

What can you offer?

You don't have to be licensed. Timebanks thrive on skills that capitalism ignores or undervalues. The question isn't "what's your profession?" but "how can you help someone?"

garden	ART LESSONS	PET CARE	AUTO REPAIR
translation services	Law	Care	handyman
Home work help	transportation	organizing	closet

Why not just use MONEY?

Capitalism says:

- Your worth = what people will pay
- Some work is "unskilled"
- Poor people deserve less

Timebank says:

- Your time = inherently valuable
- Everyone is equal in the exchange
- You don't need "buying power" to receive help

A timebank won't pay the rent nor will it fix systemic inequality. But it will address and meet the needs of the community. It also builds trust in a community. Timebanks are RELATIONAL not transactional. Make sure yours has justice at the center of its values.

WHAT IF TIME WAS MONEY?

TIME BANKING

The BASICS

Timebanking = trading time not \$.

1 hr Service = 1 time credit

Everyone's hour is equal.

You use credits to "buy" time from others.

Relationships > Transactions

You don't owe the person you helped. It's a network, not a one-for-one trade.

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ROOTS of RESISTANCE

Timebanking was born from dissatisfaction with injustice.

Edgar Cahn, civil rights lawyer, and anti-poverty advocate coined the term "Time Dollars" in the 1980s to support underserved communities when federal funding dries up.

Time banks link directly to:

- Mutual Aid
- Restorative Justice
- Anti-capitalist organizing
- Disability Justice (valuing non-wage contribution)
- Tenant unions
- Solidarity economies

It's more than a tool... IT'S A PHILOSOPHY.

KNOW-BEFORE YOU DIVE IN...

- An hour is an hour. Everyone's time is equal.
- Earn credit by giving time.
- Spend credit getting help.
- You can "store" time credit but balance should happen.
- create partnerships with health orgs, senior centers etc.
- Beware of coordinator burn out.
- Caution: May have digital literacy/access gaps.
- Equity: not everyone has the same ability.

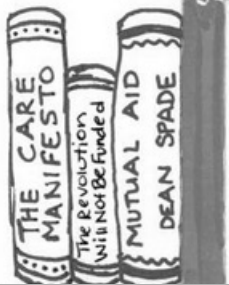
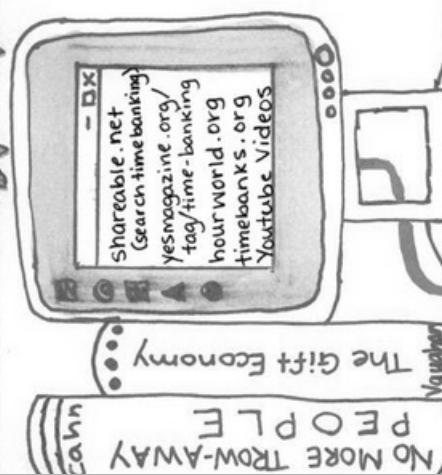
There are always challenges and hiccups when trying something new. Learn from it!!!

TIME BANKING

In a world obsessed with money, valuing time, care, and connection is quietly revolutionary. Timebanking won't solve Capitalism, but it is a good way to survive it... together.

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The BASICS

Imagine your neighborhood has a time bank. Here's the flow:

- You offer: 1 hour art lessons +1
- You spend: -1 hour getting help organizing the garage
- You give: A ride to your neighbor to the doctor. +1

BALANCE: +1

- 1 Your time is tracked on a community platform.
- 2 You are not in the 'red', no debt



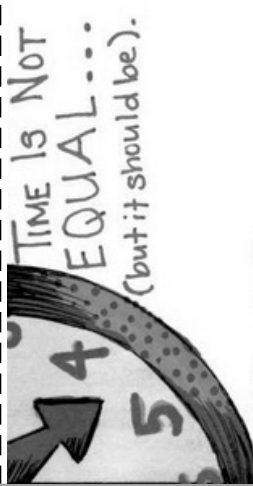
You might have heard the term "timebank" tossed around by activists, mutual aid groups, or even your hippie aunt. Let's clear it up:

- ✗ It's not a crypto scam
- ✗ It's not some commune points system.
- ✓ It's a way to surviving capitalism by valuing people, not profits.

If that sounds radical - it is! But also? It's been around for **DECADES!**

How to join or start a time bank:

1. Search your city + timebank or check timebank.org
2. Join a platform like Ourworld or Timebank USA.
3. To start your own:
 - get a few people
 - get a tracking system (hourworld app)
 - A coordinator
 - A shared vision of equity.



Capitalism says:

- A CEO's hour is worth \$10,000
- A janitor's hour is worth \$13

Timebanking says:

- Every hour is worth 1 credit

This simple shift revalues people we're taught to overlook, especially caregivers, elders, disabled folks, and low-income workers.

What if... Justice starts by redefining **VALUE?**



Give your eggs - earn a time credit. Use credit to get your fence fixed by someone else's timebank!

You don't need to directly match what someone else needs. The system is not linear. More like a not a business deal. You're part of something big - community value!

What do you get?



Think of time banks like mutual aid marketplaces. But no money. No shame. Use your time credits to receive services, often from neighbors you didn't know had skills.

Who uses TIME BANKS?

- Seniors who want to age in place
- Single Parents trading childcare
- People with disabilities who give emotional support
- Grossroots organization in a disaster zone
- Activists organizing community defense.

Wherever care is needed but unfunded, timebanks step in...

Timebanks build and rebuild trust, especially in places hollowed out by poverty, racism, or isolation.