





BUDGETING AND MONEY MANAGEMENT

WELCOME & COURSE OBJECTIVES

Welcome!

Today you will learn:

- 💰 What a budget is and why it matters
- 📊 How to track income and expenses
- 🏠 Simple ways to start saving
- 🎯 How to create your own budget plan



WHY ARE WE HERE?

Budgeting helps you:

- Feel more in control of your money
- Avoid running out before payday
- Save for things you care about (trips, education, hobbies)
- Reduce stress about money



ICEBREAKER ACTIVITY

Two Truths and a Lie: Spending Habits

- Think of 3 statements about your spending habits:
- ✓ Two should be true
- ✗ one should be false
- 💡 Share them with the group can others—can others guess the lie?



WHAT IS BUDGETING?

Budget = A plan for your money.

It helps you:

- Know how much you have
- Decide how to spend it
- Avoid surprises



WHERE DOES MONEY COME FROM?

💰 Income Examples:

- Part-time jobs
- Allowance
- Gifts
- Side gigs

🔍 *Activity: What are your income sources?*



WHAT ARE **EXPENSES**?

💡 **Expenses** = What you spend money on

Examples:

- Food
- Transport
- Mobile phone
- Entertainment



NEEDS VS. WANTS

✓ Needs:

- Things you must have to live
(rent, food, electricity)

💎 Wants:

- Things you enjoy but don't need
(fast food, video games, designer clothes)



CASE STUDY: SUBSCRIPTIONS TRAP

Nikos has:

- Spotify: €6.99
- Netflix share: €5
- Extra mobile data: €10
- Game pass: €9.99

Total= **€32/month**

Prompt: Which one gives the least value? What's the easiest to pause?




GROUP ACTIVITY: **NEEDS** & **WANTS**

Scenario:

 You earn €200 per month from a part-time job.

With your group:

- ✓ List 3 Needs
 - ✓ List 3 Wants
-  Discuss: What happens if you spend all on Wants?

HOW TO MAKE A BUDGET


5 Simple Steps:

- Calculate your total income
- List all your expenses
- Categorize: Needs vs. Wants
- Track what you spend
- Adjust as needed



BUDGET EXAMPLE

Category	Amount (€)
Income	200
Rent	50
Food	40
Phone	20
Transport	20
Savings	20
Fun	50

 Always plan savings first!

HOW DO YOU TRACK **EXPENSES?**

3 Easy Methods:

- Notebook & Pen
- Spreadsheet (Excel/Google Sheets)
- Apps (Mint, Goodbudget, YNAB)



CASE STUDY: Where did €25 go?

Alex tracks spending for 3 days

MON

Coffee €2.50

Snack €3.00

Total €5.50

TUE

Bus €2.40

Drink €2.00

Total €4.40

WED

Fast food €8.00

App €2.99

Total €10.99

Total in 3 days: €20.89

What surprised you most?

Food • Transport • Apps

EXPENSE TRACKING DEMO

Example: Notebook Entry

- Date (e.g 15 July)
- Item (e.g. snacks)
- Amount (e.g. €5)
- Category (e.g. transport)

CHOOSING THE RIGHT TOOL

💡 Tip:

Pick the method you feel most comfortable with.

- Notebook – Simple
- Spreadsheet – Organized
- App – Automatic



BUDGETING APPS TO TRY

- **Mint** – Free, tracks expenses
- **Goodbudget** – Envelope budgeting
- **YNAB** (You Need A Budget) – Paid, very effective

 *Check your app store after class!*



BUDGETING ACTIVITY INSTRUCTIONS

Create Your Own Budget:

- Use a worksheet or notebook
- Use your real income or scenario below:
 - Monthly income: €200
 - List your planned expenses

WORK TIME

⌚ Now it's your turn!

- Use your worksheet or notebook to create your budget
- Include Needs, Wants, and Savings



SHARING & DISCUSSION

🗣️ Volunteers: Share your budget plan

Reflect on:

- What was easy?
- What was hard?
- Group feedback and tips



SAVING STRATEGIES

💡 The 50/30/20 Rule:

- 50% Needs
- 30% Wants
- 20% Savings

Tip: Even saving €5 a week adds up!



BUDGETING GAME CHALLENGE (HOMEWORK)



Can you save €20?

- Simulate a week of spending
- Record everything
- See if you end with €20 saved

MY MONTHLY BUDGET WORKSHEET

Name: Month:

1) INCOME (Money In)

Source	Planned (€)	Actual (€)
Part-time job		
Allowance		
Gifts		
Other		
TOTAL INCOME		

2A) NEEDS (Must-have)

Category	Planned	Actual
Rent / Housing		
Food		
Transport		
Phone / Data		
School / Supplies		
Other needs		
TOTAL NEEDS		

2B) WANTS (Nice-to-have)

Category	Planned	Actual
Eating out / Snacks		
Entertainment / Streaming		
Clothes		
Games / Apps		
Gifts		
Other wants		
TOTAL WANTS		

3) SAVINGS GOAL (Pay yourself first!)

Goal: Cost (€):
Deadline: Saved so far (€):
This month planned (€): This month actual (€):
Progress:

4) MONTHLY SUMMARY (Totals) + NOTES

Total income (€): Notes / next month change:
Total expenses (€):
Leftover (€):

Tip: Track spending for 7 days (snacks, transport, phone data) — then adjust your plan.

CONNECTING BUDGETING TO YOUR GOALS

Why Budget?

- Save for:
 - A trip
 - School
 - A hobby
- Budgeting = Your roadmap to what matters



Q&A

? Ask anything you're unsure about

🕒 Let's clarify and discuss together



ACTION PLAN & HOMEWORK

Your Homework Challenge:
Create a Savings Goal Plan.

- **Choose one goal** you want to save for (e.g., a trip, a new phone, school supplies).
- **Write down:**
 1. What the goal is
 2. How much it costs
 3. When you want to reach it
 4. How much you'll need to save each week or month
- **Optional:** Share your plan with someone you trust (a parent, mentor, or friend).

REFERENCES & FURTHER READING

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- Burkholder, S. (2015). *I Want More Pizza: Real World Money Skills For High School, College, And Beyond.* Overcome Publishing LLC.