

Research Academy Retreat 2025

23. – 24. October 2025
Program

Photos: at the top: Seminar house „Schönblick“, Schwäbisch Gmünd | © Gerhard Plessing Flug und Bild;
at the bottom: Bosch location Schwäbisch Gmünd | © Robert Bosch GmbH

Program Overview

Day	Time	Program
23.10.2025	8:00	Bus transfer from Hochschule Aalen (main building) to Schönblick seminar house, Schwäbisch Gmünd
	9:00	Come-together and welcome
	10:00	Joint Workshop (A) – for all Warm-Up „Aktueller Stand meiner Promotion: Erfolge und Herausforderungen“/„Status quo of my PhD work: achievements and challenges“ >> Details: Slide 3
	12:00	Lunch break
	13:30	Parallel workshops – <i>Selection during the registration required – please specify your favourite workshop!</i>
		 B-I) Vertiefung „Aktueller Stand meiner Promotion: Erfolge und Herausforderungen“ >> Details: Slide 4 <i>in German, Trainer: Kirsten Sandmann / Perform to transform</i>  B-II) Tackle your Research Proposal >> Details: Slide 5 <i>in English, Trainer: Nadine Müller / Research Academy, Hochschule Aalen</i>
	15:30	Coffee break, group photo & social hike around Schönblick seminar house
	18:00	Dinner
	19:00	„Theater“: presentations of workshop group B-I <i>Moderation: Kirsten Sandmann</i>
	20:00	Get-Together

24.10.2025	07:00	Breakfast
	07:40	Bus transfer and plant visit Bosch , Schwäbisch Gmünd
	16:00	Bus transfer to Hochschule Aalen
	17:00	Arrival at Hochschule Aalen (Campus Beethovenstrasse)

23.-24.10.2025

Research Academy





Joint Workshop (A)

Warm-Up „Aktueller Stand meiner Promotion: Erfolge und Herausforderungen“ – „Status quo of my PhD work: achievements and challenges“

- **What is this workshop about?**

- Determining where I currently stand with my doctorate: What progress have I made so far with my PhD project?
- Reflection: What achievements can I celebrate? What challenges am I experiencing?
- Collegial exchange in the group

- **Organisational information**

- You can participate in this workshop both in German and English
- There will be a small preparatory task for all participants before the retreat
- All retreat participants will work in this workshop (A) in the morning and join in the evening session.
- In the afternoon we will have two groups in parallel workshops. You can choose:
 - Group (B-I) will deepen the topics and questions raised in workshop A by playful examination (in workshop B-I)
 - Group (B-II) will work on their exposé (in workshop B-II)



Trainer

[Kirsten Sandmann](#) has been working for more than 10 years as a theater educator and coach in the field of theater and personal development for companies and public institutions. She has completed further training as a solution-oriented consultant and psychodrama therapist.



Workshop (B-I)

Vertiefung „Aktueller Stand meiner Promotion: Erfolge und Herausforderungen“

- **Worum geht es in dem Workshop?**

In diesem Workshop werden die Themen des Vormittags wieder aufgegriffen. Ihr werdet euch kreativ-spielerisch mit den Themen und Fragen auseinandersetzen, die euch im Zuge eurer Promotion beschäftigen

- Am Nachmittag:
 - Bearbeitung der individuellen Herausforderungen mit Hilfe von Methoden aus dem Theater
 - Spielerische Entwicklung von Lösungsansätzen
 - Arbeit in Kleingruppen: Individuelle Themen werden in Kleingruppen mit Coaching, gegenseitigem Austausch und Feedback erfahrungsorientiert bearbeitet.
 - Improvisatorische Zugänge: So fördern wir Spontanität sowie situatives Handeln und erweitern den eigenen Gestaltungsspielraum.
- Am Abend:
 - Präsentationen der theatralen Ausarbeitungen des Nachmittags

- **Workshopsprache: Deutsch**

- **Teilnehmendenzahl: max. 30**



Trainerin

[Kirsten Sandmann](#) arbeitet seit mehr als 10 Jahren als Theaterpädagogin und Coach im Bereich Theater und Persönlichkeitsentwicklung für Unternehmen und öffentliche Einrichtungen. Sie hat eine Weiterbildung zur lösungsorientierten Beraterin und Psychodrama-Therapeutin absolviert.



Workshop (B-II)

Tackle your Research Proposal

- **Who is this workshop for?**

- All researchers in the process of developing their research proposal (exposé) to apply for a PhD with the Doctoral Association (Promotionsverband) Baden-Württemberg

- **What will you gain from this workshop?**

The workshop will help you to (re)gain momentum in working on your research proposal, regardless of the stage of the process you're currently in. It will give you the chance to:

- Focus on your research proposal (e. g. brainstorm on contents or finish the next section) without being distracted by your daily work,
- Learn about content and structure of the research proposal as required by the Doctoral Association,
- Receive feedback from your peers and trainer,
- Get to know effective strategies for developing and structuring your ideas and text

- **Workshop Language: English**

- **Participants: max. 13**



Trainer

[Nadine Müller](#) is coordinator of the Writing Center within the Research Academy at Hochschule Aalen. Nadine Müller is a linguist and translation scholar currently pursuing her PhD at [University of Mainz](#). She has extensive experience in writing research proposals for a variety of purposes, and in accompanying pre- and postgraduate students in developing their research projects and proposals.

24.10.2025 | Factory tour Bosch, Schwäbisch Gmünd

After the overnight stay at the Schönblick seminar house, we continue with an excursion to the Schwäbisch Gmünd site of Bosch, which works in the field of automotive steering.



Time	Program
7:00	Breakfast at Schönblick seminar house
7:40	Bus transfer to Schwäbisch Gmünd, Bosch plant 2
8:00	Short talks and lab tour.. ▪ Overview Bosch: company, products, applications, sales planning ▪ Strategic marketing / business strategy ▪ Career / professional paths for PhDs ▪ Information on material sciences and chemical analysis in the lab
	Lunch snack
	Bus transfer to and visit of plant 7 ▪ Tour through the fully-automated production line ▪ Grinding wheel detection with the help of AI ▪ Use of cobots (robotics)
	Final discussion of all participants including the technical experts
16:00	Bus transfer to Hochschule Aalen
17:00	Arrival at Hochschule Aalen (Campus Beethovenstrasse)



Registration

Please register until August 6, 2025!

https://www.hs-aalen.de/de/pages/research-academy_veranstaltungen



With funding from the:



- **Start:** 23.10.2025, 8:00 a.m.
at Hochschule Aalen (Campus Beethovenstrasse)
- **End:** 24.10.2025, approx. 5 p.m.
at Hochschule Aalen (Campus Beethovenstrasse)
- **Limited places**
- **Participation** for free – including
 - Bus transfers
 - Overnight stay in single rooms at Schönblick seminar house, Schwäbisch Gmünd
 - Please provide your private address (required by the seminar house)!
 - Full board with 2x lunch, dinner and breakfast
 - Please indicate any food intolerances and other restrictions during registration!

We look forward to seeing you!