

Aupairfect Au pair Handbook

How to be a Perfect Au pair

Demo version





Welcome au pair!

Dear Au Pair,

Welcome to the Aupairfect Introduction Agency! We are looking forward to working with you. This Au Pair Handbook is designed to provide you with practical information about the au pair job and living in a foreign country. This handbook provides information on how to

- Prepare for your time and your au pair duty
- Settle in for a successful year with your new host family and community

The first few weeks will be exciting for you, but we know that it can also be hard to learn so many things at once. This handbook will help you remember most of the things you need to know about your host family, your responsibilities and the household. Use this handbook all year to help you remember all the details. We will review each page of this book with you in detail to make sure you understand everything. It is important for you to ask questions about anything you do not understand so we can explain it to you differently. The Aupairfect would like to wish you a very exciting and memorable year. Congratulations on your decision to become an au pair!

Warm Regards,

Varga Mateidesz Katalin
Aupairfect



Preparing for your travel



Packing

As the day of departure comes closer, you will need to sort out your wardrobe and select clothes that will be compatible with the climate and your job you are going to. Try not to overload yourself, since by the end of your contract you will have accumulated as much again. It will probably be a while before you establish a social life, so concentrate mainly on your working necessities. Some au pairs are happy to live in jeans, shorts and T-shirts, but you will have to adapt this according to your preference and that of your employers. Whatever you decide, try to look neat and presentable at all times.

Avoid taking electrical appliances because our system differs from Britain's and the plugs are not compatible. Also you might need your computer, and cell phone charger, so try to buy an adaptor before travelling.

You might also want to pack a few small items of sentimental value which will help make your new room more familiar and homely.

It is a good idea to buy each of the children a small gift to present to them upon arrival. These needn't be expensive; small souvenirs of your home town might suffice, and help to win them over initially.

Travel

You must pay for your own travel costs.

If you need that we are able to offer advice on travel, but mostly you will have to sort out your own arrangements. You should shop around for the best bargain, remembering that it is preferable to pay extra for a confirmed reservation on the outward journey.

Since the family may offer to meet you at the airport, last minute bargains and standby fares are not ideal. It is always better to have an open return ticket, so that you will feel more in control of the situation.





Your First Days with Your Host Family

Meeting at the Airport

You will be responsible for arranging and paying their own travel and fares as far as the capital of their chosen country, any port or airport nearest to the host family. Your host family then becomes responsible for your safe journey to their home/resident. It is important to keep contact with your host family and keep them informed about your precise arriving date and hour. Cannot be anything frightening than standing alone a foreign airport.

Breaking the Ice

Don't assume that the task of breaking the ice is solely the family's responsibility. It is a good idea to give each of the children a small gift to present to them upon arrival. These needn't be expensive; small souvenirs of your home town might suffice, and help to win them over initially. To overcome your own shyness, focus your attention on the children, especially if you don't feel at home with the language. Children usually are curious about the newcomer, and they should start the conversation about you, your home town or your family. It is also a good idea to take and show some photo to them. It can be interesting and lead the conversation.

No one will expect you to be a great conversationalist, but some attempts at general small talk is advantageous. If the children are withdrawn at first, they will soon start to respond if you pay them enough attention. No matter how tired you are when you first arrive, spend a little time socialising with the family before going off to your room. You will probably be given a tour of the house and be offered some refreshment. It would be unusual if you were expected to do any work on your first day but show your willingness to help even if you are very jet-lagged and ready to fall into bed. Families nearly always expect you to eat your first meal with them so you can get to know each other better. Providing you're not too exhausted, it's a good idea to unpack as soon as possible. A bare and unfamiliar room can be depressing to wake up to, so try to get it organised before you go to bed.



In the few days of your stay with your host family, you should



Play and be with the children and visit with the host family as much as possible

You may feel shy or homesick, but spending time with your new host family will help you bond with them and become comfortable more quickly than if you spend your free time alone in your room. Ask how to find the grocery store, bank, post office, library, and local parks.

Ask how to get from the host family home to specific sites where you'll need to take the children: school, lessons, playgrounds, etc. Familiarize yourself with your new surroundings and don't be afraid to ask questions. Set up a time to talk with your host parents about any questions that, came up their children, disciplinary approach, or household.

Ask your host parents about "house rules."

Your host family may have guidelines about house guests, television viewing, computer usage, car usage, or a variety of things. Ask them if they have any rules they would like you to follow while you are living with them. Set up a time for a weekly meeting with your host parents. This will be a time when you can both share challenges and successes, ask questions and set goals for the coming week.

If you will be driving as an au pair ask them for giving to you some practice hours

It is important to get familiar with driving on the other side of the rode. You must be a confident driver by the time you start to be on duty.



Only take advice from an expert who has been where you want to go to!

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We look forward to hearing from you!

