

1. Your Host Family Letter

Below you will find a sample of a Host Family Letter. The letter should contain the most important information about yourself and be between 400 -500 words long. Try to include all the relevant details like:

- Briefly describe yourself and your family
- Write about your childcare experience
- Tell the family why you would like to be an Au Pair
- Tell them about your interests and how you like to spend your free time
- Focus on your strengths and your skills

Remember that the better the letter the higher the chance the family will want to speak to you.

- Check the grammar, spelling, and punctuation
- Divide your letter into clear sections or paragraphs
- Give the letter to someone you know to proofread it

Good luck!

Example Host Family Letter

Dear Host Family,

Hello, my name is Alicia Brown, and I would love to become an Au Pair in Australia and take on the responsibilities of caring for your children.

First, I would like to tell you a bit about myself and who I am personally.

I am 20 years old and I live in Manchester. I have spent my whole life here and I am very close with my family. My mum, Yvonne, works as a nurse at the local hospital and my dad, John, is a truck driver. I have two younger brothers, Jimmy (12) and Timothy (9). We love to spend time together and I often take care of the boys while both of my parents are at work. We also have a beautiful dog named Lilly and she is very much a member of the family.

I graduated from high school in 2019 and I am currently working as a shop assistant but also as a babysitter. I have gained my childcare experience mainly through babysitting, but I also completed an internship at a local daycare. I love looking after children as you can learn so much from them.

Twice a week I look after a 2-year-old girl and an 8 year old boy. I get them ready in the morning, take the boy to school and spend the day with the girl. We always have the best time together!

I would describe myself as a responsible and mature person. I like to plan things ahead and be prepared for any occasion. I am not scared of new challenges and I don't give up easily.

One of my biggest passions is horse riding. I have been riding since I was a little girl and I still love it. I think that looking after animals teaches you discipline and respect. I would love to have the opportunity to ride during my placement in Australia, as well.

I also play violin and go to soccer training once a week.

When I have the time, I like to do some sightseeing with my friends. We often just drive to some places we have not been before and explore it.

I have always wanted to go to Australia and get to know the Australian culture firsthand. I think it would be the best opportunity to travel and to gain a new family on the other side of the world.

Thank you for taking the time to read this letter. I hope that I am the right person to look after your children and I would be happy to hear from you soon.

Warm regards,

Alicia.

2. Your website profile

This should be a short description of yourself that will be published on the AIFS platform and visible to all Host Families in matching. The information included will be similar to the letter but much shorter.

It should be around 300 words long.

Example Website Profile

My name is and I am from

I am an open minded, responsible, and warm-hearted girl who absolutely loves working with children!

I often helped in a kindergarten and worked as a babysitter, so I'm used to working with children and I immediately bond with them. After a short time, I often become something like a big sister for them.

I have a 6-year-old brother who means a lot to me and I have looked after him for a long time. I am not only his older sister but also his good friend. That is the reason why I have always had a great relationship with children: I am not only a responsible educator, but also their friend.

I am full of energy, love taking photos and doing sports! But my favorite hobbies are painting and creating things (art and design).

I would like to live with an Australian family to experience a different culture and as well because I would love to work with children as a future career and this would be a fantastic opportunity to strengthen my skills in this area.

3. Your pictures

You will need to create a document of about 10 to 15 photos of you. One must be of you and a child and an individual portrait photo of yourself (no selfies) as these will be used as your profile pictures on the database.

The others can be of you, your friends, your family, your pets, your hobbies, place you have traveled, anything you like! You can add descriptions explaining what the picture is showing. The main purpose of this form is so that the host family can get an idea of who you are.

Below you can see examples of the profile pictures for the database.



4. Your video

Creating a video is very important as it gives the families the first impression of who you are and what you are like. It is often the deciding element when families are choosing the applicants to interview with.

Your video should be 2-3 minutes long.

- Introduce yourself. You can also briefly introduce your family.
- Speak about your childcare experience, hobbies, interests. If possible, include some shots of yourself taking care of children.
- Change location. Try not to record the entire video from the same spot.
- Show your personality and skills
- Ensure good light and sound quality. Speak with a clear voice.
- Be natural and don't read out your notes!

You can watch a sample of an AIFS Au Pair video [here](#).

To edit your video you can use one of the programs or apps:

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| PC or laptop | Adobe Premiere Pro, Final Cut, Sony Vegas – fees apply Windows Movie Maker, Shotcut Video Editor, Hitfilm 4 Express, Imovie - free |
| Smartphone (iOS) | IMovie, Pinnacle Studio Pro, Videorama, Filmorago, Splice, Vizmato, Filmmaker Pro, Videoshop |
| Smartphone (Android) | Filmorago, Adobe Premiere Clip, Power Director Video Editor, Videoshop |

When finished, please upload your video to YouTube and remember to choose UNLISTED in private settings. Send us the link in an email.