

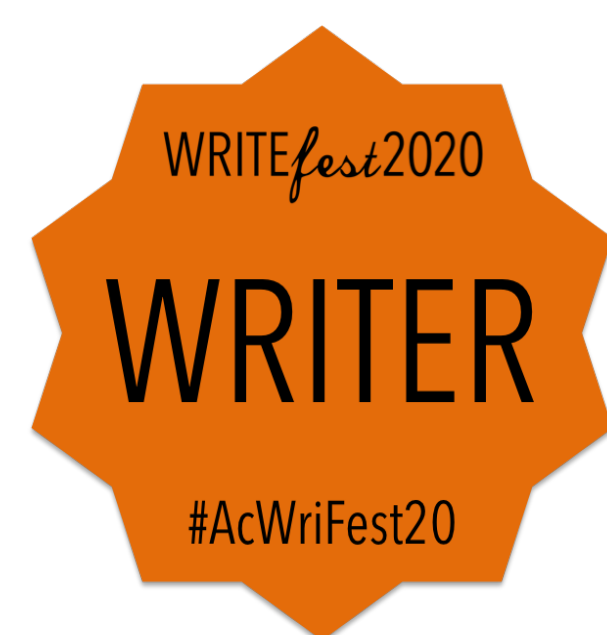
# WRITEFEST 2020

[ #ACWRIFEST20 ]

Every year during November the IAD run WriteFest. In 2020, the festival took place digitally and here's what happened:

## WRITEfest 2020

3 WRITING RETREATS  
9 RESEARCHER WRITING HOURS



51284  
Words  
Written\*



45  
'Top Tips' for writing  
from home



4  
Blogs



215  
Registrations



145  
Attendees

\* Total from participants who submitted their word count after each writing retreat (this was optional)



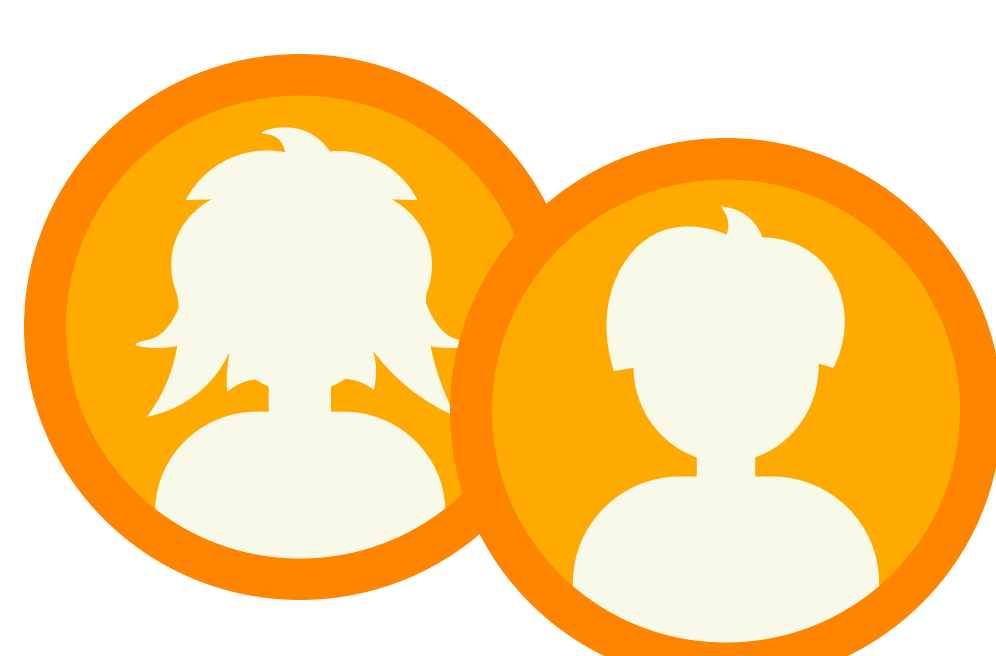
[ Persistence ] [ Close your mailbox! ]  
[ In a writing day try to aim for 600 words even if they are rubbish and then walk away ]

[ If you are stuck, just write the first thing that comes to mind, even if it is nonsense. It helps break the initial freeze. ]

[ Do 10 minutes of free writing by hand when you're feeling stuck. It can help to get away from the screen and takes off the pressure! ]



[ try to focus on one thing at a time, rather than letting your mind thinking about all these other things that also need to get done ]



[ Attending writing retreats and writing hours - PhDs can feel pretty lonely at the best of times, and this really helps me with motivation. I have also set up my own little weekly writing group, where we chat about how our research is going and encourage each other. ]

[ sit in a comfortable position but without any distraction. Use focus app to time the writing. ]

[ I tend to break down the tasks into smaller chunks to make them manageable. Since I easily get bored doing the same thing over a couple of days, so I try to allocate a different task for each day. ]

[ stop looking at email - and dont be available for others online. Do not feel guilty about ring fencing time - this should take priority. ]



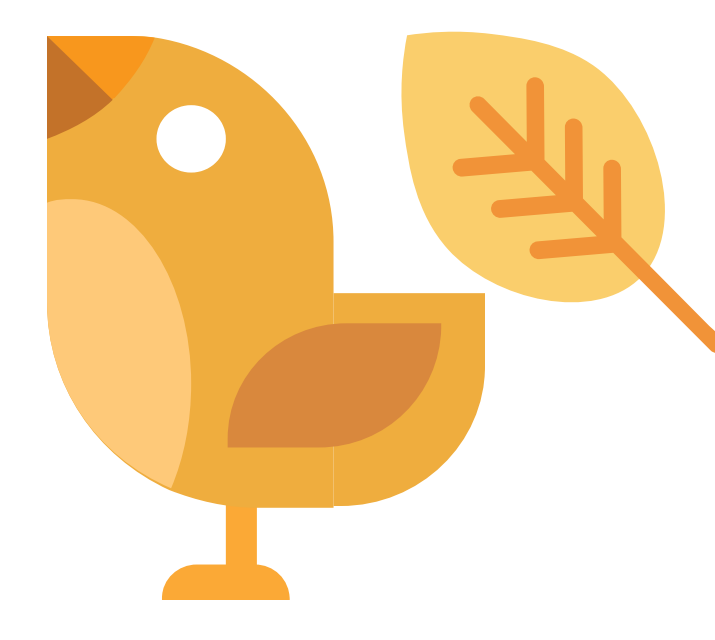
[ Just write, do not correct anything, worry about using words repeatedly or obsess about typos. Just type ]



[ Don't succumb to the pressure of doing what others so. You are your own person with your pace and journey. Enjoy it! ]

[ Don't underestimate the power of a 'sloppy' first draft. The hardest thing is getting words on paper, you can always edit to brilliance from there ]

[ I like putting on background noise on YouTube - jungle sounds or tropical birds - thunder and rain or Tibetan gongs - this helps create a 'space' that is for writing that differs to other work modes. ]



[ If there's some writing that I've really been putting off, I'll tell myself to do 10 minutes and then if I am really struggling to get into it that I can stop. I very very rarely find that I want to stop after 10 minutes because it's just enough time for me to become absorbed in it. ]

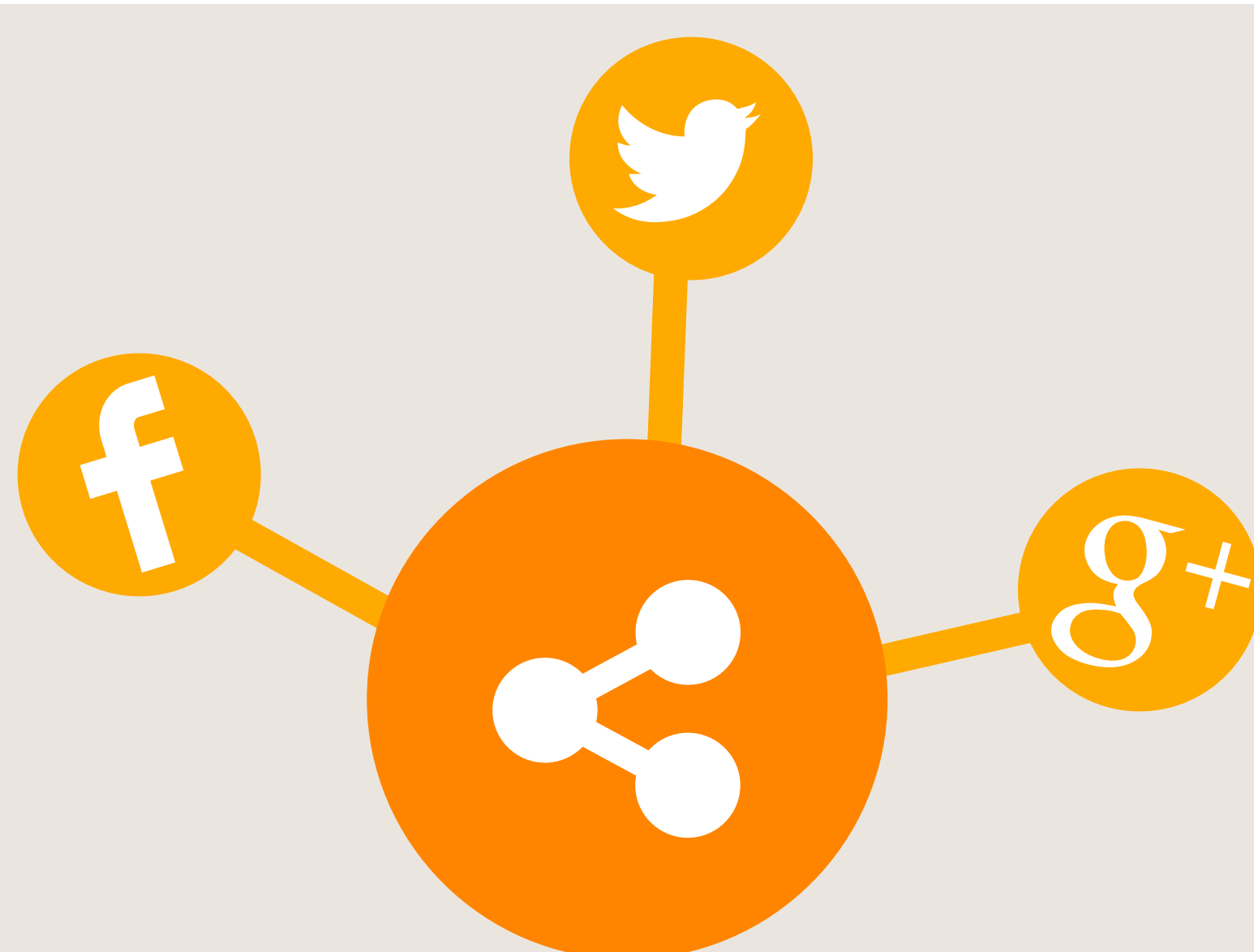


[ I use a timer which give me 40min blocks and then a 5 minute break. I turn off all notifications and do not check my emails/phone/do any random googling in the 40mins of work time, saving that for my 5 minute break. I also like to make sure that I get up from my desk during that 5min break. ]

[ Sign up to the 'Just write' sessions that last an hour. It puts writing time into my diary and I often find that i'm happy to continue for an hour or so longer. ]

[ Break the writing into small chunks (I find this especially useful for more tedious sections such as writing/editing results sections) and just do a little each day. It means less of my time on a day-to-day basis is taken up by writing and makes it seem less overwhelming. ]

[ I also find it helps to have a separate desktop with only the documents that i need open so that my virtual workspace feels less cluttered. ]



More 'Top Tips' are available in our 'WriteFest | Top Tips' blog: <https://edin.ac/2LbL5nD>

We also had a number of writing themed workshops running and a selection of resources to support researchers with their writing.

WRITEFEST WEBPAGE: < <https://edin.ac/2OqjPlr> >

TWITTER: < [@ResearchersAtEd](https://twitter.com/ResearchersAtEd) / [@iad4phd](https://twitter.com/iad4phd) >