



Metochi Study Centre Writing Retreat

21-28 September 2025

PROFRES 2.0 - The Interdisciplinary,
Interprofessional and Practice-Near
Research School



EAT, WRITE, SLEEP, AND REPEAT

Metochy Study Centre

The Metochi Study Centre has been run and administered by the University of Agder since 1993. The centre is located in a monastery annex dedicated to two Greek Orthodox saints, Saints Anargyroi (Kosmas and Damianos). The monastery was founded in the 16th Century as one of several annexes to the well-known Limónos Monastery. The monasteries are connected by a stone path from the same time period, stretching two kilometres over the hills. The annex Metochi has been restored in recent years, but is still characterized by its original simplicity.

Metochi study centre houses 25 bedrooms, 13 showers, 9 toilets, auditorium/lounge, library/reading room, dining hall, courtyard and churches. Conditions are simple with bedrooms for 1-3 persons in restored monk cells.

Metochi is situated in the countryside by the bay of Kalloni, an hour's drive from the airport. The nearest town, Kalloni, is 2,5 km from Metochi. Kalloni is a local trading centre with banks, a post office, medical assistance, pharmacies and shops. The sandy beaches of the bay of Kalloni are at a distance of 3,5 km from Metochi. By the beach is a small fisherman's village, Skala Kalloni, with cafes, taverns and some hotels. The landscape between Metochi and the villages is flat and well suited for bike rides. Bike rental can be arranged from local partners.



The monastery is not in daily use by the church, however you should observe the following restrictions: Swim wear is not appropriate within the monastery walls. If visiting the main monastery Limónos, shoulders and knees should be covered in respect of religious customs.

Regular standard: Breakfast, lunch and dinner (warm meal) is included, and served with beverages (juice and wine). Participants are provided with sheets and towels (but not beach towels).

We recommend bringing a flashlight for dark nights and a sunhat for use during bike rides and excursions. Bring some warm clothes in case of chilly temperatures in the evenings.

Participants are responsible for ensuring their own travel insurance. Those who have a European Social Security Card should bring it.

Address: Metochi Study Centre, PO Box 33, GR-81107 Kalloni, Lesvos, Greece.

Cell phone: (+30) 6932 418802
Metochi office: (+30) 22530 29449
Office hours: 08:30 – 15:00



All photos: Knut Bry

PROFRES Writing Retreat

The literal meaning of a Writing Retreat is to withdraw from your usual environment and to dedicate a period of time and space to writing. To set aside your regular responsibilities and focus solely on your writing projects. Eat, write, sleep, and repeat.

Information about the arrival (for groups)

Arriving at Metochi, the bus will not be able to drive all the way to the entrance gate because of the narrow roads. Participants must therefore be prepared to walk for approx. 5 minutes with their luggage. If the arrival is scheduled after dark, having a flashlight available will be helpful. If the arrival is after 20:00 salad, sandwiches and drinks are served, otherwise dinner is served at 19:00-20:00. The Metochi information meeting usually takes place in the lecture room either at 14:00-14:30 on the arrival day or at 09:00-09:30 the day after arrival.

The daily schedule at Metochi Study Centre

08:00 – 09:00 Breakfast
09:00 – 13:00 Recommended time for work
13:00 – 14:00 Lunch
14:00 – 17:00 Siesta/mesiméri, a quiet time to rest or work undisturbed
17:00 – 19:00 Recommended time for work/lectures
19:00 – 20:00 Dinner
23:00 – 07:00 Quiet in the courtyard by the bedrooms

Equipment in the lecture room

Projector, PC, screen, whiteboard, blackboard, microphone and speakers

Equipment in the library

Projector, PC, screen, whiteboard
There is a printer in the pc-room.
There is internet access and eduroam most places at Metochi.

Password Metochi guest: Mguest 2014
Password Metochi-Hellas: 1Hellas2014

Participation and application

There is a limited number of places available to be divided between the partner institutions.

Only PROFRES candidates and staff are eligible to attend the Writing Retreat. Please fill in a motivated request in the application form. In case of over-subscription, the Project Office will prioritize applicants and establish a waiting list for the next retreat.

Application form (scan QR code)



Application deadline:
30 April 2025

Further information

PROFRES books hotel accommodation at Gardermoen airport the night before departure to Greece for all participants. This is due to the early flight out to Lesvos.

The flight to Lesvos incl. 1 piece of checked-in luggage and food on the plane.

There is shared transport (bus) from Lesvos airport to Metochi Study Center.

PROFRES covers

Return trip Gardermoen - Metochi Study Center
Accommodation and food at the Metochi Study Centre (breakfast, lunch and dinner)
Shared transportation to and from Metochi Study Centre

Each participant covers

Return trip home - Gardermoen
Hotel Gardermoen (1 night)
Pocket money (bicycle rental etc)
One restaurant dinner in Mollivos

Programme

Sunday 21 September

04.30 Meet up at the Apollo check-in desk

06.00 Flight leaves Gardermoen

13.00 - 14.00 Lunch at Metochi

14.00 - 18.45

Information Meeting

Guided tour to the monastery Limonos

Bicycle rental

19.00 - 20.00 Dinner

Monday 22 September

08.00 - 09.00 Breakfast

09.00 - 09.45 Welcome and introduction

10.00 - 11.00

Guided writing session w. Charlotte Wegener (mandatory)

Presentation of the How-What-Why writing model and the week's three thematic writing sessions.

Dialogue about questions, interests and ambitions related to your writing practice.

11.00 - 13.00 Own writing

13.00 - 14.00 Lunch

14.00 - 18.00 Own writing

19.00 - 20.00 Dinner



Tuesday 23 September

08.00 - 09.00 Breakfast

09.30 - 10.00 Morning salon (optional)

10.00 - 13.00 Own writing

13.00 - 14.00 Lunch

14.15 - 16.00

Guided writing session w. Charlotte Wegener (mandatory)

How: Writing routines and knowing yourself as a writer

16.00 - 18.00 Own writing

19.00 - 20.00 Dinner

Wednesday 24 September

08.00 - 09.00 Breakfast

09.30 - 10.00 Morning salon (optional) 10.00 - 13.00 Own writing

13.00 - 14.00 Lunch

14.00 We leave for Eftalou and Mollivos (at participants own cost)

Dinner in Mollivos

23.00 Return to Metochi with bus



Thursday 25 September

08.00 - 09.00 Breakfast

09:30 - 10.00 Morning salon (optional)

10.00 - 13.00 Own writing

13.00 - 14.00 Lunch

14.15 - 16.00

Guided writing session w. Charlotte Wegener (mandatory)

What: Decision-making and analysis through writing

16.00 - 18.00 Own writing

19.00 - 20.00 Dinner

Friday 26 September

08.00 - 09.00 Breakfast

09.30 - 10.00 Morning salon (optional)

10.00 - 13.00 Own writing

13.00 - 14.00 Lunch

14.15 - 16.00

Guided writing session w. Charlotte Wegener (mandatory)

Why: Contribution and audiences

16.00 - 18.00 Own writing

19.00 - 20.00 Dinner

Saturday 27 September

08.00 - 09.00 Breakfast

09.00 - 12.00 Own writing

12.00 - 13.00 Summing up / evaluation

13.00 - 14.00 Lunch

Cycling/swimming trip to Petra or continue writing

19.00 - 20.00 Dinner



Sunday 28 September

07.45 - 08.15 Breakfast

Check out from the monastery

Departure to the airport

08.30 The bus leaves for the airport

11.40 Departure from Lesvos

14.30 Arrival Oslo, Gardermoen

PROFRES Writing Mentor



Charlotte Wegener

Charlotte Wegener is Associate Professor at the Department of Communication and Psychology, Aalborg University, Denmark. Throughout her academic career, she has written in various genres, she studies academic writing and publishes papers and book about doctoral writing and academic writing in general. She teaches workplace learning and social innovation within the fields of social work, health and education and runs doctoral courses on writing and qualitative methods. She has a background in music science and Nordic literature and finds inspiration in these fields in her writing practice and teaching.



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