

## Join Us!

Over 1500 members all across Maine where people exchange real help using the currency of time instead of money.



**hOur Exchange**  
Helping a Neighbor Was Never So Rewarding



## TIME - BANKING?



The concept is simple.

Help a neighbor and earn credit for each hour of your service. In exchange, you can spend your time credits on any of the **hundreds of different services** that other members offer. The Hour Exchange empowers individuals, organizations and businesses to help each other meet their needs cash free through one-to-one exchanges and group projects. Their activities build and strengthen our community.

HOUR EXCHANGE  
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Portland, Maine 04011-8046

[hOurExchangePortland.org](http://hOurExchangePortland.org)



**Share what you can.  
Get what you need.  
Everyone's time counts!**

A statewide Maine timebank where people exchange real help using the currency of time instead of money.





## What services can I get?

- Health and Wellness
- Arts and Crafts
- Event Support
- Miscellaneous
- Transportation
- Computer Help
- Garden and Yard
- Pet Care
- Writing and Research
- Beauty/Cosmetic/Spa
- Help in the Home
- Cooking and Food
- Sewing
- Audio and Video

## HOW IT WORKS

Stephen joins the timebank and gets 3 time credits for reviewing the Orientation materials, logging in and listing a service he can offer (website developments) and a request for landscaping help.



Paul comes over and helps Stephen dig up some old grapevines to make way for strawberries. Paul gets two of Stephen's time credits for the two hours he helped in the garden.



Patty bakes a couple loaves of sourdough bread for Paul, and earns two time credits from Paul for her efforts.



Patty contacts Stephen about making some improvements to her home baking website, and he happily makes the edits to her site, earning two time credits for his time!

