



Life's Necessities

Moving out – hooray!
But with that change, comes new responsibilities – are you prepared?

Aims of Course

Your clothes and stereo are packed....you are ready to go off into the big world! But those days of having a full refrigerator, laundry done and your room cleaned are over. You will also be needing to make your own decisions on handling expenses, emergencies and more.

In a fun and entertaining way, this workshop covers the essential things to know before going off to University or living independently. We will help students be prepared and feel confident about taking on this exciting new challenge.

Delegates learn how to:

- Budget and Manage Money
- Understand household expenses
- Care for your clothes and clean your flat
- Plan meals and create easy and healthy cooking ideas
- Be aware of your basic legal rights
- Better manage relationships with flat mates
- Improve study habits while still having a social life

Additional topics and tips include:

- Mastering the microwave
- Handling emergencies
- Safety awareness
- Where to get more information