

# Get involved in XRUK - apply for the Foundation Programme

The Foundation Programme provides a solid understanding of our work and is useful for anyone simply looking to find out more about XRUK. It also provides support, personal connections and all the tools you need for a flying start if you are looking to contribute to a local group or move straight into a role with one of our amazing teams anywhere across the movement.

We have received positive feedback from our students:-

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“Very informative and very welcoming”

“I was inspired and motivated by this course”

“I found the course very useful as a grounding to XR (I wish I had done it earlier, I would have been better prepared for some actions) and to help me find where I could contribute in the working groups.”

“Having now started to engage with SOS (Self-Organising System team), I see that a lot of the training I did has put me in a very good position to understand most of what's going on in meetings”.

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We're working to make XRUK a diverse and inclusive space and we welcome applications from everyone. You can begin your studies at any time, choose which topics to study and take as long as you need to finish.

**To apply to the Foundation Programme, [click here.](#)**

You will then be sent a link to the Foundation Programme course schedule Form.

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