

# Explore XR

In this book, you will find information on: - how to become an Explorer and find out about XR - joining the Hub (our one-stop-shop for all XR tools & services) and finding your resources there - the Explore XR Team - help using Zoom

- [Get involved in XRUK](#)
- [Getting Started with Explore XR](#)
  - [Finding Your Resources Form without a Hub Account](#)
  - [Joining the Hub and Finding your Resources Form](#)
  - [The Explore XR Team](#)
  - [Zoom and Data Protection Information](#)
- [Learning on Zoom](#)
  - [Zoom FAQs / Troubleshooting](#)
  - [Zoom Sessions](#)
  - [Hosted Training Sessions](#)
- [Training via Rebel Toolkit and Rebellion Academy](#)
- [After Explore XR](#)
  - [What Next? Your Place in XR](#)
  - [Types of Work](#)

# Get involved in XRUK

Explore XR provides a solid understanding of our work and is useful for anyone simply looking to find out more about XRUK. It also provides support, personal connections and all the tools you need for a flying start if you are looking to contribute to a local group or move straight into a role with one of our amazing teams anywhere across the movement.

We have received positive feedback about these resources:

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“Very informative and very welcoming”

“I was inspired and motivated”

“I found the resources very useful as a grounding to XR (I wish I had done it earlier, I would have been better prepared for some actions) and to help me find where I could contribute in the working groups.”

“Having now started to engage with SOS (Self-Organising System team), I see that a lot of the training I did has put me in a very good position to understand most of what's going on in meetings”.

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We're working to make XRUK a diverse and inclusive space and we welcome applications from everyone. You can begin your studies at any time, choose which topics to study and take as long as you need to finish.

**To sign-up for the Get Involved sessions, [click here](#).**

# Getting Started with Explore XR

If you've applied since 1st April 2024, you will be emailed a direct link to your XR Resources form.

# Finding Your Resources Form without a Hub Account

## ☐ Hello Explorers! Welcome to Explore XR ☐

A day or two after you apply to Explore XR [via the XRUK Volunteer Website] you'll receive an email from ddat+hub@extinctionrebellion.uk which contains a direct link to the Explorers Resources form.

If you haven't applied to Explore XR yet, click the link below:

**Apply to Explore XR by joining a Get Involved session**

When you click on the Resources form in your email, you will see your form, which looks like this:

The screenshot shows a web form titled "FORM - COURSE SCHEDULE - FOUNDATION PROGRAMME". At the top, there is a green header bar with a "Log in to see more" link and a "LOG IN" button. Below the header, the form is divided into several sections:

- Foundation Programme Explained**: Includes links for "Foundation Programme Reference book - Rebel Toolkit" and "New to Zoom? Click here for FAQs and tips".
- Tick the buttons and save on completion of each session**: A note about the importance of feedback and learning.
- Hover over or click on ? for Key Information**: A reminder to check tips for key information.
- Help us understand your needs and ambitions**: A section with a question mark icon and a "Tick the answers that apply to you" instruction. It includes a "Enter your postcode" field and several yes/no questions:
  - Are you new to XR?
  - Currently involved in XR?
  - Here to help your local group?
  - Looking for a role in a UK Working Group team?
  - Nervous about technology?
- GETTING STARTED - tick when completed**: A section with a green background and a "tick when completed" instruction. It includes a "Completed" checkbox and links for "Introduction to the Foundation Programme - FP Community Meeting", "Select date and time and register for Zoom meeting", "Duration - 60 minutes + 30 minutes optional technical support session", and "Recording of a previous Intro to the FP meeting - video".
- Welcome to XR - Q&A**: A section with a "Completed" checkbox.

Ignore the option to Log In [top right].

Extra information about each part of the form can be found by hovering over or clicking on the Question Mark icons.

- If you have a Hub account you can use the login option.
- If you don't have a Hub account and would like one, please email [volunteer@extinctionrebellion.uk](mailto:volunteer@extinctionrebellion.uk) and we will send you a Hub invite to the Explorers group.
- Then you can join our Explorers channel on Mattermost [XR's dedicated chat platform] for chat and regular updates about the live training.
- For information about [Joining the Hub and Mattermost](#)

## We would love to meet you at our next Get Involved session

Please join us for the next **Get Involved session** on Zoom for a warm welcome and all your questions answered. These are held approximately four times monthly.

[Register here for 'Get Involved'](#)

# Joining the Hub and Finding your Resources Form

## 📧 Hello Explorers! Welcome to XRUK 📧

We have created a direct link to the Explorers Resources form so that you can access the information without first joining the XRUK Hub. More information [here](#).

Everyone applying to the course from 1st April 2024, will receive this direct link. If you applied before this date and would like the direct link, please email us at

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

However, if you've received an invite email to join Explore XR via the Hub, and you want support with what to do next, this page will help you.

## Page Contents

- [Step 1 - How to Join the Hub](#)
- [Step 2 - How to Find Your Resources Form](#)
- [Getting in Touch](#)
- [Help!](#)
- [What on Earth is the Hub?](#)
- [Mattermost - the App](#)
- [If You Already Have a Mattermost Account](#)

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## STEP 1

### How to Join the Hub

1. Go to your inbox and find the email from **ddat+hub@extinctionrebellion.uk**  
Subject: **Invite to Explore XR** (you may need to check your Spam/Junk folder).
2. Click on your invite link. This will open a webpage containing a form that looks like this:

# ACCEPT INVITE TO NEW GROUP

► **HELP**

You have been invited to join Foundation Programme

**Your Hub Email Address**

fpstudent@proton.me

**Login name you will use for logging in here** ?

fpstudent

**Your full name or nickname (visible to other users)**

FP Student

**Preferred Pronouns** ?

None

**Phone Number** ?

07949069730

**Existing Password** ?

[I have forgotten my password](#)

You have been invited to the following Hub Group(s). If you do not want to accept one or more of the invites, then untick it in the list below.

Hub Group	Group Admin	Accept This Invite	Show My Email ?	Show My Phone Number ?
Foundation Programme	Ned Evans	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

☐ I agree to [Terms of Service](#), [Privacy Policy](#), [Principles and Values](#), and [Online Behaviour Guide](#).

**Confirm**

3. Fill in the form with your name (this is visible to other users, so you can use a nickname if you like) and create a password and then click **Confirm**.
4. If you know how to find your Resources form then go ahead and create your Hub account, otherwise follow Step 2.

## STEP 2

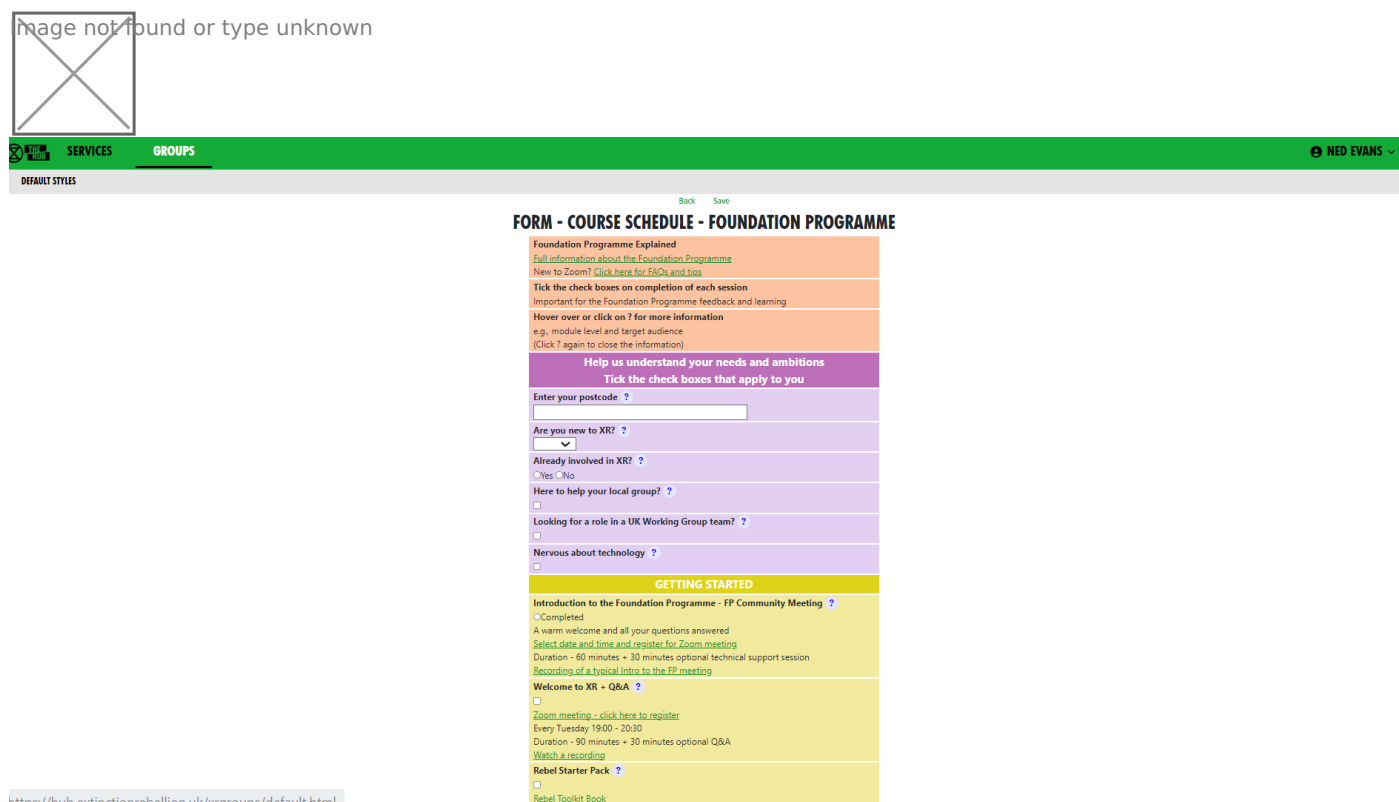
### How to Find Your Resources form

Once you've created your Hub account, you can find your Resources form by clicking the green link 'Hub - My Forms' below, and then select the 'Explorers'

## Link here → **Hub - My Forms**

When you click on the green link above, this is what you'll see. If you **don't** see this page, log into the Hub first.

image not found or type unknown



Back Save

### FORM - COURSE SCHEDULE - FOUNDATION PROGRAMME

**Foundation Programme Explained**  
Full information about the Foundation Programme  
New to Zoom? [Click here for FAQs and tips](#)  
Tick the check boxes on completion of each session  
Important for the Foundation Programme feedback and learning  
Hover over or click on ? for more information  
e.g. module level and target audience  
(Click ? again to close the information)

**Help us understand your needs and ambitions**  
Tick the check boxes that apply to you

Enter your postcode ?

Are you new to XR? ?  
☐

Already involved in XR? ?  
☐ Yes ☐ No

Here to help your local group? ?  
☐

Looking for a role in a UK Working Group team? ?  
☐

Nervous about technology ?  
☐

**GETTING STARTED**

Introduction to the Foundation Programme - FP Community Meeting ?  
• Completed  
A warm welcome and all your questions answered  
Select date and time and register for Zoom meeting  
Duration - 60 minutes + 30 minutes optional technical support session  
Recording of a typical Intro to the FP meeting

Welcome to XR - Q&A ?  
☐  
Zoom meeting - click here to register  
Every Tuesday 19:00 - 20:30  
Duration - 90 minutes + 30 minutes optional Q&A  
Watch a recording

Rebel Starter Pack ?  
☐  
Rebel Toolkit Book

To find your Resources form again easily, you can save it by bookmarking. Click the green link to find out how to do this.

## How to Bookmark

## Getting in Touch

Once you're on the Hub and Mattermost (XR's dedicated chat platform), use the **Explorers** private chat channel in Mattermost to say "Hi" to your fellow Explorers and the Explore XR Coordinators. You can also ask for support there.

- Click this **link** to go to that channel.
- Or open a browser (Safari, Chrome, Firefox etc) and type in **organise.earth** into the address bar at the top of your screen, select Enter, (Sign in if you need to) and then navigate to the Explorers channel.

**Please Note:** The green link above will work **only** once you've created your accounts on the Hub and Mattermost, so follow the steps above to get set up.



# Help!

If you are concerned about using new tools and platforms – please don't panic! The Explore XR team are here to help. You can get personal help by:

1. Registering for the next **Get Involved** on Zoom for a warm welcome and all your questions answered.

**Register here for a Get Involved session**

2. Emailing us at **volunteer@extinctionrebellion.uk**
3. Speaking to a human by calling our super-friendly technical support woman - Ned on 07949 069730

## What on earth is the Hub?

The Hub is our own incredible tool which contains all the info about XRUK groups, as well being a one-stop-shop for our other platforms, e.g. Mattermost and UK Cloud, that we use to organise online. All of our platforms run on secure servers in Switzerland using green electricity! Further info [here](#).

## Mattermost - the App

If you want to use Mattermost via the app on your phone or tablet, download Mattermost Business (Mattermost Classic is the older version of the app - download this one if that's your only option) from the App Store (iPhones) or Google Play Store (Androids). Once downloaded:

- Open the app and go through the Welcome screens
- Where it asks for the Server URL, enter - [organise.earth](#)
- Where it asks for the Server Name, enter - anything you like! XR or Extinction Rebellion or your cat/dog's name - it doesn't matter what you put here.
- Sign in using the account details you chose when you created your Hub account.

## If You Already Have a Mattermost Account

If you already have a Mattermost account but **not** a Hub account, you can find additional support [on this page](#) or watch this [video](#).

# The Explore XR Team

## Who we are and how to contact us

Our team is made up of Hazel, Matthew, Jacqueline, Sheena, Ned and Michelle. Some of us are established rebels who set up the team; some of us joined after taking the course ourselves.

Michelle and Ned offer 'Explorer Support' and, if you've been happy to give us your phone number, one of us will check in with you. Ned can be contacted for all things technical.

We look forward to meeting you at one of our Zoom Get Involved sessions.

If we can help in any way to support you through Explore XR, please get in touch either by messaging on Mattermost or emailing us:

- [Explorers channel on Mattermost](#)
- [\*\*volunteer@extinctionrebellion.uk\*\*](mailto:volunteer@extinctionrebellion.uk)

# Zoom and Data Protection Information

## Zoom Technical and Practical FAQs

We recognise that studying online is very different from hard copy reading materials and face-to-face learning. Using your Course Schedule form and attending Zoom sessions, as well as registering for them and keeping track of registration emails, can be a challenge, especially if you are not familiar with technology.

For these reasons, do please study our FAQ sheet FIRST as it has answers to many of the most frequent Zoom technical and practical issues you may encounter on the Course.

[Zoom FAQ's / Troubleshooting](#)

## Data Protection - XR Volunteer Agreement

By taking part in Explore XR, you may have access to other people's personal details such as email addresses. Therefore, please sign (digitally) our [XR Volunteer Agreement](#).

# Learning on Zoom

Here you will learn about registering for and joining Zoom Study Sessions, and what the Study Sessions contain.

# Zoom FAQs / Troubleshooting

## Zoom Basics

Helpful advice on using zoom is here on the [Tech and Data shelf of the Rebel Toolkit](#)

### **Do I need a Zoom account to access sessions?**

You do not have to sign up to a Zoom account to join sessions. You can access Zoom by clicking on the Zoom link provided.

**Note:** If you would like to create a Zoom account and join via an account, advice would be to set this up and download Zoom at least 15 minutes before the session so it gives you time to set it up correctly.

### **I cannot find the email for the Zoom Session for which I registered.**

Sometimes emails are directed to spam.

- Search for 'XR', 'ddat+hub' or volunteer@extinctionrebellion.uk' in your Spam / Junk folder
- Ensure the email address you have provided when you registered is correct.

### **If you're completely new to using Zoom with XR**

XR uses Zoom a lot for our meetings and we have a few ways of working that might be different to what you are used to.

If this will be your first time using Zoom with XR, we recommend you read [this short introductory page](#).

### **If I miss sessions will I get another chance to go?**

- Some sessions are recorded while others can be booked on later dates.
- We do suggest that you plan ahead and book sessions that suit your schedule.



# Zoom Sessions

This section describes the various Zoom sessions that you will find in Explore XR, how to register for them and what to do if you can't attend.

## Explore XR - Get Involved sessions

As an Explorer, there are several opportunities to get together with the Explore XR team and your fellow Explorers. These sessions are a great way to share information about how you are getting on, ask questions and find support.

- You'll find a warm welcome and a time to get all your initial questions answered. It is attended by members of the Explore XR team and representatives from Action Support, Local & Grassroots Support and Recruitment Support, who will tell you about the three main ways to get involved.
- The **Get Involved sessions** are informal opportunities to chat with your fellow Explorers and discuss how you are progressing.

## Hosted Training Sessions

The Hosted Training sessions include:

- Intro to Extinction Rebellion + Q&A
- XR's Communication Tools - Hub and Mattermost
- Prepare for Action
- Introduction to Meetings
- How XR Works and Who Makes the Decisions

## Registering for Get Involved sessions and Hosted Trainings

Explorers are asked to register in advance for all live Zoom sessions:

- Click on the link in your Resources form to go to the registration page for that session.
- Please note that some registration pages offer more than one date for a session, so make sure you register for the correct one and check it doesn't clash with another of your sessions.
- Once registered, you will receive a registration confirmation email with the link to click to join the Zoom session.
- If you find it difficult to attend any live Zoom sessions, check your Resources form to see if there is a recorded version you can watch.





# Hosted Training Sessions

In the Foundation Programme, all live Hosted Training sessions are with expert trainers and it is best to attend these in person wherever possible.

If you can't manage to come to a session, you may have the option of booking a later date or watching a recorded version. Links to recordings are on the Course Schedule form.

## Welcome to Extinction Rebellion

As it's name suggests, this session is a brief introduction to the movement.

It covers how XRUK began and why Nonviolent Direct Action was chosen as our main strategy for action. You'll learn about our Three Demands and our Ten Principles & Values, the various ways you can join in with XRUK, and where you can find lots of other useful information.

- The session runs every Tuesday from 7.00 to 8.30pm plus 30 minutes for Q&A
- If you are unable to attend, you can watch a recording [here](#).
- You can register for another date using the registration link on the Course Schedule form

## XR's Communication Tools - Hub and Mattermost

In this session, you'll learn how to use The Hub - XR's "telephone directory" - and get onto Mattermost. Mattermost is an app that is something like WhatsApp but better as it allows you to find and communicate with anyone in XR, anywhere in the world.

- The Hub and Mattermost Training runs every Thursday from 6.30 to 7.30pm.
- You may also attend The Hub and Mattermost Drop In Support, which runs every Monday from 5.30 to 6.00pm - ideal for quick questions and fixes.
- There is no need to register for either of these sessions - simply 'drop-in' using [this Zoom link](#) for both.
- You can watch a recording of the Thursday session [here](#).
- You can also watch a series of short videos on how to use the Hub and Mattermost on XR Tube (XRUK's own version of YouTube) - find the Playlist [here](#).

## Nonviolent Direct Action (NVDA)

NVDA is at the heart of XR's campaign strategy. It is very important for rebels to fully understand why it was chosen and how we use it, to be able to discuss personal views and hear those of

others, and to ask questions. For all these reasons, active participation is key and so this training is NOT recorded.

- This Session usually runs on alternate Sundays from 10.00am to 1.00pm and includes two breaks.
- You can also find and register for NVDA and many other training sessions on the Events Page of the XRUK website. Click [here](#).
- If Sundays are not a good day for you to attend, there is a basic version of NVDA training on Rebellion Academy. Click [here](#).

**Please note** - if you are planning to attend any XR action, it is strongly recommended that you attend a live NVDA training first, and also a Know Your Rights (KYR) training.

## Introduction to Meetings

XR runs on meetings - lots of meetings! - and we run them in a way that may not be familiar to you. Come to this essential training and you will:

- Understand how our meetings work
- See how our Principles & Values are reflected in how we work together
- Learn how to be, what to say and when to say it in our meetings
- Learn how to use an agenda document
- Find out about our Self Organising System (SOS) and how the movement works

This is another training where physical attendance is central to the learning process and, therefore, it is also not available as a recording. Currently, there is no equivalent learning source, so please do your best to attend one of these sessions.

- When you click on the link to register, a document opens with more than one date on it. Please make sure to register for the correct date - it usually says "Recommended for Foundation Programme Students".
- However, if you wish to attend one of the more general sessions on a different date, please make sure it does not clash with another of your FP Zoom sessions.
- Alternatively, please contact us and we will check future dates with the Facilitation Circle.

## How XR Works and Who Makes the Decisions

In XR, we strive to disperse power and decision-making throughout the movement. This is accomplished through a Self Organising System. In this Hosted Training session we consider:

- What is a Self Organising System (SOS)?
- Who makes the decisions?
- Are we centralised or decentralised?
- What is "The Hive"?
- How can I have a say?

- What does the evidence on civil disobedience movements tell us about how we need to organise?

This session is run especially for the Foundation Programme. It runs from 7.00 to 8.00pm with an additional 30 minutes for Q&A. If you cannot attend, you can watch the recording [here](#).

## **Skills, Boundaries and Interacting with Your Team**

This session is also unique to the Foundation Programme. It is ideal to attend in person to make the most of the opportunities for personal reflection and writing.

The session is essential for those wishing to join an XR team!

Joining an existing team can be scary. It's hard to know where to start and it's hard to get your head around what is going on (as you may have learned in Introduction to Meetings!). Feelings of anxiety and overwhelm are common even if we already have an idea of what we want to do.

This workshop aims to cut through the chaos.

We consider:

- our individual skills and which ones we wish to offer
- who to talk to and how teams are structured and get work done
- how we can tailor a role to fit our individuality
- how to give back tasks we don't want or can't take on
- where we set our own boundaries.

By the end of this session, we hope you will:

- feel more confident in taking your first steps
- have an idea of the direction you wish to go
- have formulated a touchstone to come back to in times of stress

Remember, we are volunteering our time to XR, not sacrificing it.

# Training via Rebel Toolkit and Rebellion Academy

XR uses a lot of different tools and platforms!

The Hub, Mattermost, UK Cloud, Rebel Toolkit, Rebellion Academy etc. The different platforms have evolved over time and been created by different teams. We know this can be confusing but we recommend rolling with it and with regular use, you'll build familiarity.

## Rebel Toolkit (RT)

The Rebel Toolkit is an online library of resources where rebels can find information on how to make and do a huge range of things within the XR movement, from creating banners to writing mandates for teams. You're on it right now!

On the Resources form, you are asked to read the three books on the [Welcome to XR](#) shelf

- [Intro to XR](#)
- [Get Involved](#)
- [Our Culture](#)

## Rebellion Academy (RA)

The Rebellion Academy is our online learning platform, offering interactive modules about all things XR that you can work through at your own pace, where you can crank your activism up to 11! It's a different platform from the Hub and doesn't link back to your Resources form; so please remember to tick modules completed on the form.

The Rebellion Academy modules included are listed on your Resources form, but of course, you can do any of the others that interest you.

You can find more advice on [using the Rebellion Academy here](#).

- Users are asked to set up an account.  
If you have already joined the Hub, your Rebellion Academy account will automatically have been created using the same login details. Having an account and log-in means you can leave a training at any point and come back to it easily. It also means you can track which ones have been completed and which ones have sections still to be done. Every

time you finish a training, you get a badge; okay, it's virtual, but it's still an achievement!

When you go to the [Rebellion Academy](#), select the option **XR HUB LOGIN** (see below).



Please be assured that setting up an account does not mean you will be bombarded with emails.

# After Explore XR

After Explore XR

# What Next? Your Place in XR

We hope exploring XR has inspired you to volunteer for a role in a regional, national or UK-wide team, as advertised on the [Volunteer website](#), join [an action](#) and get involved in [your Local Group](#).

Roles listed on the Volunteer Website can be filtered by:

- Role Type (from home or in-person)
- Types of Work
- Region/Nation
- Hours per week

It's fine to try out more than one role to experience different aspects of XR. It's also OK to leave a role if you find you no longer have capacity, or you would prefer to move to a different role, but please give your team a little notice.

As an Explorer, you will have learnt about [Our Structure](#) and how you can explore this using the [Organism](#), where you can read the mandates for all the groups and teams.

If you would like advice on which role to apply for, please email us at

[volunteer@extinctionrebellion.uk](mailto:volunteer@extinctionrebellion.uk). And if you've applied for a role but have not heard back from the team after a week, please let us know and we will chase them up for you - their integrator may have been on holiday. We would really welcome feedback on your experience as a volunteer.

## Group roles

From the Rebellion Academy module [Working Group roles](#), you will have read that teams have the following [Core roles in accordance with our Self-Organising System](#):

- **External Coordinator**
- **Internal Coordinator**
- **Group admin**

These and other XRUK's roles can be found [here](#) - click on the + sign to read the role mandate.

The other team roles include:

**Secretary / Minute-taker** : this role requires reasonable keyboard skills and very good listening skills. The secretary:

- arranges meetings and take minutes
- deals with day to day running of the team
- ensures that Action Points are clearly communicated to the team
- might act as facilitator if no-one has filled that role (but it is not expected)

**Facilitator** : this role requires training since XR meetings run in a specific way. The facilitator ensures that:

- meetings run smoothly according to the group agreement
- every voice is heard
- the agenda is covered as well as possible
- the meeting does not run over time

**Integrator** : the person in this role makes sure that the team / Local Group has members to fill its roles by recruiting and onboarding new members. Find more about this role in the [Recruitment & Onboarding Handbook](#).

**Budget Holder** : a good understanding of figures and banking is required, or a willingness to train. The budget holder:

- understands what budget is available to a team and what it must be spent on
- approves expense claims from receipts for goods and services
- approves VLE (Volunteer Living Expenses)



# Types of Work

The volunteer roles on the XRUK Volunteer Website can be filtered by 'Types of Work':

## Actions

These groups plan and support specific actions and rebellions which need UK-wide involvement.

- Normally you would need to be referred by a trusted rebel and already have some experience through your local group.
- In some cases, your actual presence would be required on-site to help build stages for an action, act as a steward or provide wellbeing on a march.

## Media

The Media & Messaging team is the mouthpiece of XRUK and coordinates all our communication channels.

- It's a big team with many sub-groups.
- This team sits at the very heart of XRUK, closely linked with Actions and our many allies.
- The team's output sets the tone and energy of the movement - this is extremely rewarding and impactful work!

## Community

### Regions and Nations

Each Nation (Scotland, Cymru/Wales, Northern Ireland) and Region (South East, South West, East of England, London, Bristol, Midlands, North, North East & Cumbria) has its own support system and structure.

- You can find these roles quickly on the Volunteer Website using the filter 'UK Region/Nation'.
- Each Region & Nation has a 'Gardener', who supports the Local Groups within that area to grow and develop.

## Justice Steering Group

The XR UK Justice Steering Group (JSG) strives to bring in and amplify the unheard and silenced voices of historically and currently marginalised groups, and to advocate that the movement becomes, and remains, radically diverse, equal and accessible for all through transformative and

restorative justice.

## Finance

Finance roles include accounting, book-keeping, managing and monitoring expense claims, Volunteer Living Expenses (VLE) claims, strategic finance, supporting budget preparation, supporting budget holders and reviewing XR's financial and tax status.

## Legal

Some roles need legal professionals, but training is available for other roles, e.g. back-office during actions and the support of rebels in court.

## Tech

Our computer services and technical team support and develop our websites, the Action Network application (for emails and newsletters), the Hub, GDPR and Security.

## Well-being

Regenerative Cultures is about creating a self-perpetuating system grown through community, ferocious love and genuine courage.

- This sustains the understanding, exploration, development, training and sharing of regenerative practices.

## Governance

Self-Organising Systems (SOS) provides governance by supporting teams on how to be self-organising, decentralised and non-hierarchical, by reference to the XR UK constitution and its principles of holacracy.

## Training

Talks & Training teams include the following:-

- Heading for Extinction
- Welcome to XR
- Rebellion Academy
- Nonviolent Direct Action (NVDA)
- Foundation Programme

## Fundraising

XR operates almost entirely on contributions from individuals.

- We never accept corporate sponsorship.
- Raising enough money for the rebellion to function, to amplify our wider messaging, deepen our relationship with supporters and create powerful content to serve the whole movement is one of the most crucial aspects of our work.
- Without it, XR would not exist!

## Research

The Data Analysis & Insights team supports evidence-based decision-making across XR UK by carrying out, and consulting on, data research and analysis.

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## Global Support

This is a worldwide network of rebels who help XR chapters [Local Groups] grow. Their website is [Extinction Rebellion Global](#).