



ADD A VIDEO CLIP TO YOUR AU PAIR APPLICATION!

You can now add a video clip to your Au Pair in America application – a great way to show host families something extra special about yourself and to improve your application.

Adding a video clip is optional, but if you would like to add one, here's how to do it:

1. Start thinking about possible topics and what you might like to talk about – your clip will only be 1-2 minutes long and you should either talk directly to the camera or introduce families to some aspect of your life. Either way, make sure families can see and hear you throughout your video. To help, here are some possible topic choices:

- your hobbies and interests
- your childcare experience
- why you want to be an Au Pair in America
- your country/culture/customs
- your family

2. Think about where you will record your video – in your home, in your garden, in the local park, at your school or workplace, etc...remember we want to hear and see you so don't choose anywhere noisy or crowded and watch out for background noise!

Make sure your personality comes across in your video and remember to smile!

3. Record your video clip in English so host families can understand it. Remember to speak clearly. Save it to your computer (see Useful Information below) ready to upload.

4. Add it to your application by following these simple steps:

- log onto your Au Pair in America website
- go to the "Upload Documents" page and select "Video"
- using "Browse" find and select your video
- add it to your application

Useful Information

- We can accept .MOV .WMV .AVI .MP4 .FLV .MPEG and .MPG types
- Maximum file size is 8 megabytes
- All videos uploaded will be converted to 320 x 240 pixels. This isn't very big so make sure that your video has some good close-ups
- It may take up to 24 hours for your video to upload correctly
- Au Pair in America will then view and approve your clip before it is visible to host families