

Fit for Life

1. Description:

Fit for Life is an educational programme for students aged 14 to 16 (5th and 4th grade of secondary school). This programme has been implemented in Luxembourg since 2008/2009. The programme consists of 6 interactive 60-minute sessions exploring students' personal possibilities in terms of education, career and finance options. These 6 sessions are given by a volunteer from the business world.

2. Learning objectives:

Duration: 3 units of 2 hours each	Target audience: 14-16 years (5 th and 4 th grade)
Description	The programme « Fit for Life » consists of 6 lessons
1st sequence: Your money Students do practical exercises to determine their net income from their gross income. Information on the role of taxes and social security contributions.	Key learning objectives <ul style="list-style-type: none"> • Understanding the components of gross income and net income • Know the basics for calculating taxes and social security contributions • Understand what an investment is and that every investment involves a risk
2nd sequence: Manage your budget! On this basis, they establish a budget taking into account the various monthly, repetitive, unpredictable or accidental expenses.	Key learning objectives Students have to: <ul style="list-style-type: none"> • Determine a balanced budget, respecting their income and expenses • Understand the necessity for regular savings
3rd sequence: Insurances' Overview Students receive explanations about different insurances, their costs as well as about the coverage of risks.	Key learning objectives Students have to: <ul style="list-style-type: none"> • Explain the advantage of having insurance • Include the cost of insurance in their monthly budget
4th sequence: Responsible Consumer Students learn about the different forms of lending. They are given the basics regarding the cost of the budget and being explained the importance of adjusting it to the monthly disposable income. They are made aware of responsible purchasing and are questioned about how they buy/consume. Students integrate the concepts of interest, loan and cost.	Key learning objectives Students have to: <ul style="list-style-type: none"> • Compare the advantages and disadvantages of buying cash versus buying on credit. • Recognize the opportunity to take advantage of these benefits depending on the situation • Learn to recognize the signs of over-indebtedness and how to minimize the risk

<p>5th sequence: Mirror, mirror, on the wall... Students will study their skills, interests and values as well as the business world. This will help them make better decisions about their education, career and personal finances.</p>	<p>Key learning objectives Students have to:</p> <ul style="list-style-type: none"> • Determine their skills, interests and values. • Target the potentially right job for them
<p>6th sequence: The choice is yours Students will think about all aspects of the problem when they are called upon to make an important decision. To do this, they follow a six-step decision-making process.</p>	<p>Key learning objectives Students have to:</p> <ul style="list-style-type: none"> • Understand the importance of thoughtful decision-making • Apply this process in their decision making regarding education and work

3. Learning process:

<u>Concepts</u>	<u>Skills</u>
<p>Competencies Areas of interest Values Employment Decision-making process The choice of success Budget Income Expenses Taxation Social security contributions Over-indebtedness Purchase on credit Cash purchase The risks</p>	<p>Find out about your abilities and interests</p> <p>Understanding the classification of the labour market into categories</p> <p>Recognize opportunities for choice</p> <p>Making decisions</p> <p>Analyse and understand the consequences to improve performance</p> <p>Understand the calculation of salaries, taxes and social security</p> <p>Manage a budget</p> <p>To be able to choose between necessary and convenient expenses</p> <p>Understand the cost and risk of buying on credit</p> <p>Make students aware of the risk of over-indebtedness</p> <p>Understanding and insuring against risks</p>

4. Equipment and training:

As part of the programme, a kit is provided with all the necessary equipment to implement the programme.

It contains:

- 1) The guide for volunteers
- 2) The student guide
- 3) All the necessary support for the volunteer to run the course (games, cards)
- 4) You also have access to videos (on our Youtube platform - link sent on request)
- 5) Access to the ppt files of the different sequences on our website (Password provided during the training)

5. Becoming volunteer:

Through our programmes we want to "Learn Entrepreneurship" young people by promoting cooperation between the worlds of school and business. A major objective is to give as many volunteers as possible the opportunity to pass on their experiences and know-how to young people.

The registration form is available on:

<http://jonk-entrepreneuren.lu/volontaires/>

6. Person in charge of the project

Nelson Fragoso

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