

Hour Exchange Portland Mission:

Hour Exchange Portland is a service exchange based on Time, the currency of equality that empowers individuals to utilize their assets which enhances their lives, neighborhood and community.

Original Guiding Principles- *adapted from Grace Hill Settlement House, the founding organization for this movement*

1. **Assets** – We are all precious beings
2. **Redefining Work** – Some work is beyond price. Work has to be valued and inclusive to make neighborhoods safe and vibrant and to mutually care for all who live there.
3. **Reciprocity** – We give and receive; we must experience both ends for this to be “currency”
4. **Equality** – We all have gifts. We are equal. No exceptions.

Modified 2012: hOurworld Cooperative

Benefits of an Exchange:

- Trusting relationships — (Trust, reciprocity and civic engagement)
- Greater Access to Goods and Services
- Employment References
- Stronger informal support systems
- Safety in neighborhoods
- Increased self-esteem/confidence
- Greater participation in community events
- Diminished loneliness
- Accept help with dignity - knowing you'll help others in return
- Building social capital in neighborhoods –Robert Putnam – Trust, Reciprocity and Civic Engagement

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