



**United States Department of State**

***Bureau of Educational and Cultural Affairs***

***Washington, DC 20522***

December 27, 2013

Dear Au Pair Program Participant:

Congratulations on your participation in the Au Pair Program! On behalf of the U.S. Department of State, I want you to know that your decision to come to the United States is important to us. We want your stay to be a wonderful experience for you.

As an au pair, you are part of a U. S. Department of State cultural exchange program. Like thousands of other au pairs from around the world, you will meet many Americans over the next year and, through you, they will learn about your country and culture. Your participation on this program helps create greater understanding between our countries.

You are a valued guest in the United States, and we want you to succeed in this program. Your goal should be to learn as much as you can about American customs and culture, and to build strong relationships with your host family and new friends. You will be living with a family that may have different rules and ways of life than you are used to. Keeping an open mind will be very important to your success. At the same time, if ever something does not feel right to you, talk to your sponsor, or contact us at the Department of State.

You and your host family have agreed to follow the Au Pair program rules. We hope you have taken the time to review the program rules carefully and understand your rights and responsibilities. Your work should never be more than 45 hours each week, and your host family should make sure your schedule allows you to take educational courses, as these are an important part of your program.

Your U.S. sponsor is your first point of contact throughout your stay in the United States. Your sponsor is identified on your Form DS-2019, Certificate of Eligibility for Exchange Visitor Program (J-1) Status. If you have any questions about your exchange program or need assistance of any kind while here, immediately contact your U.S. sponsor. It is your sponsor's responsibility to help you with problems, needs, or concerns. Your U.S. sponsor gave you an emergency telephone contact number in your program orientation materials. This telephone number should be available 24 hours a day, 7 days a week.

If you have concerns or issues that your U.S. sponsor has not resolved, or you find you cannot reach your sponsor, please contact the Department of State through our 24 hour J-1 Visa Emergency Helpline (1-866-283-9090), or by e-mail at [jvisas@state.gov](mailto:jvisas@state.gov). Moreover, because your safety is the most important thing, the Department of State has prepared information to make sure you can always get help if you ever need it. Please review the information in the

following link before you leave for your program: <http://travel.state.gov/pdf/Pamphlet-Order.pdf>

We are pleased that you made the decision to participate in the Au Pair program. I hope this will be an unforgettable and life-changing experience.

Sincerely,

A handwritten signature in black ink, appearing to read "Robin J. Lerner". The signature is written in a cursive style with some loops and flourishes.

Robin J. Lerner  
Deputy Assistant Secretary  
for Private Sector Exchange