



Enhancing the social inclusion
of low income single parents

Project Base Learning

Practical Exercise

Elaborated by Asociatia Habilitas – Centru de Resurse
si Formare Profesionala



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Create a TimeBank

Aim: Participants to create the TimeBank for Single Parents as a social business

Duration: 4 up to 6 hours

Materials: General training materials, large space (or more small rooms), mobile phones or laptops and internet connection

Introduction: The idea of our project is to create a TimeBank for single parents as a form of a social business. This TimeBank comes with different challenges and we hope that together, in this training, will mitigate them coming up with different innovative ideas.

Step 1 – Identify the Problem

The problem would be the lack of time of single parents and their need of support. Also, you can talk about different challenges that can rise during the implementation of the model. You can think about national, regional, local and personal problems/challenges that single parents face nowadays.

Step 2 – Research and Define the problem.

If the topic has been accepted by the members, they may have to do some work. This would involve any conventional analysis and data gathering. But in your community, you should also do data collection-surveys, interviews, etc. Such work will help to identify the issue, and prove that it needs to be addressed.

Examples of questions that need to be answered: What would be the real needs of single parents? How could these be solved? How many single parents are in your country/city? How many professionals are working with them? How many professionalized services are for this category?

Step 3 – How to Design a Time Bank for Single Parents and make it function

-Action Plan to be developed by participants



Each team will have to research and to find different models of timebanks. From that model each team needs to pick a model and to adapt it for a timebank for single parents. In this phase a focus will be on mitigating the risks and getting parents together.

Step 4 – How to transform the Time bank into a Social Business – action plan.

For transforming this idea into a business plan there are needed some other solutions on how it will look like? What is the business plan? What are the necessary steps? Who will do the management?

Step 5 – Deliver the Presentation

By the end of the training each team will present their timebank model, will advocate as it is the best idea from all, they will have to answer the questions and will show their action plan.

