Study this example situation:

Last year Paul and Joanne had a holiday by the sea.
It rained a lot, but they enjoyed themselves.

You can say:
Although it rained a lot, they enjoyed themselves.
(= It rained a lot, but they ...)
or
In spite of the rain, they enjoyed themselves.

After although we use a subject + verb:
- Although it rained a lot, we enjoyed our holiday.
- I didn't get the job although I had the necessary qualifications.

Compare the meaning of although and because:
- We went out although it was raining.
- We didn't go out because it was raining.

After in spite of or despite, we use a noun, a pronoun (this/that/what etc.) or -ing:
- In spite of the rain, we enjoyed our holiday.
- I didn't get the job in spite of having the necessary qualifications.
- She wasn't well, but in spite of this she went to work.
- In spite of what I said yesterday, I still love you.

Despite is the same as in spite of. We say in spite of, but despite (without of):
- She wasn't well, but despite this she went to work. (not despite of this)

You can say in spite of the fact (that) ... and despite the fact (that) ... :
- I didn't get the job in spite of the fact (that) I had the necessary qualifications.

Compare in spite of and because of:
- We went out in spite of the rain. (or ... despite the rain.)
- We didn't go out because of the rain.

Compare although and in spite of / despite:
- Although the traffic was bad, we arrived on time. (not In spite of the traffic was bad)
- I couldn't sleep although I was very tired. despite being very tired. (not despite I was tired)

Sometimes we use though instead of although:
- I didn't get the job though I had the necessary qualifications.

In spoken English we often use though at the end of a sentence:
- The house isn't very nice. I like the garden though. (= but I like the garden)
- I see them every day. I've never spoken to them though. (= but I've never spoken to them)

Even though (but not 'even' alone) is a stronger form of although:
- Even though I was really tired, I couldn't sleep. (not Even I was really tired ...)