## Abstrsct

High energy harmonic maps to symmetric spaces look almost everywhere like harmonic maps into flats. I will first describe how we used a theorem of Mochizuki to that effect in order to find unstable minimal surfaces in locally symmetric spaces of rank at least three, thereby disproving the remaining cases of a conjecture of Labourie. This will then motivate some recent work removing the 'generically regular semisimple' hypothesis from Mochizuki's theorem. This is all joint work with Nathaniel Sagman.