

An Investment in America

How Department of State BridgeUSA Exchange Programs Advance U.S. Interests at Home and Abroad

Au Pair Program, 2019-2023

The U.S. Department of State BridgeUSA Au Pair program enables international participants to stay with American host families while providing childcare and participating in cultural exchange. The program allows au pairs to immerse themselves in American life while caring for host children, helping with schoolwork, and participating in family activities. While doing so, au pairs receive a stipend, room and board, and attend educational courses. American families in turn benefit from the program by exposing their children to other cultures and languages. In 2023, a total of 21,419 au pairs took part in the program across the U.S.⁴ Participants come to the U.S. on non-immigrant J-1 visas.

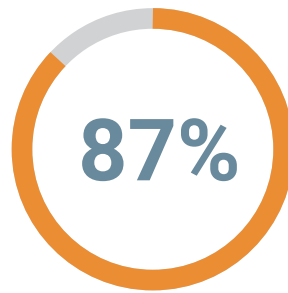
The Au Pair Program Drives the U.S. Economy and Supports American Families



\$143.8 MILLION

Total amount Au Pair
program participants spend in
the U.S. per year

If families could not host au pairs...

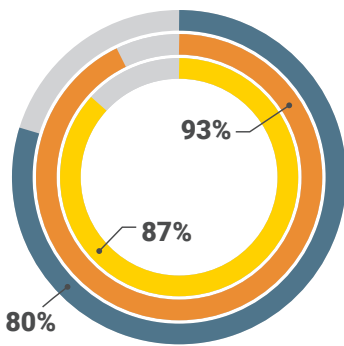


87% would be negatively impacted due to their **inability to find suitable childcare** for their family.



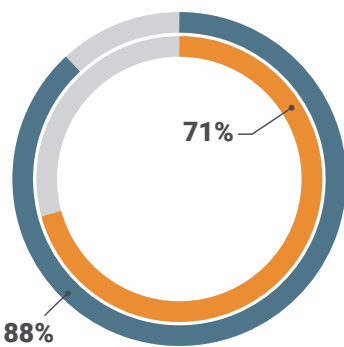
⁴J-1 program national-level participation numbers are drawn from U.S. Department of State sources, upon which the economic impact calculations are also based. All other survey findings are based on a 2024 survey of 1,693 program alumni and 2,835 host families.

The Au Pair Program **Advances American Interests**



Program alumni actively...

- Recommend the program to friends and family
- Continue their engagement with the U.S. by returning or planning to return to the country
- Spread the word about the program and their experience in the U.S. with their networks via conversations, presentations, and social media

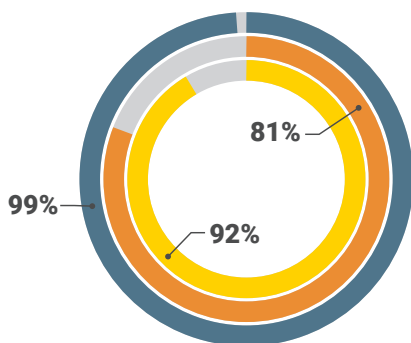


U.S. host families report that the program...

- Helps their children develop an understanding of different cultures and countries
- Promotes cultural engagement between their children and their au pair

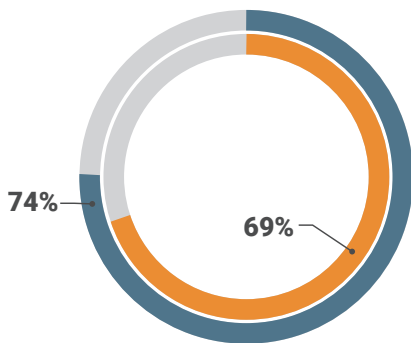


The Au Pair Program **Increases Mutual Understanding**



Au pairs...

- Participate in a range of cultural activities with their host families that enable them to develop an understanding of American culture and society
- Gain a better understanding of American culture, traditions, and customs
- Gain a better understanding of American values



Hosting international au pairs enables U.S. families to...

- Foster life-long friendships between the family and their au pair
- Provide life-changing experiences for the au pair to take back to their home countries

