

Welcome to XR

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

Welcome to XR is the key introductory session where you can learn more about what Extinction Rebellion is, what we do and how you can get involved.

This session covers:

- What is Extinction Rebellion about? What do we want?
- What is NVDA 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 Welcome to XR talks are held every Tuesday at 7pm.

You can [register for the Welcome to XR talk here](#)

The workshop lasts 1 hour 30 minutes from 7pm - 8.30pm, and then we allow 30 minutes (8.30pm - 9pm) for questions and discussion at the end.

This workshop will take 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.

[Find out more about NVDA training and register here.](#)

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

- [Movement Broadcast](#)
- [XRUK Talks and Trainings Facebook Page](#)

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