



Guidelines for au pairs and host families

GUIDELINES

Age:

An au pair is not younger than 18 and not older than 26 years of age.

Working hours:

Maximum of 30 hours per week spread out over a maximum of five days during which the au pair is not allowed to work more than a maximum of eight hrs per day. Babysitting activities can be undertaken over a maximum period of three evenings per week.

Duration of stay:

An au pair stays with a family for a maximum of 12 consecutive months.

Leisure time:

2 days per week and a minimum of one full weekend once per month.

Vacation:

An au pair is entitled to two weeks of paid vacation per 12 months, during which time the au pair's pocket money will be paid in full. If the au pair placement is for a shorter period of time, vacation is awarded accordingly.

Light housework:

See list of light housework.

Pocket Money:

A minimum of 300 Euro per month, regardless of whether or not the au pair actually works the maximum number of 30 hours per week and a maximum of 340 Euro per month.

Insurance:

The host family is responsible for taking out and paying for health, accident, repatriation and travel insurance in the au pair's name for the duration of her stay.

Room and Board:

All costs during the duration of the au pair's stay with regard to food and drink are to be born completely by the host family.

The au pair is to be registered at the same address as the host family while at the same time actually staying and living there. In other words, the au pair lives with the family at one and the same address, thus becoming part of the family as is the spirit of the au pair program. At this address, the au pair must have a room with a window containing a minimum of a bed, a desk and a chair. Bath/shower facilities must be offered if and when desired.

Travelling Costs:

It is to be agreed in advance whether the host family or the au pair is obliged to pay for such costs.

School- and language course costs:

A maximum of 230 Euro annually will be paid by the host family.

Au Pair agreement:

Baltic Au Pair member is responsible for sending this information to the au pair and the host family. Upon arrival with the host family said documents must be signed by both parties. The host family is responsible for drawing up a (work) schedule.

Visa:

The host family is responsible for applying for a visa where applicable. Baltic Au Pair can only assist and advice in this process.

The host family:

Consists of a minimum of 2 people with sufficient financial means. The host family declares that they are not dependent on the au pair nor can the au pair be single-handedly made responsible for household chores.

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