

Team Building with Dragon Boating!

"Team Building with Dragon program" is an unique training program delivered by HRO in the past five years which has been welcome by international companies in China of diversified culture. It has been applied to different organization objectives addressed to change management, team building, intercultural training, etc.

The HRO dragon training is more than just taking you onto the water to do some races and have fun. It is a complex team building activity which consists of various stages and structured exercises linked to your objectives. Of course we will have the exciting races and fun, but we also will do other exercises on the boat which provides rich experience for reflection and meaningful debriefing.



Come and experience the power of getting together in an authentic Chinese racing dragon-boat; feel how it carries you, stable and secure; and then experience the amazing speed, a magical glide, as a result of common effort, when united in one stroke, one rhythm.

Your experience will start with world-class facilities for national dragon boat races. Security facilities and measures are implemented to ensure your journey on water.



The dragon boat training is closely connected to your concerns and objectives.

Addressing to your issues beforehand with the trainer; Priming and buy-in from your people, Debriefing and experience sharing, celebrating. Each component is an indispensable part to the overall achievement of your target.

The Program:

Date: Please reserve in advance

Venue: depends on program

Instructors: Mr. Gabor Nagy

Senior Trainer & Consultant

Dragon boat coach and participant of many races:

2005 – Suzhou River Race Shanghai – Silver Medal

2005 – Yangtze River Dragon-Boating Marathon

2005 - Bronze Medal in individual indoor rowing

Mr. Steve Mellau

Senior Trainer & Consultant

WIAL Certified Coach of Action

Learning



Remarks:

The dragon boat training is not weather sensitive. It can be done in great heat or in heavy rain (It is quite impressive to move on the water through a tropical shower).

The other outdoor training activities in addition to dragon boating are subject to weather conditions and might be substituted with indoor activities.

HRO MAIN TRAINER PROFILE

(depending on availability)

Mr. Gabor Nagy, Managing Director of HRO, intercultural and team building trainer, has an extensive background in business and in intercultural issues, building on 17 years experience with Chinese people. He started his career as a Chinese-Hungarian interpreter in Hungary, before holding a number of challenging positions across China for Global Autotech (Chief Representative), Singapore Premier Technologies (Market Development Department Manager), CemTek Computer Solutions (Project Manager) and eGate InfoTech (Business Consultant). Mr. Nagy has been invited to give speeches for MBA students at Tongji, Jiaotong and Maritime University, and conducted in-house intercultural and team building trainings for Schenker, ICA, Bosch, Shanghai VW, Gale Pacific, Shimao Group, Brady, Knorr-Bremse, SLIC. Mr. Nagy is fluent in English, Chinese and Hungarian.

Mr. Nagy is a member of the Shanghai International Friendship Dragon Boat Club. Participated races in Nanjing, Qingpu, Suzhou He, Tianmu Hu, Dongqian Hu, Jintan, Longyou, and recently achieved a bronze medal in individual indoor rowing competition in Shanghai.

Mr. Steve Mellau, Senior Trainer & Coach, has 12 years experience in corporate training: intercultural management issues, corporate culture, leadership development, team building and group dynamics. In addition to training projects for leading multinational companies (TUI, Siemens, LG, Raiffeisen Bank, CLARION, SANYO, T-Systems, DEGUSSA, Shanghai Volkswagen, SINOCEM, International Paint, ICI, Cytec Shanghai, Knorr-Bremse Suzhou, Bosch Suzhou, Shell), he was an invited lecturer at the University of Budapest for cross-cultural group-dynamics from 2002-2004; since October 2005 he is visiting professor at Shanghai Institute of Foreign Trade for HR Development practical applications. He worked as facilitator and trainer in Germany, Austria, Hungary, India, South Korea, Indonesia, Hong Kong and China. He is a certified coach of the WIAL (World Association of Action Learning Washington DC), and is member of the TOPS Berlin TOPS München (Germany) of Trainer & Consultant Society. He holds a postgraduate degree in corporate psychology; speaks German, English, Hungarian and Romanian fluently and currently learns Chinese intensively.

The story of Dragon-boating – long way to team building trainings...

An Ancient Legend - Fertility Rites & a Poetic Sacrifice

Myth and legend surround the history of dragonboat racing. It all began more than 2,000 years ago, on the banks of the life-sustaining rivers in the valleys of southern China, as a fertility rite performed to ensure bountiful crops. The first participants held their festivities on the fifth day of the fifth lunar month of the Chinese calendar - what the western world calls the summer solstice. The race was held to avert misfortune and to encourage the rains needed for prosperity. It was also an occasion of sacrifice to the river folk's water deity, the Dragon.

The most venerated of the Chinese zodiac figures, the dragon of Asia is a beneficent creature, unlike its European counterpart. It had traditionally been a symbol of water and is said to rule the rivers and the seas and dominate the clouds and rains. The first races were meant to be mock dragon battles staged to awaken the hibernating Heavenly Dragon. Sacrifices, sometimes human, were made to this being (you don't need to worry about that with us). Even in more recent times, when a rower or an entire team fell into the water they would receive no assistance because it was believed to be wrong to interfere with the will of the gods.

Over the centuries a second story was integrated to give the celebrations a dual meaning. Chinese history describes the fourth century B.C. as the Warring States period; it was a time of shifting alliances and much treachery. In a kingdom called Chu, there lived a great patriot and poet by the name of Qu Yuan. He championed political reform and truth, and was much beloved of the people. The king, who had fallen under the influence of corrupt ministers, banished the poet from the kingdom. Wandering the countryside, Qu Yuan composed some of China's greatest poetry, expressing his fervent love for his country and his deep concern for her future. Upon learning of Chu's ruin at the hands of a rival kingdom, he leaped into the Mi Lo River, clutching a heavy rock.



The people loved Qu Yuan very much and raced out in their fish boats in a vain attempt to save him. They beat on drums and splashed their oars in the water trying to keep the fish and water dragons away from his body. In the years following his death, to honor his soul and to ensure it didn't go hungry, they scattered rice into the water.

For many centuries dragon boat racing was a violent clash known as the "To Fight and Cross Over" ceremony. Often, the race resembled a naval battle, with crew members of competing boats throwing stones and striking at one another with cane sticks. Onlookers also played an active role, with fans on the riverside cheering their teams and firing stones at opposing boats. In an echo of the more ancient human sacrifices to the river dragon, it was thought to be unlucky if there wasn't at least one drowning.

The multi-colored boats were decorated with ferocious-looking dragon heads, scaly bodies and elaborate tails that rose out of the sea. Crews at one time might have included a hand-clapper to accompany the drummer and as many as four singers. Smaller boats laden with food and wine catered to the competitors.

From its beginning as a rain ceremony, dragonboat racing and its attendant festivities have changed considerably over the centuries. Today, "the spirit of the dragon" is the spirit of coming together and working as a team for a common goal, therefore ideal for team building training.

