

# What are Movement Assemblies?

Based on the [Community Assembly](#) format, the UK Assemblies team will support our movement to continue **walking the talk** and to flex and strengthen our democracy muscles. You are invited to be part of that process by helping to suggest and choose the topic for our first Movement Assembly.

**Assemblies are a beautiful way to bring our collective wisdom to resolve our toughest issues.**

To enhance the Movement Assemblies and get the best from this process, we're using an online **interactive**, democratic voting platform called Polis ([more info here](#)). Polis is used all over the world by governments, academics, independent media and citizens for more inclusive decision-making. It is described as, "A real-time system for gathering, analysing and understanding what large groups of people think in their own words."

We know that when people come together in trust and love we make fairer, more inclusive, creative and transparent decisions.

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