the children at the beach or the swimming pool, go for walks or play with them). Yet, the au pair will be informed about her work and her timetable before she is leaving for Spain. On the other hand, it is very important that the au pair's day off is really a day that she has entirely at her own disposal. She should be totally free to attend courses, meet with friends, go sightseeing, go to the movies, etc..., and she has to have the time and the facilities to practice her religious customs.

In exchange for hospitality and food, the au pair has to help her host mother:

- The au pair will take care of the children including all kinds of work related to them like cooking for them, doing their laundry, bathing them and tidying up their rooms. The au pair should be conscious of the fact that children are the KINGS of the home everywhere in the world. She should never intervene into the education that the parents give to their children. Every country has its own customs and habits.
- The au pair will help her host mother with light household chores like setting and clearing the table, vacuum cleaning, washing the dishes, doing the laundry, making the beds, etc.
- The au pair might also have to baby-sit the children 3 or 4 nights weekly if the family is in need of her.

However, the au pair is not expected to fulfil heavy household chores.

### **Studies**

The family has to inform the au pair about the times and facilities to study the language, to rest or to have fun. However, the agency provides quite cheap courses in which the au pair can study the language.

### **Travel**

Normally, the placement of an au pair takes place when the girl is still in her own country, that's why the family has the obligation to inform the au pair about the travel details. The family is going to pick up the girl at her arrival, or at least has to organize a taxi which brings the au pair to the family's residence. The au pair has to pay for her flight back.

### **Insurance**

Between the countries of the European Union exists an agreement that everybody is covered by health insurance within those countries. To benefit from this kind of insurance the au pair has to ask for form E-111 in the office of the health insurance in her home town. If the au pair does not live in the European Union or can not receive this form for any reason, she must get another insurance valid for her whole stay before her departure.

### **Our Agency**

As soon as we have the complete application forms, one of the girl who wants to become an au pair and one of the family that would like to welcome an au pair in its house, we will get in touch with both parties and inform them about the details of the exchange quickly. At times problems may develop between the au pair and the host family; our agency takes the obligation to solve them, unless one of the parties committed a serious mistake. You can turn to our agency whenever you want to, we are here to help you, to give you advice or to find solutions for occurring problems.