

# 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.

## 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 the Intro to XR talk and the Get Involved session [here](#).

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