

# Hello and Welcome

Great to have you here!

This online 'book' aims to explain what Extinction Rebellion is, what we do and why, our aims, methods, principles and strategy.

You may be reading this because you are thinking of becoming involved with Extinction Rebellion (XR) and want to learn more about us first. Or perhaps you have already decided to take action, in which case you may find what you are looking for in [Get Involved](#) (the second book on this shelf). Either way, thank you for being here!

## Intro to XR talks on Zoom

The content of this Intro to XR book that you are reading now reflects the talk and vice versa. One difference is that there is more discussion and room for questions during the talk so it's more interactive and you get to meet other people new to XR. This book, on the other hand, is condensed in places but contains links to resources and further information for people interested in a deeper dive.

The talk takes place every week on a Monday, Tuesday or Sunday evening (see schedule) from 19:00-20:30 including Q&A.

**[View the schedule and register for the Intro to XR talk on zoom here.](#)**

## News

If you don't already receive emails from XRUK please do join our mailing list. This is the main way we keep in touch and let you know what is going on. Please follow the following link to our website and leave your details in the '[Sign up for News](#)' box.

---

### Key links:

- [XRUK website](#)
- [Local Groups map](#) - join a local group
- [Events \(Actions\) map](#) - find an event near you
- [Events calendar](#) - all XRUK events, including actions, local group activities, training etc

- [Volunteer Website](#) - apply for a role
  - [Donate](#) - the generosity of ordinary people forms the bedrock of our funding
  - [Rebellion Academy](#) - take online training in your own time
  - [The Climate Quiz](#) - share with your friends to open a conversation about the emergency
  - [The Rebel Toolkit](#) - the website you're using right now!
  - [Rebellion Broadcast](#) - key UK-wide messages on actions (Telegram app)
  - [Movement Broadcast](#) - key UK-wide messages on talks, training and workshops (Telegram app)
  - [Digital Rebellion](#) - take action online (Telegram app)
-