

## Guiding Principles

**We all have something to offer:** In our "sharing economy" we value everyone's time equally. Equality helps us build strong relationships.

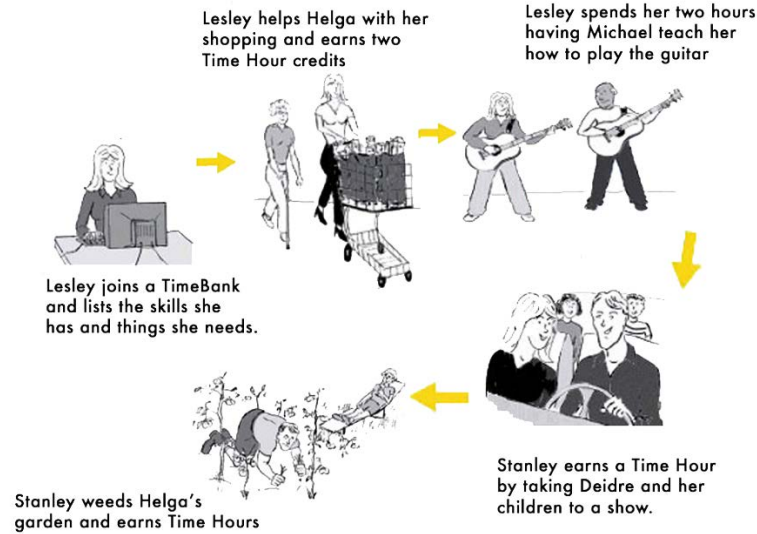
**We redefine work:** We value work that the market doesn't. Everyone benefits when we raise healthy children, build strong families, revitalize neighborhoods, live sustainably, and foster social justice. We recognize and reward this work.

**Reciprocity:** Helping is a two way street. We ask, "How can we help each other build the world we all want to live in?" The community we create offers a greater reward than the sum of the work done.

**Social Networks:** We need each other. Alone, we are limited in what we can achieve. When we help each other, we reweave communities of support, strength and trust. We sink roots, and create special relationships that lead to action.

**Respect:** We respect where people are now, in this moment. Everyone matters, has something to offer as well as unmet needs. When respect is denied to anyone, we all suffer.

### The Time Banking Way "Neighbors Helping Neighbors"



**THE ESSENTIAL CHALLENGE IS TO TRANSFORM THE ISOLATION AND SELF-INTEREST WITHIN OUR COMMUNITIES INTO CONNECTEDNESS AND CARING FOR THE WHOLE.**

*Our mission is to create a community-wide circle of giving to encourage people to share their talents and receive, in return, help with their unmet needs.*

[www.timebankindy.org](http://www.timebankindy.org)

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## What does Time Bank Indy provide?

Tracks exchanges of time earned and spent providing services

Organizes events, potlucks and projects to build networks and have fun

Spreads the word and gives orientations for new members

Works with members to pursue new possibilities

Works with sponsoring partners to provide resources that ensure a thriving TimeBank for Indianapolis

Establishes governance and policies

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*a time and service exchange community and network for greater Indianapolis*

# What is Time Banking?

Time Banking is a new way of thinking about time, wealth and community – **based on a gift or sharing economy**. Time Bank Indy is a volunteer-led initiative that is creating a community-wide circle of giving. **You volunteer your time and talents and receive, in return, help with your needs**. Think of a babysitting pool where parents swap childcare services. Time Banking expands that idea to create **networks of giving & receiving**.



## An organized way to “pay it forward” through a network of neighbors helping neighbors

### How does it work?

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If you need something done, **you make a request to your neighbors** for some of their time via the Time Bank. Other neighbors who are willing to help out respond to your request – *and the circle of giving begins...*

For every hour you invest doing something for someone, you receive a “Time Bank Credit” for one hour...

You exchange your “**credit hour**” later for an hour of service from anyone else in the Time Bank (*not just from the person for whom you did something*). That person then receives an hour in their “Time Bank account” *and the circle continues...*

**Services** could be receiving help around the house, lessons, companionship, transportation, sharing of garden tools, etc. The possibilities are limited only by imagination!

Hours may also be exchanged for **group and community projects** – either donating hours to a project or earning hours volunteering time for a project.

Projects are built around many requests in the community including education, medical care, elder care, youth, social justice.



### Why join Time Bank Indy?

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**Get to know your neighbors**

**Be part of a community-wide circle of giving and receiving**

**Instead of paying for services, neighbors do them at no cost**

**It's FREE!**

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“When I came here, I was looking for a **community**. Then I realized I was helping to **create one.**”

-Ryan Albright

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