



# LEFKADA TIME BANK

## TERMS AND CONDITIONS

### What is Time Bank?

Time Bank means the *exchange of services and skills*. In other words: giving and getting services in our community without using cash.

Instead of offering money you offer your free time to help others. E.g. if you need to learn Spanish. We will find you a teacher. In return you will offer your services to others.

### What kind of services can you offer?

You can offer any services, it is up to your skills and interests. E.g. language, cooking, sport, artistic and computer courses, massage lessons and technological support. General services like dog walking, babysitting, transportation in the city, gardening, repairing, shopping for elders, cleaning etc.

For your services you are awarded by Time Credits.

### What is Time credit?

Time Bank is based on virtual money, called *Time Credit*.

***1 hour service = 1 Time Credit***

- You earn Time Credits by giving services to others.
- You use up Time Credits by receiving services from others.

So the more Time Credits you have the more services you can get.

### Your account balance

- We keep records of the time you used. Each time you give or receive services we will update your Time Bank account. We will send you regularly a monthly newsletter where you can check how many Time Credits you have.
- If you are using more services than you can offer and your time account goes below 0, you still have some time to recover your minus credits. BUT your balance must not go under negative 3. If this happens you are obliged to earn credits by giving services to others otherwise you



cannot continue receiving services from others.

- Every new member is given 3 Time Credits as a gift, as they register in the Time Bank system. Also each time you volunteer to help us in our activities (e.g beach cleaning, workshops) you earn time credits. You find more information about our activities on our website and Facebook page.

### **Why is it good to join Lefkada Time Bank?**

- Giving services connects people who would probably never meet each other. They can change experiences and learn new things.
- We have different skills and values. In a community these differences connect us. We believe that connections between people leads to better life standards.
- Time bank reminds you that everybody has skills to be shared no matter what age they are or education they have. There are many important things we can do for each other. Our knowledge can be shared with our community. Time Bank gives equal value to all work. So why not enjoy this opportunity?
- It is a great feeling that you find yourself needed. You can be an important member of your community.
- Don't forget that the more people join, the more services you can enjoy.

### **How to become a Time Bank member?**

Contact us on Facebook ([Lefkada Time Bank](#)) or by email [lefkada.time.bank@gmail.com](mailto:lefkada.time.bank@gmail.com). We will send you the registration form that you can fill in and then send it back to us.

### **How to join our lessons?**

Follow us on '[Lefkada Time Bank](#)' facebook page where you can find a timetable of our lessons. The lessons take place in the office of Μοναπάτια Αλληλεγγύης (our address: Lefkada town, Karavella 12).

The first 2 lessons will be always open, anyone can join. But, from the 3rd lesson onwards teachers will follow a long-term plan, so new students can join only if they learn at home individually what they missed on the previous lessons.

### **How to make offers?**

By filling in the registration form that we send you, you already offer and request services. If we find matches between your offers/requests with other members' offers/request we will help you contact



the person with who you match.

If you want to teach something regularly in our office, please write to us on Facebook (*Lefkada Time Bank* facebook page) or by email [lefkada.time.bank@gmail.com](mailto:lefkada.time.bank@gmail.com). Alternatively contact any of our teachers on the lessons.

Furthermore, everyone is welcome to organize all kind of one-time or regular event which can be for the benefit of Time Bank members or the local community. For example traditional cooking night, discussing about topics related to your profession, crafts work. Use your creativity, explore your skills and share them with us!

### **Privacy policy, use of personal data**

By registering in the Time Bank system, registered members agree upon collecting and organizing their personal data in the Solidarity Tracks organization database. The organization will only use the members' personal data for the purpose of providing the services described in the Terms and Conditions, in relation to which you have registered your interest. The organization may also use the data to keep informed Time Bank members about any other project organized by Solidarity Tracks. We will not disclose your personal data or any other personal data provided by you to us to any third party.

***All we have is TIME!  
Make your time valuable!***