

# GETTING STARTED

Here you will find all you need to know to start your course.

- [Joining the Hub and Finding your Course Schedule](#)
- [The Foundation Programme Team](#)
- [Pre-course Information and Preparation](#)
- [Movement Calendar](#)

# Joining the Hub and Finding your Course Schedule

## 📄 Hello Students! Welcome to the Foundation Programme [

You've arrived at this page on the Rebel Toolkit because you've received an invite email to join the Foundation Programme, and you want support with what to do next.

This page will help you - follow the steps below.

## What on earth is the Hub?

The Hub is our own incredible tool which contains all the info about XRUK groups, as well being a one-stop-shop for our other platforms, e.g. Mattermost and UK Cloud, that we use to organise online. Amazingly, all of our platforms run on secure servers in Switzerland using green electricity!

If you are concerned about using new tools and platforms – please don't panic! The Foundation Programme team are here to help. You can get personal help by:

1. Registering for the next **Introduction to the Foundation Programme** on Zoom for a warm welcome and all your questions answered.

**[Register here for the Introduction to the Foundation Programme](#)**

2. Emailing us at **[xrfoundationprogramme@protonmail.com](mailto:xrfoundationprogramme@protonmail.com)**
3. Speaking to a human by calling our super-friendly technical support woman - Ned on 07949 069730

---

If you encounter any issues whilst following the steps below, or you already have a Mattermost account but not a Hub account, you can find additional support at the bottom of this page.

---

## STEP 1

### How to Join the Hub and Find Your Course Schedule

Please watch the video below

**[Foundation Programme | Students Support](#)**

and follow the steps on how to:

- Accept your Hub invite
- Create your Hub account
- Find your Course Schedule

Or if you prefer to read written instructions on accepting your '**Invite to XR UK Foundation Programme**' , here they are:

1. Go to your email and find the one from **ddat+hub@extinctionrebellion.uk**  
Subject: **Invite to XR UK Foundation Programme** (you may need to check your spam folder).
2. Click on your invite link. This will open a webpage containing a form that looks like this:

<https://rebeltoolkit.extinctionrebellion.uk/uploads/images/gallery/2023-04/image-16812043>

3. Fill in the form with your name (this is visible to other users, so you can use a nickname if you like) and create a password and then click **Confirm**.

---

## STEP 2

### What Next?

Once you've watched the video or read the instructions above, you may want to:

A. Crack on and create your Hub account.

**OR**

B. Read the section below on 'How to Find your Course Schedule' first.

#### A. To Create your Hub account

Go back to the email we sent you titled '**Invite to XR UK Foundation Programme**' - this is the only place where you can find your invite link to join the Hub.

#### B. How to Find your Course Schedule

**Once you've created your Hub account**, you can find your Course Schedule by clicking the green link 'Hub - My Forms' below, and then select the 'Foundation Programme - Course Schedule'

Link here → **Hub - My Forms**

When you click on the green link - Hub - My Forms, this is what you'll see. You may need to log into the Hub first before you get to this page.



To find your Course Schedule form again easily, you can bookmark the link. Click the green link to find out how to do this. [How to Bookmark](#)

---

## Communicating with the Foundation Programme

Once you're on the Hub and then Mattermost (XR's dedicated chat platform), use the [Students - Foundation Programme](#) private chat channel in Mattermost to say "Hi" to your fellow students and the Foundation Programme coordinators - and you can also ask for support there.

Click this [link](#) to go to that channel.

**Please Note:** That link will **only** work once you've created your accounts on the Hub and Mattermost, so follow the steps above to get set up.

---

## Any Issues?

If you are encountering any issues, read [this page](#) for information on how to fix the most common problems, or call Ned on 07949 069730

## Already have a Mattermost account?

If you already have a Mattermost account but not a Hub account, watch this [video](#).

# The Foundation Programme Team

Who we are and how to contact us.

Our team is made up of Jacqueline, Di, Sheena, Ned, Michelle and Jenny. Some of us are established rebels who set up the Foundation Programme; some of us joined after taking the course ourselves.

Currently, Jenny and Michelle are the course coordinators, and Jacqueline and Di are in the role of 'Student Support'; so we are your main contacts and you will hopefully meet our other team members at our Zoom FP Community Meetings.

If we can help in any way to support you through the Foundation Programme, please get in touch either by messaging on Mattermost or emailing us:

- [Students - Foundation Programme channel on Mattermost](#)
- [xrfoundationprogramme@protonmail.com](mailto:xrfoundationprogramme@protonmail.com)

# Pre-course Information and Preparation

## **Zoom Technical and Practical FAQs**

We recognise that studying online is very different from hard copy reading materials and face-to-face learning. Using your Course Schedule form and attending Zoom sessions, as well as registering for them and keeping track of registration emails, can be a challenge, especially if you are not familiar with technology.

For these reasons, do please study our FAQ sheet FIRST as it has answers to many of the most frequent Zoom technical and practical issues you may encounter on the Course.

[Zoom FAQ's / Troubleshooting](#)

## **Volunteer Agreement**

Please read and sign the [Volunteer Agreement](#)

# Movement Calendar

The Movement Calendar is XRUK's calendar of events - a useful tool for viewing all actions and training across the UK

## **Movement Calendar**

To be added - screenshot / instructions on how to use and download the app. Check vid to see if suitable.