



# Write, Rest and Reconnect in Puglia

## On a Work in Progress Me-treat



**22nd-29th May 2027**

This writing me-treat, hosted by writer, author, editor, mentor, teacher and publisher, [Jo Parfitt](#) has been designed for writers who want to focus on your **work in progress** (WIP). Retreat attendees will benefit from an **inspirational location**, **dedicated writing time** and a **support group** in addition to **personal attention** and feedback from a **dedicated and experienced professional writer**. Whether you want to work on a memoir, a how-to book, a collection of essays, a work of fiction or an anthology of writings or poetry, a trip to Puglia will help you to take your writing to the next level, whether that be the first, second or final draft. Benefit from a kick-off session held by Zoom a month before the retreat, classes and writing time while in Puglia and daily sharing and feedback sessions in a safe and nurturing environment. Nothing will kick-start or keep your muse alive quite like this unique retreat where everything is provided so that you can focus on what matters – writing.

Just ten minutes from the Adriatic coast, nestled among the rolling Monopolitan hills, lies [Trulli Bouganville](#) — owned by [Sam Frearson-Tubito](#) and [Paolo Tubito](#), your hosts. This is their home. It is a sanctuary for writers seeking stillness and inspiration. Surrounded by olive groves, pomegranate trees, and Puglia's signature red earth, it's a place where words flow easily and time slows down.

We'll take you on a guided tour of **Monopoli's historic old town** — a maze of whitewashed streets, lively piazzas, and breathtaking sea views.

You'll visit the **local market**, meet the people behind the produce, and sample **panzerotti**, one of the town's most beloved snacks.

There will be time to wander the **harbour with its colourful fishing boats**, admire the **Baroque cathedral of Maria Santissima della Madia**, and stroll the **promenade** at sunset, gelato in hand. We'll also spend time in the nearby coastal gem of **Polignano a Mare**, famous for its dramatic cliffs, turquoise coves, and poetry-inscribed streets. There, we'll enjoy a **gelato overlooking the sea** and wander through this postcard-perfect town that has inspired artists and dreamers for centuries.

## What you'll experience

- Start your day, after breakfast, with a one-hour writing class, where you will learn a crucial aspect of writing a full-length work, such as editing, voice, layout or effective feedback.
- End your day before aperitivi, reading and sharing 1000 words created that day with a supportive group of fellow writers and experience Jo's unique instant feedback.
- Two-four hours of free writing time every single day.
- A two-hour zoom class worth £50, held a month before the retreat to help you prepare for the most effective experience.
- A face-to-face session with Jo worth £150 while at the retreat, when she will look closely at your work and discuss any issues you may be having with any aspect of the writing and publishing process.
- All students can choose to receive one of Jo's following coursebooks (worth £35) to help them kick-start their writing process if required:
  - *Release the Book Within*
  - *Definite Articles*
  - *How to Write a How-to Book*
  - *How to Write a Memoir*
  - *Write Life Stories with SPICE*
  - *The Life Story Jar*
- The opportunity for follow-up sessions with Jo or the group at discount, helping you to stay accountable to your writing project after you leave.
- Time to rest, swim, and explore.
- Shared meals and conversation beneath the stars.
- Guided visits to Monopoli and Polignano A Mare.
- Space to reconnect — with yourself, your creativity, like-minded writers and a slower rhythm of life.

### A typical day

Breakfast onsite at your accommodation	08.30-09.30
Transfer to Trulli Bouganville	09.30
Class at Trulli Bouganville	10.00-11.00
*Work on your WIP	11.00-13.00
Lunch	13.00-14.00
**Work on your WIP	14.00-16.00
Feedback with sharing	16.00-18.00
***Relax!	18.00-19.00
****Aperitivi followed by dinner	19.00-21.30
Transfer to your accommodation	21.30

\*On one morning we will, instead, take you to Monopoli for the market and a tour.

\*\*1-1 session with Jo at a time to suit you, or swim or write!

\*\*\*On two evenings we will take you to Monopoli or Polignano a Mare for ice creams.

\*\*\*\*On one evening we will take you to a local trattoria for dinner.



## Where will I stay?

You'll be hosted across three exquisite **traditional stone properties**, each built from **Fasano limestone** and surrounded by olive trees. Each property comes with its own pool.

All rooms are **double ensuite**, blending rustic charm with modern comfort.

[L'Aia di Cucumo](#) is owned by Sam's sister-in-law, Paola. It's a 20-minute drive from Trulli Bouganville offering six double ensuites, two with their own kitchen, four with a shared kitchen. There will be a transfer every morning at 9.30am to bring you to the main house and another transfer to take you back after dinner.

[Trulli Magnolia](#) is a 20-minute walk from Trulli Bouganville offering two double ensuites with a shared kitchen. Transfers are included from here too unless you would prefer to walk.

At the main trullo you'll find quiet corners to write and reflect:

- Beneath the pergola by the **pool**
- Under the **shade of the olive trees**
- Beneath the **pergola** where the breeze carries the scent of jasmine and sea salt

## Tell me about the food

A me-treat is all about indulgence and this experience will not disappoint. Meals will be shared on the terrace beside the trulli — 100-year-old stone houses that hold the warmth of the sun and the spirit of the region.

### Food from the heart of Puglia

Our meals celebrate the flavours of the land and sea:

- *Melanzane alla parmigiana* (aubergine bake)
- *Orecchiette con cime di rapa* (homemade pasta with turnip greens)
- *Bruschette* with sun-ripened tomatoes and local olive oil
- *Burrata* and *pane di Altamura*
- Regional wines — *Primitivo*, *Negroamaro*, and *Verdeca*
- Seasonal fruit, yoghurt, and fresh pastries for breakfast
- Prepared with local ingredients — simple, generous and unforgettable. All dietary requirements can be catered for.



## **The important stuff**

### **How much does it cost?**

The cost for full participants is €2200. For partners/non-participants sharing your room €1500. A partner who will share your room and participate in the writing pays €1800. PLEASE NOTE: This is the 2026 fee and the 2027 fee may have to rise in line with inflation.

### **What is the deposit?**

50% deposit required at time of registration in order to secure your place and allow you to secure your accommodation of choice. An invoice will be raised.

### **When do I pay the balance?**

Balance to be paid eight weeks before the retreat on receipt of a second invoice.

### **What about cancellation?**

If the retreat does not go ahead then your deposit will be repaid in full. If you are forced to cancel before 5<sup>th</sup> July then the deposit can be transferred to a later retreat or would be forfeited. If you are forced to cancel during the weeks from 5<sup>th</sup> July to 5<sup>th</sup> September then the full amount would still be payable unless we are able to refill your place in which case 50% would be refunded.

### **What will non-participating partners do?**

If you want to bring a friend or partner who will not be writing, then they will be free to take part in everything with the exception of the lessons. They are welcome to come and listen at the evening feedback sessions if they would like. If they do not want to be present at any mealtimes because they are doing trips of their own please let us know in advance.

### **How do I book?**

This exclusive retreat is already over-subscribed and places are limited to just eight writers so if you wish to attend please email [Sam](mailto:Sam) on [Samfearsontubito@gmail.com](mailto:Samfearsontubito@gmail.com) for details of payment and to select accommodation and arrange transfers. If the retreat is full, please ask for a place on the waitlist, which is already open.

### **When does it start?**

Starting time on 5<sup>th</sup> at Trulli Bouganville: 4pm (If you arrive earlier, lunch will be provided in Trulli Bouganville).

### **When does it end?**

Wrap up on 11<sup>th</sup> after dinner with departures the following day.

### **Are airport transfers included?**

Yes, if you arrive at Bari or Brindisi before 2pm on the first day of the retreat we will provide transport. If you leave on the last day of the retreat we will also provide airport transfer. Taxis can also be arranged if you arrive at other times.

### **What else do I have to pay for?**

All excursions, food, accommodation, transfers, drinks, tuition and ice creams are included. This is a fully-inclusive retreat. If you arrive at an unusual time of day, to a different airport or train station then an additional fee for your transfer may be incurred but we will arrange it for you.

### **What if I do not have a current work in progress?**

It is expected that you would have an idea, a table of contents and have started writing a few thousand words towards this project by the time you arrive. If you know you need a private session with Jo before the retreat to help you fine-tune your idea then just get in touch with [Jo](#).

### **Accountability sessions**

1. Jo will buddy you up with one or more of the other students a few months in advance of the retreat so you can keep each other motivated and have regular check-ins.
2. Jo will hold quarterly check-in accountability sessions to keep you on track and offer guidance.
3. Other classes and options will be on offer.

### **How do I get hold of my free copy of one of Jo's coursebooks?**

Email [Jo](#) so she can send her your coursebook and let you know how best to work with it.

### **Next retreat**

Tentative dates of next retreat: June or September 2027



*Polignano a Mare photograph © Patrick Gosling*