



This page contains additional information about our upcoming Summer Field Trips and will be kept updated with any new information as it becomes available.

Important Links:

- [RSVP via the Google Form](#)

Registrations close two weeks prior to the event! **Be sure to RSVP before June 11th for the Oakland Museum event on June 26th 😊**

Join us for a series of Summer Field Trips in the Bay Area!

It's so important to take breaks from your daily routine and experience new things—or familiar things in new ways—and the Bay Area has so much to offer! It can also be really hard as adulting adults to make it happen. So we're taking care of the logistics for you.

Save your spot for our Summer Field Trips—and get date/location details—via [this simple form](#) so you can:

- Experience iconic Bay Area locations in new and inspiring ways
- Enjoy a blend of facilitated activities, solo and social time
- Meet new people
- Unlock your creativity and curiosity
- Go back to your daily responsibilities energized, renewed, and refreshed

Upcoming events

- Oakland Museum, Thursday June 26th 1-4pm (~\$20)
- Golden Gate Park TBD, Thursday July 17th, ~1-4pm (cost TBD)
- Oakland TBD, Thursday August 7th, Time/Location TBD

Permission Slips

Work or other commitments can sometimes get in the way of more fun or creative pursuits, but in this case we've got you covered with some permission slip templates! Feel free to grab one from below that suits your needs.

Dear [Supervisor's Name],

I'm attending a half-day field trip on [Date]. This is a notice to inform you of my absence during that time, but that I'll be coming back with renewed focus and creative energy following this event.

Please let me know if you need any further information.

Thank you for your understanding.

Sincerely,
[Your Name]

Hi [Boss's Name],

Just a quick note to inform you that I'll be attending a half-day field trip on [Date]. Let me know if there's anything you need from me in advance or to ensure coverage during my absence.

Best,
[Your Name]

Hey [Partner's Name],

Just a heads-up, I'll be attending a half-day field trip on [Date]. This slip serves as my official notice—no excuses allowed! We can figure out [family task] closer to the day.

Love,
[Your Name]

Hi,

I'll be unavailable for a half day on [Date].

Thanks,
[Your Name]

Hey [Anyone]

Sorry I won't be able to [work / attend the event / meet with you] on July 26th, as I will be attending a summer field trip. I've realized, *why should kids have all the fun?!*

Best,
[Your Name]

Hey [Anyone]

No can do, sorry (not sorry) — I'll be switching off my burned out brain for a moment and taking in the culture, creativity and community on a summer field trip!

Ciao,
[Your Name]

Contact

Any questions?

Feel free to reach out to Kate Sullivan at kate@katesullivancreative.com or Emily Benjamin at hello@thelifeworkbalance.com