

PhD writing retreat (23-27 Nov)

We know all too well how overwhelming academic life can be, and how challenging it is to make writing progress in addition to all other tasks. This retreat is a safe space to get you (back) on track and make a firm plan. You will learn how to set realistic writing goals and focus on progress instead of perfection. You will also learn how to become more resilient to challenging (academic) situations. And with nature at our doorstep, you will have everything you need to recharge in between writing sessions.



The perfect balance between writing and recharging

We start each writing day intentionally with a nutritious breakfast and a resilience session. After that, it's time for several focused writing sessions, followed by a lunch break and some time to recharge. In the afternoon, we write again, make a writing plan for the next day and celebrate our progress. While we prep dinner, you have time to relax and do whatever you feel like.

At a beautiful spot in the middle of nature

This edition takes place at De Veluwe. The peaceful surroundings are perfect for recharging in between writing sessions and for outdoor resilience sessions. It's possible to either share a room with one other retreat participant or to have your private room*. We're happy to share more information about the location upon request.



Personal academic writing and resilience support

Renée (PhD in epidemiology) is an experienced academic writer and teaches academic writing at university level. She will help you get into that writing mindset and is only one worried glance away if you get stuck. Manon is a certified Lu Jong yoga teacher with a background in cybersecurity and crisis management. She will facilitate several group exercises and is available for 1-on-1 sessions.