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# NBM promotes smart personal budget management through mentoring sessions during Global Money Week 2026

The International Financial Education Week (Global Money Week), organised by the National Bank of Moldova (NBM) from 16–22 March 2026, continued today with mentoring sessions for school and university students led by financial education expert, Ms Irina Chițu from Romania.

The sessions, held under the theme “Personal budget in real life: how to manage your money smartly,” provided participants with practical tools for understanding and organising personal finances, particularly in the context of ongoing economic changes.

During the workshops, young people learned how to create a simple and effective personal budget, analyse their income and expenses, and identify solutions for the responsible use of financial resources. Discussions focused on concrete methods for optimising budgets, from reducing expenses, renegotiating costs, to saving with a focus on achieving personal goals.

“The budget is the first tool for our personal finances. It’s like a map that shows us where we are and how we manage our resources. There’s no need for complicated tools. Sometimes, a simple pencil and paper will suffice,” emphasised Irina Chițu. The financial education expert highlighted the importance of developing healthy financial habits early and making responsible decisions in daily life.

The sessions also featured a practical model for managing a personal budget, based on the principle of "pay yourself first," emphasising the role of automatic savings and setting clear financial goals. “It’s ideal to start with savings. If we leave savings until the end, there’s often nothing left. That’s why it’s important to automate this process and set goals in advance, whether they concern an emergency fund, education, or long-term plans,” explained the financial education mentor.

Ms Irina Chițu also stressed the need to structure a budget into categories: savings, needs, and desires, as well as the importance of having an overview of annual income and expenses. Through concrete examples, it was demonstrated how small but recurring expenses can have a significant impact on a budget, encouraging participants to identify their "money leaks" and make more mindful financial decisions. Participants were also encouraged to share their experiences and ask questions, with open dialogue contributing to an active and motivating learning environment.

During Global Money Week, the expert participated in events organised by the NBM and was also a special guest of the “FinanciarELE - Women’s Leadership Community” platform on 17 March 2026. The event brought together nearly 200 students and discussed the role of financial education in personal development and the importance of female leadership. Activities during the International Financial Education Week will conclude on 22 March 2026, with guided tours of the NBM’s exhibition hall, organised over the weekend and open to the general public interested in exploring the world of money.

The International Financial Education Week is a global initiative involving 176 countries, including the Republic of Moldova, with the aim of developing financial competencies and fostering responsible money management behaviours. In Moldova, the national coordinator of the initiative is the National Bank of Moldova.

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