

Where Prepare for Action training fits in with your rebel journey

This is a quick explanation about the sessions, workshops and courses that are available for people who are new to XR.

Heading for Extinction (and what to do about it), Intro to XR, Get Involved and Prepare for Action are the best way to start your rebel journey.

We also offer a Foundation Programme for people who are looking for a place for their specific skills within XR.

Heading for Extinction

Watch a [video here](#) of our Heading for Extinction talk where we **explain the science of the climate and ecological emergency to help you to understand the enormity of the situation we are facing**. We also introduce Extinction Rebellion's approach to bringing about the change we need.

It is a recommended introduction to the most pressing issue facing every human on the planet.

Intro to XR

Want to do something that makes a difference in the biggest crisis humankind has ever faced? Then join this introductory session where you can ****learn** about Extinction Rebellion.

Get Involved

If you already understand the climate & nature emergency, know about XRUK and want to get more involved, this is the session for you

**** [Register for both talks talk here](#).**

The Foundation Programme

This is an inspiring, rigorous, and intelligent course designed to give you a **thorough grounding in who we are, how we work and how you can get involved in XRUK.**

[More about the course](#) and sign up.
