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# OPPI & KEVEKO Doctoral Researchers write together in Paimio Sanatorium

8.12.2025 Geraldine Chell

Another day, another writing retreat for Geraldine Chell, Doctoral Researcher at the Doctoral Programme on Learning, Teaching and Learning Environments Research (OPPI) and Academic English teacher at the Centre for Language and Communication Studies (CeLCS).

Drawing from her own research of writing retreats as academic writing support for graduate learners, Geraldine led the retreat for twenty-three doctoral researchers and supervisors of both OPPI and Doctoral Programme on Educational Policy, Lifelong Learning and Comparative Education Research (KEVEKO).

Commencing each day with a walk in the snowy surroundings of the forest of Paimion parantola (Paimio Sanatorium), the researchers began their day by sharing exciting and important markers in their research journey. They also enjoyed sharing their work as metaphors around the roaring camp fire. Inspired by nature and their peers, the participants spent the day working on writing articles or their final thesis summary towards their article-based PhD.





The following rituals and shared activities helped to keep up their motivation throughout the writing day:

- setting a daily intention gave writers a specific aim for the day

- an energizing stretch and tapping break every hour helped relieve tension and ensured good posture
- sharing lunch together meant that researchers and supervisors exchanged knowledge and information
- daily reflections encouraged writers to review their day's writing and consider their next steps

Our own Sanna Niukko (Coordinator, Researcher Career Services, PhD) ended each day with an uplifting live singing and guitar performance. These two valuable writing days left participants in no doubt that retreats provide doctoral researchers with the space, time and motivation to write whilst offering them a real sense of community.

*Written by Geraldine Chell, Doctoral Researcher at the Doctoral Programme on Learning, Teaching and Learning Environments Research (OPPI) and Academic English teacher at the Centre for Language and Communication Studies (CeLCS), University of Turku*

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