SPES PROJECT
Support for Preventing Exclusion from Social Life Caused by Over-Indebtedness
2024-1-IT02-KA210-ADU-000245793
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TOWARDS A NEW START:
MANAGING YOUR FINANCIAL RESOURCES EFFECTIVELY
Course for people in a condition of over-indebtedness

TARGET AUDIENCE: People involved in procedures for resolving overindebtedness.
No. 15 participants

TRAINING OBJECTIVES

- Become aware of the causes of over-indebtedness: know the main causes of overindebtedness in order to identify the events, behaviours, and attitudes that expose one to the risk of becoming over-indebted.
- Recognize the consequences of over-indebtedness: know the possible impacts of over-indebtedness on physical and mental health, family dynamics, economic condition (credibility, stability, etc.);
- Know how to prevent future over-indebtedness:

  a) Understand the importance of risk management;

  b) Know how to identify warning signs in daily life (e.g., difficulty paying bills and fees, increase in debt) in order to act promptly;

  c) Understand the importance of long-term planning;

  d) Improve one's financial education and develop strategies to prevent, manage, or [i]reduce debt (e.g., develop self-control and financial discipline, manage the family budget, understand how to request and manage a loan responsibly);

  e) Know the resources available in the territory to support citizens in socio-economic disadvantage and know how to ask for help.

KNOWLEDGE AND SKILLS TO BE ACQUIRED

a) Long-term vision and planning skills;

b) Work and personal development skills;

c) Ability to react to changes;

d) Financial management and risk management skills;

e) Self-control and discipline;

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f) Relational and social skills;

g) Digital and economic literacy;

h) “Smart consumption”;

i) Personal and social resources (supportive);

j) Useful adaptation and containment strategies.

MODULE 1 Elements of Financial Education

Didactic Unit 1 (3.00 h) – Introduction and sharing of the initial knowledge and skills of the participants. Elements of financial education – Theoretical part + Active part: Simulations – Case studies – Role-playing. Discussion of the main commonly used financial and banking products.

MODULE 2 Debt: Preventing and Managing It

Didactic Unit 1 (1.30 h) – Conscious consumption and Saving. Theoretical part + Active part: Simulations – Case studies – Role-playing. The didactic unit is intended for the study of conscious consumption and saving propensity.

Didactic Unit 2 (1.30 h) – Family budget management and expense planning. The didactic unit will address topics related to spending and payment behaviors, expense planning, and the sharing economy. Theoretical part + Active part (Workshop).

MODULE 3 Identifying Risk and Knowing How to Ask for Help.

Didactic Unit 1 (1.30 h) – Knowing how to ask for help: facing psychological suffering. General part (Theoretical part + Active part). Learn to recognize one’s limits and difficulties, to rediscover one’s potential, and not fear the judgment of others; learn to recognize and experience one’s emotions.

Didactic Unit 2 (1.30 h) – Risk of over-indebtedness. Theoretical part + Active part (Simulations – Case studies – Role-playing). The didactic unit is dedicated to the ability to recognize the main elements of over-indebtedness risk, also through a specific assessment/self-assessment tool (over-indebtedness risk index).

COURSE CONCLUSION Course evaluation. Final self-assessment of knowledge and skills.

COURSE DELIVERY METHOD Online

DURATION 9 hours divided into weekly sessions.

MATERIALS

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1) Practical information (e.g., guides with key concepts for debt management strategies, guidelines for managing stress, debt-related anxiety, etc.) (prepared by the Teachers and Project Partners).

2) Risk index and tools for financial self-assessment (prepared by the Project Partners, see Risk Index);

3) Checklists and Spreadsheets (e.g., for monitoring expenses; lists of practical actions)
(prepared by the Project Partners, see Family Budget model);

4) Case studies (anonymized), concrete examples of situations similar to those of participants, with possible solutions and applied strategies (prepared by the Teachers).

5) FAQ and resources, a document with answers to frequently asked questions, information on regulations, advisory services, and useful contacts (prepared by the Teachers and Partners).

[i] Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the National Agency Erasmus+ INDIRE. Neither the European Union nor the granting authority can be held responsible for them.

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