# Intro to XR




Want to do something that makes a difference in the biggest crisis humankind currently faces? Then this friendly, online **Introduction to Extinction Rebellion** talk is for you. Join us to find out who we are, what we do, why and how! The talk lasts about 60 minutes with an optional 15 mins at the end for in depth questions and discussion.

**REGISTER HERE**

This session covers:

- What is Extinction Rebellion about? What do we want?
- What is Non Violent Direct Action and why do we use it?
- What are our principles and values? What brings us together?
- How are we organised?

If you haven't used Zoom before, check out this short tutorial.

## What next?

To learn more about the different ways you can take action in XR register for one of our Get Involved sessions.

You can also register for one of our Prepare for Action workshops to learn more about keeping safe at actions on the streets.

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If you have any questions, please email us on volunteer@extinctionrebellion.uk.