

# Childcare Reference

**Au Pair Instructions:** InterExchange requires that you provide two childcare references that show a total of at least 200 hours of childcare experience from persons not related to you. You may submit additional references from relatives, if you want.

**Reference Instructions:** The individual below has applied to become an au pair abroad. Au Pairs participating on this 2-to-12 month cultural exchange program live with a family abroad and provide childcare for up to 40 hours per week. Please answer the questions below. We will contact you to verify the information you provide.

Name of Applicant: \_\_\_\_\_

Name of Reference: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

How do you know this applicant?

- Coworker  
 Employer

- Teacher  
 Other: \_\_\_\_\_

How long have you known this applicant?

▶ **CHILDCARE DETAILS**

What type of childcare did the applicant provide for you?

- Au Pair/Nanny  
 Babysitter  
 Camp Counselor

- Daycare  
 Internship  
 Nurse

- Sports Coach  
 Teacher/Tutor  
 Youth Group Leader

How often did the applicant provide childcare?

- Daily  
 Weekly

- Monthly  
 Occasionally

- Seasonally

How many hours did the applicant provide childcare at a time?

Approximately how many total hours of childcare did the applicant provide?

Number of children cared for at a time:

What age ranges did the applicant care for?  
*(check all that apply)*

- 0-6 Months  
 6-12 Months  
 12-24 Months

- 2-6 Years  
 6-10 Years  
 10-14 Years

- 14-18 Years

Please describe the applicant's childcare duties.

- Arts and crafts  
 Bathing  
 Changing diapers (nappies)  
 Dressing  
 Driving

- Laundry  
 Learning Activities  
 Meal Preparation  
 Outdoor activities  
 Playing sports

- Potty Training  
 Putting to Bed  
 Swimming  
 Teaching  
 Tutoring

Additional comments you wish to provide:

*The information you submit to InterExchange will be held confidentially, and will only be used by us or disclosed to third parties as strictly necessary to process the Au Pair's application, or as otherwise required by law. By submitting this form, you agree that InterExchange may collect, use, and disclose your personal data to process the Au Pair's application. Please contact InterExchange at [privacy@interexchange.org](mailto:privacy@interexchange.org) for more information.*

SIGNATURE OF REFERENCE (REQUIRED)

DATE (MM/DD/YYYY)