



AU PAIRING & EXECUTIVE CARETAKING (CHILD & SENIOR CARE)

Your imagination is bigger than the world you live in. We live in a global village. What you dream, you can achieve, and do so just about anywhere in the world you want.

One way of achieving these dreams is to become an au pair or an executive caretaker.

Consider the world we live in:

- As we become more mature, etiquette, self-management, how we dress, talk and think becomes more and more important.
- Due to economic challenges both parents have to work and this creates a need for someone to spend quality time with and take care of our young ones and our elderly.

Qualitas VALUE ADD (X 2)
We're serious about your career. We will add the following to your education, to make you even more desirable in the professional job market.

Office computer ready
Get certified by Qualitas for the latest Microsoft Office suite.

SA Learner's Licence
Assist with preparation for Learner's licence.

This one year programme provides for all those needs and will prepare you to be accepted socially and culturally in just about any community, whether it is in South Africa or abroad.

What will I learn?

Module 1: Image consulting	Module 2: Finishing	Module 3: Executive care / au pair
<ul style="list-style-type: none"> • Make up skills • Skincare • Body analysis • Nail, hand and feet care • Dress code • Wardrobe planning • Personal shopping • Accessories • Hair care and basic styling • Personal budgeting 	<ul style="list-style-type: none"> • From buffet to banquet • Table etiquette • Table laying & decorating • Minding your manners • Basic housekeeping • Social skills • Posture • Body language 	<ul style="list-style-type: none"> • First aid • Creative skills (hobbies) • Basic nutrition • Essential electronic communication • CV planning and Interview skills

Learning material and kit

All books and study material are included in the fee. All learners will receive a kit comprising of the following

- Tape measure,
- Eyeliner & sharpener
- Complete professional make-up set (including disposables)
- Professional brush set (face)
- Hairdryer
- Hair straightener
- Colour charts
- Basic first aid kit
- Tweezers

Duration

This programme runs over one year. During this year you will enjoy a balance of practical and theoretical training.

What will I be able to do?

The word “Au Pair” is a French term which directly relates to “on par” – or equal to. It is used to refer to a specialised caregiver who lives with a family as an equal and is cared by and cares for that family, focusing either on the elderly or the children.

Au pairs and executive caregivers stay with the host or report regularly for about a year and work on average 40-45 hours a week.

The type of care given to children is different from that given to the elderly.

Here are some examples of basic tasks:

Au Pair (working with children)	Executive caregiver (Senior care)
<ul style="list-style-type: none"> • Waking the children • Dressing infants & toddlers • Bathing & playing with children • Plan and preparing meals, including lunches for school • Looking after their belongings • Making beds and minimising mess and chaos in the home • Driving to school, sports events or extra-mural activities • Assisting with homework & remediation • Engage children with games & activities • Encourage & assist with healthy living and activity • Travelling with the host family on vacations, and other family outings 	<ul style="list-style-type: none"> • Assist with walking and light exercise • Plan and prepare meals • Monitor food expiration dates & prepare meals • Run errands (pick up prescriptions, dry cleaning, etc.) • Provide essential reminders (appointments at salon, hairdresser and prescriptions) • Escort on appointments (salon & hair, care, physical therapy, doctor’s appointments, etc) • Escort to religious services & events • Maintain calendar and organise mail • Engage in stimulating activities (games, memory books) • Companionship • Travelling with on outings & vacations.

NB: Au pairs & executive caregivers responsibilities do not include housework unrelated to the children or seniors they care for.

Income expectations

Visit various employment websites to get an idea of what you could earn. The incomes range from average to fairly high. The more professional you appear the higher your chances of fitting in with and being accepted by families who pay higher salaries.

Keep in mind, that most au pairs have no accommodation or food costs and that very little of their salary is affected by the cost of living.

Qualitas Value Add

For EACH full-time programme at Qualitas, expect at least ONE complimentary Value Add. The value of these items makes this the best deal in education, while giving you an edge over other graduates just as eager for opportunities in the job market. Ask about the *value-add* components.