



Your au pair experience



CULTURAL
CARE
AU PAIR

What is an au pair?

An au pair is a cultural exchange participant between the ages of 18 and 26 who lives with an American host family and cares for their children. In exchange, they receive free room and board, a weekly stipend, and opportunities to travel and study in the USA.

The term “au pair” means “on par” in French, which reflects the kind of relationship an au pair has with their host family: one that is equal and mutually enriching. If you love children and want to take at least a year off to grow personally and professionally, the au pair programme could be the perfect next step for you.

Why be an au pair?



Cultural Exchange

Discover an exciting new culture while sharing your own



Personal Growth

Develop the confidence and independence you need to succeed



Travel Opportunities

Explore the USA and create memories to last a lifetime



Educational Development

Study at an American college and learn a new skill

Do you have what it takes?

To become an au pair, you must be able to answer “yes” to the following questions:

Age

Are you between the ages of 18 and 26 years old?

Experience

Do you love children and have at least 200 hours of experience caring for them?

Education

Have you completed (or are you about to complete) secondary school or equivalent?

Driving

Do you have a driving licence or can you obtain one during the application process?

Criminal Background

Is your past free of any criminal activity?

Health

Are you in good health? Can you keep up with young children?

Time Commitment

Are you ready to commit to at least 12 months abroad?



What does an au pair do?

Being an au pair gives you the opportunity to explore a new country and a new culture — but the most important part of your au pair experience will be caring for your host children.

Here are some common responsibilities of an au pair:

Meal Preparation

Prepare meals and snacks for the children

Morning Routine

Help the children get dressed and ready for the day

Transportation

Help get the kids to school and other activities

Playtime

Engage the children in fun games and activities

Washing

Wash and fold laundry for the children

Homework

Help the kids with their homework

Tidying Up

Help ensure that the kids' rooms stay clean

Bedtime

Help the children get ready for bed

What are the benefits?

Being a Cultural Care au pair is a unique opportunity to learn, grow and experience the USA — and as a participant of our programme, you're entitled to special benefits:



Global Support

Cultural Care will provide comprehensive, global support through every phase of your training, preparation, application completion and visa process.



Room & Board

Your host family will provide room and meals as well as a minimum weekly stipend of \$195.75 — this is simply pocket money for you!



Time Off

You are entitled to 2 weeks of paid, off-duty holiday — your J-1 visa also allows you a 30-day grace period at the end of your au pair programme, during which you can travel the USA.



Travel Arrangements

Your roundtrip flights are covered - our team of travel specialists will arrange them for you.



Educational Opportunities

You will study at a local university or college — your host family will contribute up to \$500 per year towards classes of your choice.

Choose Cultural Care

Creating cultural exchange experiences for au pairs is our speciality — and with the largest and most experienced au pair network in the world, we're here to help you feel confident, safe and excited as you begin your journey to the USA.



1. Au Pair Training & Preparation

We provide extensive pre-departure materials as well as formal training courses at our Au Pair Training School to help you prepare for this once-in-a-lifetime experience.



2. Host Family Screening & Matching

Cultural Care has the largest pool of host families to choose from, as well as a carefully-screened, customized matching process.



3. Strong Support Structure

We offer round-the-clock support both in the USA and in your home country, making it easy to contact representatives with any questions or concerns.



4. Official U.S. Department of State Sponsor

Our team in the USA strictly adheres to the U.S. Department of State's guidelines to ensure that all programme participants are given a quality experience during their time abroad.



5. Comprehensive Travel Insurance Coverage

For over 25 years, Cultural Care has teamed up with Erika Travel Insurance to provide au pairs with a comprehensive group insurance coverage, so that you have the assistance you need during your au pair term.

Our Pricing

Our programme fee covers everything you'll need during your stay in the USA. Your one-time payment includes a comprehensive group insurance policy for your initial au pair term, your round-trip airfare, global support 24/7 and all additional programme benefits.

Programme fee: € 1215

Program fee subject to change, refer to our website for most up-to-date information.

No sign up fee: pay only when you find a host family!

What's included?



Roundtrip travel*



Free room and board



Comprehensive travel insurance coverage



Minimum weekly stipend \$195.75



Visa support and sponsorship



\$500 for college courses



Support from Cultural Care



Two weeks paid holiday



Au Pair Training & Preparation



Bonus travel month

**Upon successful completion of the programme*

Your next steps to the USA



Step 1:

Complete your interview & profile



Step 2:

Find your host family



Step 3:

Prepare to travel to the USA



Step 4:

Arrive in the USA!

Get Started

Join us for an info meeting online. Learn about the programme and find out if being an au pair is right for you!

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