



The ABC for Demi Pairs

We congratulate you on the decision to find out more about the Demi Pair Program.

Living with a Host Family offers an affordable way to study in Australia while living in a safe environment. You will have your own room, all meals provided, and you get to practice English away from Language School.

We are Priceless Exchange Demi Pair Agency and we can help you from the application process and throughout your Demi Pair placement. We are available 24 hours a day once you are here if you encounter any challenges. We are based on the Gold Coast and only ever a phone call away.

Priceless Exchange contact details are:

Email: info@priceless-exchange.com

Phone: +61 438 010 276

Skype: andreaspelikan

This document contains:

- Everything you need to know about being a Demi Pair
- Blue Card and Working with Children Check application details
- Airport pick up details
- Ideas for age-appropriate play with children

General information

This document provides important information about being a Demi Pair, traveling, what is expected of you in terms of work and behavior, how your family is chosen and other important things.

Once you decide to become a Demi Pair, you will be asked to fill out a Demi Pair Application Form. Using your information on this form, as well as your requirements, preferred destination and school hours, we will look for a family that suits you.

Sometimes a Demi Pair can have a choice of families and sometimes not, depending on their study times and available families at the time of the placement.

Step 1	Read 'ABC for Demi Pairs'	
Step 2	Complete Demi Pair Application	



Step 3	Read and Sign Agreement	
Step 4	Email to info@priceless-exchange.com (minimum 8 weeks before arrival)	
Step 5	Arrange and pass a Skype interview with Priceless Exchange	
Step 6	Receive/Confirm Family Profile Form (4-6 weeks before arrival) Note: to confirm a placement with a Host Family we need your flight details	
Step 7	Complete Blue Card/Working With Children Check Application, see details later in this document	
Step 7	Attend Skype chat with Priceless Exchange to discuss Host Family and schedule	
Step 8	Arrive in Australia and meet Host Family at designated meeting point	

Male Demi Pairs should also be more flexible than female Demi Pairs, since it is still more the trend for families to take on female Demi Pairs.

In Australia, people travel much longer distances to work than in most European or Asian countries. We always try to match Demi Pairs with families close to the city but please note that it is not always possible. In Brisbane and on the Gold Coast, your family might live up to 1 hour, door to door, from your school. In Sydney, your family might be located up to 1 hour and 30 minutes door to door from the school. This is considered a normal travel time in Australia.

Also, please note that Australia is a multicultural country. This means that our host families can have various cultural backgrounds. Some families have been in Australia for a few generations and others may come from the UK, New Zealand or have an Asian or European background. They all speak English as their first language at home, however they may have different accents.

- We expect you to sit down with your Host Family and discuss their House Rules and expectations. Discuss any problems or questions with them, remembering that communication is the key to a happy stay with your Host Family.
- Please ensure you speak to your Host Family about what your duties are and the time you will spend doing them.
- Don't wait to be asked to do things. Have initiative, be considerate and always enquire if there is something else to do if you not have helped for the full 3 hours.
- Always be polite and remember to say 'thank you' and 'please' and always be home on time to do the things you are expected to do.



What will my Host Family provide?

- A private bedroom
- Breakfast, lunch and dinner 7 days a week
- A home located 1 hour by public transport, door to door, to the closest CBD
- A working schedule based around the Demi Pair's school hours
- A fair balance of housework and childcare
- Invitations to be part of some of the family's social time
- Awareness of and respect for the Demi Pair's culture
- An effort to help their Demi Pair settle in with the family

What do I give in exchange?

As a Demi Pair, you are working for your room and meals. It is basically a Homestay, but instead of paying \$260-\$300 per week, you help your host family 15 hours per week with housework and childcare. The 15 hours 'helping' are considered work as it is your way to 'pay' for your accommodation.

Working hours are usually 15 hours per week from Monday to Friday (=3 hours per day with the weekends free). Sometimes different working hours are required by families which would be outlined in the Family Profile Form.

We ask our Demi Pairs to show some flexibility with their working hours, especially if the Host Family is asking to do occasional babysitting on the weekends. Working hours should not exceed 15 hours per week and should be paid at \$10 per hour for any extra hours.

You will be expected to assist the family with general housework and care of the children. Every family has different requirements and they are outlined in their Family Profile Form.

Take your time and observe your family's routines and ways of doing things. If you are unsure, please ask to be shown again. Sometimes it helps to write things down. Some Host Parents are particular about certain things, like how to vacuum, wash dishes, tidy the kitchen and fold laundry.

Examples of your duties can include:

Housework: preparing meals or helping to prepare meals, ironing, washing clothes and folding, vacuuming, washing floors, dusting, cleaning bathrooms including toilets, cleaning up kitchen after meals, tidying common areas and children's rooms, preparing children's lunch in the morning etc.



Childcare: waking children up in the morning and getting them ready for school, taking them to school and/or picking them up from school, helping children with homework, helping children getting ready for bed including assisting them with their bath, organising some activities for the kids in the afternoon, baby-sitting etc.

Children usually finish school at 3pm so you will have to make sure that **you go home straight away after school** to be on time for work. You will be given a precise work timetable along with your family profile. Please note that it is also important that you discuss this timetable with your family once you arrive in Australia.

Please note that social times such as having dinner with the family are not considered to be part of the 15 hours of work.

It is important to understand that if you have finished your household duties, you should spend the remaining time with the children and Host Family. Never retire into your room before your 3 daily working hours have finished (unless agreed by your family).

All our families agree to a 50% childcare and 50% of housework policy unless stated differently in their Family profile Form. In some cases the families cannot keep to this policy, for example if the Demi Pair has no skills looking after the children or if their level of English proves to be too low and the Demi Pair cannot understand the children. In that case the family can ask the Demi Pair to do more housework until improvements have been made.

Every placement is originally 12 weeks, meaning both the Demi Pair and the Host Family agree to a 12 week stay.

The Host Family Profile Form

You will receive a suitable Family Profile Form about 4-6 weeks before you arrive in Australia.

This document is very similar to the application you have prepared but from their side. It will present each member of the family, all general information about them, location, transport, photos and most importantly - their working schedule. The family will outline the help they will need from their Demi Pair, to which you will need to agree.

The family will expect you to have the experience needed to complete those tasks independently after the initial 1-2 week training period.

Airport pick up

In most cases, your Host Family will personally meet you at the airport.



Please refer to our Airport Pick Up Sheet later on in this document and meet your family at the designated area.

Many Host Families come to the airport with children, they may drive a while and it may be a big trip for them, so please let us know if you miss a connecting flight or your flight is delayed.

We will ask you to take a taxi to your host family at your own expense if you fail to notify us of any change and the family was waiting for you at the airport.

Note that your Host Family can meet you at the Airport on Saturday or Sunday between 5am and 6pm. If you arrive outside these times (6pm-5am), you will be required to stay at a hotel for your first night, and your family will pick you up from there on the following day.

Connecting with your Host Family

The key to a successful relationship with your family is **healthy communication**. Please always discuss any concerns, problems and any future plans with your family. Always tell your family if you are staying away for dinner, if you intend to stay over at your friend's house overnight or if you are running late getting home. This is common courtesy and expected of you.

If for any reason you want to be home after your scheduled Demi Pair working time, you must ask the Host Family for permission. If you want to find a part time job, you will need to talk about it with your family. You can only look for a job if it does not interfere with the Working Schedule and time.

Should any challenge arise that you feel you cannot discuss with your Family, please contact us immediately.

Getting to know the children of your Host Family is very important. If you want to build a close relationship with your Host Family's children, try to find out what THEY like to play, what THEIR interests are and then play on their level with them.

One very easy way is asking your children to show you their favourite toys or activities, or ask the Host Mum. Your Host Family's children will lose interest in playing with you very quickly if you try to make them play things they do not like.

As explained earlier, in Australia children go to school between 8-9am and finish around 3pm. Some families have after school activities planned for their children, but if not, children will come home after school. Children normally have to do homework and maybe you could help them with it.



Please make an effort to spend time with your family outside your working hours and on the weekends.

Make an effort to be part of special family occasions like the children's birthday parties and some outings the family invites you to join. Remember you are expecting to be part of your Host Family on the Demi Pair program and your family expects you to be part as well. Talk to the family about weekend plans making sure they know when you are home and when not. Offer to babysit every now and then.... This will be greatly appreciated!

Being a Demi Pair and spending time with your host family means that you will NOT be able to participate in all the language school activities and optional classes, due to your work commitments

Extra tip for Asian Demi pairs: Communication is very important in the western culture. We say what we feel. Eye contact is very important - when you talk to your Host family, look them in the eyes - this shows respect. We communicate pleasure and displeasure through facial expression - smiling when we are happy and with a serious face when we are not happy. So please smile! If you are not happy with anything you must talk to your family or us or your education agency.

Trustworthiness and Responsibilities

These are of vital importance. Having children in your care requires you to be alert, responsible and use your common sense to deal with day-to-day situations.

Your Family expects you to be independent, reliable, helpful, friendly, safe, responsible and generally fun to be around. They also expect you to show self-initiative. This is extremely important. Your Host Family expects help from an adult and cannot look after another 'child'.

- Don't give children your phone to play with unless it is agreed with your Host Family. Most Families have very strict 'screen times' for their children.
- Don't give children any treats without checking with the host family first.** Many Families are strict with their children's diets and the children can also have allergies that you may not be aware of.
- In Australia, it is against the law to leave children unsupervised until they are 12 years old. Never leave a child out of sight if you are looking after them - it doesn't matter if you are at home, in the bath or in the park.
- It is against the law in Australia to hit children so NEVER hit a child.
- NEVER give a child any medication without permission by the Host Family.
- Talk to your Host Family if you find it challenging to look after a child. Ask for ways to control a child. There are many different parenting ways and it is your job to adapt to your family's way of parenting.



- Never lie to your host family because a simple lie can make your Family lose trust in you.
- Please remember to keep the personal and business affairs of your Family confidential at all times. Don't discuss any grievances with your classmates - these must be referred to your school or to Priceless Exchange who will help you with any issues.
- Never post any photos of your Host Family and their children on any social media platform without the prior consent of the Family. **There are strict protocols around protecting the privacy of children on social media in Australia, especially while they are wearing their school uniforms.**

Accommodation

Your Family will give you your own private bedroom and in some cases your own bathroom. **It is your job and very important to keep your room clean and tidy**, including washing the bedding on a regular basis.

It is important to understand that every Host Family lives in a different house and that Australia's building standards are different from other countries. In Australia, walls are built from light material and it is very normal to hear noises through them, or through your door, or through to the outside of the house.

Australia is a very dry country and often has water restrictions. **Please have only 5-minute showers and always leave the bathroom neat and tidy.** At all times you should use your own personal care products including toothpaste.

Meals

You will be provided with breakfast, lunch and dinner. The family is not required to prepare breakfast and lunch for you but they will show you what you can use to prepare meals for yourself. You will be eating dinner with your family and if they are not home, you can prepare your own.

Australia is a multicultural country. Food cultures and portion sizes vary from family to family. Families in Australia normally eat very simple meals and Australia is not known for entrees and desserts. A family needs to provide for one more adult to their standard and a Demi Pair needs to buy their own snacks and soft drinks. You are required to adapt to your family's standards and please tell your family if you feel challenged to adapt to their way of eating.

Electricity, water and Internet

- Please be mindful of electricity, Internet and water usage in your Host Family's home.
- Don't leave the light, air-conditioning or heater on during the day when you are not there.**
- In most families, Internet access is not unlimited so please avoid downloading movies without your family's approval and limit your Internet use to keep contact with your family and friends or do some research for your homework.
- Australia has really strict water restrictions. In order to preserve and conserve water, please limit your showers to 5 minutes and do not let the water run while your are brushing your teeth.

Please be aware your Host Family can get you to pay for careless usage of water, Internet and electricity.

It is not acceptable to use your phone for personal matters during working time and it should always be left in your room.

Transport to and from school

Your family will show you the closest bus/train stop from your home. If you need assistance with buying a ticket and figuring out how to get to places, please ask your family.

You can Google 'Journey Planner' for the city you live in and you will find websites that help you find the right connection to your school and home again.

Personal hygiene

It is important to be neat and tidy for your own personal hygiene and in your room as well. Please use rubbish bags for rubbish and wash your bedding on a regular basis. Never flush anything other than toilet paper down the toilet.

Cleaning your room and toilet is not part of your working time and needs be done weekly, including vacuuming and cleaning the bathroom and toilet.

If a bathroom is shared, it is important to keep the sink clean and dry after every use and pick your hair up from the floor.

Remember that as a Demi Pair, you are a role model for the children in your family.

Leave your room and bathroom clean and tidy when you leave the placement.

Insurance and damage

All Demi Pairs with Priceless Exchange are covered by our Liability and Damage Insurance which can be accessed by the student for an excess of \$250, if the claim is approved.

All broken items need to be replaced by the Demi Pair and it is advisable to contact us if any damage/breakage has occurred.

You need to have your own medical insurance to cover your stay with your family and your time in Australia.

No responsibility will be taken for loss or damage of your personal belongings, so please take special care of your valuables, money, passport and airline ticket.

Friends and parties

Never invite any friends to your Host Family's home unless you have permission.

You must never consume alcohol or be under the influence of any drugs during your working time with your Host Family. Failure to comply with this will result in you being asked to leave the Family.

It is also not acceptable to come home late and drunk after a night out parting - it is advisable to stay with friends on those nights.

Smoking is not usual in Australia and unless specifically mentioned and agreed, smoking is not accepted in a Demi Pair's position. **This also means social smoking, as the smell of cigarettes can be easily noticed.**

What if it doesn't work out with my family?

We understand that not every placement works out well. We expect both the Demi Pair and Host family to contact us immediately if any challenges arise. We expect both parties to have the willingness find solutions to any problems.

There are different reason a placement may not work, for instance:

- Personality clash – this can happen if the Demi Pair and a member of the Host Family don't 'get on' or don't 'see eye to eye'. In most cases, a Demi Pair would then move to another family if the Demi Pair has remained friendly and polite.
- Difference in lifestyle – we do our best to match you with a family with a similar lifestyle as yours. In most cases, a Demi Pair would then move to another family if the Demi Pair has remained friendly and polite.
- Change of circumstance – sometimes things happen to Host Families that we cannot foresee - for example illness, change of work or housing. In most cases, a Demi Pair would then move to another family if the Demi Pair has remained friendly and polite.
- Challenges with the working schedule – if for any reason you find it challenging to follow through with your agreed working schedule, please let us know. We will try to mediate a schedule that works for both you and your Family.
- Challenges with the children – let us know if you experience any challenges with the children of your Host Family and we will mediate with you and your family and find a way to make it work.

We are happy to help a Demi Pair find a new family, as long as you have always been friendly and polite.

It is very important to understand that when you start your Demi Pair placement you and your Family have both agreed to a 12 week stay. We are happy to negotiate with your Host Family if you need to leave early but we would all need to come to a common agreement.

Helpful things to remember

- If your Host Family asks you to join them on an outing on the weekends, make sure both you and your family have a mutual understanding about who pays for what. For example, if the family is going to one of the theme parks, who pays for the ticket? The host family does not have to pay for your ticket, unless they specifically ask you to join them to look after the children, in which case the outing will be considered 'working time'.
- It is very important to tell your host family if you are having trouble understanding them or the children. You will make many mistakes and have many misunderstandings if you pretend to understand the instructions your Host Family gives you. We will give you a 'Low Level English Placement' form to sign if we feel your English is lower than expected.
- Children in Australia are used to having a lot of space to play in. Many families have trampolines and pools in the backyard so children are very active. It might feel very busy to you but you will get used to it after a little while!
- Your Host Family will talk to you about their rules, routines and standards. Please understand you must adapt and every Family is different.



- It is totally normal to feel a little overwhelmed adapting to the Australian lifestyle when you are in a new country with a new family, new school, new friends, new foods and a new culture. Please let Andrea know if you have troubles adapting.
- Many Australian families have backyard swimming pools, spend time in a public pool or beach. Every year, many children drown in Australia. When a child that cant swim falls in a pool, it will sink to the bottom, this happens within seconds! PLEASE TAKE EXTRA SPECIAL CARE LOOKING AFTER CHILDREN NEAR WATER, AND NEVER-EVER LEAVE THEM OUT OF SIGHT!

Blue Card/Working With Children Check

APPLYING FOR A BLUE CARD OR WORKING WITH CHILDREN CHECK

The Blue Card system is used in Queensland as a prevention and monitoring system for people working with children and young people. In New South Wales and Victoria, this is called a Working With Children Check.

Holding this card is compulsory for all students undertaking a Demi Pair program in Australia as you will be working around children.

For students studying in New South Wales (eg. Sydney) OR Victoria (eg. Melbourne): We will send you the appropriate link when we send you the Family Profile Form and this needs to be completed and lodged BEFORE you arrive in Australia. Please email us the 'New Application Receipt' as soon as you have received it.

Please note, you won't be able to join your Host Family without forwarding us this email.

For Students studying in QLD: we will send your application to your Language School on your first 'orientation' day. **Please see your Language School's reception, should you not be asked to sign it on the first day.**

Airport Pick-Up

<p>Brisbane International:</p> <p>KOREAN Demi Pairs - your Host Family will wait in front of the <i>Spoon Café</i>.</p> <p>EUROPEAN Demi Pairs - your Host Family will wait in front of the <i>The Coffee Club</i>.</p> <p>You Host Family will meet you about 1 hour after your plane has landed.</p> <p>Brisbane Domestic:</p> <p>Please meet your Host Family at the baggage claim, where you collect your suitcase.</p>	
<p>Gold Coast International:</p> <p>Your Host Family will wait in front of the <i>Sky Bus Information Booth</i>.</p> <p>You Host Family will meet you about 1 hour after your plane has landed.</p> <p>Gold Coast Domestic:</p> <p>Please meet your Host Family at the baggage claim, where you collect your suitcase.</p>	
<p>Sydney International:</p> <p>Your Host Family will wait in front of the <i>Arrival Halls McDonalds</i>.</p> <p>You Host Family will meet you about 1 hour after your plane has landed.</p> <p>Sydney Domestic:</p> <p>Please meet your Host Family at the baggage claim, where you collect your suitcase.</p>	
<p>Melbourne International:</p> <p>Your Host Family will wait in front of the <i>Optus Store</i>.</p> <p>You Host Family will meet you about 1 hour after your plane has landed.</p> <p>Melbourne Domestic:</p> <p>Please meet your Host Family at the baggage claim, where you collect your suitcase.</p>	



Please contact us immediately should your flight be delayed, or you miss a connecting flight.

Some families come to the airport with small children. Please be aware that if you are NOT in the area we specify above, at the expected time, the family might go home if they cannot find you. IT WILL BE YOUR EXPENSE TO PAY FOR A TAXI TO THE HOST FAMILY'S HOME IF THAT HAPPENS. Please contact us immediately if you cannot find the designated meeting point in the airport terminal.

Ideas for age-appropriate play with children

Thank you <http://www.respiteforme.com>

3 - 6 month old children

- Cradle, gym, squeeze, playpen toys
- Use a mirror and ask the baby "Who's that?"
- Imitation games
- Sounds of music
- Change in voice
- Bath time

6 - 18 month old children

- Games of drop and throw
- Bounce chair
- Games: Peek-a-Boo, Hide and Seek
- Feeding fun (easy to eat finger food)
- Water play (use wash cloth puppets, sponges of different shapes and colours, bubbles to blow)
- Bath time play (floating toys, sponges, washcloth puppets)
- Kitchen play

18 months – 4 year old children

- Experiment with clay and colour
- Paints and do handprints
- Play with water and forms
- Wiggle
- Play follow the leader
- Dance
- Play hide-and-seek.
- Let the child "help" - at the store, preparing dinner, etc.



Ages 5-7

- Bake and frost cut out cookies
- Fly a kite on a windy day
- Go for a walk and collect interesting rocks, leaves or other items
- Feed the ducks at the park
- Make a present for someone special
- Play UNO, Crazy 8s, or Old Maid
- Play badminton or croquet
- Go for a walk and find interesting places to practice "balancing"
- Have a garden picnic
- Cloud watch on a bright summer day

Ages 8-10

- Start a scrapbook with a page for pictures of favourite things
- Go on a camera scavenger hunt to find odd objects to photograph
- Make greeting, get well or holiday cards for special people
- Read a selected book out loud and tape record it
- Play Monopoly, Life, Sorry, or hangman
- Go for a bike ride
- Go to the park and play soccer, tennis, tags

Ages 11-13

- Watch a TV program and identify negative stereotypes
- Look up your state on the Internet: what is the major industry?
- Build and paint a bird house - watch for occupants
- Rent rollerblades and learn to skate, safely
- Make a list of people you admire - look them upon the Internet
- Mow the lawn or wash the car together
- Play computer and video games together