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# INTRODUCTION TO TIMEBANKING

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## Core Principles of TimeBanking

1. Assets: We all have something to give
2. Redefining Work: Including the work of building home, family, community.
3. Reciprocity: Asking receivers to become givers as well (and Vice Versa)
4. Community: Acknowledging our interdependence
  - Through acknowledging each other, people are forced to humble themselves
5. Respect: We must give a voice to everyone and demand accountability for all.

*When all 5 of the previous tenets are present, real social change is possible.*

## What is a TimeBank?

- A community of caring
- A structure in which members give to each others in various roles
- A way in which a community can build trust through projects and events
- A way to make transformational change

## Giving and Receiving

There are 2 kinds of giving within a TimeBank:

1. *Open*: The result of individual choices by TimeBank members
  - a. Ex. Frail seniors who help others with a phone call or shopping assistance
2. *Pre-Set*: Designed beforehand by a TB host or sponsor to achieve specific goals and outcomes
  - a. Teen Jurors on the Time Dollar Youth Court: Arrested teens go before a jury of their peers (other youth) instead of going through the traditional judicial system.

## Ideas for What to Give and Receive

Transportation, Help at Home, Companionship, Wellness, Recreation, Arts and Crafts

## Notable Comments/Conversations

- Banks have become the middleman with in the society instead of the people! TimeBanking can cause an economic shift of massive proportions.
- The nuts and bolts of what it takes to run a time bank: ex. what data, software and day-to-day processes are necessary to create a TimeBank.

## Participants

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