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Everyone's Hour Is Worth the Same: Time Banking

Article URL
https://www.gklibrarykor.com/en/article/10986/

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You spend an hour helping an elderly woman on your apartment floor with her grocery shopping, and that hour is recorded in your account. A few days later your computer breaks down, a college student from the neighborhood comes over and spends an hour fixing it, and one hour is deducted from your account. Not a single coin changed hands, yet both people got the help they needed. A system like this, where people exchange time instead of money, is called ‘Time Banking.’ Time banking refers to a service-exchange system among neighbors in which you build up credits measured in time for every hour y