



# Thesis Boot Camp & Retreat

Saturday 17 February –  
24 February 2018

# This Boot camp and retreat is for you if...

## You are...

- struggling with the writing-up process
- good at putting off writing with creative procrastination
- easily distracted and lacking focus
- battling researcher blues, writer's block or thesis fatigue
- finding the writing-up process exhausting, stressful or isolating
- in need of inspiration

## You want to...

- get away from the distractions of everyday life so that you can focus on thinking, reading and writing in peaceful, luxurious surroundings
- gain new inspiration and accelerate the progress of your thesis in a week
- write 20,000 words of first draft material
- spend some time relaxing and enjoying meals prepared for you each day

# Programme

*Please note that nothing is compulsory – you can use your time as you please. All we ask is that you please respect the allocated silent times in the house.*

**Saturday:** Arrival from 3pm. Dinner and Introductions 7.30pm

**Sunday/Monday/Friday:** Writers Retreat (*please see schedule below*)

The aim of the Retreat is for participants to spend as much (or as little) time as they wish on reading, writing or relaxing (there will be an opportunity to have relaxing treatments and massages – at cost price)

**Tuesday/Wednesday/Thursday:** Thesis Boot-Camp (*please see schedule below*)

The Boot Camp programme is based on the award-winning “Thesis Boot Camp”, designed and developed at the University of Melbourne in 2012. The ultimate aim is to write 20,000 words of first draft material.

**Saturday:** 8.30am Breakfast. Depart 11am

## The Retreat

*Nothing is compulsory – you can do as you please save we ask that you please respect the allocated silent times in the house*

## Schedule

7.30 - 8.30am	Yoga and Meditation Session
8.30am	Breakfast followed by silence in the house for people to work/relax (treatments available)
1:15pm - 2pm	Lunch
2pm - 4:00pm	Silence in the house (treatments available)
4:00 - 4:30pm	Break (optional stretching and breathing exercises)
4:30 – 6.45pm	Silence in the house (treatments available)
7.30pm – 9pm	Dinner and Debrief
9 - 9.30pm	Evening meditation

# Intensive Boot Camp

The aim is to be writing, not reading or undertaking lengthy editing or referencing

Goal: write up 20,000 words

*Again nothing is compulsory – you can do as you please save we ask that you please respect the allocated silent times in the house*

# Schedule

7.30 - 8.30am	Yoga and Meditation Session
8.30 am	Breakfast and Goal Setting
9.15 – 11.15am	Intensive writing (Silence in house)
11.15 – 11.30am	Break (Optional stretching and breathing exercises)
11:30 – 1.15pm	Intensive writing (Silence in house)
1.15pm	Lunch
2pm - 4:00pm	Intensive writing (Silence in house)
4:00 - 4:30pm	Break (Optional stretching and breathing exercises)
4:30 – 6.45 pm	Intensive writing (Silence in house)
7.30pm – 9pm	Dinner and Debrief
9 - 9.30pm	Evening meditation



# The Venue

## FISHLEY HALL

Set in 350 acres of beautiful Norfolk  
Countryside.

Check out the website:

<http://fishleyhallnorfolk.co.uk/>

Address: Fishley Hall, Fishley. NR13 6DA





## FISHLEY HALL

A beautifully renovated period property brought back to life in 2016, spread over four floors, surrounded by stunning country side and with underfloor heating throughout by Biomass wood pellet boiler





## KITCHEN

Three meals a day will be prepared for you in a large fully equipped kitchen. There is also a spacious utility room with access through its own front door – so muddy boots and coats, after long country walks, are welcome!





## DINING ROOM

Off the kitchen is the dining room with its 7 metre banquet table. Great for dining altogether in the evening and for working round during the day. The original wishing well is located here, fitted with safety glass and a money slot so bring your pennies!



# CONSERVATORY

80 square metres of beautiful conservatory overlooking the English countryside and out to views of Upton, the next village. A great space to relax or work. Optional Yoga and Meditation classes held here in the morning and evening





## **GARDENS WITH APPLE TREES AND COUNTRY VIEWS**

French doors from the Conservatory lead out to the gardens with apple trees and country views with tables and chairs to sit outside and relax or work.



## SPACES TO WORK OR RELAX IN PEACE

Two large living rooms with huge comfy sofas, vaulted cellars with a games room, beautiful conservatory with comfortable chairs and lots of outside space with stunning views. Free WiFi throughout the house.





## **EIGHT SUMPTIOUS BEDROOMS**

Fine linen, hairdryer, desk and smart TV in each bedroom



## **FIVE AMAZING BATHROOMS**

All with bath and separate shower.  
Fluffy towels and complimentary Plum & Ashby  
toiletries.

# Things to Do (away from House)

- Bring your bike
- Walk or run the stunning Norfolk countryside
- Enjoy a walk or run on one of the nearby beautiful beaches
- Go horse riding
- Visit the beautiful historical city of Norwich (easily accessible by car in under half an hour or train in 20 minutes)
- Take a day trip to Great Yarmouth and eat fish and chips by the sea
- Mess about in a boat on the Norfolk Broads (weather permitting!)

# PRICES

## SINGLE PERSON IN DOUBLE ROOM

£525 per person

*(equates to £75 per night)*

## TWO PEOPLE SHARING TWIN ROOM

£400 per person

*(equates to £57 per night)*

### Includes:

- 7 nights accommodation
- 3 meals a day (buffet breakfast and lunch. Sit down evening meal - wine will be provided at dinner at cost price on request)
- Unlimited tea, coffee and filtered water
- Daily Yoga and Meditation sessions
- Fluffy towels, fine linen
- Plum & Ashby toiletries
- Free Wifi
- Use of all facilities

### Excludes:

- Travel to and from the venue
- Cost of any excursions
- Cost of any treatments
- One group evening dinner at a local restaurant (cost price) (For those who do not wish to eat out a meal will be provided at the house)



Places are limited and will be allocated on a first come served basis (a deposit is required to secure a place) For further information and to apply please email Tina at

[thesisbootcamp2018@gmail.com](mailto:thesisbootcamp2018@gmail.com)

