

# Get Involved

## We would love to meet you!

Join our informal online interactive session - **Get Involved** - where we guide you through options for getting involved with XRUK, including how you can volunteer or join an action or group.

More info [here](#) in the Get Involved book.

And/or join our friendly online **Intro to XR talk** to find out who we are, what we do and our aims, methods, principles and strategy.

Both Get Involved and Intro to XR are held approximately four times monthly.

**Register here**

## Explore our Resources

If you would like to become an 'Explorer' to deepen your understanding of XR and find out how you can get more involved, let us know during the Get Involved session (or by emailing [volunteer@extinctionrebellion.uk](mailto:volunteer@extinctionrebellion.uk)) and we will send you a link to our Explorer Resources list.

Delve into our Explorer resources if you'd like to take on a role anywhere in XRUK (your local group, your region or a UK-wide team) and find the type of role that suits you best.

These resources are great for people new to XR but if you have been around for longer you may find it useful too - we bet you'll learn something you didn't know!

- How to use XR's communication tools
- Meeting skills
- Prepare for Action (NVDA)
- Know your Rights
- How XR works and who makes the decisions
- Citizens' Assemblies
- What is a Regenerative culture?

Our resources have been described as...



If you would like support, please get in touch by emailing

**[volunteer@extinctionrebellion.uk](mailto:volunteer@extinctionrebellion.uk)**

**The Explorer Resources use various different platforms:**

1. **ZOOM SESSIONS**

Click on the link above to find full information about your Course Zoom Sessions and click [HERE](#) for information on registering for them and what to do if you cannot attend.

We recommend that you register for all of the live Zoom Sessions as soon as you are ready, but please remember that the Course Schedule is dynamic so things may change a little. If a session is moved to a different date, we will email you if you are registered but please recheck the schedule before you enter any live Zoom Session, in case you missed the email.

2. **XR TUBE**

XRUK has its own version of YouTube called [XR Tube](#) and the Explore XR has its own [Playlist](#) where all the recorded Zoom Sessions can be found. To access a recording via the Course Schedule, simply click on the link to watch.

Recordings of live Zoom Sessions are for the convenience of students who cannot attend the live session. However, not all Zoom Sessions are suitable for being recorded. Please see the page on [Zoom Sessions](#) for more information.

3. **REBEL TOOLKIT**

This is XRUK's amazing online resource library, the platform you're using right now! It's accessible to anyone, anywhere in the world.

Click on the link above to go to the Rebel Toolkit homepage.

4. **REBELLION ACADEMY**

This is our online learning platform, offering a range of interactive study sessions. Every time you complete a session, you get a badge ... okay, it's a virtual one but it's still a badge!

For information on all modules on the Rebel Toolkit and Rebellion Academy, click the link below.

[Rebel Toolkit and Rebellion Academy](#)

5. **Mattermost** for chatting - a similar app to WhatsApp, Telegram and Signal.

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