

The Explore XR Team

What we do and how to contact us

The Explore XR team provides a solid understanding of XRUK whether you are simply looking to find out more about the movement or to become active in some way. We offer support, personal connections and all the tools you need for a flying start, from contributing to a local group to moving into a role with one of our amazing teams anywhere across the movement. We're working to make XRUK a diverse and inclusive space and we welcome everyone.

Want to find out more?

For general information about XR UK, try an **Intro to XR talk**. If you are ready to get going, come along to an interactive **Get Involved** workshop. To attend either or both you can

[**REGISTER HERE**](#)

Comments from people who have attended our training sessions:

“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”.

The Explore XR team will do its best to support you, whatever you choose to do. Feel free to email us at volunteer@extinctionrebellion.uk with any questions.
