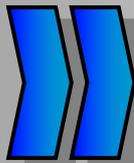


# Time Banking



## Lesson Report

In this lesson, sustainability consultant Jon Walsh taught students about **time banking**, a smart concept that revolves around members of communities exchanging services for no charge.

People interested in joining a time bank list the skills they have and services they can offer to a time bank community, then for every hour they spend providing these services to other members (for example child-minding, Web design, cooking, etc.) they earn 1 time bank point – a tradable unit. These points can then be exchanged for other services within the time bank community, such as having windows cleaned, garden tidied, child tutored, or bike fixed.



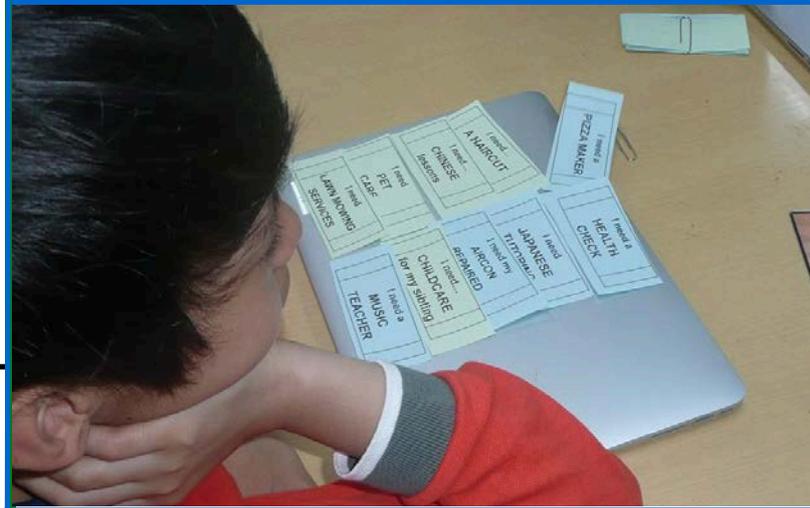
Students exchange time banking coupons.

### What did students learn?

- Key principles and benefits of time banking
- The key difference between bartering (exchanging objects) and time banking
- How time banking can benefit all levels of society, from babies to the elderly
- The broad range of services time banking can make available
- How local community groups can be converted into time bank communities.

### FAST FACT

Time banks have been established in 34 countries with at least 300 established in the US and United Kingdom respectively.



### Time banking provides major benefits, including:

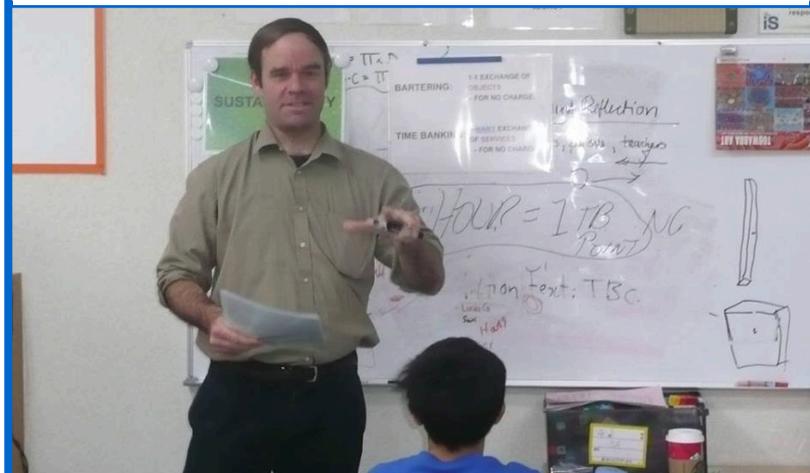
- Encourages more individual involvement in a group or community
- Cuts costs
- Improves access to services for all, and
- Rapidly strengthens relationships within communities and gets neighbors talking, cooperating, and working together to benefit each other and the community.

Students played a time banking game to learn first-hand how it can help us obtain services we want for no charge while simultaneously helping others.

Jon wrapped up the lesson by presenting the idea that if a bartering system was set up inside a time bank community, it would create a fantastic model for sustainability within a group or community.

Introduction to time banking (video clip):

[HERE](#)



- Personal & business sustainability resources, training and advice
- Urban food production & training
- Garden installation & maintenance

Jon Walsh

E-mail: [info@businessgrow.net](mailto:info@businessgrow.net)

