

Time Bank

Participation requirements are mandatory for all members of Fjellhamar FK. It is important that all members understand how this works in practice. Members serving as coaches, team managers or in other volunteer roles may receive exemptions or reduced participation requirements.

The activity fee is part of the training fee. Nobody is forced to take part in these activities, but if you choose not to participate, the total fee paid to the club will be higher. In simple terms, if we did not have these activities, it would be more expensive for everyone.

You can reduce your total costs by helping the club with practical tasks. If you reach 0 hours by 31 December, you will not receive any activity fee afterwards. Each hour is valued at NOK 340. If you complete 7 hours, for example, you will have 3 hours remaining, corresponding to NOK 1,020. This amount will be invoiced at the beginning of the following year.

How it works

To log in for the first time, visit timebanken.no on your computer or mobile phone. Click LOG IN and enter your email address. IMPORTANT: THIS MUST BE THE SAME EMAIL ADDRESS REGISTERED IN SPOND. You will receive an email containing a login link. The next time you visit the site, it will remember you.



How many hours are required?

Once logged in, you will immediately see which activities are currently available. You will also see which tasks you have signed up for and how many hours you still have remaining. You start with 10 hours if you have one child in the club and 15 hours if you have two children in the club. If you hold a volunteer position or contribute to FFK in other ways, you may have fewer required hours. Please contact us if you believe your total is incorrect.