



**AU PAIR
NETWORK**

HAVE YOU EXPERIENCED A VIOLATION?

Most au pair stays are unproblematic and successful, but in some cases au pairs end up in situations that are not only positive. Here we cover some of the most common types of violations and where you can reach out if you experience a violation yourself



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In general, violations can be divided into two different categories: contract violations and violations aimed at the individual au pair

Examples of contract violations can be

- Over work
- Insufficient pay or pocket money
- Not possible to take vacation or days off
- Not sufficient private life in host family's home

Examples of individual violations can be

- Conflicts with host family
 - Psychological abuse, resulting in stress or mental issues
 - Physical abuse – violence or of a sexual character
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Unsure whether you have experienced a violation? Au Pair Network offers free advice from trained counsellors

These are just some of the examples of violations that Au Pair Network come across when counselling au pairs and offering case handling in cases of violations. If you feel violated as an au pair – no matter the type of violation – do not hesitate to contact our counsellors through either phone, email, Facebook or a personal meeting. The APN counsellors are trained professionals in offering advice, assisting with claims and are also able to direct you to further information and assistance from other organizations.

In some instances, it is also necessary to consult for instance your local general practitioner, file a report at the police, go to the immigration office or be admitted to hospital. The counsellors can also assist you in these and other instances, where your case requires more than immediate counselling.

Click below to view our list of organizations that specialize in some of the above-mentioned violations

