



4TH WORLD REPORT OF TIME BANKS

YEAR 2024

SHARING TIME: A GLOBAL TRIBUTE TO UK TIMEBANKING

25TH ANNIVERSARY OF THE
BRITISH TIME BANKS



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INTRODUCTION TO THE 4TH WORLD TIME BANK REPORT

TIME BANKS: A GLOBAL ALTERNATIVE TO NEW DEVELOPMENT MODELS

Humberto Salazar, Vice President ASIBDT

In a world where competition and individualism create conditions for imposing hegemonic work, efforts to strengthen ties between people become a fundamental challenge for the emerging era. Indeed, today more than ever, it is necessary to fight against the disintegration of the social fabric, a disintegration that leads to the disappearance of communication channels among those who share the same territory. In this context, promoting a collaborative ethic based on reciprocity values is no small matter. On the contrary, it is a high-value endeavor aimed at fostering encounters among people, resulting in the strengthening of the chains of trust that form the foundation of a community's social capital.

Given the complex context described above, the transformative economic models that underpin time banks emphasize collaboration and the recovery of knowledge as mechanisms for new ways of generating wealth. Ultimately, what is being promoted here is a new economic fabric for the sustainability of life, as emphasized in an international meeting on these topics held in Córdoba in 2018.

Moreover, what is at stake with time banks—as exercises in the "economy of favors," as defined in Spain, or alternative transformative collaborative economies, or any other adjective used to describe a time-based exchange mechanism—is breaking the illusion that only money can generate wealth.

When we propose the use of time as an exchange mechanism in our initiatives, it challenges the common idea that money, as expressed in price, is the essential element of an object's value. On the contrary, time banks reaffirm that we can have different exchange instruments, and that time can serve as a means of exchange because value is not found in money; the latter is merely the mechanism we use to quantify something.

TIME BANKS: A GLOBAL ALTERNATIVE TO NEW DEVELOPMENT MODELS

The above is an invitation to promote a redefinition of the concept of "value," separating it from the concept of "money." The value of an object is not the same as the quantification assigned to it for the purpose of its exchange possibilities. Value reflects how objects or services have different levels of impact on satisfying human needs, needs that should be understood not only as deficiencies but also, and simultaneously, as elements that define individual and collective human potential.

This underscores why it is crucial to promote reflection, debate, encounter, and innovation generated by the exchanges established in time banks worldwide. Behind the human experiences of meeting, the thousands of people participating in these exchange processes generate an inexhaustible source of wealth. This wealth is not measured in money, yet it can mobilize positive impacts on the lives of those participating in the communities organized to share knowledge and time.

The IV World Report on Time Banks is an exercise that identifies who and where time banks are. This opens the concrete possibility of connecting experiences and generating opportunities to identify synergies that contribute to reinforcing efforts towards the creation of a global platform of organizations connected to this theme.

In a global society, efforts for change must be based on a perspective built on a new concept, the "glocal," meaning local efforts connected to address global problems. We must work towards realizing new types of democratic exercises. Democracy for decision-making, but also democracy for building economic relationship options based on concepts of solidarity, reciprocity, and generosity.

An interesting aspect of times of crisis, for example, is that money becomes scarce. Unemployment and underemployment rise, and access to income and therefore money is restricted. However, in contrast, when it comes to time, there is an oversupply.

TIME BANKS: A GLOBAL ALTERNATIVE TO NEW DEVELOPMENT MODELS

People have time to exchange, and in a system where time serves as the medium of exchange, a series of new possibilities open up. And if, at its core, value is an expression of a convention or agreement, why not question how we can give time a different role in situations of crisis and illiquidity of circulating currency?

These ideas, among others, are why Fundación Esquel, the organization I lead in Ecuador, promotes the development of the National Network of Time Bank Agencies, and we aspire to launch the Andean Network of Time Banks. Fundamentally, we recognize that at this moment in history, it is essential to work towards making ethics and the principles of solidarity, equity, and democracy the foundations of the new future we aspire to as humanity. In our view, the future requires a mission to "solidarize" the neighborhood, the city, the region. This means using everything within our reach to promote a transformative change that drives the construction of a new social order based on "us."

Finally, we do not want to fail to congratulate our friends from the Time Banks of the United Kingdom who this year 2024 will celebrate 25 years since their creation, and which is the main reason for this fourth report of our association; From here we congratulate you and wish you the best achievements for the future.



Humberto Salazar
Vice President
Ibero-American
Association of Time Banks



UNITED KINGDOM

25 YEARS OF TIME BANKS IN THE UK

Sarah Bird, CEO of TIMEBANKING UK

A bit about me....

It is with great honour that I am writing this article in celebration of 25 years of timebanking in the UK and contributing to this important piece of research and history.

Let me begin by telling you a bit about how I came across timebanking back in 2005 when I was fortunate to get a paid part time role to set up and develop a time bank in a city suburb in the South West of England. It was called Time Bank Plus+ and I worked hard, together with 12 time bank members who helped me until eventually we had over 400 local people involved in the time bank plus 52 organisational members and I began to see how lives could be changed in our community by the simple concept of swapping time with one another.

My, then, 2 little daughters Hannah and Bethan, loved getting involved and gave me the passion and drive to continue on with timebanking even when we had to move to London. Being a time bank co-ordinator can be tough! There is so much to do, but also so much to gain as I became a member of my own time bank as well as the co-ordinator, attending events and exchanges in my spare time and at weekends.

In 2006 I was amazed to receive a message from Edgar Cahn from USA to congratulate me on my time bank being a 'flagship' for the timebanking movement and we remained good colleagues from then on until the time I eventually became CEO of Timebanking UK.



25 YEARS OF TIME BANKS IN THE UK

What an amazing journey this has been filled with visits to time banks across our country and meeting friends and time banks from all over the UK and further afield when asked to visit and give talks and workshops.

So here I am now having been CEO since 2014 and today Timebanking UK is still going strong. We have climbed some huge mountains and had obstacles in our way, but have kept going, as did many of our time banks during the hard years of Covid-19, our economic recession, our ageing population and our current cost of living crisis.

Our journey enabled us (staff and trustees) to meet some amazing people from Europe and further afield who all had timebanking in their aspirations and many who achieved their dreams of making a change for people in their communities and countries.

So where are we now?

This is our vision

A country in which there's a time bank in every community and on every high street, connecting and valuing people, and helping to eliminate loneliness.

This is our mission

- To support time banks by giving them resources, tools and information they need to thrive;
- To work with organisations and commissioners to engage local people in timebanking;

Our Quality Mark

We provide operational guidance for time banks, with our Quality Mark™ representing a model of best practice for community time banks. We specialise in person-to-person timebanking and recommend clear procedures to minimise risk for people who engage in time exchanges.



Our specialist training

We are now pleased to say that we have specialist training in place which is online to support new and existing time banks.

25 YEARS OF TIME BANKS IN THE UK

Government backing – a breakthrough for 2024!

In February 2024, supported by MP Deidre Brock, the timebanking concept was given space at Westminster to debate the merits.

The result was approval for support for Timebanking UK and the benefits of timebanking to individuals and communities with evidence of impact improving mental and physical health when people help one another using time as the currency not money. Further meetings are agreed with government MP's in 2024 to discuss the ways in which government can support the development of community timebanking across the UK.



We continue to be supported by MP Robert Buckland (former Minister of Justice) to work with offenders and prisons, and of course, our Patron Lord Colin Low of Dalston who is an advocate for people with sight loss.

Every time bank is different with many different models around the country

Our 2022 Year In Review report (link [here](#)) and our Publication 'Stories from our Members' (link [here](#)) give you a flavour of how individuals and groups continue to use timebanking.

From a small community time bank in the North of England specifically for lesbian ladies over the age of 55, to a large county-wide network of time bank across Derbyshire. There are specialist time banks in prisons where we gift the hours earned by prisoners to time bank members in need; there is a new model whereby timebanking will be helping people recover from gambling addictions, and another supporting people in secure mental health settings within our NHS Service.

25 YEARS OF TIME BANKS IN THE UK

And yet, the most powerful model is the one we are all so familiar with and that of course is people helping people in communities, feeling valued, feeling less lonely and having greater confidence to live their lives in the best possible way with a network of timebanking support around them. We all know that every person in society is of value no matter what their age, ability or background and that timebanking can be a lifeline for those who are feeling at their worst both physically and mentally.

Our specialist timebanking platform TOL2

Created and designed by time banks, in 2017 we launched TimeOnline2 (TOL2) which we offer to any time bank who are members of Timebanking UK; in this country and abroad.

We have many safeguarding features to ensure that every person is safe and that risk is minimised when people swap time with one another.

As part of the platform, questions are asked to each individual about why they want to join their local time bank and this enables us to monitor the responses and to gather important data. Here is a snapshot from 2023:



25 YEARS OF TIME BANKS IN THE UK

Good luck and keep timebanking!

I'd like to finish this article by wishing every time bank in this country and beyond to take care, be well and to keep on timebanking. One day we will realise that vision have millions of people joining the movement.

With best regards and all good wishes,



**Sarah Bird
Chief Executive
Timebanking UK**

MAKING TIME FOR WHAT TRULY MATTERS

Martin Simon, Founding Adviser at Timebanking UK

For 26 years, Timebanking has been weaving a social revolution in neighbourhoods across the UK. This quiet revolution isn't built on grand gestures, but on something far more profound: a powerful combination of human connection, conviviality and reciprocity. Timebanking encourages local people to help themselves while helping others within inclusive, caring and reliable social networks. In the process, they give and receive practical and emotional support, discover what it is that they really care about and are introduced to a new way to express their gratitude - **Time Credits**.

From the outset, we challenged the dominant narrative that people are too materialistic and self-absorbed to contribute their time to creating thriving communities anymore. Timebanking stands in stark contrast to the idea that a healthy society relies solely on the circulation of enough money. We believe a truly healthy society requires a diversity of mediums of exchange, including 'sharing' and 'neighbourliness'. Timebanking takes us beyond simply exchanging skills and services. It's about fostering kindness, fairness and a sense of belonging that transcends financial situations, age, ability or background. For the full story see "Your Money or Your Life: Time for Both" (Martin Simon *1)

From "What Goes Around Comes Around" to "A Future That Is For Sharing."

Our journey began in 1998 with Fair Shares, the first Time Bank in the UK. We planted our seeds in a neglected housing estate, a place often defined by its problems rather than its potential. But we chose a different path. Inspired by the Asset Based Community Development movement, (Joseph Rowntree Foundation *2) we looked for the assets and capabilities already within the community – the resilience of its residents, their hidden talents, and the wealth of experience they possessed. We built on these strengths and 'banked' on the skills and generosity of the people who called this place home.

*1 Martin Simon – "Your Money or Your Life: Time for Both" – copy attached

*2 JRF - <https://www.jrf.org.uk/neighbourhoods-and-communities/breaking-the-cycle-of-hardship-with-integrated-local-systems>



MAKING TIME FOR WHAT TRULY MATTERS

We shared our heartfelt conviction that the age-old principles of neighbourliness do still apply – “give and take, live and let live and standing up against social injustice.” (Nancy L Rosenblum *3.) We initiated conversations and asked questions that led us to new possibilities and the emergence of home-made solutions to practical issues -and to more fulfilling and purposeful lives for, by and among people who would probably not otherwise have met each other.

Our experience in this initial Time Bank unearthed a powerful truth: there's no greater catalyst for positive change than bringing together people who have discovered the things that they all care about. Word of our work spread, and even before our initial three-year funding from the Barnwood House Trust ran out we set in motion plans to establish a Charitable Trust, Timebanking UK, as an umbrella organisation to support the growing network of Time Banks across the country. As Timebanking spread, we noticed a fascinating dynamic. People who were naturally compassionate often hesitated to offer help unless explicitly asked, fearing their motives might be misunderstood. Similarly, some people felt uncomfortable requesting help for themselves. To bridge this gap, Time Banks act as facilitators, encouraging connections and fostering a culture of interdependence, where asking for and offering help are both seen as opportunities. We have learned always to listen to people and we have remained convinced that community-led solutions are often the best ones. We take extra care to contribute whenever and whatever we can to “a safe, secure, stable and satisfying sense of self–amongst-others for everyone.” (David Zigmond.*4)

Every Time Bank is unique, reflecting the character of the community it serves. However, a core principle unites them all: the deliberate act of **making time for what truly matters**. We encourage participation and the fostering of a real sense of ownership and shared responsibility for the success of the Time Bank. Studies have repeatedly shown a significant decrease in social isolation, especially among elderly participants. A Time Bank can provide a powerful antidote to loneliness, anxiety, and mild depression for people of all ages. A new slogan, “from self-help to group help,” captures the shift in perspective we hope to see become common place.

*3 Nancy L. Rosenblum “Good Neighbors – The Democracy of Everyday Life in America” Princeton University Press – 2016

*4 David Zigmond – “Humanity’s Conundrum” – Filament Publishing – 2021

MAKING TIME FOR WHAT TRULY MATTERS

While Timebanking facilitates invaluable exchanges of skills and shared experiences through which people gain access to services they might otherwise struggle to afford even greater personal gains are made from the joys of newfound friendships and a sense of solidarity.

Timebanking taps into our fundamental human desire for connection. It breaks down social barriers. Everyone has something valuable to offer, whether it's fixing a leaky tap, teaching a new language, or simply being there when someone is going through troubled times. However, the new connections we make and nurture, in a world consumed by consumerism, do not happen by themselves. They take time and effort to achieve. We have to work hard. And we now realise that the real value of each Time Credit is the promise to pay back an hour of time to the community at some point in the future.

Celebrating 26 years isn't just about our past achievements; it's about what kind of future we can build together. Timebanking offers a blueprint for communities worldwide struggling with social isolation and economic disparity. In a world that often prioritises individualism, Time Banks are all about protecting and preserving the social value of sharing and neighbourliness - "We have what we need if we share what we have." (After Edgar Cahn.*5)

Today, we all need to be true to ourselves, available and visible and to resist fading away behind screens. We need to stay curious and have confidence in our own inventiveness. We have shown that we can. Through collective acts of care we have renewed an interest in reciprocity and contributed to the common good. Of this there can be no doubt. Are you ready to be part of this quiet social revolution? If so, Timebanking will welcome you with open arms.



Martin Simon
Founding Adviser at Timebanking UK
@TBUKMartin

*5 Edgar Cahn – "The Midas Monoculture – Breaking Out" – copy attached



INTERNATIONAL

TOWARDS AN INTERNATIONAL NETWORK OF TIME BANKS

Julio Gisbert, President of ASIBDT

The Ibero-American Association of Time Banks is a very young organization, born just a few months before the Pandemic; we were established in October 2019, right before the global catastrophe that forced nearly everyone on the planet to isolate in their homes, leaving behind all our routines. For our Time Banks, this meant halting our usual meetings, stopping in-person exchanges with other users, and discontinuing our normal activities with our neighbors. All of this, of course, occurred against a dramatic backdrop of victims and other social and economic misfortunes, both locally and globally. Under these circumstances, many social organizations—including many Time Banks—could not survive due to inactivity or simply failed to adapt.

TOWARDS AN INTERNATIONAL NETWORK OF TIME BANKS

As a result of the pandemic, another tool that allowed some time banks to remain active was the rise of virtual meetings through platforms that became globally known. These platforms enabled us to meet, see each other, and discover that Time Banks are not only a local experience among neighbors but also a worldwide phenomenon. Additionally, we found that we could continue interacting across different countries, as we outlined in 2021 with our first world report on Time Banks, dedicated to Teruko Mizushima, founder of the first time bank in Japan in 1973—exactly 50 years ago! **(1)**. In that report, we mentioned more than 22 countries with Time Banks. This was followed by a second report the next year, in 2022, dedicated to Edgar Cahn following his death that year, where we mentioned over 40 countries and more than 1,200 time banks **(2)**.

Another virtual activity that began during these years, thanks to these platforms, and which helped us connect with other countries to learn and exchange firsthand their experiences and best practices, were the meetings we called “BUILDING BRIDGES.” These gatherings allowed Time Banks from New Zealand, Chile, Ecuador, Canada, France, Japan, Spain, Portugal, Argentina, Mexico, and Germany to get to know each other and learn from one another.

In the 2023 World Report, dedicated to the 25th anniversary of the Italian Time Banks **(3)**, we changed the report format to publish various articles of interest on Time Banks. We also presented the creation of a global map of Time Banks, developed by our association, featuring updated contact information for more than 1,000 Time Banks worldwide.

We also saw that during the early days of our association, our English-speaking colleagues celebrated International Time Bank Day in their language, coinciding with the birth date of Edgar Cahn on March 23.

(1) <https://www.asibdt.org/2021/04/presentacion-del-informe-de-situacion.html>

(2) <https://www.asibdt.org/2022/05/presentacion-del-2-informe-de-situacion.html>

(3) <https://www.asibdt.org/2023/05/presentacion-del-tercer-informe-mundial.html>



TOWARDS AN INTERNATIONAL NETWORK OF TIME BANKS

Since 2021, our association has celebrated this same event, but in our own languages, Spanish and Portuguese. This year, 2024, we ventured to celebrate it together with our North American and British friends on Zoom with simultaneous Spanish-English translation and shared connections from more than 20 countries, once again utilizing this virtual tool that has become a regular part of our lives (4).

Finally, we now present this fourth report, dedicated to the 25th anniversary of the British Time Banks, which you are reading right now. It is presented in three languages—Spanish, Portuguese, and English—where Time Banks from around the world have collaborated, foretelling what I hope will be a productive and fruitful collaboration among all of us in favor of this philosophy and this unstoppable movement for social and community cohesion and citizen empowerment.

This report will be presented virtually in September of this year in the same format as this past March—with simultaneous Spanish-English translation. However, we hope that soon, technology will allow us to include not just these two languages but all the languages of the more than 60 countries worldwide where Time Banks operate. We have realized that language is a barrier that creates walls of ignorance between many countries—even neighboring ones—and that now technology, referring to Artificial Intelligence, can effectively break down these walls. We hope this will happen soon.

Furthermore, for October 24, World Library Day, we are preparing an activity from ASIBDT in collaboration with other Time Bank networks from other countries. This activity will allow any time bank to actively and simultaneously collaborate with a nearby library or bookstore in various cultural, creative, and recreational activities along with other Time Banks from different parts of the world, in tune with the global movement promoted by the TIME USE INITIATIVE, based in Barcelona, in favor of better use of time in all our countries (5).

(4) <https://www.asibdt.org/2024/03/23-de-marzo-2024-unete-la-celebracion.html>

(5) <https://timeuse.barcelona/tuw24/>

TOWARDS AN INTERNATIONAL NETWORK OF TIME BANKS

And we will continue building the network. We hope that in the coming year, 2025, when we celebrate the 30th anniversary of the Time Banks in the United States, we will further strengthen the relationship among all Time Banks, perhaps through joint international campaigns on current issues where Time Banks can be effective, such as youth and the value of reciprocity, the importance of community as a factor of personal and collective resilience, population aging, care for the elderly, accessible education and culture for all... just as it was the wish of Edgar Cahn, founder of the American Time Bank movement and the main promoter of Time Banks worldwide.

"... Co-production provides the framework, and Time Banks provide a means of exchange that allows us all to overcome social isolation. We can reinvent our future. The scope of what is possible is limited only by our imagination."

Del libro " The Other Pandemic: Social isolation and timebanking", by Edgar Cahn and Christine Gray



Julio Gisbert
President

IBERO-AMERICAN ASSOCIATION
OF TIME BANKS – ASIBDT

4TH WORLD REPORT OF TIME BANKS

ADDENDUM



ACCESS TO ARTICLES OF THE 4TH WORLD REPORT

UNITED STATES

EMBRACING CHANGE AND LOOKING AHEAD

Krista Wyatt
Executive Director TIMEBANKS.ORG

AFRICA

CAMEROON, UGANDA, KENYA, TANZANIA

RECIPROCITY RISING: AFRICAN YOUTH ARE

Elise Edjang , Maryland, USA, Director of YTB Cameroon, Yaoundé
Kiggundu Bruno Isaac, Kisubi , Uganda, Director of YTB Kisubi
Jerome Scriptunas , New Jersey, USA, Founder and Director of
Youth TimeBanking-YouthARE.org

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Lusaka Ryan Mukono , Uganda, Young Adults in Kisubi , Uganda;
Moisés Owino , Kenya; Tumaini Fasso , Tanzania.

SOUTH KOREA

TIMEBANK HOUSE STORY

Hyeran Yang
CEO of TIMEBANKS KOREA

CHINA

DEVELOPMENT OF TIME BANKS IN CHINA

Institute of Population Research, Peking University
Chen Gong, Wang Li, Suo Haoyu , Hao Jing



ACCESS TO ARTICLES OF THE 4TH WORLD REPORT

SPAIN

PROMOTING A RESOURCE BANK TO SPUR COMMUNITY URBAN REGENERATION IN VULNERABLE NEIGHBOURHOODS

Daniel Millor Vela, Ines Perrino Callejo and Gwennan Lebreton
Asertos Team: Architecture Without Borders & Quatorze

INDIA

A TIMEBANKING INITIATIVE: BUILDING THE NEXT GENERATION COMMUNITY OF GIVERS AND RECEIVERS

Jahaan Arora
Co-founder of Social Cred \$

MEXICO

FROM THE WORLD SOCIAL FORUM TO ECO-VILLAGES, TIME BANKS IN MEXICO

Yhali Lombera
Kual Kan Time Bank , Mexico

PORTUGAL

IT'S THE CHILDREN TIME! TIME BANK IN PORTUGAL, AN EXPERIENCE LED BY CHILDREN

Eliana Madeira
Head of Time Bank Network in Portugal, Graal

TIME BANKS ON FIVE CONTINENTS

AFRICA

CAMEROON, UGANDA,
KENYA, TANZANIA

<https://www.youthare.org/>

GUATEMALA

<https://www.facebook.com/groups/bancosdetiempoguatemala/>

MEXICO

<https://www.kualkan.org/>

AMERICA

ARGENTINA

<https://www.bancodetiempoargentina.com/>

BRAZIL

<https://www.facebook.com/groups/837082279745501/>

CANADA

<https://www.accorderie.ca/>

CHILI

<https://bancotiempo.cl/>

COLOMBIA

<https://www.facebook.com/contigocolombia/>
<http://creatiempo.com/>

ECUADOR

<https://www.bdt.ec/>

USA

<https://timebanks.org/>

ASIA

SOUTH KOREA

<http://www.timebanks.or.kr/>

CHINA – TAIWAN

<https://dhchenfoundation.com/>
<https://www.hondao.org.tw/>

INDIA

<https://timebankofindia.com/>
<https://www.socialcreds.com/>

JAPAN

<https://nalc.jp/>
<https://www.facebook.com/groups/394983948984420/>

JORDAN

<https://www.facebook.com/profile.php?id=100069784209108>

MALAYSIA

<https://pawetimebank.com/>

QATAR

<https://qkenz.com/>

THAILAND

<https://en.thaihealth.or.th/>

TIME BANKS ON FIVE CONTINENTS

EUROPE

GERMANY

<https://www.zeitbankplus.eu/site-d/main/start>

AUSTRIA

<https://zeitbank-plus.at/>
<https://www.zeitpolster.com>

BELGIUM

<https://www.facebook.com/timebankBXL/>

SPAIN

<https://saludyfamilia.es/es>
<https://adbd.org/>

FRANCE

SEL Networks
<https://selidaire.org/>
Red Accorderies
<https://www.accorderie.fr/>

IRELAND

<https://timebankireland.ie/>

ITALY

<https://www.associazionenazionalebd.t.it/>

LIECHTENSTEIN

<https://www.zeitpolster.com/li/>

NORWAY

<https://www.toyenunlimited.no/>

NETHERLANDS

<https://timebank.cc/>

POLAND

<https://www.bankczasu.gminaslupsk.pl/pl>

PORTUGAL

<https://bancodetempo.pt/>

UNITED KINGDOM

<https://timebanking.org/>

CZECH REPUBLIC

<https://www.totemplzen.cz/>

SWITZERLAND

<https://www.zeitvorsorge.ch>

UKRAINE

<https://www.facebook.com/VerkhovynaKvitkaKarpatska/>

OCEANIA

AUSTRALIA

<https://timebanking.com.au/>

NEW ZEALAND

<https://www.taitokerautimebank.org/>

<https://www.wellingtontimebank.org.nz/blog>



INTERNATIONAL PLATFORMS FOR TIME BANKS

CES – Community Exchange System

<https://www.community-exchange.org/home/>

COMMUNITY FORGE <https://communityforge.net/>

CYCLOS <https://communities.cyclos.org/monedasocial>

HOURWORLD <https://www.hourworld.org/>

MADE OPEN <https://madeopen.co.uk/>

TIMEOVERFLOW <https://www.timeoverflow.org/>

TIMEREPUBLIK <https://timerepublik.com/>

TOL2 <https://tol2.timebanking.org/>

INTERNATIONAL ORGANIZATIONS OF TIME BANKS

Ibero-American Association of Time Banks Ibero-America

<https://www.asibdt.org/>

TIMEBANKS.ORG

International

<https://timebanks.org/>

YOUTH TIMEBANKING (Youth ARE)

Africa

<https://www.youthare.org/>

WORLD MAP OF TIME BANKS



ACCESS TO THE WORLD MAP OF TIME BANKS

If you want to include or modify any data from a Time Bank:
write to us at info@asibdt.org or write to us
to WhatsApp +34 636 757 054

If you have any questions or want to collaborate with us,
You can also write to us ;)

GLOBAL DATA

- Time Banks are present in more than 60 countries and on 5 continents
- There are 8 international platforms that facilitate the creation and development of Time Banks anywhere, as well as five national networks of Time Banks and three international organizations.
- There are over 1,000 Time Banks operating around the world (on our world map, 1,087 Time Banks currently)
- More than 500,000 users in all these Time Banks exchanging knowledge, skills and favors, strengthening their communities and families and themselves with their own resources.
- And millions of hours of care, affection, culture and knowledge exchanged without money, in an agile, abundant and varied way, investing our time to build a more sustainable and habitable planet for us and for future generations.

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ESQUEL FOUNDATION - ECUADOR
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Nextdoor : <https://es.nextdoor.com/>

Radio program **In 2 (H)orillas** on **RADIO ENLACE**

Channel of Podcast in **SPOTIFY :**

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