

# Intro to XR

Want to do something that makes a difference in the biggest crisis humankind currently faces? Then this talk is for you.

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

This session covers:

- What is Extinction Rebellion about? What do we want?
- What is Nonviolent Direct Action and why do we use it?
- What are our principles and values? What brings us together?
- How are we organised? How can you get involved?

## Format

UK Wide sessions are held online over Zoom.

Your local group may hold their own in-person sessions. You can find out what is coming up near you by using the [XRUK Calendar](#).

## When?

Online Intro to XR talks are held approximately four times per month.

You can [register for the Intro to XR talk here](#) or a [Get Involved session](#).

The talk lasts 1 hour 30 minutes, and then we allow 30 minutes for questions and discussion at the end.

This talk takes place on Zoom. If you haven't used Zoom before, check out [this short tutorial](#).

## What next?

The next step is to learn more about our core method of change-making, nonviolent direct action [NVDA]. [Find out more about NVDA and the Prepare for Action workshop here, and register to attend.](#)

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All dates, times, and registration info for XRUK Talks and Training can be found via:

- [Movement Broadcast](#) [on Telegram]
- [XRUK Talks and Training Events](#) [on Facebook]

If you have any questions, please email us on [pathways+w2@extinctionrebellion.uk](mailto:pathways+w2@extinctionrebellion.uk)

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