

AAPL2 Guidelines for Au Pairs

Welcome to China! With its long history and rich heritage, China will provide you with a unique Eastern cultural experience. Prior to your departure, we'd like to provide you with the guidelines to help you get better prepared for your life in China.

Getting prepared

● Things to be brought to China

- Passport
- We suggest you bring your own bath towel and toiletries.
- Please check the weather in China in advance and bring appropriate clothing.
- Your regular medicines (If necessary).
- Cellphone which can contain a SIM card (You will need to tell us your SIM card size in advance).
- An adaptor and a patch board.
- If you are in China, you will need a VPN or an overseas proxy server to access Twitter, Facebook and Google. We suggest you prepare a VPN in your country. You are not able to log into Google play after you come to China.
- Please prepare a visa bank card, if you need insurance, the insurance company will send the payment through your credit card.
- As advice, please bring at least RMB500 to China for life expense.
- It would be very nice of you to bring a small gift to the Host Family and children.

● Things not to bring

- Pets
- Things which are not allowed in the airplane.

Getting along with your Host Family and children

● Schedules, duties and house rules

- Abide by the duty schedule and family rules.
- It is part of your responsibility to discuss the daily or weekly routine with the Host Family. If you have problems or questions with your schedule and duties, communicate with them directly. If you have problems communicating with them on certain important issues, ask your coordinator for assistance. They will try to help you.
- Ask the family if you could use the telephone, computer or other facilities within the home. You should buy your own goods or personal necessities, such as shampoos, toothpaste, cup, coffee, unless the Host Family insists on buying them for you.
- Don't invite your friends to the house, this is not a Chinese custom.
- Do not smoke inside the house or in front of the children.
- Do not come back home late or stay out all night without telling your Host Family. They will worry about you. If you wish to delay the curfew time, discuss this with

your Host Family with appropriate reasons in a proper manner.

- Be flexible towards your duty hours. If you work longer on one day/week, you are likely to be compensated for a less-burdened day/week on another.
- **Suggestions on handling the children**
- Always remember that child safety and health is of prime importance. Don't give any medicines or snacks to the children without explicit instructions from your Host Family.
- Children can be naughty. If they offend you, discuss this with your Host Family. Always make sure that you have left the Host Family with a contact number while taking care of children by yourself. Never hit them or leave them alone.
- Always try to play a positive role at the children's life. They regard you as their big sister or brother that they can look up to and learn from. Try your best to be cheerful, patient, responsible and kind when contacting with them.
- Share your hobbies and interests with the children. Help develop their hobbies such as drawing, DIY, singing, sports in accordance with the instructions of the Host Family.
- Think about some good ideas and activities in prior to departure to contact with the children in tutoring English, playing games, doing sports, etc. Your Host Family will expect you to think about some ways to educate and interact with the children.
- **Manners and living habits**
- At family mealtimes or family activities, try to be on time. You are always welcome to cook a meal from your hometown every now and then.
- It's important to pay attention to your personal hygiene in the family. Always help with the cleaning and washing up. Keep your own room clean and tidy all the time and make a fair contribution to the common areas of the house.
- Ask the family if your clothes can be washed together with theirs and what clothes can be washed in the washing machine.
- Don't take food that is forbidden by your Host Family's customs or religions into the house. You may kindly let them know your favorite dishes/snacks so that they might accommodate your wish on certain basis.
- Wash up and tidy away after you have eaten when at home alone. Do not leave your dirty dishes on the table or in the sink unless you have been told to do so.
- The Host Family will not ask you to drive. We do not suggest you drive in China even if you become familiar with Chinese driving rules and have obtained a Chinese driving license for your safety reasons.
- If you are making a tea or coffee for yourself, ask others if they would like to have one too. Chinese people look highly upon showing hospitality to houseguests such as offering tea.
- There may be differences in views of privacy between different cultures. Do not feel uncomfortable discussing this topic with your Host Family. If you respect the privacy of the family, they will respect yours. We recommend you do not talk

about politics with your host family.

- You may feel homesick at the beginning, but remember your Host Family and Aupairia staff will be aware of this. If you miss your own family, let them know. They will try to help you get accustomed to the new environment.
- If you have any problems or questions which cannot be resolved with the Host Family, ask your local coordinator for assistance.
- It may be hard to adapt to a new Chinese family. And it is equally difficult for the Chinese family to get used to a new family member. Discuss with the Host Family on a regularly basis what your and their expectations of the Au Pair program.

I confirm that I have read and understood all the content in “Guidelines for Au Pairs”.

Au Pair Name: _____

Au Pair Signature: _____

Date: _____