

Writing Retreat 2025

Hosted by the IDM Mentorship Working Group
 30 July – 1 August 2025 | Blaauwberg Beach Hotel

Programme

Day 1: Wednesday, 30 July 2025		
Time	Activity	Mentor
	Transport from campus to venue	
08h45-09h00	Arrival Coffee	
09h00-09h30	Introduction to the writing retreat and each other	Simon Mendelsohn
09h30-11h00	Grounding Session: setting goals for the 3 days and beyond	Liezl Reid
11h00-11h30	Coffee & Tea Break / Fresh air	
11h30-12h15	Structured writing and editing	Andrew Redd
12h15-13h00	Draft a writing plan/outline for the next 2.5 days Mentorship team available for questions / coaching	Catherine Orrel, Georgia Schafer, Andrew Redd, & Simon Mendelsohn
13h00-14h00	Lunch Break	
14h00-15h00	7 students present their writing plan (5 minutes each) with time for discussion	Catherine Orrel
15h00-17h00 (with coffee/ tea/ snacks/ fresh air/ walk outside)	Get writing! Mentorship team available for questions / coaching	Catherine Orrel, Georgia Schafer, Andrew Redd, & Simon Mendelsohn
17h00	Group dinner	
	Transport back to campus / home	

Day 2: Thursday, 31 July 2025		
Time	Activity	Mentor
	Transport from campus to venue	
08h45-09h00	Arrival Coffee	
09h00-10h00	7 students present their writing plan (5 minutes each) with time for discussion	Andrew Redd
10h00-12h00 (with coffee/ tea/ snacks/ fresh air/ walk outside)	Get writing! Mentorship team available for questions / coaching	Catherine Orrel, Georgia Schafer, Andrew Redd, & Simon Mendelsohn
12h00-13h00	Lunch Break	
13h00-13h30	Managing Time: Setting project goals and timelines	Georgia Schafer
13h30-16h00 (with coffee/ tea/ snacks/ fresh air/ walk outside)	Get writing! Mentorship team available for questions / coaching	Catherine Orrel, Georgia Schafer, Andrew Redd, & Simon Mendelsohn
16h00	Transport back to campus	

IDM Mentorship Working Group

Chair: Simon Mendelsohn

Members: Simon Mendelsohn, Catherine Orrell & Andrew Redd

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Faculty of Health Sciences, University of Cape Town | Anzio Road, Observatory 7925

Day 3: Friday, 1 August 2025		
Time	Activity	Mentor
	Transport from campus to venue	
08h45-09h00	Arrival Coffee	
09h00-10h00	7 students present their writing plan (5 minutes each) with time for discussion	Georgia Schafer
10h00-12h00 (with coffee/ tea/ snacks/ fresh air/ walk outside)	Get writing! Mentorship team available for questions / coaching	Catherine Orrel, Georgia Schafer, Andrew Redd, & Simon Mendelsohn
12h00-13h00	Lunch Break	
13h00-15h00 (with coffee/ tea/ snacks/ fresh air/ walk outside)	Get writing! Encourage to draft writing plan going forward. Mentorship team available for questions / coaching	Catherine Orrel, Georgia Schafer, Andrew Redd, & Simon Mendelsohn
15h00-16h00	<ul style="list-style-type: none"> - Wrap up session - What did you achieve? - Writing plans going forward - Evaluation of writing retreat 	Simon Mendelsohn
16h00	Transport back to campus	

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