

TRAINING PILL 3

Protecting your savings and building a financial safety net



A financial safety net is money you keep for emergencies, such as a broken boiler, a medical cost or a sudden move. It gives you choices when life is hard. You can start with very small amounts.

How to start saving

- Choose a small weekly amount you can keep, for example €5 or €10
- Save on the day your income arrives, before you spend
- Set up a standing transfer so saving happens by itself
- Put coins and small extras aside in a jar or envelope

How to protect your savings

- Keep savings in a separate account from your everyday spending
- Use an account in your own name, with your own login and PIN
- Never share your PIN, passwords or security codes
- If saving openly does not feel safe, speak to a support service first

Your safety net goals

- Step 1: a starter buffer of a few hundred euros
- Step 2: one month of essential costs
- Step 3: three to six months of essential costs

- ☐ I have chosen a weekly savings amount
- ☐ I save on the day my income arrives
- ☐ My savings are separate from my spending money
- ☐ Only I can reach my savings
- ☐ My important documents are in a safe place

Try this week: Pick one amount you can save every week, even €5. Choose the day you save it. Write both on a note you keep somewhere private.

Learn more, free: fire.elnlab.eu • In an emergency, call 112.



Co-funded by
the European Union

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 Italian National Agency Erasmus+ INDIRE. Neither the European Union nor the granting authority can be held responsible for them. Project 2025-1-IT02-KA210-ADU-000354693