

HOW TO ADD A VIDEO CLIP



All applicants must upload a video clip – a great way to show host families something extra special about yourself!

Here's how:

Think about possible topics and what you might like to talk about. For example:

- your hobbies and interests
- your childcare experience
- why you want to be an Au Pair in America
- your country/culture/customs
- your family

Guidelines:

- Record your video in a **quiet** location, for example in your home, in your garden or in the local park – no background music or noise please!
- Speak directly to the camera and close to the microphone so we can see and hear you. Avoid slideshows of still pictures – host families want to see you in person!
- No personal details! Do not provide your phone number, email address or full name - host families already have access to your contact information.
- Show off your personality.
- Make sure the content is appropriate - children should be fully clothed in all footage/pictures.
- Look friendly and remember to smile! 😊
- **IMPORTANT:** Your video must be less than 3 minutes in length. If your video is too long, it will be rejected.

Add to your application:

- Save your video onto your computer.
- Log onto your Au Pair in America website, go to the "Upload Documents" page and select "Video".
- Using "Browse", find and select your video.
- Add it to your application.

Useful Information

- > We can accept .MOV .WMV .AVI .MP4 .FLV .MPEG and .MPG types
- > Maximum file size is 16 megabytes
- > All videos uploaded will be converted to 320 x 240 pixels. This isn't very big so make sure that your video has some good close-ups
- > It may take up to 24 hours for your video to upload correctly
- > APiA will view and approve your clip before it is visible to host families