

Remare Insieme

A Team Building Experience With A Splash



Our one-day team building program combines the thrill of rowing on a lake with an engaging workshop designed to strengthen team bonds and communication, both in the workplace and remote environments.

Imagine your team working together, in perfect sync, to navigate the waters. Just like rowing a crew boat, effective teamwork is essential for achieving success in today's dynamic business landscape.

This program is perfect for

- SMEs looking to enhance team dynamics and communication
- Organizations with remote, hybrid or in-person workforces
- Teams seeking a fun, engaging and memorable team building experience

Benefits

- Develop essential teamwork skills like communication, coordination, and problem-solving
- Foster trust and understanding among team members
- Boost team morale and motivation
- Create a lasting positive impact on team dynamics

Experience Breakdown

This experience is held at **Scuola Canottaggio Caslano e Malcantone (SCCM)**, a rowing club located in Caslano directly on **Lake Lugano**. The program is divided into three parts, offering a well-rounded team building experience:

→ **Rowing on the Lake (3 hours)***

Immerse yourselves in the stunning scenery as you **learn the fundamentals of rowing, fostering teamwork and communication** with a breathtaking backdrop of the surrounding hills in both Switzerland and Italy.

→ **Lunch Break (2 hours)**

Enjoy a delicious meal and conversations at a venue of your choice. You can opt for a relaxed atmosphere at the **Tennis Club Caslano**, conveniently located next to the rowing club, or venture into the charming **old town of Caslano** for a unique restaurant experience. (Availability will be confirmed upon booking).

→ **Team Building Workshop (2 hours)**

Delve into a collaborative workshop designed to translate learnings from the rowing activity into **actionable strategies** for improved communication and teamwork in your workplace.

Arrival & Logistics

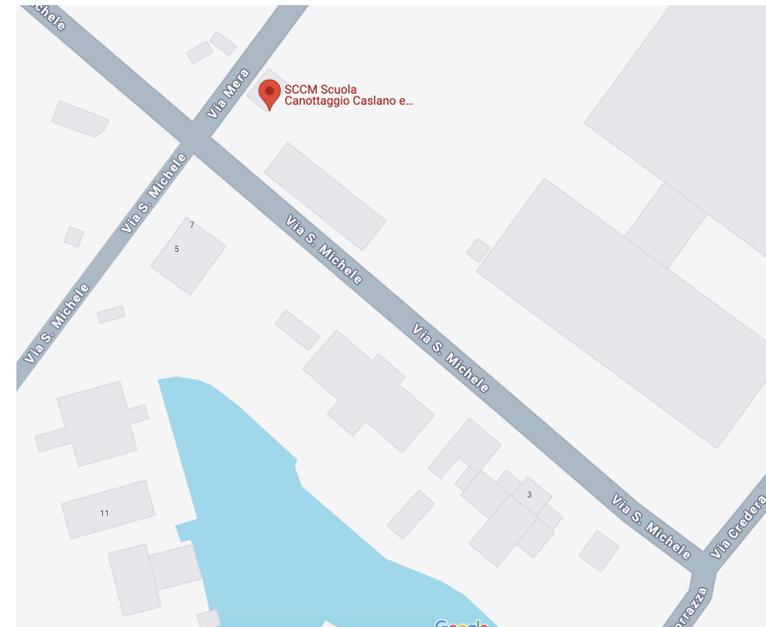
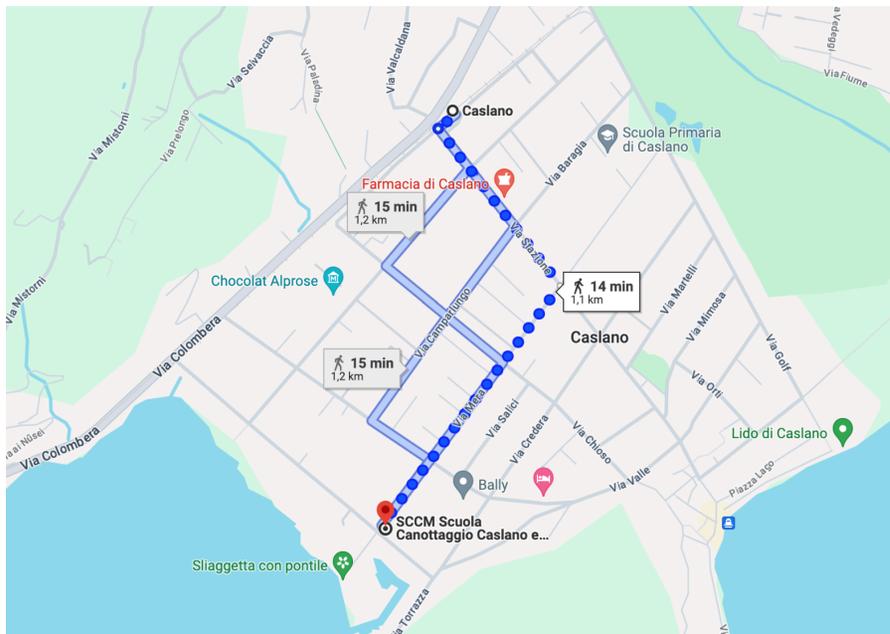
The rowing club SCCM is located at Via Mera 47, 6988 Caslano (view on [Google Maps](#)).

Traveling from Lugano?

- Take the train from Lugano's FLP train station (below the main FFS train station) to Caslano (10 stops, 22 minutes) and walk to the rowing club (14 minutes). In total it will take about 36 minutes.

Driving from Lugano?

- The commute is approximately 30-45 minutes depending on traffic.
- Free parking spots are available on Via San Michele alongside the rowing club.



Rowing on the Lake

A Collaborative Challenge on Water

SCCM offers two distinct types of rowing activities:

❖ For Team Building

This course emphasizes collaboration and communication, ideal for companies seeking to strengthen teamwork, trust and camaraderie..

The rowing experience is followed by a dedicated team building workshop to solidify learnings and translate them into actionable strategies for the workplace.

❖ For Recreational and Fun

This activity focuses on creating a memorable and enjoyable experience for your team. The focus is on **having fun together**, with each person contributing in ways that can also be crucial to achieving business success.

Regardless of the chosen course, all participants will:

- Receive expert instruction from the experienced staff at SCCM
- Immerse themselves in the stunning scenery of Lake Lugano
- Gain valuable insights into the importance of teamwork and communication



Resources available

Staff

- 1 professional coach
- 1-2 assistant coaches

Infrastructure

- 150 m² gym for rowing simulation and theory
- Changing rooms, toilets and showers
- Parking spaces

Equipment

- 12 simulators (rowing ergometers)
- Rowing boats for 2, 4 or 8 people
- 2 motor boats for instruction and safety

What to bring

For your comfort and safety during the rowing activity, please bring:

- T-shirt and shorts
- Socks
- Waterproof sandals or shoes
- Sunscreen
- Hat
- Sunglasses
- Small towel

Unleash your inner champion

Ready to ditch the conference room and bond with your team in a truly unique way?

Our action-packed program combines the thrill of rowing on a beautiful lake with engaging challenges designed to unleash your team's inner champion.

- **Master the Art of Rowing:** Get hands-on with a quick introduction to rowing techniques, no prior experience necessary! You'll learn the ropes and gain a newfound appreciation for this dynamic sport.
- **Teamwork Makes the Dream Work:** Put your newfound skills to the test in friendly team competitions. Work together to master boat handling and rowing in sync, fostering communication, collaboration, and trust.
- **Embrace the Challenge:** Feeling competitive? We'll throw in a friendly time trial to see which team can conquer the course the fastest. Prepare for high fives and bragging rights!
- **Beyond the Boat:** The fun doesn't stop on the water – we'll wrap up the day with a group reflection, allowing you to solidify your learnings and translate them into real-world teamwork strategies.

This program is designed to be both **engaging and rewarding**, leaving your team feeling exhilarated, connected, and ready to tackle any challenge together.

Team Building Workshop

Building Trust & Understanding

The workshop uses the learnings from the rowing activity to build trust, understand different communication styles, and establish ground rules for effective collaboration within the team.

Icebreaker (15 min)

Rowing Debrief & Goal Setting (30 min)

Activity

Group discussion about the morning's rowing experience, focusing on the key learnings. Participants share their insights on what worked well, what was challenging, and how it relates to their team's collaboration and communication.

Learning outcome

Team sets 2-3 specific and measurable goals they want to achieve through improved collaboration and communication within the team.

Communication Styles Exploration (45 min)

Activity

Introduce different communication styles and have participants reflect on their dominant communication style in groups.

Learning outcome

Participants reflect on their own communication style and the importance of adapting their communication to their colleagues' preferences.

Setting Team Norms (30 min)

Activity

Group discussion about the importance of clear ground rules for effective communication and collaboration and document them in a shared document for future reference.

Learning outcome

Participants establish clear expectations and ground rules for effective communication, collaboration, and meeting etiquette within the team.

Wrap up (15 min)

Activity

Each participant shares specific action steps they will commit to implementing in the coming weeks.

Learning outcome

Participants will reflect on their learnings and identify individual action steps to build trust within the team.

About your facilitator



Laïla von Alvensleben is a globally renowned collaboration expert and consultant in flexible work with 10 years of experience in fast-growing startups. She enables teams to cultivate a thriving organizational culture to work better from anywhere. She formerly worked at Mural where she championed new ways of working in People & Culture leadership roles and also supported customers at IBM, Ernst & Young and SAP among others. She has been featured in Fast Company and Forbes, and is one of the top 50 enablers in the 2023 Remote Influencer Report.

Laïla is based in Lugano, Switzerland. She speaks English, French, Italian and Spanish.

Invest in Your Team

Pricing

A. Professional Course:

Rowing and Advanced Workshop

CHF 2'000

Transform your team into a team of champions. A day of collaborative learning that combines the excitement of rowing with a workshop aimed at applying the lessons learned in a specific business context.

What's included:

- Rowing experience guided by expert instructors
- Workshop customized to your team building needs
- Teaching materials and equipment

B. Recreational Activity:

Rowing and Team Fun

CHF 1'500

Join us for an unforgettable adventure! Face the challenges of rowing in a fun-filled environment and strengthen team spirit in an informal setting.

What's included:

- Introduction to rowing and practice in the water
- Rowing-themed team building games and activities
- Rowing equipment

+ Lunch at the Tennis Club Caslano

CHF 20 per person

Complete your team building day with a delicious lunch including a meal, drink and coffee.

Key Details

Group size:

Ideal for 6-8 participants.

Padel available for larger groups.

Workshop may require a separate booking for larger teams.

Availability:

Mondays, Tuesdays, Thursdays, and Fridays (8:30 AM to 5:00 PM)

Season:

Mid-April to end of June & mid-September to end of October.

Payments Terms & Cancellation Policy:

Rowing activity payment after completion.

Lunch payment on the day.

In case of unfavorable weather, the activities can be canceled or rescheduled.

Contact us to find out more and receive a personalized quote.

Prices are indicative and may vary depending on the number of participants and the options chosen.

Ready to Row Your Team to Success?

Contact us!

Get in touch and we'll help you bring an unforgettable team building day to life.

Email: info@scuolacanottaggio.ch

Phone: +41 78 804 12 21

Address: Via Mera 47, 6987 Caslano

