

# Volunteer Roles at Upgrade Democracy

We would really love everyone who attends to sign up for **at least one shift in a role** if that's possible for you. If you can volunteer then yes, please do! Whilst most roles are mobile we also have some static roles (such as welcome hub) and some at-home roles if you cannot physically attend the event.

We held an online meeting to explain more about the roles - [watch the video here](#)

If you already know what role you want to volunteer for, [sign up here](#)

It's the same form if you have already signed up and want to [choose or change your shifts](#)

And if you already signed up but have forgotten which shifts you chose [check your role or chosen shifts](#)

There are drop-down charts for most roles showing where our priority is for volunteers (red) and existing volunteers (blue). Once an hour the charts will disappear for a few moments whilst the data is refreshed.

I had a great time and volunteering forced me to talk to people, feel really involved etc, without this I would prob have turned up and marched and gone home while being too shy to talk at all!

Production crew, Restore Nature Now 2024

Overall, I thoroughly enjoyed being a steward at the event and I would love to do more! Everyone was so friendly and helpful, it made doing it on my own and for the first time great fun! Thank you all for all of the organisation, it was fantastic

New Steward, Restore Nature Now 2024

We aim to avoid a few crew having to volunteer continuously and getting burnt out as a result.

The main shift opportunities run from 10am on Friday 30th August through to 5pm on Sunday 1st September in 4-hour blocks. We ask that you arrive 30 minutes before the start of your shift for a handover briefing. Some roles will not require a full 4 hour shift, or will have slightly different start and end shift times, you will have this explained once you signup, or contact the team involved for more details using the links below. Most roles require mobility but we have a few that are static and some that can be done from home.

Since we will have rebels camping overnight we will also need some crew to volunteer for the night shifts. These represent a really special experience and allow rebels to get a good undisturbed night's sleep ready for action the next day.

Before the event opens and after it closes we will also need a setup and teardown crew, you can opt for these shifts as well.

Training is available for all these roles and we aim to buddy crew up so you can work with someone more experienced if you are new to a role.

Here is a brief explanation of each role, together with links to find out more.

## Outreach

### See Outreach shifts volunteers needed

Outreach crews are needed both at camp and in the streets of Windsor

### Signup to volunteer here



**Imagine:** The occupation is underway. Members of the public are passing by and catch sight of the scene. **Our objective:** is to explain why we are there and what we are doing and offer a genuine conversation about climate change and the environment to someone who may not typically find many opportunities to confront the crisis. Outreach will often also staff the welcome hub at large events where members of the public have questions answered and are directed to resources, training, or other support teams as appropriate.

[Register for an online training workshop](#)

Contact [actions.outreach@extinctionrebellion.uk](mailto:actions.outreach@extinctionrebellion.uk)

## Stewarding

### See Steward shifts volunteers needed

Stewarding is mainly needed during the day, especially when we have marches. In addition we need a small crew to provide site security when everyone else is away from camp and overnight (these are often the hardest shifts to fill so if you are prepared to cover one night we would be very grateful)

[Signup to volunteer here](#)



**General Stewards** provide a friendly welcome, help answer questions and direct rebels to other crews, facilities and what's on. One of the key parts of this role is simply to provide a visible presence that helps rebels feel safe and secure. There are opportunities for **Lead Stewards** who manage a small team of 10 General Stewards.

**Access Buddy Stewards** support those with access or inclusion needs to be able to participate fully in the event. Overnight **Campsite Stewards** provide safety and security for those asleep in

their tents.

We need around 50 Stewards each shift for the main shifts - that means around 1,000 Stewards overall.

[Additional information here](#)

Contact [stewarding@extinctionrebellion.uk](mailto:stewarding@extinctionrebellion.uk)

## Roadtaking

### See Roadtaking shifts volunteers needed

Roadtaking crews are only needed when we have marches

[Signup to volunteer here](#)



An essential part of marches and processions, this crew move ahead of the march to ensure traffic doesn't conflict with rebels. This is a role that requires mobility and usually we aim to work with DeEscalators in the team.

[Additional information here](#)

Contact [stewarding@extinctionrebellion.uk](mailto:stewarding@extinctionrebellion.uk)

## Wellbeing

## See Wellbeing shifts volunteers needed

Wellbeing is mainly needed during the day, especially when we have marches. In addition we need a small crew to provide cover overnight (these are often the hardest shifts to fill so if you are prepared to cover one night we would be very grateful)

## Signup to volunteer here



**Action Wellbeing** supports the physical and emotional wellbeing of everyone involved in XR actions. Look out for us in our blue hi-vis. Providing water, hand warmers and snacks (chocolate!), accessibility support, as well as a listening ear and a friendly smile. Rebels come to us for all sorts of things, including: information on the nearest toilets, rain protection, conversation, blankets and pillows, warm tea, songs and chants, support during arrests and countless other useful things!

## Additional information

Contact [actionwellbeing@extinctionrebellion.uk](mailto:actionwellbeing@extinctionrebellion.uk)

# First Aid

## See Qualified First Aid shifts volunteers needed

First Aid is mainly needed during the day as well as cover when everyone else is away from camp and overnight (these are often the hardest shifts to fill so if you are prepared to cover

one night we would be very grateful)

[Signup to volunteer here](#)



We all hope we will never need it but minor accidents do occur and so if you have a current First Aid certificate then please volunteer for this specialist role (part of the Wellbeing team).

[Additional information here](#)

Contact [actionwellbeing@extinctionrebellion.uk](mailto:actionwellbeing@extinctionrebellion.uk)

## DeEscalation / Embedding Nonviolence

### See DeEscalation shifts volunteers needed

DeEscalation is mainly needed during the day, especially when we have marches. In addition we need a crew to provide cover in the evenings and a small crew overnight (these are often the hardest shifts to fill so if you are prepared to cover one night we would be very grateful)

[Signup to volunteer here](#)



This role uses techniques to manage the tension in situations. Often called in to defuse confrontation, you will learn skills based on empathy and listening to manage tension during a confrontation between parties on the street.

This can involve members of the public, police or protesters. By intervening in hostile encounters we may be able to recognise feelings of alienation and agitation and help them transform into solidarity and optimism.

[Additional information here](#)

Contact [deescalation@extinctionrebellion.uk](mailto:deescalation@extinctionrebellion.uk)

## Sustenance

### See Sustenance shifts volunteers needed

These specific shift requirements are still being planned

[Signup to volunteer here](#)



Feeding 1,000s of people with healthy, hearty food on a tight budget is no mean feat. We have a range of roles here from designing recipes, preparing ingredients, cooking and serving rebels. Some experience in food preparation and a basic knowledge of food hygiene would be ideal but is not essential.

[Additional information here](#)

Contact [production@extinctionrebellion.uk](mailto:production@extinctionrebellion.uk)

## Sanitation and Waste (Rubbish and Poo)

**See Sanitation shifts volunteers needed**

These specific shift requirements are still being planned

[Signup to volunteer here](#)



Whilst we aim to minimise the waste we produce and the environmental impact of our events there will always be some that needs managing. From litter picking to toilets and water provision, this is a vital role with a great team of people who have as much of a laugh as anyone else and are always hugely appreciated by everyone. The Sanitation and Waste team will ensure that everyone has access to a toilet, to safe drinking water, and that the site is left in as pristine a condition as it was found - or often better.

[Additional information here](#)

Contact [production@extinctionrebellion.uk](mailto:production@extinctionrebellion.uk)

# Logistics

## See Logistics shifts volunteers needed

As well as crew during the event, we also need crew in London 27th / 28th / 2nd / 3rd / 4th at the Warehouse

[Signup to volunteer here](#)



Looking after the safe handling, transport and storage of XR's amazing action kit and equipment; literally bringing all the toys needed for any actions.

Whilst most of these roles do require manual handling, we also have need for administrative support in the team.

Note as well as a small logistics crew during the event we also need crew in the weeks beforehand and after to manage transportation and warehouse logistics. If you can help with this, please add a comment in the signup form at the end.

[Additional information here](#)

Contact [production@extinctionrebellion.uk](mailto:production@extinctionrebellion.uk)

## Sound & Power

### See Sound & Power shifts volunteers needed

These specific shift requirements are still being planned

[Signup to volunteer here](#)





Providing mobile PAs, sound systems, pop-up stages and solar-power set-ups; essentially bringing the vibes to any action!

[More information](#)

Contact [production@extinctionrebellion.uk](mailto:production@extinctionrebellion.uk)

## Art Blockers

### See Art Blocker shifts volunteers needed

Art Blocking crews are needed both at camp (when rebels are there) and in the streets of Windsor

[Signup to volunteer here](#)



This team run the stall that gets the most attention! Everyone wants to add patches or prints to their clothes

[Additional information here](#)

## Welcome Hub Staff

### See Welcome Hub shifts volunteers needed

We need a small crew to man the hub when rebels are on site. It will cover Rebels, Campers and possibly a few members of the public

[Signup to volunteer here](#)



Friendly, calm and enthusiastic rebels are invited to join the wonderful welcome team! You will be first point of contact for visitors new and old to the protest space. Helping answer questions about

logistics (eg. where are the toilets, where can I find flyers), how to join XR and why we're here!

## Banner/Flag Holders

**See Banner & Flag Holder shifts volunteers needed**

Banner & Flag holding crew crews are needed when we have marches

**[Signup to volunteer here](#)**



Join the team responsible for the visual choreography of an action. You will be helping carry and hold beautiful flags and banners, transmitting the vibe and message of the action. These designs bear XR's messages for the public and press to see and are a key part of making an action a success! No previous experience necessary.

## Talks and Training Speaker

**[Signup to volunteer here](#)**



Talks & Training Speakers deliver structured talks, training and workshop sessions at larger events usually under gazebos or when possible, inside buildings. These talks are programmed as part of a schedule therefore you need to complete the signup form (above) to volunteer. Where possible we supply equipment e.g. mics, projectors, screens and whiteboards.

Knowledge is empowering and can transform lives. Developing or delivering talks and training are valuable as they help grow and strengthen the movement. As a speaker or trainer, you'll support existing rebels and new joiners by preparing them for action, welcoming them to XR and increasing their awareness of the climate and ecological emergency.

[Additional information and guidance here](#)

Contact XRUK Talks & Training at [eventsxr@gmail.com](mailto:eventsxr@gmail.com)

## Street Speaker

[Signup to volunteer here](#)



Street talks are a fantastic way to quickly engage, inform and empower new joiners and existing rebels. They can be completely spontaneous and given to small groups 'on the street'. Street

Speakers are self-organising and you can access a range of [Street Speaker Scripts](#) that can be delivered anywhere, at any time you choose. The scripts are designed to be delivered by anyone

without the need for training however, we're here to support you!

[Additional information here](#)

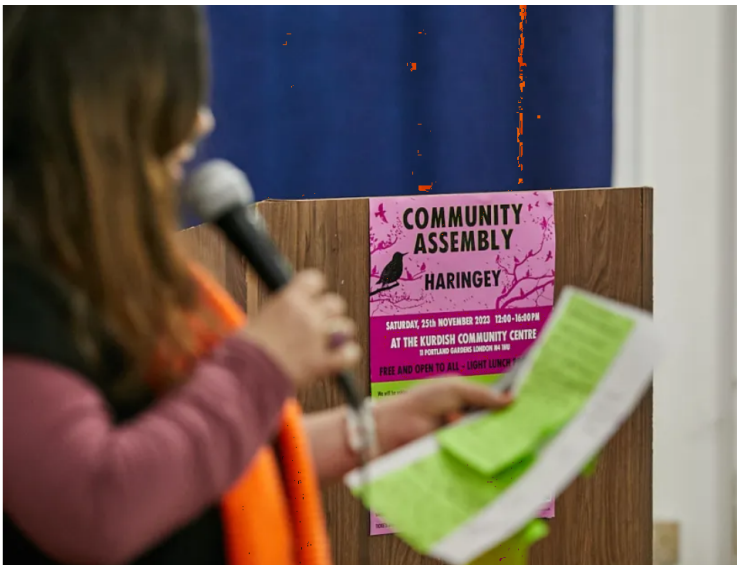
Contact XRUK Talks & Training at [eventsxr@gmail.com](mailto:eventsxr@gmail.com)

# Assembly Facilitator

## See Assembly Facilitator shifts volunteers needed

Assembly facilitators are only required just before, and during the Mass Assembly on Saturday afternoon

[Signup to volunteer here](#)



**Assembly Facilitator** At the [Massembly](#), each discussion group will need to nominate a facilitator, who will lead the group through each step in the process using a Discussion pack. The pack has clear steps for the facilitator to follow meaning no training is needed.

There will be two in-person workshops will be held on Fri 30th Aug at Upgrade Democracy in the Talks & Training tent in Home Park.

[More information about Community Assemblies](#)

Contact [assembliesescalation@extinctionrebellion.uk](mailto:assembliesescalation@extinctionrebellion.uk)

# Offsite/Backoffice/Pre-event Roles

As well as the main support roles listed above we have the need for some additional support crew:  
**Pre-event location recce.** Involves photographing sites, possibly talking to local cafes/pubs etc. to find small hub spaces etc.

**Action Support Back Office.** During the event working from home, keeping an eye on various Signal and Telegram chats and making sure people get answers to questions or connected to those who can help.

**Digital Mapping.** Pre-event we need help to maintain the digital maps of the event, site, march routes, accessibility etc.

If you feel you could help with these roles, get in touch [actionsupport@extinctionrebellion.uk](mailto:actionsupport@extinctionrebellion.uk)

## Other

If you feel you have the skills and experience to offer this event that is not covered in one of the roles above, please do let us know by selecting '**Other**' in the Preferred Role dropdown and adding an explanation in the **Anything Else** box at the end of the form.

[Signup to volunteer here](#)

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For an overview of [key info for the Upgrade Democracy event - click here](#)

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