

# Understanding the Foundation Programme

[FoundationProgramme-graphic.png](#)

This section explains the different methods of study used on the course.

One of our recent graduating students described the course as

**“Inspiring, brilliant, rigorous, intelligent”**

If we can help in any way to support you through the Foundation Programme, please get in touch by emailing [xrfoundationprogramme@protonmail.com](mailto:xrfoundationprogramme@protonmail.com)

**The Foundation Programme uses various different platforms:**

## 1. ZOOM SESSIONS

Click on the link above to find full information about your Course Zoom Sessions and click [HERE](#) for information on registering for them and what to do if you cannot attend.

We recommend that you register for all of the live Zoom Sessions as soon as you are ready, but please remember that the Course Schedule is dynamic so things may change a little. If a session is moved to a different date, we will email you if you are registered but please recheck the schedule before you enter any live Zoom Session, in case you missed the email.

## 2. XR TUBE

XRUK has its own version of YouTube called [XR Tube](#) and the Foundation Programme has its own [Playlist](#) where all the recorded Zoom Sessions can be found. To access a recording via the Course Schedule, simply click on the link to watch.

Recordings of live Zoom Sessions are for the convenience of students who cannot attend the live session. However, not all Zoom Sessions are suitable for being recorded. Please see the page on [Zoom Sessions](#) for more information.

### 3. **REBEL TOOLKIT**

This is XRUK's amazing online resource library, the platform you're using right now! It's accessible to anyone, anywhere in the world.

Click on the link above to go to the Rebel Toolkit homepage.

### 4. **REBELLION ACADEMY**

This is our online learning platform, offering a range of interactive study sessions. Every time you complete a session, you get a badge ... okay, it's a virtual one but it's still a badge!

For information on all of the Foundation Programme's sessions on the Rebel Toolkit and Rebellion Academy, click the link below.

[Rebel Toolkit and Rebellion Academy - Foundation Programme Sessions](#)

### 5. **Mattermost** for chatting - a similar app to WhatsApp, Telegram and Signal.

---