

Au pair Support



Advice for a successful
au pair placement

For au pairs and host families alike

If you are an au pair in Denmark, both you and your host family are offered free, professional counselling at Au pair Support. The aim of the counselling is to make sure that the au pair placement is a success for both parties.

Au pair Support is part of the Danish Refugee Council – a private humanitarian organisation working independently of the authorities.

Every employee at Au pair Support is under a duty of confidentiality. That means that you can speak to us about anything – also confidential information, which you don't want third parties or authorities to know about.

Preconditions for becoming an au pair

To be accepted as an au pair you need to be between 17-29 years old and not married. Furthermore you must be offered a room of your own with a host family who has at least one child under 18 living at home.

An important purpose for your stay is that you develop culturally and linguistically. This is only possible if your basic linguistic skills are already in place at the beginning of your stay.

Duties and rights for an au pair

Au pair means «on equal terms». As an au pair with a host family you are considered a member of the family. You live and eat for free and are supposed to be on equal terms with the other members of the family. The daily duties in the household may not exceed five

hours a day and 30 hours a week. You have a right to at least one weekly day off.

Furthermore you are entitled to pocket money, no less than the current tariff. An au pair placement can last up to 18 months. Only in special cases, where a handicapped or seriously ill child has attached itself to the au pair can the stay be prolonged to 24 months in total.

When the au pair arrangement is abused

As an au pair you have a residence permit but not a work permit in Denmark. According to Danish law you cannot under any circumstances have duties or work more than the 30 hours a week or work for anybody other than the host family.

If you do that, both parties in the illegal work relationship can be punished with a fine or prison and you will lose your residence permit and will have to leave the country.

A host family who does not uphold the conditions of the contract, for instance in regard to working hours or pocket money, can be excluded from having au pairs for a prolonged time period.

The Danish Immigration Service

The au pair arrangement in Denmark is administered by the Immigration Service. On their homepage www.nyidanmark.dk you will find more information about the demands and conditions for au pairs and host families.



Au pair Support offers help and support within the following areas:

- Rights and duties for au pairs and host families
- Rules for working hours, tasks and pocket money
- Living conditions, insurance and health issues
- Change of host family
- Consequences if the contract is violated
- Consequences of working illegally
- Rules for family reunification and other kinds of residence permits
- Mediation between au pairs and families in conflict situations
- Support or contact persons for au pairs who find themselves in an emergency situation

How to contact Au pair Support

Au pair Support's phone counselling is open Monday - Friday between 9am-3pm on tel. 33 73 53 22 and you can, without prior appointment, visit our open counselling service Friday between 10-12am in Borgergade 10, 3rd floor, 1300 Copenhagen K (see map).

You can also send questions and have them answered by e-mail on contact@aupairsupport.dk. Furthermore you can find information, sound advice and answers to the most frequently asked questions (FAQ) on our homepage www.aupairsupport.dk.

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