



Virtual Workshop, June 19, 11am (1 hour)

YTB Workshop for June 19

Last edited: 4m ago

Youth TimeBanking (YTB)



How YTB Works

- YTB is youth community service that measures service activities with time credits.
- Youth earn YTB credits by doing things for others. You can do things in person or virtually.
- Join three YTB Workshops and earn a YTB100 T-Shirt.
- Continue with YTB and earn sports gear, movie passes, supermarket cards, or school supplies.
- YTB Coaches and Young People work together to make YTB fun and interesting.
- We meet good people, learn about new places, and do cool things that help others.

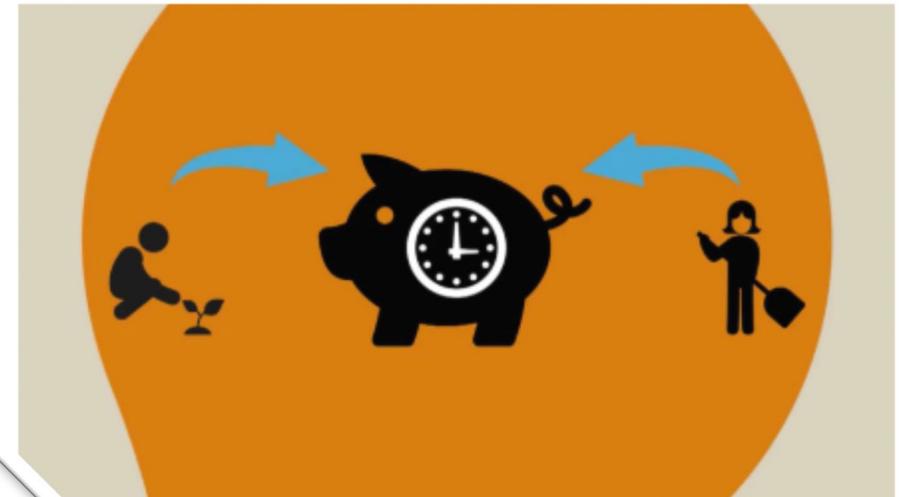
Today's Agenda

- 1) Watch videos, 2) Complete surveys,
- 3) Review YTB_NJ@Instagram.com,
- 4) vote on ideas to post on Instagram. And find out what we can do next time.

TimeBank Introduction

[How people start TimeBanks \(watch to 0:50\)](#)

Important points about YTB and Timebanks -- [Click on Timebank Quiz](#)





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YTB_NJ@Instagram

YTB_NJ@Instagram Examples of YTB Activities

- Writing and sending Post Cards
- Discussion of the film "When They See Us"
- News from YTB100 Jamaica
- YTB100 Form #3

We can use part of our YTB Workshop to post on Instagram! :-)



Timebanking History

Time Banking Animation (watch to 2:10)



[Complete Quiz on Timebanking History](#)



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e-mail

info@ytbnj.org

for **RSVP** link

Your YTB Ideas

YTB100 has different ways of participating:

- 1) Helping Others - where you live or remotely
- 2) Workshops - like what we did today.
- 3) Field Trips - when we can meet in person.
- 4) YTB Projects - multi-day activities.

Can you do any of the activities below? Will you join us next week?

Click this link to [Reply to Workshop Survey](#)

YTB Activities - Movement, Physical

- 1. Yard work, water plants
- 2. Assemble shelves or bookcase
- 3. Clear out a closet, collect items for recycling
- 4. Walk 10,000 steps, or run 5 kilometers
- 5. Plan a meal or make a 3-bean salad

YTB Activities - Design-Create

- 1. Design a poster or brochure
- 2. Make friendship bracelets
- 3. Create postcards
- 4. Write movie reviews or Haiku about YTB
- 5. Set up a display map or exhibit board

YTB Activities - Technology-Media

- 1. Take/select pictures for website & Instagram
- 2. Edit video, organize online picture gallery
- 3. Test apps: 4Bells, Microsoft Teams, Sway
- 4. Build out your YTB Team page on "Teams"
- 5. Create simple surveys with online software

YTB Activities - Improvement

- 1. Prepare a resume or part-time job application
- 2. Learn how to use a spreadsheet
- 3. Plan a field trip, research places to volunteer
- 4. Learn knitting or crocheting to make gifts
- 5. Watch a film on social justice

