

GSMHS Student-Initiated Writing Retreat Spring - May 2026 in Liestal

Description

Ready to make serious progress on that manuscript, proposal, or protocol? Join fellow PhD students for three inspiring days of focused writing, fresh mountain air, and cozy vibes in the hills above Liestal. Maximum of 18 participants including the organizers.

Event Details

Dates: 27 - 29 May 2026

Location: On-site at Hotel Bienenberg

Program Briefing: 18 May 2026, 3:15pm-4:15pm at Swiss TPH Seminar Room 4 and via Zoom

Join Zoom Meeting: <https://swisstph.zoom.us/j/87556318627?pwd=6BQ0h7YoEBZBagzYzsmcJQbfwyfzS.1>

Meeting ID: 875 5631 8627

Passcode: 135890

What's waiting for you?

19 structured writing blocks to dive deep into your work.

Stunning views, delicious meals, and movement breaks to recharge.

Dedicated time to finally clear your mind and just write.

A quiet, supportive space away from emails, distractions, and Zoom calls.

Writing

The GSMHS Writing Retreat is designed to help you make focused, meaningful progress on a specific writing project. To ensure a productive experience, please come prepared to work independently but alongside a group of peers equally committed to deep, sustained writing.

What to bring?

A clear writing goal (e.g., complete a draft, revise a section, outline a proposal).

Your laptop and charger (computer screens or monitor if you wish as this will not be provided by us)

Relevant materials: notes, articles, reference documents, data, etc.

Headphones (optional, if you prefer music or ambient sound while writing).

Any tools or resources you typically use when writing (e.g., citation software, notebooks, pens).

What to do during the retreat?

Treat and respect each writing block as uninterrupted time to work toward your goal.

Participate in goal-setting and reflection sessions to track your progress.

Stay fully present—please clear your calendar of meetings and other responsibilities.

Be respectful of others' focus and maintain a quiet writing environment.

Use breaks to refresh and prepare for the next writing session.

This retreat is a commitment to yourself and your writing.

Come ready to focus, reflect, and leave with tangible progress.

Workload

GSMHS can provide a certificate for a 12-hour workload. You can use this retreat as part of a learning contract for the complete Meet to Write offer.

What is included?

Travel from and to the location (Basel SBB to Liestal Bahnhof) via TNW Guest Ticket/Voucher provided by the Hotel. Accommodation, meals, coffee & tea included. (Other beverages are at your own expense.)

You will share a room with one or two other participants. If you prefer a private room, please contact the hotel directly to make your own arrangements and cover the additional cost.

Organizers, contact

Milagros Alvarado, PhD student Epidemiology +51 977 521 386 milagros.alvarado@swisstph.ch

Nosihle Msomi, PhD student Epidemiology +27 79 617 2444 nosihle.msomi@swisstph.ch

Daniel Salunga, PhD student Public Health/Epidemiology +41 76 729 7470 daniel.salunga@swisstph.ch

Supported by the University of Basel - Graduate School Medical and Health Sciences: gsmhs@unibas.ch

GSMHS Student-Initiated Writing Retreat Spring - May 2026 in Liestal

PROGRAM:

| DAY 1 - Wednesday, May 27, 2026 | | |
|---|---------------------------|--|
| Lead and Moderator: Daniel Salunga | | |
| Time | Estimated Duration | Activity |
| 9:20 AM | | Meet up at) |
| 9:30am – 10:00am | 30 mins | Travel from Post Office at Liestal Station to Hotel Bienenberg |
| 10:0am – 10:30am | 30 mins | Arrival, Settle in the Hotel Session / Writing Hall Morning Snack (Coffee / Tea / Bread / Fruits) |
| 10:30am – 11:00am | 30 mins | Guidelines, goal setting, planning, writing warm up, introductions, writing buddy assignment (writing goals in the registration form, suggested questions - Naomi Chi Ndum / Daniel Salunga) |
| 11:00am – 11:50am | 50 mins | Writing block #1 |
| 11:50:00pm – 12:15pm | 25 mins | Check in |
| 12:15pm – 1:15pm | 1 hour | Lunch and free time |
| 1:15pm to 1:30pm | 15 mins | Movement / Fun Break To be led by: Volunteer |
| 1:30pm to 2:20pm | 50 mins | Writing block #2 |
| 2:20pm to 2:30pm | 10 mins | Health Break |
| 2:30pm to 3:20pm | 50 mins | Writing block #3 |
| 3:20pm to 3:35pm | 15 mins | Coffee/Tea – Socializing Break |
| 3:35pm to 4:25pm | 50 mins | Writing block #4 |
| 4:25pm to 4:35pm | 10 mins | Health Break |
| 4:35pm to 5:25pm | 50 mins | Writing block #5 |
| 5:25pm to 5:40pm | 15 mins | Progress with Writing Buddy (with guide questions) and Wrap up of the writing blocks |
| 5:40pm to 6:00pm | 20 mins | Freshen up / chill time |
| 6:00pm to 7:00pm | 1 hour | Free time/Optional: Walk / Hike around the area |
| 7:00pm to 8:00pm | 1 hour | Dinner |
| 8:00pm to 9:00pm | 1 hour | Free time/Optional: Karaoke Night – END OF THE DAY |

**GSMHS Student-Initiated Writing Retreat Spring - May 2026 in Liestal
PROGRAM:**

| DAY 2 - Thursday, May 28, 2026 | | |
|---------------------------------------|---------------------------|---|
| Lead and Moderator: | | |
| Time | Estimated Duration | Activity |
| 8:00am – 9:00am | 1 hour | Breakfast |
| 9:00am – 9:15am | 15 mins | Goals for the day with writing buddy and writing warm up |
| 9:15am – 10:05am | 50 mins | Writing block #6 |
| 10:05am – 10:20am | 15 mins | Movement Fun Break To be led by: (Volunteer) |
| 10:20am – 11:10am | 50 mins | Writing block #7 |
| 11:10am – 11:25am | 15 mins | Coffee/Tea – Socializing Break |
| 11:25am – 12:15pm | 50 mins | Writing block #8 |
| 12:25pm – 1:25pm | 1 hour | Lunch and free time |
| 12:25pm – 1:15pm | 50 mins | Writing block #9 |
| 1:15pm – 1:30pm | 15 mins | Movement Fun Break To be led by: (Volunteer) |
| 1:30pm – 2:20pm | 50 mins | Writing block #10 |
| 2:20pm – 3:10pm | 10 mins | Health Break |
| 3:10pm – 4:00pm | 50 mins | Writing block #11 |
| 4:00pm – 4:15pm | 15 mins | Coffee/Tea Socializing Break |
| 4:15pm – 5:05pm | 50 mins | Writing Block #12 |
| 5:05pm – 5:15pm | 10 mins | Health Break |
| 5:15pm – 5:30pm | 15 mins | Progress with writing buddy and wrap up of the writing blocks |
| 5:30pm – 6:20pm | 50 mins | OPTIONAL: Writing Block #13 |
| 6:20pm – 7:00pm | 40mins | Free time / relax / chill /freshen up |
| 7:00pm to 8:00pm | 1 hour | Dinner |
| 8:00pm – 9:00pm | 1 hour | Traditional/Party Games |

**GSMHS Student-Initiated Writing Retreat Spring - May 2026 in Liestal
PROGRAM:**

| DAY 3 - Friday May 29, 2026 | | |
|--|---------------------------|--|
| Lead and Moderator: Nosihle Msomi | | |
| Time | Estimated Duration | Activity |
| 8:00am – 9:00am | 1 hour | Breakfast, packing up, check out if you like, move luggage to Writing Hall |
| 9:00am – 9:15am | 15 mins | Goals for the day and writing warm up |
| 9:15am – 10:05am | 50 mins | Writing block #14 |
| 10:05am – 10:15am | 10 mins | Health Break |
| 10:15am – 11:05am | 50 mins | Writing block #15 |
| 11:05am – 11:35am | 30 mins | Check out, move luggage to Writing Hall Coffee/Tea Break |
| 11:35am – 12:25pm | 50 mins | Writing block #16 |
| 12:25pm – 1:25pm | 1 hour | Lunch and free time |
| 1:25pm – 2:15pm | 50 mins | Writing block #17 |
| 2:15pm – 2:30pm | 15 mins | Movement break To be led by: (Volunteer) |
| 2:30pm – 3:20pm | 50 mins | Writing block #18 |
| 3:20pm – 3:35pm | 15 mins | Coffee/Tea Socializing Break |
| 3:35pm – 4:25pm | 50 mins | Writing block #19 |
| 4:25pm – 5:00pm | 35 mins | Wrap up (review entire retreat progress, take-aways, future retreats) Mentimeter / Evaluation -Milagros Alvarado |
| 5:00pm – 5:15pm | 15 mins | Load on van / transportation service |
| 5:15pm | | Depart Hotel |