Explore XR

This book is for anyone who's joined a Get Involved session and wants to explore XR further

Start Here

Become an Explorer

The Explore XR team provides a solid understanding of XRUK and is useful for anyone simply looking to find out more or get involved. 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.

To become an Explorer register for a **Get Involved session**

Comments from previous Explorers:

"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-Organsing 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".

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.

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 Explore XR can help in any way with supporting you, please get in touch either by messaging on Mattermost - XR's dedicated comms platform, or emailing us:

- Explorers channel [Please email us if you'd like a Mattermost account]
- volunteer@extinctionrebellion.uk

Finding Your Resources Form without a Hub Account

👋 Hello Explorers! Welcome to Explore XR 🧭

A day or two after you apply to Explore XR (by emailing us at volunteer@extinctionrebellion.uk), 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:

FORM - XR RESOURCES - EXPLORERS

Explore XR and Get Involved

Welcome to the key resources for Extinction Rebellion UK.
The resources below will upskill you in useful parts of XR to help you get more involved.
The form brings together online readings, recorded videos, and Zoom sessions.
You can choose which materials you want to access and when.

How to use the Form

Tick the box when you have completed a section to save your progress.
You can tick things off in any order you like.
Ticking a box saves your progress but you can also press 'Save' at the top of the form.
Ticking the boxes also helps the Explore XR team plan improvements.
If you're on a phone and can't see the tick box, pinch and zoom to expand the screen.
Hover over or click on ? for important explanations about each module,
such as what the module is about and who would benefit from it.
We store this info under the ? to keep the form succinct and easy to read.
(Click ? again to close the information)

Tell Us About You ?

Full Name or Alias

Phone Number

Email Address

Postcode ?

I give my consent to Extinction Rebellion to contact me using the information
I provide, for the purpose of news, actions, requests for volunteers and donations.
Data processed in accordance with our Privacy Policy
Consent
☐

Are you new to XR? ?

○Yes ○No

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.
- Please email us if you'd like accounts on the Hub or Mattermost via

   volunteer@extinctionrebellion.uk and we will send you an invite to the Explorers

group.

- Then you can join our Explorers channel [on Mattermost - XR's dedicated comms platform] for chat and regular updates about the live training.
- Click here if you need information about Joining the Hub and Mattermost

We would love to meet you on Zoom!

Please join us for a **Get Involved session** and/or an **Intro to XR talk** on Zoom for a warm welcome and all your questions answered. These are held approximately four times monthly.

Register here

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

However, if you've received an invite email to join Explorers 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

STEP 1

How to Join the Hub

1. Go to your inbox and find the email from **ddat+hub@extinctionrebellion.uk**
   Subject: **Invite to Explorers** (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 Explorers

Your Hub Email Address
explorer@proton.me

Login name you will use for logging in here ?
explorer

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

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 ?
Explorers	Ned Evans	☑	☐	☐

☐ 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.

You'll then see the Resources form

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.

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 sesssions 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.

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

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. 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 communciated 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.

Community Groups

XR Community Groups are a way to connect and work together through communities of shared self identity, rather than of shared location. The groups are welcoming and supportive, and are looking for you! Select **this link** to find a list of the Community Groups.

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.

Fundraising

XR operates almost entirely on contibutions 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!

Governance

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

Justice Steering Group

The XRUK 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.

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.

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!

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.

Research

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

Tech

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

Training

Explore XR and Talks & Training teams include the following:-

- Intro to XR
- Get Involved
- Prepare for Action (Nonviolent Direct Action)
- The World We Want
- Rebellion Academy

Wellbeing

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.

Global Support

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