

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.
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