

100 Days

The Big Guide to The Big One!

The climate, nature and humanity face disaster. We know it's time to act.
Do you trust politicians to do the right thing for us? For the planet?

Gathering day after day in large numbers at the Nations' seat of power - means XR can leave the locks, glue and paint behind and instead invite others to unite to survive in peaceful protest - creating a critical mass of people and a moment that's impossible to ignore.

If politicians aren't willing to put in the hard graft to turn things around, then we will. It's time we choose our future.

This 'book' is a constant work-in-progress and resources become available and plans evolve.

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Overview

What is the plan? and some key links

In April 2023 (from 21st - 24th) we aim to gather 100,000 people at Parliament - but crucially not just 'rebels'...all humans, all groups, all movements. To demand a fair society and a citizen-led end to the fossil fuel era.

The official campaign to raise the numbers needed started on 11th January which was 100 days to April 21st, hence the name of this campaign as '100 Days'.

This creates the time for spreading the word, collaborating, mobilising, talking to colleagues, friends, family, neighbours, exes, pen pals - anyone who might have an interest in the future of the planet.

- [100 Days Strategy Statement](#)
- [Sign up to The Big One](#) to receive information by email
- The Big One [crowdfunder](#)

- [The Big One - Info Doc](#) (You can also find all the info from this doc here in the Rebel Toolkit!)
- [The Big One Messaging](#)

- [Rebellion Broadcast](#) on Telegram to keep up-to-date with campaign developments
- [Movement Broadcast](#) on Telegram to find out about talks, training and workshops

- Join the [online community space](#) to chat, ask questions and get involved
- Tell us (and everyone else!) that's you're coming on the [Facebook event](#)

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Collective Demand

Demand for The Big One

PARLIAMENT SQUARE, 21-24 APRIL 2023

Extinction Rebellion and new allies from leading environmental and social justice groups delivered two fresh demands to the Government - and set a **deadline of 5pm on 24 April** for ministers to enter into negotiations about how they will be delivered:

- The Fossil Fuel era must end
- Change decided by us, not for us

Read more here: [Collective Demand](#)

The Big One ~ Patchworks London

An amazing community event space open for use every day from 17th-28th April.

This is the work

Church Road, London, E10 7JQ

An awesome **community event space** in central London to share with friends and allies from around the UK and beyond; to train, create, hear inspiring artists and make change possible. And have fun while doing it!

After years of the global pandemic, cost of living crisis and new draconian police laws, this is how we will build back momentum and build a stronger movement. Zoom doesn't cut it. We need to meet in person.

It is wheelchair accessible and will be a place where unity is held above uniformity of brand or strategy or demand. Our home is your home - Earth.

Available for use:

- 17th-20th April 10.00-22.00
- 21st-24th April 10.00-21.00 No major programming during The Big One 10.00-18.00. Flexibility is required. Priority will be given to marginalised and local community groups
- 25th-28th April 10.00-22.00

Programme

See more information including the programme of events on the website [here](#).

Booking requests

Fill out this [form](#).

XRUK Talks & Trainings group are self-organising a zone in TBO ~ Patchworks London. For talks, training or workshops to be delivered in this zone, and with the support of the T&T team, please book via [this form](#).

The Big One 21-24 April

What's the plan?

A four day protest with tens of thousands of people, outside the Houses of Parliament from **21st - 24th April 2023**, with time on either side for preparation and 'pack down'.

The invitation is to all humans, all movements, all organisations to come together and stay for as long as they can.

Positive discussions are taking place with a wide range of organisations - allies, friends and new connections, who are lined up to become official supporters.

The action will focus on Parliament Square and the area directly south of Parliament Square. XR will join with other organisations in building alliances, engaging with decisions and transforming energy into pressure on the government.

We intend to create an inclusive space so that people from different backgrounds are welcome to join, with minimal risk of arrest. **This means no glue, paint or lock-ons for the four days.**

Our rights to gather together at Parliament and on the roads outside the Houses of Parliament are enshrined in international law. We are communicating with the **Metropolitan police** to facilitate the protest and work together to meet the needs of the local community.

We ask all participants to abide by this [Unity Agreement](#) - an invitation to all participants at The Big One to act in a way that promotes respect, love, and safety for all who attend.

The same information on this page can also be found on [The Big One - Info Doc](#)

Programme

There will be an inspirational lineup of speakers, musicians, performers, poets, writers and thinkers, alongside radical acts of co-creation from attendees and supporters alike.

See the [Programme page on the website](#) for full details including a calendar of events. Keep checking back for updates.

The Big One

Activities designed to form connections and encourage participation will take place throughout the streets of Westminster until 20:00 each day. More details and exact event times will be announced.

Friday 21st ~ Unite to Survive

People's Pickets at Government Departments 7am onwards

Saturday 22nd ~ Earth Day

Big One for Biodiversity ~ March

Sunday 23rd ~ Running Out of Time

Marathon Day: Outreach, Organising, Creative Actions & Assemblies

Monday 24th ~ Choose Your Future

People's Pickets at Government Departments 7am onwards

The Programme

THE BIG ONE

4 Days of Occupation ~ 21-24th April

Here Comes Everyone

The weekend is our opportunity to **build momentum** through discussions, creative activities, assemblies, workshops and sharing.

Friday 21st & Monday 24th

People's Pickets at Government Departments

[photo_2023-03-31_10-20-50.jpg](#)

The Big One begins with People's Pickets at government departments from 7am on Friday 21st and growing throughout the morning. Groups will self-organise pickets at department entrances South of Parliament Square.

The machinery of state is being used against people and the planet so we're getting on a picket to say, **not in our name.**

The [People's Picket Supporting Doc](#) has all the information and next steps for planning. This includes the 'Wedding Table' announcement to discover who is on each picket.

Whilst the deadline for groups to join pickets has passed, fill in the [form](#) and we'll fit you into plans as they develop.

We are still welcoming new organisations to The Big One. To join, please also complete [this](#).

See the map below for details on picket locations. More detail in this [Google map](#).

Email with any questions: xr-action@protonmail.com

Saturday 22nd

A massive **Biodiversity march on Earth Day**, sanctuary and family-friendly spaces, food, art blocking, print-making, performances and amazing guests are some of the things to look forward to.

Big One for Biodiversity ~ from 10am Westminster

[photo_2023-04-11_14-00-50.jpg](#)

A march, rally and die-in to honour and respect species endangered by the global ecological crisis. All organisations are welcome to join; invite family, friends and everyone you know!

- **Block printing, artwork & face painting:** 10.00-12.30
- **Speak for Nature Workshop:** Gather from 12.00, starts 12.30-13.00. Share your love, grief, hope and what you long for about Nature
- **Unite for Nature rally:** 13.00-13.30. Hear about the extent of the global ecological crisis, and explore solution pathways such as regenerative practice, ecocide law and citizens' assemblies
- **Big Biodiversity March:** 13.30-14.45. Led by XR Rhythms, with periods of silence, birdsong and sounds of nature along the way! Download and follow the cues to play one or more of these [wildlife sound files](#) on phone or bluetooth speaker. Bring along placards and artwork to honour our natural world and endangered species
- **Finale Die-In:** 14.45-15.00. Spread out and lie down in silence, for a symbolic spectacle. If you don't want to participate in the die-in you are invited to move away at the end of the march.

- PLEASE ALL READ the [Action Info Doc](#)

- [Map of event locations and march route](#)
- Join the [Telegram Group](#)
- [Creative Ideas Pack](#) - props, costumes, messaging and artwork
- [Biodiversity Fact Pack](#) from Scientists for XR
- Join the [Facebook event](#)

Sunday 23rd

The final stretch of the London **marathon** will intersect with the occupation, providing an opportunity to engage with the public and **actively support** those running in the marathon for causes amplified by the climate crisis.

Vigils will continue each evening and we'll be back in force in the morning, making sure we have our **demands ready for Monday 24th** when parliamentarians return. This is the work.

The occupation will be designed for maximum participation and access; **building pressure** by coming back again and stronger over the 4 days and showing that we are impossible to ignore.

The Maps

The Big One is...big! To help navigate all that's going on in Westminster and beyond, there are a few key maps to help.

Site Maps

The following maps can be found on the [maps page on the website](#):

- Amenities: including public toilets, onsite 'loos of last resort', freshwater and sustenance locations. Click on individual icons for more details.
- Site plans for 21st-24th: including stages, first aid, welcome hub and more.

People's Pickets

See the map below and also this more detailed [Google Map](#) for the location of each picket.

[People's-Picket-Map---landscape.png](#)

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Volunteer

How to contribute to The Big One

We're planning the biggest climate protest ever seen in the UK and we need an army of volunteers to make it happen! Can you help us?

Everything Extinction Rebellion has done has been built by everyday folk volunteering their time. The amount of time our volunteers contribute directly determines how big an impact we can have. **EVERYONE is encouraged to take on a role for The Big One!**

There are two main types of role:

1. Join the **Support Crew** to get involved with tasks on the ground for the Big One. Help people feel safe and connected. Training and support provided. We need LOTS of people in these roles!
2. Become a **Planner** and join a vibrant network of busy ants helping build and weave the action. The work is needed right now, with the roles continuing at least to the end of the action. These roles are remote so you can work online from anywhere in the country.

You can follow one or more of the following routes to finding a role:

[The Big One Support Crew](#)

Whether you have a few hours or days to offer for The Big One, there is a role to suit!

[HERE](#) you can see the main on the ground crew roles and join one right away. Just tick the box and you will be sent an email with more details of each role and a link to join the Telegram group chat for that team.

We particularly need stewards! It is the perfect starter role and you can even volunteer with your friends and family. Check out everything you might want to know about Stewarding [HERE](#)

[Apply for roles on our Volunteer Website](#)

Or see and apply for a wider list of open roles on our [Volunteer Website](#) (which acts like a jobs board), including online roles which can be done from anywhere in the country.

Here you will see both planner and crew roles.

[The Big One community online](#)

[HERE](#) you can ask questions, get all the latest announcements and updates and find out how to volunteer your time in the run-up to the Big One. Join the Online Community on Mattermost.

Our friendly online community support team (using the handle @100support) will answer your questions and help you get connected and find the role to best suit you.

Here's is a [playlist of videos](#) to help you use Mattermost and to find the app for your phone.

'Make your Impact' zoom calls

We are running a series of 1 hour calls where we talk a little about what is going on and what kind of roles we are looking to fill right now. Come along if you would like to ask us directly about roles and what they entail and get help to find the one right for you.

further dates coming soon.....

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Support Pack

Alliance Building, Outreach tools, Local Group support, Rebel Ringing guidance

Everything you need to know about 100 Days

- How can I explain 100 Days to others?
- Where can I ask questions and discuss 100 Days?

Everything you can do for 100 Days within an Local Group [LG]

- Get your LG into shape
- Mobilise for 100 Days and recruit for your LG!
- Build Local Alliances
- Actions for 100 Days and The Big One
- Fundraising

Everything you can do for 100 Days outside a Local Group

- Join a team and ring 10,000 people
- Join the 100 Days online community
- Anything else I can do to help?

[Click to view the full Support Pack here](#)

[100days-support-pack.png](#)

You can find the original [Local Group Pack](#) here, which gives you an overview of what you can do to make sure your group is ready to start planning for 100 Days.

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Design Assets

Logos, flyers, posters, assets, design tools - everything you need.

[The Big One Design Pack](#) - containing:

- [Flyers](#)
- [Posters](#)
- [Social Media](#)
- [Designs](#) - flyer, poster and web banner backgrounds

[photo_2023-03-17_11-14-54.jpg](#)

[The Big One Media & Messaging Guide](#)

For a general introduction to design in XR -- fonts, logos, colours, woodblock images, icons -- see the [Design](#) book.

Older design assets from earlier in the 100 Days Campaign can be found [here](#).

Order Scheme

You can order leaflets (plus stickers!) using the [Outreach Material form](#)

Orders are sent out as quickly as possible, but please make sure you order in plenty of time ahead of your Outreach.

Assets for The Big One

Supporters Logos version 2 (30th March 2023)

[A4 printable poster](#)

[Instagram Story graphic](#)

[Instagram Post \(highlighted logos only\)](#)

[Supporters-v2-InstagramStory-THUMBNAIL.jpg](#)

DESIGN FOR LIFE

We are a group of professional graphic designers who are lending their skills to help convey XR's message beautifully and with maximum effect through the power of good design!

- We help to uphold the look and the feel of the movement, using the XR design programme and specific Rebellion design packs, helping XR groups who do not have our skill set to produce any of the following: social media content, posters, leaflets, other visuals for actions, etc.
- We offer help and support for XR groups to use the Aktivisda visual generation tool themselves to produce their own material.
- We will expand the Aktivisda visual generator website as required by XR groups. So if you want your logo, some symbols, or even a template added to the Aktivisda tool, we can organise that for you.

So, if you would like some help, email us at xrdesignforlife@gmail.com or contact us via Mattermost at the [UK Design Requests Reception](#)

HELP WITH TAILORING FLYERS

[Form to request materials to be individualised for your local group](#)

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Open Calls

###Recent UK Open Calls

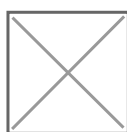
Next Open Call

Sunday 2nd July 2023 19:00 - 20:00 - [Register for the zoom](#)

Watch the June **2023 Action Strategy** Open Call [recording on YouTube](#)

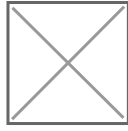
Watch the March 5th Open Call [recording on YouTube](#)

Here are the [slides](#) from the March 5th Open Call



Watch the Feb 12th Open Call [recording on YouTube](#)

Here are the [slides](#) from the Feb 12th Open Call



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Countdown Actions

Actions planned in the run up to April 21st

General Guidelines

[Guidelines for how actions](#) can support our strategy. It is designed to help you think about how you can create beautiful, audacious and striking actions which will help mobilise, fundraise and build momentum towards the mass action starting on 21 April.

30 Days - MEDIA

Info coming soon

50 Days - WARM BANK - 50 DAYS FINANCE ACTION

The UK Government is enabling a corrupt financial system that exists to benefit the wealthy few - based upon the exploitation of people, animals and the planet.

A new bill is being passed to deregulate finance, enabling banks to profit from poverty and hunger as prices rise.

The Government will not prioritise the needs of the people. We must do the work they refuse to do.

☐ 2 - 22 March

☐ Take action at your local Barclays or HSBC by taking back the space and turning it into a Warm Bank.

☐ [Local Group Action Guide](#)

#RebelForLife #WarmBank #DefundClimateChaos

80 Days - Unite for Justice

The 100 days Campaign will highlight institutions that are divisive and failing us. 80 days before The Big One, we target the justice system.

LONDON

📅 Tues Jan 31, 11.30 - 14.00 The Royal Courts of Justice, WC2A 2LL

[View Press Release](#) : UNITE FOR JUSTICE: Extinction Rebellion, Netpol, Just Stop Oil and others join forces to take action at Royal Courts of Justice

Dirty Water Action - ongoing

Dirty Water is a great 'off-the-peg' action for new just joined rebels and old hands alike and, because there has been so much press coverage around the problems with sewage in our water and on our beaches, that Dirty Water actions (which target MPs and water companies) should be effective at attracting a lot of local support and attention. Plus, if you link up with other community action groups in your area, it is also great for alliance building in the run up to 100 Days!

Dirty Water builds an understanding of how extreme weather events directly affect our waterways and pollution levels, and we are taking direct action to demand clean water. This series of actions will run past April - its got legs as the MPS are not doing much to prevent 'Dirty Water'

See the [Dirty Water Campaign full info here](#) - where you'll find an action pack which covers the waves of actions starting on 28th January and has all the information you need to take part.

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Transport and Accommodation

Quiet Camp, Indoor Accommodation, Human Hotel and Transport!

Transport

Transport Subsidies for Rebels

XR UK recognises that a rebel's financial situation may also place an additional barrier to participation. One of the aims of The Big One is inclusivity, everyone is needed to be there at Parliament in April.

To help rebels with transport costs associated with coming to the big one XRUK has set up a transport subsidy scheme. To find more information, click [here](#)

Thank you/feedback

Thank you so much for helping make the big one a massive success. Collectively across the UK, we managed to organise over 40 coaches/transport, with over 70 pick-up stops during the four days of the big one, enabling hundreds of rebels, old and new, to come to the big one. Your hard work in getting people to the big one is massively impactful and has played a major role in making the big one a success.

We want to make transport even better supported for next time. XR values feedback and learning, and with many local groups organising transport, we can gather best practices and advice for the next major XR event. This will also help us see where XRUK can better support LGs in organising transport. This collective knowledge will make us stronger. [Please fill in this feedback form to help us improve](#)

Decentralised Transport

For The Big One, XRUK is advising that Local Groups arrange the transport themselves. This has many advantages:

- Local Groups know their rebels and the community groups they are speaking to and can book transport specific to their needs.
- Local Groups can get started right now, making calls to transport providers.
- Distribution of tasks to the decentralised network limits the amount of work any one person bears. Thanks for helping out!

To make arranging transport as easy as possible, XRUK has written a guide that will help Local Groups decide whether to book transport, how to do so, ticketing, best practice on the day, and what support is available from XR UK teams.

Transport Guide

If your Local Group is interested in arranging travel to The Big One, [please read this guide](#)

contact the transport team for help

Please [contact the Transport Team](#) for assistance. The team are very happy to walk you through the process, answer questions, and signpost you to financial support.

Accommodation

[Edited_Campsite_2022-\(1\).jpg](#)

The Accommodation Team are working hard to help everyone find a place to stay in London. Each Region/Nation is twinned with a London Borough and accommodation will be allocated with this in mind.

We aim to provide a safe space for anyone in need, who otherwise would not be able to come to London and where rebels can rest and regenerate after a long day's protest.

The number of camps and indoor accommodation will depend on the number of rebels registering. Unlike previous rebellions we are in need of extensive planning, as it will involve infrastructure, essentials, and preparing to be in more than one park. All those intending to camp or seeking indoor accommodation must register and we would appreciate that you do so as early as possible - thanks!

If you have offered or requested accommodation, please be patient and let us know if you make other arrangements. We desperately need some people to phone or visit potential venues. Please help if you can (see volunteering details below).

Camping

Are you planning to camp in April? Please **complete the application form** and indicate the days you intend to camp: [sign up here](#)

Campsite opening times:

- Campsite 1 (Lambeth): 19 Apr 12.00 - 28 Apr 12.00
- Campsite 2: 20 Apr 12.00 - 25 Apr 12.00

Specific locations will be released on London Campers Community Telegram Group (see below).

Join the London Campers Community Telegram Group for updates and to communicate with other potential campers: [join here](#)

Managing the camp(s) will be a daunting task. We need campers to volunteer at least a few hours help - we are all crew! Please view the volunteer roles available and add your name to roles: [view here](#)

You can also join the London Campers Volunteer Chat, where you can connect to other volunteers: [join here](#)

Camping in public spaces in London is illegal, however XRUK liaises with local authorities and the Met Police to ensure camps are safe. Locations will only be released once the local authorities have been contacted approximately 7 days before, at which point they are more likely to be supportive.

Contact the Accommodation Team by email if you have any questions:

xr.accommodation@proton.me

Indoor Accommodation

We aim to secure as many indoor spaces as possible, such as church halls, mosques, community centres, warehouses and sports halls.

- Could you offer space in your home or camping in your garden?
- Do you know any spaces in London that might be suitable?

Register an available venue [here](#)

- Do you need indoor accommodation?

Register for somewhere to stay [here](#)

- If you can **volunteer as a guardian** for the accommodation (liaising with the venue and rebels who are staying) please indicate on the linked form above.

Please get in touch asap if your plans change. There is a space shortage (especially on 21st April).

xr.accommodation@proton.me

In addition, there is the **Human Hotel**

Choose your city as "London" and then register as a host, or search as guest. Search for accommodation [here](#)

Please note that some rebels are encountering "invalid date" problems when using the date selection in the filter at the top of the page. To avoid this, use the dates field on the page of the host you would like to stay with.

- Sign up to be a host [here](#)

If you sign up to be a host then please check your inbox regularly as we are hearing that some attempts at registering for accommodation are going unanswered.

Volunteering

- Can you volunteer to help the Accommodation Team?
- Can you research places in London that might be suitable for accommodation?
- Can you call around venues to book them for April?
- Are you at home on Mattermost and Telegram or good at admin? We need volunteers to monitor chats, manage info and write posts for broadcasts and newsletters.

To volunteer to help out with any of these roles please [contact the Accommodation Team](#).

All necessary information, guidance and assistance needed to take part will be provided.

Twinning

All regions and nations have been linked to London Boroughs, your local group can connect you to your accommodation link rebel who works with the Accommodation Team. They can help you with information, signing up for accommodation and finding your place in the Accommodation Team. We are always interested in any ideas from any rebels, please contact your regional or national accommodation link - this could be your regional or national External Coordinator and/or Gardener, ask your local group for contact details.

Nation/Region	London Borough
Scotland & Northern Ireland	Camden, Muswell Hill & Islington
North West & Yorkshire	Hackney & Tower Hamlets
North East & Cumbria	Haringey & Waltham Forest
Cymru	Brent, Barnet & Harrow
Bristol	Kingston & Richmond
South West	Hammersmith & Fulham
East of England	Lambeth
Midlands	Southwark & Lewisham
South East	Wandsworth

Check back here or check the [Rebellion Broadcast](#) for the latest info!

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Inclusion and Accessibility

Disabled, Neurodivergent D/deaf Rebels,

You may feel overwhelmed regarding how you will manage whilst on the busy streets of London. Our aim is to support each other and to help you find the access you may need. There is information below, however if you want to discuss access please email:

xr.inclusion@protonmail.com

Planning for The Big One

Transport To London

XRUK has set up a transport subsidy scheme to help with travel for those with access needs, including those with disabilities, who are neurodivergent, or have mental health needs. More information [here](#)

Accommodation

You can state your access needs on the forms when applying for camping or indoor accommodation. See the [Transport & Accommodation page](#)

Support needs and questions

How to contact us with requests and questions, including:

- For support in planning before The Big One email xr.inclusion@protonmail.com
- To request a buddy to travel across London email xr.inclusion@protonmail.com

At the Big One

There will be:

- Level access to the majority of (and hopefully all) spaces - details to be finalised.
- Click this link for [Accessible toilets and charging points for charging mobility aids](#).
- A few manual wheelchairs and volunteers to push them.
- Reserved areas at stages for mobility aid users, visually impaired people and people who need a clear view of Interpreters.
- A quiet space.
- Weighted blankets.
- Some ear protectors and fiddle toys but please bring your own if you know you will need them.

- Stewards, wearing pink or orange high viz to help with directions and to meet specific needs.
- Action Wellbeing volunteers, wearing light blue high viz also offer support.
- British Sign Language Interpreters from 11am to 7pm. Email xr.bsl@protonmail.com to find out more. Here is a [welcome from our BSL coordinator](#) who is one of the interpreters.

For information about accessible public transport in London: [Transport Accessibility](#)

To plan a journey: [Transport for London Plan a Journey](#) - there will be options to choose full step-free access.

Meet and chat with other Disabled, Neurodivergent and D/deaf rebels

The Disabled rebels network meets every two weeks, meetings are advertised on the [XRUK Telegram Movement Broadcast](#) and [XRUK Disabled Rebels Broadcast Telegram](#).

You can also join the [Accessibility and Inclusion Chat Group](#) which is linked to our Mattermost chat group - please Direct Message @sian-aubrey or @nedeans on Mattermost.

[Disability Access Training | Disabled Rebels Network | June 2023](#)

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Production and Logistics

Sound & Power, Logistics, Sustenance - and the loos!

The production team is focused on designing and coordinating all the streams of production, support, sound and food to keep the protest flowing.

Could you put your abilities to good use? Sound & Power, Logistics, Sustenance and Accommodation always need more trusted, practical minded rebels to help:

- Email the production team to introduce yourself and get involved:
production@extinctionrebellion.uk
- Join the relevant [Telegram chat groups](#) directly by selecting the Production crew(s) of interest.

What to bring

We are aiming to be zero waste so will not be providing crockery and cutlery. Bring your own plus spares for a new friend. See this handy [kit checklist](#).

Amenities & Sustenance Map

Amazing map [here](#) detailing:

- Toilets (public and onsite loos of last resort) including full descriptions and accessibility
- Water refill stations
- Sustenance
- Welcome Hub
- First Aid
- Action Wellbeing

QR code below:

[green-map-QR-code.png](#)

Logistics

Coordinate the flow of kit to site, and assist with site set up and clear down each day allowing the roads to re-open at 8pm. A team of volunteers is needed to make the plan happen! Sign up for shifts to drive vans, ride a cargo bike or bike trailer or be part of our vital set up and strike team. Help us to create a sight to behold with a leave no trace trail.

Sanitation & Waste

Handling sanitation & waste for the Big One is an important task! We don't have the resources to deal with many thousands of people's worth of waste, so are asking participants to minimise the waste produced.

Ways to help:

- Please take all your rubbish away with you
- If you can, bring your own food supply
- Bring a reusable water bottle, cutlery and an eating tub
- Use public loos where possible. There will be 'loos of last resort' and accessible loos, but want to ensure these are available for those with greatest need
- See the Amenities & Sustenance Map (above) for details on loos (including accessibility details where known), water sources and other useful info
- Be prepared to volunteer to tidy up at the end of each day.

Join the Sanitation & Waste team - no experience is necessary.

Sustenance

Bring and share

We would love you to bring a couple of extra food items to share at the **Food Share Table at St. John's Gardens, SW1P 4DA**. See the Amenities & Sustenance Map (above) for details.

Bring 5, bring 50, bring 500!

If possible, bring extra food or drink to share with others. We aim to serve plant based food, with minimal allergy restrictions. Please note your ingredients so if you befriend anyone with allergies, they can check!

You could bring 5 vegan pastries and give a couple to some friendly folk. You could bring 50 biscuits, dried apricots, energy balls and enjoy connecting with 50 previous strangers, now lifelong friends... You could bring 500... crisps, nuts, roasted seeds? How many crisps do you get in a bag? Anyway, you get the idea. Sharing is great and brings us all together.

Join us at our Sustenance space, for a cuppa, some food and a nourishing rest. Remember to bring a mug, bowl and spork.

Kitchen volunteers

We aim to feed more people than ever before and require lots of kitchen volunteers and people to transport the food via cargo bike, bike and trailer, or rickshaw. Join the Sustenance crew Telegram chat (see above).

Inclusion and Accessibility

The Big One aims to be as inclusive and accessible as possible.

You may feel overwhelmed about how you will manage whilst in London. Our aim is to support each other and to help you find the access you may need.

Information on provisions made to facilitate inclusion and accessibility is available here on the Rebel Toolkit.

For further access information and needs, or to ask any questions, contact:
xr.inclusion@protonmail.com

Go back to [100 Days Book Main Menu](#)

What about the Marathon and the Police?

The Big One aims to be as inclusive and accessible as possible.

London Marathon Info

The London Marathon takes place on Sunday 23rd and the MiniMarathon for young people will happen on Saturday 22nd. XRUK is working closely with the marathon organisers to ensure both events are successful.

Throughout the weekend, the area north of Parliament Sq will see large numbers of spectators. Runners will follow the route alongside The Houses of Parliament, the focal point for The Big One. The intention is to use this intersection point to warmly invite marathon spectators along to enjoy The Big One - a high number of stewards will be needed here to help people to find their way.

You can see the marathon route [here](#).

Some roads will be closed to traffic from the early hours of the morning, and all roads are reopened at 8:30pm.

Traffic and crowd barriers along Great George Street - which runs from Westminster bridge, alongside the houses of Parliament and Parliament Square - will arrive on Friday night and remain until Monday.

Both running routes encircle St James' Park and Green Park. These areas will be very busy with infrastructure, supporters and runners - making for an incredible opportunity for outreach for The Big One.

On Friday and Monday, infrastructure may still be around, however, use of the parks should be unaffected.

Additional London Underground trains will operate throughout the weekend - a benefit to those attending The Big One - though additional travel time may be needed, especially at peak times.

Westminster tube station will operate a one-way system and will be the busiest underground station. To access Westminster, other underground stations such as Pimlico or Victoria may be less busy.

Further travel information will be provided closer to the time.

Police Info

XR has a working relationship with Metropolitan Police, developed over the past four years of nonviolent direct action. We proactively liaise to prioritise inclusivity, safety and respect for human rights. We have met and discussed arrangements for the Big One, in particular the need for road closures.

They have affirmed our right to peacefully protest outside government buildings in April and thanked us for our early engagement. We have confirmed our shared need: to ensure no significant harm comes to anyone.

The police have emphasised our right to peacefully assemble and guaranteed ample opportunities for dialogue during the course of the event. They have assured us there will be no surprises for attendees at The Big One.

For the reassurance of those present who may have had involvement with the police in protest situations before, bust cards will be available from stewards and at the Hubs, even though it is anticipated that they will not be required.

What we have communicated with the Metropolitan police:

- We have a fundamental right to assemble outside Parliament and government departments.
- We are working closely with the London Marathon to ensure that it can go ahead with us alongside, without disruption.
- There are no tactics planned to resist being moved, or to occupy roads overnight, or cause criminal damage as this would jeopardise the inclusive environment that makes pressure through numbers more effective.
- We pack down each day at 6pm and are cleared by 8pm (except a closing ceremony on Monday 24th, and nightly vigils) - the preparation centre will be open for events.
- A Special Access Vehicle Route will be provided from Parliament
- Mass presence will remain within South Westminster.

Despite all of our efforts to make this a safe and accessible event, we know that some people, for various reasons, will want to have the reassurance of having a bust card in their pocket. You can print your own using [this link](#) or pick one up from a Steward on the day.

Go back to [100 Days Book Main Menu](#)

Countdown to The Big One

Calendar of 100 Days

This page will continue to be updated as more details are added!

[January](#)

[February](#)

[March](#)

[April](#)

Go back to [100 Days Book Main Menu](#)

Talks, Training and Workshops

Help deliver our programme, before and / or during The Big One at our amazing indoor venue [Patchworks London!](#)

☐ **The Build-up ~ 17-20 April**

☐ **The Big One ~ 21-24 April**

Do you have talks, training or workshops you'd like to give in London? If so, please complete [this form](#) asap.

Key Online Training to take before The Big One.

- ☐ Nonviolent Direct Action (NVDA)

Details [here](#)

- ☐ Know Your Rights (KYR)

For everyone planning to attend The Big One in April 2023 who has questions, after watching the FULL Know Your Rights training video.

☐ Q&A Sessions

- Sat 15 Apr, 12.00-13.30
- Wed 19 Apr, 19.00-20.30

Watch the training video [here](#)

☐ After watching the video, register for a Q&A session [here](#)

☐ Questions can be submitted before the session - email: xr-legal@riseup.net

We need huge amounts of Street Speakers to deliver short talks on-the-ground.

? XR STREET SPEAKERS ?

Deliver Street Talks before and during The Big One

☐ Street talks are a fantastic way to quickly engage, upskill and inform people and grow the movement. If you love talking to people and enjoy empowering others, this will be a perfect role for you!

Deliver short on-the-ground talks. No training required - all the info you need is in [the Guidance and street scripts](#)

- ☐ Start delivering talks in your local area now, for practice and outreach before The Big One!
- ☐ Join the [Street Speakers chat on Telegram](#) for more info.

? Support workshops

For questions, practice opportunities and finding a street buddy - all 1h long.

☐

- Mon 10 Apr, 16.30
- Thurs 13 Apr, 19.30
- Sat 15 Apr, 17.00
- Sun 16 Apr, 10.00
- Mon 17 Apr, 18.30
- Tues 18 Apr, 10.00
- Wed 19 Apr, 14.00

☐ Register [here](#)

? Train Street Speakers

This training aims to build a team to train and support Street Speakers

☐ Sun 9 Apr, 18:00-19:00

More sessions added soon!

☐ Register [here](#)

Watch the [Train the Trainer Guidance video](#)

Individual talks cover:

- ☐ Know Your Rights
- ☐ Nonviolent Direct Action
- ☐ Citizens' Assemblies
- ☐ De-escalation
- ☐ Introduction to XR
- ☐ Street Science
- ☐ 3.5 - Mobilising

- [☐☐Money Rebellion](#)
-

Find all XRUK talks, training and workshops:

- On the XRUK Events page [here](#)
 - And join the [Movement Broadcast on Telegram](#) - look out for the Talks & Training Summary posted on a Fri/Sat for the forthcoming week.
-

Go back to [100 Days Book Main Menu](#)

Paint The Streets

[photo_2023-03-29_08-42-32.jpg](#)

Let's get out there and promote The Big One!

It's time to cover the streets with posters - on walls, in cafes, pubs, bus stops and other public spaces. Place your order via the form and we'll send out posters, stickers and flyers.

London materials can be collected from the Art Factory and pickup points after filling the form. These include a special print run of Paris 68 Redux Posters.

[UK-wide Paint The Streets Order Form](#)

Get involved with subvertising workshops, bus-stops and London Tube runs over the Build Up phase from 17th-21st April.

Join the [Paint The Streets Telegram chat](#) for more.

Good Vibes

The Good Vibes Crew

Brought through the teachings of indigenous and western Elders, this is a gentle, yet powerful opportunity to experience crew participation at your own pace.

Together we will:

- ensure the action space is co-held by as many folk as possible
- create rippling vibes and amplify our collective power
- enable each other to participate fullheartedly and feel safe enough to share views, talents and energy
- provide support to our awesome Action Support crews!

We aim to seed 'ways of being' at The Big One that will grow through us - into the futures of all beings.

Discover more and choose a Connector role at [Good Vibes - Connecting Each Other](#)

Watch the [Good Vibes Crew Intro video](#)

Join the [Good Vibes Crew Telegram Broadcast](#)

Don't be a bystander - become a participant!

XRUK Regenerative Cultures

COVID advice

Members of Health for XR have produced [this advice](#) for people who are at higher risk of severe complications from COVID-19.

We ask that anyone who has tested positive for COVID, and may be infectious at this time, not to attend The Big One.

Appendix - Old Info

Info no longer required for the campaign, but should still be accessible

Appendix - Old Info

Design Assets - 100D

Logos, flyers, posters, assets, design tools - everything you need.

[100 Days Design Guide](#)

[100 Days Messaging Strategy](#)

100 DAYS on AKTIVISDA

XR's own easy to use design software...

[Assets to download](#)

[Poster/flyer/graphic template](#)

[How to use Aktivisda - short support video](#)

Or download and use any of the design assets below...

LOGOS

100 Days Logo

[download here lu8100DaysPreview.png](#)

[100 Days Multicoloured Logos - download here](#)

[100DLogoMultiPreview.png](#)

[This or That - Media Storm GIFS This-or-That-Preview.png](#)

LEAFLETS

A6 Print at Home leaflet

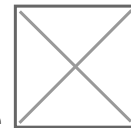
[click here to download A6-Print-at-Home-leaflet-preview.png](#)

A5 Leaflet for Professional Printing

[click here to download A6-Professional-Print-Preview.png](#)

A5 Editable pdf leaflet

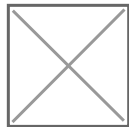
[click here to download](#)



Download and then open in any software that allows you to edit a pdf file

A5 Leaflet for Professional Printing (with space for LG details)

[click here to download!](#)



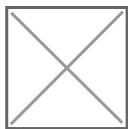
Trusted Messenger Talk Leaflets

[click here to download](#)

[CommunityTalkLeafletPreview.png](#)

Trusted Messenger Talk Posters

[click here to download](#)



FIRST aid

[Social Media amplification document](#)

Helping to get the word out - is an act of Love and Rebellion

[First-aid.png](#)

The Big Debrief

You told us what you thought, and we listened

[Click here to read The Big Debrief](#)

[The Big Debrief](#)

Survey about a survey? Yes please! [Let us know what you think](#) about The Big Debrief!

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