The purpose of this activity is to give you a chance to experience the culture of different mindsets (worldviews) in an unambiguous setting.

Instructions:

Select a mindset you are less familiar and less resonant with. Because it can be hard to gain appreciation for the worldviews we have not spent a lot of time with, Stagen recommends immersing yourself with these people in their environment. This will put you in contact with the language, mannerism, behavior, humor, excitement and attitudes of a given mindset in ways you cannot experience if you are reading an article about it. Your goal is to participate a fully as possible, blend in with others and really try to get to experience them as people. Be a learner actively listening for meaning, and participate in customs that stretch your boundaries. As the saying goes, “When in Rome, do as the Romans do.”

Discuss your ideas for you field trip with your coach and then after your field trip, post your experience to the eJournal.

Here are some ideas by mindset to help you imagine the options:

**Green Field Trips**

* Attend a yoga class that includes devotional chanting
* Attend a sustainability conference
* Go to a ½ day silent meditation with a dharma talk
* Attend “new age” workshop
* Watch film: What the Bleep! Do We Know with progressive friends or millennials and lead a discussion about their interpretations of the film
* Take a course on quantum physics, feminism or postmodernism
* Attend an Ecstatic Dance, Pride event, or a drum circle
* Visit the Dallas Center for Spiritual Living
* Serve the homeless in some capacity

 **Red Field Trips**

* Attend a boxing or mixed martial arts class or event (UFC)
* Got to a NASCAR event
* Attend a hip-hop concert or club
* Go to high school for a day
* Attend a motorcycle rally
* Visit a tattoo parlor
* Go on a police ride-along
* Volunteer with a program that serves the inner city
* Volunteer to tutor inmate at a local prison

**Blue Field Trips**

* Visit a Boy Scouts troop event
* Attend a socially conservative/fundamentalist church service
* Go to a shadow day at a military boarding school
* Attend a small-town football game
* Go to a rodeo or stock show
* Attend a formal military ceremony
* Go to a country fair
* Attend an NRA meeting
* Go to a Veteran’s Day event

**Orange Field Trips**

* Tour a country club and understand membership requirements
* Attend a sales convention
* Attend a professional sports tour (golf, basketball)
* Attend a Spelling Bee Competition
* Be a docent at the opera or symphony
* Go to an exotic/luxury car rally
* Tour a thoroughbred race horse farm/facility
* Attend an equestrian event (jumping or dressage)
* Take yourself and a friend to a high tea service at a fancy hotel