



Information & costs 2026

An au pair in your family, *all taken care of.*

Everything you want to know about the au pair programme, our support and the costs. Honest and clear.

IND recognised sponsor since 2010

aupairinternational.nl

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Why an au pair?

Enrich your family life

An au pair brings new energy, extra support and an international touch to your family. Because the au pair helps with the daily care of the children, you have more room for the moments that really matter: time together, relaxation and attention for the family.



THE GOAL: CULTURAL EXCHANGE

‘Au pair’ means *on equal terms*. An au pair is not an employee, but a family member getting to know the Dutch language and culture.

Discover new cultures

The au pair programme is first and foremost a cultural exchange. Children playfully discover another language, customs and traditions. At the same time, the au pair gets to experience Dutch culture up close and become part of your family. Both sides learn from each other and make valuable memories.

More calm in your family life

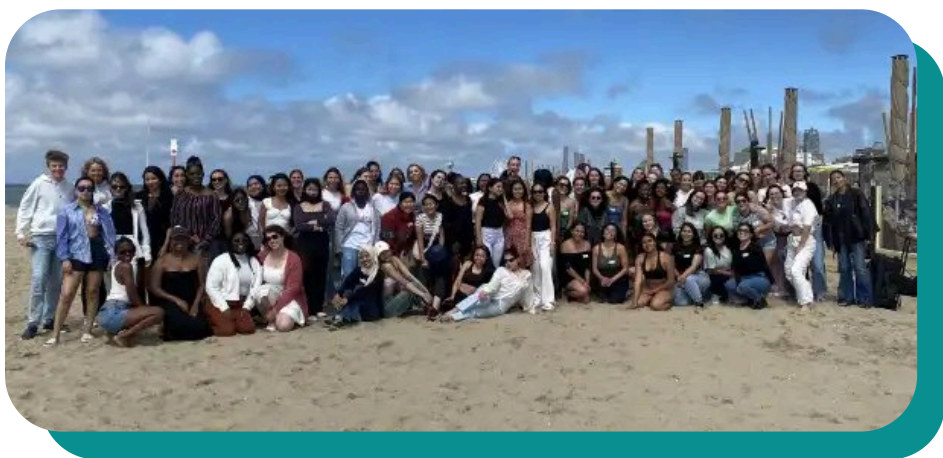
Family life can get pretty busy. School runs, sports clubs, work, groceries and household tasks take up a lot of time and attention every day. With an au pair at home, it becomes easier to keep all the balls in the air. The extra support gives you more flexibility in your schedule and more quality time with the children and each other.

Build a close bond

An au pair is part of your family for a year. In that time you get to know each other well, and a special bond often develops. Children frequently grow very close to their au pair and truly see her as part of the family. The contact often continues after the programme ends, and host families and au pairs keep visiting each other for years.

At its heart: *cultural exchange*

The au pair programme is first and foremost a cultural exchange programme. The au pair gets to know the Dutch language and culture as a full member of the family, and you get to know her country, language and customs. To protect this exchange, the IND (Immigration and Naturalisation Service) sets clear rules.



What an au pair *does* do

- ✓ Help with the children: playing, school runs, eating together
- ✓ Light household tasks, such as tidying up or doing a load of laundry
- ✓ Take part in family life and get to know the language and culture

The legal ground rules

Hours	Up to 8 hours a day and 30 hours a week, spread over no more than 5 days.
Time off	At least 2 days off a week. You agree on and sign a weekly schedule together in advance.
Living	A private furnished room that can be locked, with room and board.
Pocket money	€340 a month, paid directly to the au pair from arrival.
The au pair	Aged 18 to 25, unmarried, no children, never an au pair in the Netherlands before. Maximum 1 year.
The host family	You meet the IND requirements. We check this together in the first call.

What an au pair does *not* do

- ✗ Take over the care of the children; that responsibility stays with you
- ✗ Heavy housework or running the entire household
- ✗ Work outside your family or more hours than agreed

The quality choice

Choosing Au Pair International means choosing quality, expertise and personal support. With our many years of experience and knowledge of the au pair programme, we work with your family and the au pair to make the placement a valuable experience.



Dutch government partner

For more than 16 years we have been a recognised sponsor of the IND. We guide you through every legal and administrative step, and thanks to our recognition we can use the accelerated visa procedure for non-European au pairs. Everything by the book, so you can enjoy the exchange with peace of mind.



Personal support

Communication is the foundation of a successful placement. As a small organisation, we keep lines short and act quickly. Your account manager gets to know your family, helps with practical and cultural questions, and is there for you and the au pair all year round.



Transparency comes first

We believe in honest, realistic information: about the many benefits, but just as much about the points to watch. Most placements go very well. If a situation does call for extra support, we work it through with you, so you and the au pair can move forward with confidence.

16+ years

recognised IND sponsor, since 2010

Fast

visa procedure for non-European au pairs

1 dedicated

contact: your own account manager

All year

support for your family and the au pair

What does an au pair cost?

Is an au pair expensive?

An au pair has traditionally been seen as an exclusive option. In practice, however, the costs are often lower than expected. Depending on your family situation, the type of childcare you choose and the arrangements you make with the au pair, the au pair programme is usually no more expensive than regular childcare.

If we add up all one-off and monthly costs, this is what an au pair costs per month:

€600 – 900 per month

If you choose a European au pair, you will be at the lower end of this range. If you would like an au pair from further afield and offer her plenty of courses and other extras, the amount will be at the higher end. Any extra costs for the au pair's room and board come on top of this.

More flexible than a day-care centre

Compared to a day-care centre, an au pair also offers extra flexibility in daily family life. After all, an au pair lives in your home and can help at times when regular childcare is not always available, such as early in the morning or for an evening of babysitting. An au pair may also help with light household tasks, such as tidying up or cooking a few times a week.

In total, an au pair may help for up to eight hours a day and thirty hours a week. In addition, an au pair always has **two days off a week**, preferably at the weekend.

8 hours
maximum per
day

30 hours
maximum per
week

2 days
off a week,
preferably at
the weekend

Curious which costs apply to your situation? You will find a price list at the end of this brochure.

Search yourself, or let us search?

How do you find the perfect match?

At Au Pair International, you decide how you search for an au pair. Would you like to stay in control of the search yourself, or would you rather leave it to us? We offer both options.

Self-match method

Our recommendation

At Au Pair International we are big fans of the self-match method. You search for an au pair yourself via an online database such as AuPairWorld, and select candidates based on things like experience, start date, personality and country of origin.

Why do so many families choose self-match?

- ✓ **More choice:** online platforms give access to a large number of candidates from many countries, so you have more chances to find the right match.
- ✓ **Personal click:** you decide which candidates you get to know. Because an au pair is part of your family for a whole year, a good personal connection is very valuable.
- ✓ **Cost-efficient:** no foreign recruitment agency needs to be involved, which often keeps costs lower.
- ✓ **Direct contact:** you get to know the candidate yourself from the very start and can discuss your mutual expectations straight away.

Found a suitable candidate? We then carry out a thorough screening and guide you through the entire placement process.

Matching service

Short on time to search for candidates yourself, or happy to leave the selection to us? Then you can use our matching service.

Based on your wishes and family situation, we search our international network for suitable candidates. Within a short time you receive a proposal of carefully selected au pairs who fit your profile. After the introductory calls, you make the final choice, and we take care of the rest of the procedure and support.



Whichever method you choose, we make sure the candidate is carefully screened, and we support both your family and the au pair throughout the entire programme.

The complete programme

The au pair programme is first and foremost a cultural exchange. So a successful placement is not only about time within your family, but also about what the au pair experiences outside it. Au pairs who quickly meet others build their own network, feel at home sooner and suffer less from homesickness.

That is why we organise an extensive programme of activities and meet-ups, where au pairs share experiences and discover the Netherlands together.



Welcome training

Every new au pair attends our welcome training. Topics include communicating with the host family, giving and receiving feedback, raising and caring for children, and fun activities to do with children. We also help her find her way in the Netherlands, and she receives basic first aid instruction.

Red Cross first aid training

Children's safety comes first. That is why au pairs can take an extensive first aid course run by the Red Cross. They learn how to act in emergencies and gain practical skills for looking after children every day.

For host families too

Every year we also organise a meet-up for host families. Host parents meet each other, share experiences and can ask all their questions.

Who are we?

Our team

As a host family, you are never on your own. Our experienced and dedicated account managers make sure your time with an au pair is a success.



Daniëlle



Nienke



Julia



Nazan



Wouter



Rubina



Elseline



Jet



Jone



Shannon



Mirjan



Luuk

Personal advice

Curious how the au pair programme could work for your family? Our account managers are happy to advise you, with no obligation.

Book a call · +31 70 221 13 95

What happens next?

1

No-obligation introductory call

We start with a phone call of about fifteen minutes. We answer your questions, discuss your wishes and check whether you meet the legal requirements.

2

Matching

You look for a suitable au pair via a platform such as AuPairWorld (self-match) or through our matching service. Together we look at which route suits you best.

3

Registration & screening

Found a suitable candidate? Then we go through the programme and the required documents with you in a detailed video call. We also hold a selection and screening interview with the au pair.

4

Visa procedure & preparation

For au pairs from outside the EU, we arrange the visa and residence permit through the accelerated route for recognised sponsors. We help the au pair with her embassy appointment and her travel, and keep you updated through our client portal.

5

Enjoy your au pair!

After an average of four weeks (EU) to ten weeks (non-EU), you welcome the au pair. She can join our activities and training sessions straight away. Our support does not stop there: your account manager stays in touch with you and the au pair all year, and helps with any questions or misunderstandings.

Choose the programme that suits you.

You will receive the invoice for the agency fee a few weeks before the au pair arrives.

One-off · per placement

Full service

Au pair from outside Europe · we find the au pair

€3,650 agency fee

Includes

First intake for new host families	€150
Au pair registration	€665
Host family document check	€335
Exchange programme	€780
IND administration before arrival	€620
IND administration after arrival	€300
Recruitment and selection by partner agency	€800

Other placement costs

IND fees, per application	€423
Au pair insurance (JoHo)	± €550
Plus small items such as BRP (municipal register) extracts and sometimes a TB test.	

Self-match

Au pair from outside Europe · visa and/or permit

€2,700 agency fee

Includes

First intake	free*
Au pair registration	€665
Host family document check	€335
Exchange programme	€780
IND administration before arrival	€620
IND administration after arrival	€300

Other placement costs

IND fees, per application	€423
Au pair insurance (JoHo)	± €550
Plus small items such as BRP extracts, sometimes a TB test and an online database such as AuPairWorld.	

Most popular

Self-match Europe

EU passport, Switzerland or Norway

€1,550 agency fee

Includes

First intake	free*
Au pair registration	€665
Host family document check	€335
Exchange programme**	€480
Administration after arrival	€70

Other placement costs

Au pair insurance (JoHo)	€420
Plus small items such as BRP extracts and an online database such as AuPairWorld.	



During the au pair year

For all programmes

Au pair pocket money

Per month, paid directly to the au pair from arrival

€340 p/m

Room and board

Food, drinks and basic toiletries depends on lifestyle

* Free for AuPairWorld customers if the placement actually goes ahead; otherwise cancellation fees apply. ** Based on 12 months; €40 less per month for a shorter stay.

Extra options and flexibility.

Optional programme costs

For all nationalities

Contribution to travel costs to the Netherlands as you wish

Dutch language course (depending on provider) €395

First aid training (highly recommended) €135

Transport, e.g. NS Weekend Vrij €35 p/m

Phone costs €15 p/m

Museumkaart (museum pass) €75

Re-match

Is an au pair who is already in the Netherlands moving to your family? Then you only pay the host family document check (€335), the au pair registration if she is not yet registered with us (€665), and the exchange programme pro rata: €40 (EU) or €65 (non-EU) per remaining month.

Our flexibility

For a surcharge, you can make the exchange programme costs (€480 for a European au pair, €780 for an au pair from outside Europe) flexible. If the au pair leaves earlier than planned, you get part of these costs back.

Refund per month the au pair leaves early
€40 (EU) · €65 (non-EU)

One-off Flex Invoice surcharge

EU €50

Non-EU €75

Flex Invoice terms: a notice period of one month applies, and we round to whole months. No need for flexibility? Simply choose 'Basic' in the portal.

All amounts include VAT; errors and omissions excepted. Rates apply to placements started in 2026.



Shall we get acquainted?

Book a no-obligation call. We take the time to answer your questions and give honest advice.

+31 70 221 13 95

info@aupairinternational.nl · aupairinternational.nl

Opening hours

Monday to Friday
9:00 am – 5:00 pm

Visiting address

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The Hague
*By appointment
only*

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