

Academic writing week for early-career scientists

Monday Nov 23 - Friday Nov 27

We know how overwhelming academic life can be, and how challenging it is to make writing progress in addition to all other tasks. This writing week is a safe space to get you (back) on track and make a solid 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 Lu Jong 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.

At a beautiful spot in the middle of nature

This edition takes place at De Utrechtse Heuvelrug, in Maarn. The peaceful surroundings are perfect for recharging in between writing sessions and for outdoor Lu Jong sessions (if November weather allows for it of course).



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 content-wise. Manon is a certified Lu Jong yoga teacher with a background in cybersecurity and crisis management. She will facilitate daily Lu Jong sessions to help you become (even) more resilient.