

# 1. Read First

## Welcome to the Prepare for Action [PfA] Facilitator's Guide.

This guide is designed to support you to deliver the PfA workshop using the training video [ADD LINK]. Facilitators are the 'third trainer' alongside the two speakers in the video.

As a Facilitator, you are essential to the experience of the attendees from organising the group, leading discussions and practices to giving post-session information.

Using the video and Facilitator's Guide means that anyone can organise a Prepare for Action workshop. This will help with training:

- local or regional groups
- onboarding new rebels
- preparing for an action or event
- planning an action with allied organisations or groups

The video is publicly available and you don't need to be a part of Extinction Rebellion to use it. It is important that anyone joining any type of action knows how to maintain peaceful civil disobedience.

This workshop is based on Extinction Rebellion's Nonviolent Direct Action [NVDA] training which began in 2019 and has been regularly updated to reflect our own evolution and changes to the law.

Read the [PfA introduction](#) for further information.

Extinction Rebellion is a volunteer-led movement and we rely on donations to support our work including producing training resources. Please encourage people to make a donation.

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For questions and further support:

- Email [volunteer@extinctionrebellion.uk](mailto:volunteer@extinctionrebellion.uk)
  - Mattermost [Explore XR Reception](#)
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