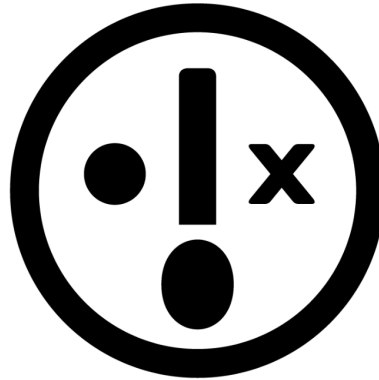


**100  
DAYS**

**SUPPORT PACK**

## What do you need to know about 100 Days?



**NEED MORE  
INFO?**

**WE GOT YOU**



Read [Everything you need to know about 100 Days](#)

**IN A LOCAL  
GROUP?**

**LOTS TO DO!**



Read [Everything you can do for 100 Days within an LG](#)

**NOT IN A  
LOCAL GROUP?**

**THAT'S COOL TOO!**



Read [Everything you can do for 100 Days outside an LG](#)

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# Everything you need to know about 100 Days

## How can I explain 100 Days to others?

We need you to speak to everyone about 100 Days - your friends, family and anyone else who can't run away quickly enough! Here is how you can explain 100 Days in 1 minute or 10 minutes.

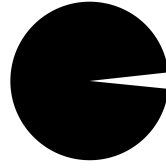
### 100 Days Explainer Resources

[100 Days Pitches](#)

## Where can I ask questions and discuss 100 Days?

Join the [100 Days Campaign on Mattermost](#) to become part of the UK-wide 100 Days discussion, share your ideas, and hear about what others are doing!





## Everything you can do for 100 Days within a Local Group (LG)

### → Get your LG into shape

100 Days is all about growing numbers!

From years of local organising, we know that it's very difficult for LGs to grow when the basics aren't in place. However, you're in luck - we've done the work of listing all those basics for you.

So you can now check out the [100 Days planning template](#) to go through a short LG checklist and find out how to get help with it if needed.

### → Mobilise for 100 Days and recruit for your LG!

LGs won't mobilise 100,000 people on their own. XR will use media mobilisation methods and collaborate with other organisations to make 100 Days a success. But without LGs, it will be impossible to get 100,000 people to Parliament!

The primary aim of our outreach is to get sympathetic people in our communities signed up **to join us around Parliament between 21st-24th April**. If they're keen, you can also get them involved in your LG - the more there are, the more beautiful the rebellion grows and the more can get done!

In the past year, Project 3.5 has helped refocused the movement on the importance of reaching out to our own communities, having face-to-face conversations, and getting them involved in XR. Project 3.5 will continue to support LGs with their mobilisation efforts for 100 Days. **It doesn't mean you have to go door-knocking or organise talks.**

The latest 3.5 guidance is tailored to the needs of the 100 Days campaign and there's something in it for every LG.

100 Days leaflets, outreach scripts, integration best practice ... all of this and much more can be found in the new 3.5 handbooks.

### **3.5 Resources:**

[3.5 Volunteer Handbook](#)

[3.5 Organiser Handbook](#)

[3.5 Talks & Trainings Calendar](#)

[3.5 Telegram Broadcast](#)

## **→ Build Local Alliances**

Extinction Rebellion has achieved marvellous, strange and beautiful things in the past five years of its existence. But we won't be able to stop the climate and ecological emergency on our own.

That's why it's more important now than ever for us to come together with other organisations and movements. Together, we can rise up against this undemocratically elected government that is failing to protect the rights and freedoms of ourselves and our loved ones.

LGs around the UK will get in touch with animal lovers, human rights defenders, book clubs, religious groups, yoga schools, and any other group that wishes to live on a liveable planet. We will ask them to join us in April from the 21st-24th April.

Building strong and durable alliances is the next big challenge for XR, together we can make it a reality.

### **Alliance Building Resources**

[Local Alliance Building Telegram Group Chat](#)

[Local Alliance Building Guidance](#)

[Log Your Local 100 Days Allies](#)



## → Actions for 100 Days and The Big One

There will be a chance for LGs to be involved in envisioning The Big One and we're hoping that your local partners might join in as well!

If you have any ideas for what your LG could bring, offer or organise at The Big One, get in touch with Rob from the Action Circle at [xr-action@protonmail.com](mailto:xr-action@protonmail.com) (please put FAO ROB in the subject line).

### Action Planning Resources:

[100 Days Countdown Action Brief](#)



## → Fundraising

Getting 100,000 people to surround Parliament for weeks will cost money and XR doesn't have enough of it yet.

Fundraising can easily be integrated into anything your LG does, whether it's local meetings, mail-outs, or street outreach.

Fundraising guidance for LGs is being developed as we speak - watch this space!

## Everything you can do for 100 Days outside an LG

Whether you're not near an LG, or your timetable clashes with all the LG events, or for whatever reason - you may not get involved in your LG and there are still so many ways for you to contribute to 100 Days!

### → Join a team and ring 10,000 people

Thousands of people have already committed to surrounding Parliament with us in April.

What will bring these people out around Parliament? **A call from a friendly person who will help them to arrange their transport and accommodation and answer any questions about The Big One.**

There will be seven Rebel Ringer teams - one for every evening of the week. Each team will meet online once a week from now until April. **Giving us two hours per week will be an incredibly important contribution to making The Big One happen!**

Choose the evening of the week that works best for you, click on the relevant link below - and you have joined your Rebel Ringer team!

We are still looking for team leads for our Rebel Ringer teams. If you're a good organiser and as enthusiastic about Rebel Ringing as we are, check out the [team lead role ad](#).

#### **Rebel Ringer Resources:**

[Become a Rebel Ringer Team Lead](#)

[Join us on Monday evenings](#)

[Join us on Tuesday evenings](#)

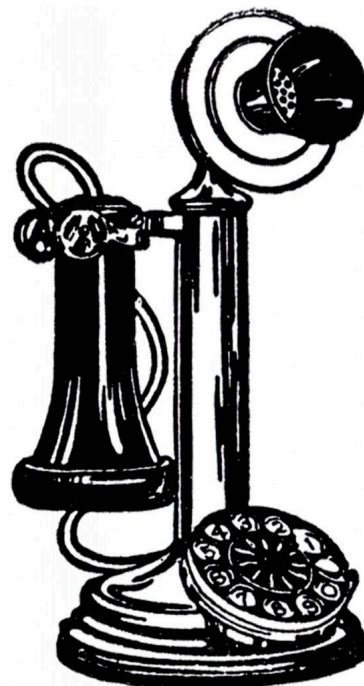
[Join us on Wednesday evenings](#)

[Join us on Thursday evenings](#)

[Join us on Friday evenings](#)

[Join us on Saturday evenings](#)

[Join us on Sunday evenings](#)





## → Join the 100 Days online community

You can join the 100 Days online community to start online projects and get all the latest updates about the campaign. With your help, it will become a hub of creative energy!

### Online Community Resources

[Invite Link](#)

[Help videos](#)



## → Anything else I can do to help?

Hell yes! There are so many different skills needed to operate XR and 100 Days and you most definitely have at least one of them!

The [Volunteer Website](#) has a list of specific roles available to those wishing to help.

There is much work to do, and currently too few fine folk to do it. 100 Days roles are highlighted in yellow.

However. The roles listed are only really a fraction of what's needed and if you don't see anything that appeals, (or you have a specific skill to being) that doesn't mean there's nothing for you to do!

Just get in touch for via the site and we will gladly work with you to find a way forward.

Your help would be so much appreciated and you'll get a chance to join a monumental movement making real change.

Thank you and... let's do this!



## 100 Days

### How you can invite people to The Big One

#### In 10 minutes

We have to act urgently because we're running out of time. There are climate disasters playing out around the world and they are the result of the last ten, twenty, thirty years of emissions. We knew then, we did nothing. We know now and our leaders are still doing nothing. At the last COP in Egypt there was zero progress made on emissions reduction. 2022 will be another record year.

To stay anywhere near 1.5 or even 2 degrees of warming, we must halve emissions by 2030. Knowing this, governments, including ours, are supporting huge new fossil fuel projects over the next decade. Ecosystems are collapsing. Millions are facing famine and forced migration.

In the UK we're experiencing an energy, cost of living, wage and working conditions crisis while fossil fuel companies make unprecedented profits with support and public money from our government.

People know that things must change. They're terrified of what the future holds for them and their families, but what can they do? Politicians, business leaders, corporations and newspaper owners are committed to staying on the path we're on.

As individuals, we feel powerless. But we're not alone.

What we're suggesting is a way for anyone and everyone to take part in a massive act of compassionate civil resistance against this failure of responsible leadership.

A recent survey showed that 66% of the public support non-violent direct action to protect the environment. But we know that many people feel uncomfortable about directly targeting the public with disruption and many are hesitant about taking part in civil disobedience because they don't identify as an 'activist'.

In April 2023 XR will go to Parliament and nowhere else. We will occupy roads but only those immediately around the Houses of Parliament.

And this isn't about identity. Everybody cares - about their family, their future, their home, about nature and about the most basic of all rights: to live. Something has gone wrong. That care,