

# Attend a Get Involved interactive session

If you've already attended an interactive session please read the other chapters and pages in the Get Involved book.

During the Get Involved sessions you can ask questions and join breakout rooms to speak to reps about different ways to get more involved in XR either by:

- taking part in actions
- joining a local or community group
- volunteering for a specific role
- supporting from home

Register for a [Get Involved](#) session or, if you would like to know more about XRUK first, join an [Intro to XR](#) talk - both are online on Zoom.

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