



# Field Trip!

## Why?

Do you live near a community college or a university? Why not take a field trip to check out their psychology department or wellness center!

If you don't have a higher education institution nearby, visit a local hospital or wellness center and get an idea of what resources you have in your local area!

## How To

1. Check in with your advisor to see if there are any school rules or regulations around planning a club field trip.
2. Once you have received permission from your advisor and/or school administration, time to get to planning!
3. Create a sign up sheet to see how many people are interested in attending.
4. If it's a small group, consider organizing a carpool situation to get to the location of the field trip.
5. If you have a large group consider getting a bus for transportation. You could apply for a local grant to cover bus expenses, ask your school if they have a budget for transportation costs, or use some of your grant money.

## Timeline

This activity will take a bit longer to plan - give yourself 1-3 months to plan and get everything organized.