

## Most Important Information About Au Pairing in Holland

- Holland has seasons, Autumn (21st of September till 20th of December), Winter (21st of December till 20th of March), Spring (21st of March till 20th of June), Summer (21st of June- 20th of September). You need to make sure you bring summer and winter clothes. Winters can be really cold (0 degrees or less!) and summers can be warm (around 25 degrees).
- People in Holland are very punctual. They think being on time is really important, so make sure that you are aware of this before coming to Holland.
- Dutch people are very direct and they will immediately tell you when they are not happy. Don't be scared, just listen to them and respond to them clearly. Dutch host families see the Au Pair as a part of the family and will treat you like you are their own family. That means that you can have a little fight with them sometimes, but after you have spoken to them about it, they will forget pretty soon!
- Holland is EXPENSIVE! You will get 300 euro pocket money per month, so make sure you don't spend it all at once. Normal prices for jeans are around 50-100 euro, a drink in a bar will cost on average 2 euro. Be aware of the fact that it will be hard to save up money! Also, make sure you understand that sending your family money while you are in Holland should not be part of this program.
- The rules in Holland about Au Pairing are really clear. You are allowed to work 30 hours a week, you should have at least 2 days off. In some cases you have to work in weekend. In that case, you need to have 2 days of on weekdays. At least one week per month, you should have one complete weekend off.
- The roads in Holland are very busy and the bicycle is one of the most important transportation ways in Holland. Make sure you are prepared that if you start cycling in Holland, you should be secure enough on a bike. Sitting on a bike with your feet on the ground does certainly NOT mean that you can cycle.
- Be aware of the fact that DUTCH is our language, and don't think that is the same as DEUTCH (German). Dutch is a difficult language and most people in Holland can also speak English. But of course, most children do NOT speak English and this can make it really hard to communicate with children. Important to know is how to use body language and on which tone you speak to the children. For example, if you say: please do not do that with a very sweet voice, it will have not really effect on the children, but if you say: Stop it, don't do this with a firm voice, they will hear by the tone of your voice how serious you are!
- Holland can also be called the Netherlands, we mean the same. Holland has 12 provinces and to cross the country, you will need maximum 3-4 hours by car.
- As an Au Pair, you are expected to also do some light household duties. These duties are specified by NAPO (the Dutch Branch organization):
 

Light household chores:

  - ▶ Washing dishes
  - ▶ Loading and unloading the dishwasher
  - ▶ Preparing simple meals
  - ▶ Keeping the kitchen in order and general tidying up
  - ▶ Shopping for light groceries
  - ▶ Loading laundry into the washing machine
  - ▶ Packing away laundry/clothes
  - ▶ Ironing
  - ▶ Tidying and cleaning of children's room(s)
  - ▶ Tidying and cleaning of own room(s)
  - ▶ Tidying and cleaning in general
  - ▶ Vacuuming
  - ▶ Dusting
  - ▶ Keeping floors clean
  - ▶ Taking out garbage but only on the ground floor
  - ▶ Walking and feeding pets
  - ▶ Watering plants and taking care of plants/flowers
  - ▶ Making and changing beds

Tasks that may not be part of expected light household chores:

  - ▶ All and any tasks for which the au pair is solely responsible within the host family
  - ▶ All tasks with regard to gardening and the garden
  - ▶ Washing of windows (inside and outside)
  - ▶ Scrubbing
  - ▶ Mopping/scrubbing any area larger than 30 m2
  - ▶ Washing/cleaning a car or automobile
  - ▶ Cleaning of bathroom facilities unless such facilities are to be used solely by the au pair
- Even though Holland is a very tolerant country, the abuse of drugs on our au pair program can immediately lead to going back home without any discussion.

**I confirm that I have read the most important information about Holland and that I have understand everything which is written in this form. I will make sure that I will prepare myself by reading about Holland and doing research on the internet. I declare that I will keep myself to all rules and guidelines.**

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SIGNATURE

\_\_\_\_\_  
DATE (MM/DD/YYYY)