

HOW THE TIME BANK WORKS

Start here...

Sarah joins the Time Bank and lists her offers and requests.

and on it goes...

Jon, a former English teacher, earns 2 hours tutoring Tonya.

Tonya asks Jon to tutor her in English.

Jordan banks 2 hours from raking leaves for Sarah.

Sarah uses her 2 hours in the Time Bank to have Jordan rake her leaves.

Sarah picks up the groceries and banks 2 hours in the Time Bank.

Jon calls Sarah from the Time Bank to pick up his groceries after he broke his hip.

Services and goods exchanged are limitless and may include:
animal care • arts & crafts • clothing alterations & repair cooking lessons & food preparation • computer assistance construction & home repair • child or elder care • editing & writing • health & wellness • housekeeping • language practice & lessons • massage & physical therapy • music lessons & performances • transportation • yard work & gardening

Join TimeBank Boulder today to see what services are currently available to you. TimeBankBoulder.org

TimeBank



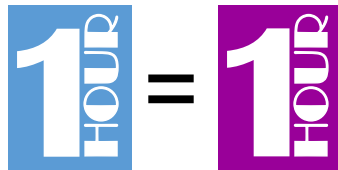
BOULDER

**It's about Time, Talent,
and Community**

WHAT IS TIMEBANKING?

TimeBanking is an exchange of members' time, talents, and skills. It is built on the idea that everyone has needs and everyone has something to offer. TimeBanking builds connections and strengthens communities.

**In TimeBanking,
everyone's time
is of equal value**



CONNECT WITH US:

- **Facebook:** *Timebank Boulder*
- **Meetup:** <https://www.meetup.com/Boulder-Sharing-Economy-Events/>
- **Website:** TimeBankBoulder.org
- **Join:** <https://hourworld.org/bank/Join.php?hw=1069>