

**GIVE YOURSELF THE GIFT OF A
'WRITING ME-TREAT'
– THE HAGUE, THE NETHERLANDS, 17-19 APRIL 2020 –**

£390



The Hague Parliament Buildings

ISN'T IT TIME YOU GAVE YOURSELF A TREAT?



Be inspired by the magic that is alive and well in the historic cities of South Holland.

Join a small group of like-minded word-lovers as you immerse yourself in the joy of a blossoming spring. With their abundance of stunning architecture, tree-lined squares, natural woodland, swathes of beach and gentle canals, the city of The Hague will enchant and inspire you. This 'Me-Treat' is led by much-published author, journalist, poet and mentor, Jo Parfitt, who loves nothing more than inspiring and empowering others to turn the 'everyday' into compelling words.



When John asked Janneka to go Dutch this wasn't quite what he had in mind

Your retreat has been timed to catch the Keukenhof Gardens at their peak. Be led by Jo, who has lived here for more than ten years, as you get under the skin of a country that prides itself on efficiency, resourcefulness and creating beauty out of nothing.

Learn how to pay attention to the day-to-day and source gems that will lift your writing to a new level. No trip to Holland would be complete without a trip to an art gallery or two and The Hague is home to the Girl With a Pearl Earring after all!

In this two-night bespoke retreat you will enjoy lessons and cocktails in Jo's 19th century home,

daily excursions with a difference that will often include a 'Patti Smith hour' – writing in a café.

More than a retreat – it's a Me-Treat.

WHAT IS A ME-TREAT?

A Me-Treat is a treat designed just for you... indulge your senses, inspire your soul, nourish your body and stretch your writing muscles as you get under the skin of the place you are in and explore your creative potential.

Spend time in compelling company as you immerse yourself in the joy of paying attention, seeking out stories and seeing the world in a different way. Days always begin and end with words. Mornings are for inspired learning and an excursion. Maybe you'll work towards a few lines, a column, memoir, travel article, a short story, fragment of a novel or a piece of poetry? Every day is different and designed to inform, inspire and empower you to leave the Me-Treat bolder, braver and more hopeful about your writing. Afternoons are for following your flow, relaxing and for completing a piece of work. You see, at six o'clock it's time for the highlight of a Me-Treat – reading, sharing and connecting over a drink or two as we all give feedback on the day's creations.

YOU NEED TO COME ON A ME-TREAT IF...

You love words, maybe feel a little blocked or more than a little stressed and want to spend time with others who care about heritage, nature, good conversation, people and places. You want to get a little closer to your inner creative, explore your writing potential and maybe even dare to bare your writing soul in a safe and nurturing environment. Whether you have yet to put to pen to paper or have been writing for a lifetime, we're sure you'll love this retreat with a difference.



NOTES

WHERE

Your retreat will take place at Jo's house in The Archipel, a 20-minute walk from the city centre. We recommend the Mozaic Hotel across the street from Jo's house, or The Carlton Ambassador, a five-minute stroll away.

FOOD

Morning coffee and drinks and nibbles with feedback sessions are provided. Lunch and dinner are for your own account.

TRANSFERS

Transport on all excursions is provided. All other transport is for your own account.

EMAIL JO@JOPARFITT.COM TO REGISTER YOUR INTEREST

PROGRAMME

Friday 17th

3.00 – 7.00 pm Welcome, lesson, excursion, feedback and cocktails

Saturday 18th

10.00 am – 4.00 pm Excursion to Keukenhof Gardens with writing exercises

4.00 – 6.00 pm Free time

6.00 – 7.30 pm Cocktails and feedback at Jo's

Sunday 19th

09.30 – 11.00 am Lesson with coffee at Jo's

11.00 am – 1.00 pm Excursion to Mauritshuis art gallery with writing exercises

1.00 – 2.00 pm Lunch with writing task in a café

2.00 – 4.00 pm Exploration of The Hague with writing exercise

4.00 – 6.00 pm Free time

6.00 – 7.30 pm Cocktails and feedback and Jo's

7.30 pm Farewell

PAYMENT TERMS

- Places are limited to ten writers
- A deposit of £100 confirms your place. The balance is due a month before the retreat. An invoice will be issued

BANK ACCOUNT DETAILS

- Payment can be made to Joanna Parfitt, Lloyds Bank, 65 High Street, Stamford, Lincs, PE9 2AT
Account number 22551668, Sort code 30-84-84, IBAN GB82LOYD30848422551668, BIC/SWIFT code LOYDGB21779

PAYPAL DETAILS

- Payment can be also be made via Paypal.com to summertimepublishing@gmail.com in which case you'll need to pay an additional 5% to cover PayPal charges