

Confinement on an Island

By Brazilian Au Pair Daniele Linguitti do Prado currently on Nantucket, MA with the Gault family.

My days with the quarantine have changed a lot. It used to be just me and the 2 year old girl for most of the time and just 2 hours with all of the kids. With the pandemic, all of us needed to adapt with the homeschooling, no friends around and staying at home. Now that the weather is getting nicer we can go, at least, for walks.

Other than that we are spending a lot of time in the backyard playing with each other, jumping on the



Au Pair Daniele from Brazil with her host siblings Max (7), Jake (6), Evelyn (4) and Anna (2 1/2)

trampoline, jumping rope, doing nails with the girls, playing with the goose and quails that we hatched, creating games, circuits with chalk, taking care of our yard, playing games...

It's a hard time, but I love this family and this makes it a little easier.

Thank you Daniele for your capacity of adaptation and for sharing your experience during the pandemic!

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About Us...

EurAuPair Intercultural Child Care Programs is a non-profit, public benefit organization designated by the U.S. Department of State to conduct the Au Pair cultural exchange program under the Fulbright Hays Mutual Educational and Cultural Exchange Act of 1961 and is intended "to promote mutual understanding between the people of the United States and other countries by means of educational and cultural exchanges".

EurAuPair Intercultural Child Care Programs

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How I Get Through the Pandemic

By German Au Pair Lena Martin currently in Washington, DC with the Metzner family

I feel always pretty busy with the kids, especially with my youngest Allegra (7). She can't do online school alone, so it's a challenge for me every day because I am the teacher now. When the kids don't have school we often play board games together, especially on the week-ends. Since we have a big pool in our backyard, with the fact that it got warmer, I go swimming sometimes.

Next to our house is a park where I often go for a walk with our dog. We even tried to watch a family movie, but that didn't turn out so well with four girls of a different age (15, 13, 12 and 7). I'm really happy that I have a variety of opportunities to keep myself busy. I even found a new hobby: baking



Lena enjoying the pool with her two host sisters Allegra (6) and Lena (12)

(as you can see in the picture).

Well, I also had a few moments where I just wanted to get out; I still do. But my Host Mom and I are a really good team in cooking, online schooling and keeping the house

clean. She, and of course, the rest of the family give me the feeling to be a very important part of the family. That makes me feel better.

I talk to my family and friends back home a lot. That's why I don't really feel that far away. In a way, I'm even happy to be here instead of in Germany with my family. The girls always keep me busy. But back home I'd probably be totally bored. I guess that, and the fact that my Host Family is just the perfect fit, is the reason why I didn't leave.

However, I'm really looking forward to seeing all my friends in DC and also back home again! :)

Thank you Lena for sharing your experience as an Au Pair during the pandemic! You really made the most of it and your baking skills are impressive!



Lena with her Host Mom Viktoria and their dog Pretty Pink



Some cakes and cookies baked by Lena. These look delicious!



Left to right Anna (13), Lena (12), Emma (15), Allegra (6) and Au Pair Lena playing board games

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EurAupair Photos

Our Au Pairs, Host Families and Community Counselors *before the Pandemic!*



Longwood Gardens
Community Counselor Sylvia from Philadelphia, PA met with her two Au Pairs, Richaeli from Brazil and Mathilda from South Africa, at the Longwood Gardens in Kennett Square, PA.



Painting Fun
Au pairs Paige from South Africa, Roxy from Venezuela and Samari from Brazil went to a painting class with other au pairs for their monthly meeting.



2020 Au Pair of the Year Edna
2020 Au Pair of the Year Edna from Colombia before bedtime with her host siblings Taylor (6 ½), Anyssabella (5) and Legend (1 ½)



Bowling!
Community Counselor Gila met with her au pairs Kayla from South Africa, Genesis from Venezuela, Anja from Denmark and Kiara from Colombia for a bowling game in the Chicago, IL area.



At the Statue of Liberty
Beautiful shot from Ellie Island while our Au Pairs went to visit the Statue of Liberty



First-ever Root Beer Float
Just before the lockdown moratorium, Au Pair Laura from Colombia experienced her first-ever root beer float at the Steerman Grill in Wichita, KS just a few weeks after she arrived in the US!



Chicago Wolves Ice Hockey Game
Au Pairs and Community Counselors once again attended a Chicago Wolves Ice Hockey game. It has become an annual February outing! Area Coordinator Vivi from Bloomingdale, IL reports that they had great seats - 4 rows from the ice at a very reasonable price. A hockey game has 3 periods. If an even score after the 3 periods, there are 5-minute overtime periods. This year the Chicago Wolves played the Cleveland Monsters. The game went into overtime with a score of 2 - 2. With 5 seconds to go in overtime the Wolves scored making them the winner of the game. Between the periods skaters throw t-shirts out to the fans. Au Pair Chirre from South Africa was lucky to catch a t-shirt.

EurAupair Photos (continued)

Our Au Pairs, Host Families and Community Counselors during the Pandemic!



Horseback Riding during the Pandemic
Community Counselor Amber from Fayetteville, NC decided to take her group of Au Pairs for a horseback riding while respecting physical distancing. Everyone had a blast!



Virtual Spa Session
Community Counselor Sina from Reno, NV sent her Au Pairs a mask and decided to organize a virtual Spa night during the pandemic as part of their monthly meeting.



Baking during the Pandemic
Au Pair Blessing from South Africa and her host brother William (2 ½) having some fun baking!



Physical Distancing
For the monthly meeting in June our Community Counselor met with her group of Au Pairs in Atlanta at the Historic Downtown Norcross. Everyone respected the rule of physical distancing!



The Radel Sinclair Family from GA
Au Pair Bianca from Venezuela with her Host Parents and Host Twin Brothers Christian and Connor (3). During the confinement, the family spent a lot of time in their front yard in Fayetteville, GA!



Corona Care Package

Area Coordinator Sabine and Community Counselor Silvia (also Sabine's mother) from San Antonio, TX decided to make care packages for all their Au Pairs and deliver them to their doorstep to lift their spirits during the pandemic. They were all so surprised and happy! Sabine and Silvia rang doorbells and then hopped back in the car and waited for them to open the door. It was so fun to see their reactions when they saw the care package on their doorsteps.



Homeschooling

Au Pair Kelly from Colombia finding ways to make learning fun for her host twin sisters Scarlett and Penelope (5) in Wichita, KS

The Importance of In-Person Monthly Meetings

By Community Counselor Nicole Richardson from Yulee, FL

When it comes to being a young person who has decided to be an Au Pair, learn, and explore in a new country, there are many things that one can do to help with this transition and to continue a sense of balance and well-being throughout the time spent here.

One of those things is cultural outings as a local area Au Pair group. Depending on the size of the local area of Au Pairs, 1 to 2 meetings may be preferred each month. This can be decided upon based on the interests of the Au Pairs in the group as well as the availability of their schedules. I have found as a Community Counselor, that it is always a good idea to listen carefully to what the Au Pairs talk about in conversations and questions they have, so that I can later search for outings that fit not only their needs, but also their wants. Offering these proposed outings for the Au Pairs to vote upon, helps with attendance and the overall morale of the group when preparing for the outing as well as during. Since cost can be a factor, as well as location, transportation, and schedule, I try to alternate between events with a high or low investment of the Au Pairs' time, money, day/time, and distance. I encourage them to carpool, and offer that if their Host Family can bring them to my home, that I can also assist them with getting to the outings. As a local group, we have a Facebook page where I am able to post the Au Pair's Host Family locations on a map, so that they know who they are closest to when attempting to arrange rides. And, though they are most proficient at using social media as a means to private message one another, I also have a file with all of their phone numbers. I try to pay attention to the Au Pairs when we are at our outing to see which environments promote the most interaction and overall recreation outlet.

Perhaps the most noted focus of these cultural outings is for the Au Pairs to vacate from the homes where they provide child care and explore the local community. They are able to practice their driving skills, and parking, as well as the English language, exchanges with money, and other social nuances. What they may not realize, is that they are educating the community as well, as they demonstrate their own cultural backgrounds and languages, as well as promoting a friendly attitude of commonality between all young adults and people of all backgrounds.

I believe that the importance of these cultural outings goes beyond

just getting together as a group. I instill in my Au Pairs that it is a time to not only bond with one another, but to use as a bridge for other outings, and communication, should problems arise outside of our regular meetings. This is also a wonderful time for the senior Au Pairs to encourage and educate the newer Au Pairs regarding anything from administrative tasks, to playdates with the host children, to being a listening ear when they are homesick. Beyond that, I believe it is a great life skill for the girls to keep up with the announcements, RSVPs, communicate needed time off with host families, budget for upcoming events, and plan ahead for transportation needs.

A lesser known benefit to cultural outings that the Au Pairs attend is actually to the benefit of the Host Family and children! It often amazes me how many local families are unaware of some of the venues that we visit as an Au Pair group. The Au Pair can then share this information with the family and perhaps they can go there as a group in the future, or she can take the children there. A further benefit is the host children seeing an example of their Au Pair being brave and getting out to explore the community to learn and grow. When the Au Pair returns home, she can share what she has learned with the children, via the website of the venue, or just using drawings, stories, or games.

All in all, I would say that the cultural outings for Au Pairs are a win-win situation for everyone involved. Although they require some planning and sacrifice on the part of the Au Pairs and Host Families, I believe that the benefits far outweigh the cost! Though these outings are a program requirement, I think if we asked most Au Pairs, that they would agree that the memories and opportunities gained from these outings are something that they would choose again, should they be given the choice. These cultural outings offer a recreational outlet that is part of the well-being of each Au Pair during their time here.

Thanks to all the Host Families and Au Pairs for their continued support of this vital aspect of the program.

See you all in the community!!

Thank you Nicole for sharing your insight on monthly in-person meetings! We hope everyone will be able to resume in-person monthly meetings with their Au Pairs very soon!

Here is a sample of Monthly Meetings organized by Community Counselor Nicole:



Fall Festival
Pumpkin Patch and
Corn Maze last
October 2019

From left to right:
Nadia from South Africa,
Sheryl Lee from Namibia,
Ale from Colombia,
Johanna from Colombia,
Zulieka from South Africa,
Louna from France and
Alexa from Colombia



Japanese
Hibachi Steakhouse
last November 2019.

From left to right:
Zulieka and Nadia
from South Africa,
Alexa, Ale and Johanna
from Colombia,
Louna from France and
Sheryl Lee from Namibia



Bowling Alley Mandarin
in Jacksonville, FL
last March 2020.

From left to right
(back to front):
Zulieka from South Africa,
Bilge from Turkey, Louna
from France, Community
Counselor Nicole and
Nadia from South Africa



Jacksonville Beach, FL
in May 2020. Physical
Distancing during the
pandemic.

From Left to right:
Alexa from Colombia,
Julie and Abigail from
South Africa, Daniela from
Venezuela, Danielle from
South Africa, Julia from
Brazil, Anni from Finland,
Mine from South Africa



Seawalk Pavilion
Jacksonville Beach in May
2020. Physical Distancing
during the pandemic.

From left to right:
Johanna from Colombia,
Daniela from Venezuela,
Abigail and Danielle from
South Africa, Anni from
Finland, Julie and Mine
from South Africa,
Alexa from Colombia
and Julia from Brazil