

LEMAN HOPE : REBUILDING YOUNG LIVES AFTER CANCER




# Swim4hope

You can be one of 50 companies that between them aim to swim the length of either Lake Zurich or Lac Léman, in an accessible corporate relay format.

**An engaging, unique and powerful teambuilding event, with enormous positive impact, via fundraising, for the young cancer survivors supported by Swiss charity Léman hope**

SWIM 4 Léman  
hope

The logo graphic consists of a horizontal line of seven dots, with the first four dots being white and the last three being dark blue.

# Léman hope

In Switzerland, 350 young people are diagnosed with cancer every year. Although medical progress enables more and more children to be physically healed, only 3% will recover without suffering any after-effects, and life rarely returns to 'normal' after cancer.

Léman hope supports young people in remission from cancer. This initiative, unique in Switzerland, uses 4 day/night sailing trips to rebuild self-confidence, which has been severely damaged by the disease.

## MARCO, 16 YEARS OLD

*"It feels good to speak openly without shocking anyone."*

## BRODIE, 17 YEARS OLD

*The sailing trip helped me understand that I have the right to have fun, to trust myself."*

## SOHAIL, 13 YEARS OLD

*"The cruise helped me overcome my fear."*



[WWW.LEMANHOPE.CH](http://WWW.LEMANHOPE.CH)



# 5 days, 4 nights aboard a sailboat on Lac Léman (Lake Geneva)

## THE ADVENTURE OF A LIFETIME

Léman Hope offers an extraordinary sailing experience to young people, led by professional skippers and specialist support. This fun and secure environment allows young people to emerge and grow, and return home having turned the page on a new chapter of their lives.

## REGAIN SELF-CONFIDENCE

These unique sailing trips encourage young people to regain confidence in their physical and psychological strength by actively involving them in life on board in every way possible.

## SHARE A COMMON HOPE

Taking part in sailing trip means living a unique experience, outside the family and hospital environment with young people who have experienced the same illness. Léman Hope is here to help them find strength and hope for a return to normality without feeling judged or different.

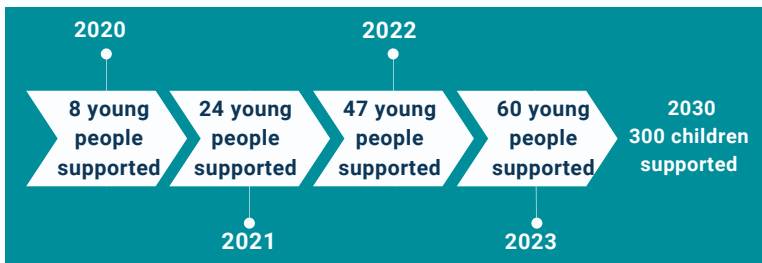
# Swimming for hope

**PARTICIPATE IN AN EFFECTIVE TEAMBUILDING EXPERIENCE, IN A UNIQUE ENVIRONMENT FOR A GREAT CAUSE**

The professional Swim4hope event organisation offers participating companies a team a safe but nonetheless challenging swimming experiences along the length of two of Switzerland's most iconic lakes.

Share a memorable moment with your team, accompanied by skippers, parents and youngsters from Léman hope onboard your team support boats (on Lac Léman, the actual sailboats used for the sailing trips)

**And at the same time, help us grow the impact of Lemman hope**





**What is the  
positive  
impact for  
your  
business?**

**COMBINING SOCIAL SOLIDARITY  
AND CORPORATE COHESION**

Set your team a challenge that will push them individually, but be overcome as a stronger team

**CREATE A SENSE OF PRIDE AND  
BELONGING**

Build and strengthen the team during the build up preparation phase

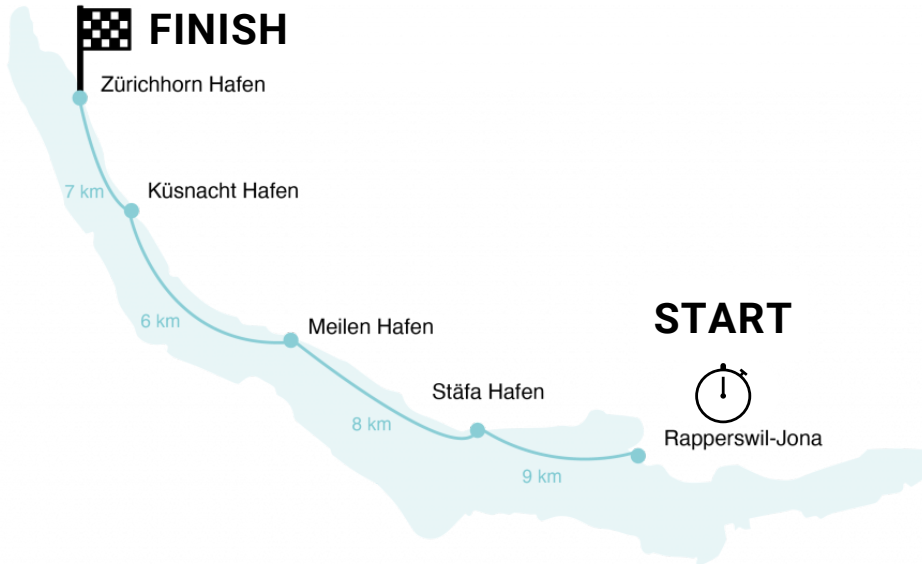
**PROMOTE YOUR IMAGE AS A  
COMPANY UNITED BEHIND A  
STRONG SOCIAL CAUSE**

By fighting for young people in recovery from cancer

# Lake Zurich

## June 25, 2024

The overall challenge: 30km in one day



## How to participate in the sporting challenge?

1



### Choose and book\* your challenge

Each company opts for one or more stages of between 5 and 10 km on one (or both!) lakes. In swimming terms, 10km is a marathon!

**\*places are strictly limited**

2

### Create a team

Bring together one or more teams from inside your company, from 4 to 9 swimmers in each (and can be a big mix of swimming level)

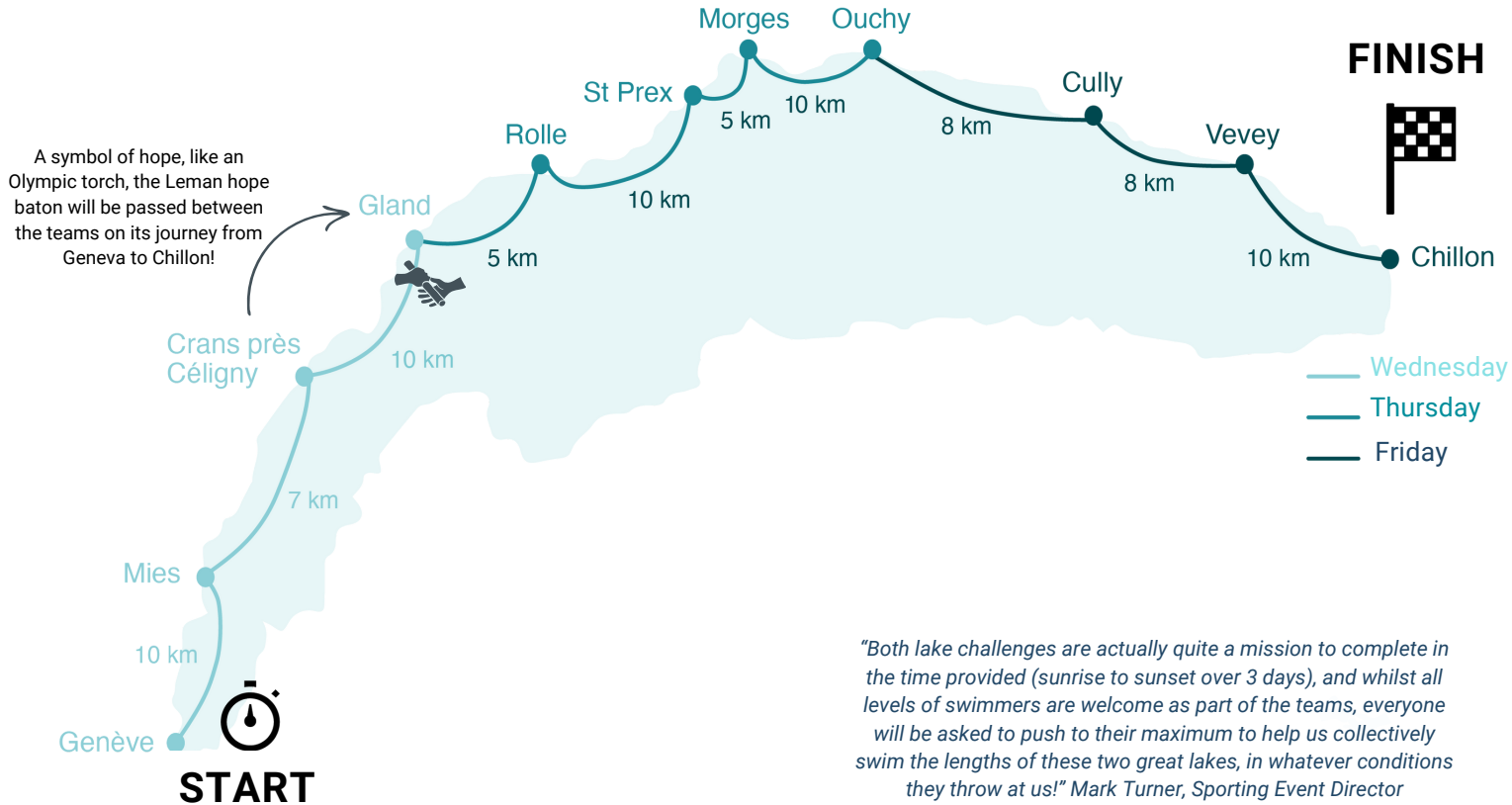
3

### Prepare your challenge

Bring your team together through the preparation and training sessions which we will support

# Lac Léman August 28 to 30, 2024

Overall an 80km challenge!



# World Class Safety Setup



Dedicated On-water Event Director

Each team has its dedicated 'team' support boat, where those not swimming can rest and prepare / and hear about the work of Léman hope from our skippers onboard

Every swimmer has a dedicated kayaker or SUP paddler with them at all times when swimming

Swimmers are provided with highly visible, tow floats (swim buoy), and tracking devices

PLUS a dedicated on-water Safety Director



# Share the effort to share the success



## 80 KM, 3 DAYS, 50 COMPANIES

By uniting the strengths of each team, this journey of hope becomes possible. With at least one strong freestyle swimmer per team (but everyone else mixed ability) and the desire to push yourselves for the children, you ensure the success of this challenge.

## TAKE THE PLUNGE

Each team member can set a personal goal, whether it's swimming for the first time in the lake, reaching a certain distance of 500 meters to 3 km, or achieving a personal best time.



# How to support Léman hope as a team?

1

## Entry Fee\* paid by Company

By participating in Swim4hope, you support one or more children in addition to covering the costs of your event (services included, p12)

**\*tax deductible for most companies**

2

## Individual employees raise funds and share the challenge

By mobilizing your employees on our fundraising platform, you share your company's social involvement on social networks

3

## Match what your employees raise - double the impact!

Most companies decide to encourage their employees own fundraising efforts by offering to match what they raise on top. (Mandatory if you want to do a full day, optional but strongly recommended otherwise)



## 1 RELAY

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**4 to 9 swimmers\***

Between 5 or 10 km

Entry fees  
**5'000 CHF**



Employee fundraising

\* This upper limit is due to boat permit constraints, the lower limit as we need big teams to raise funds!

## 2 RELAYS

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**8 to 18 swimmers**

Between 14 and 20 km

Entry fees  
**8'000 CHF**



Employee fundraising  
minimum commitment  
**4'000 CHF**

## 1 DAY

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**Only 3 places available**

**16 to 32 swimmers**

Between 25 and 35 km

Entry fees  
**12'000 CHF**



Employee fundraising  
minimum of  
**6'000 CHF**



Match-funding by  
company

# THE FULL MONTY!

## 3 DAYS, the whole Lac Léman

3 places available

Minimum 30 swimmers

80 km

Entry fees  
15'000 CHF

+

Employee fundraising  
to reach  
10'000 CHF

+

Match-funding by  
company

REWARD FOR THE TOP FUNDRAISING  
TEAM !  
TF35 FLIGHT OFFERED BY REALTEAM SAILING  
ANNOUNCED AT THE CLOSING PARTY



## **PROFESSIONAL SAFETY ORGANISATION AT ALL TIMES**

A higher level of safety cover than for any other open water swimming event, with 1:1 support at all times

## **A SAILBOAT/ACCOMPANYING BOAT**

During your challenge, you will be hosted aboard Lemman hope sailboats (sailboats only on Lac Léman). The skippers and members of Lemman hope will be on board to support you

## **A QUALITY SWIMMER PACK**

You will receive a special edition swim hat and limited edition microfibre towel made from quality, but 100% recycled material

## **DIGITAL SWIMMING DATA**

Each swimmer will be tracked and will be informed live of their effort - their performance will be recorded

## **FOOD AND DRINK !**

Fresh fruit, savoury and sweet items, hot and cold drinks will be provided throughout your relay

## **AN APERITIF UPON ARRIVAL**

You will be welcomed with an aperitif of champions! Champagne bubbles and savory snacks will be there!

## **A TEAM PHOTO**

Each team will receive their team photo

## **TRAINING SESSIONS**

We organize swimming sessions supervised by professionals from May to August

# What is included





*"The desire to support this cause allowed us to **overcome some fears** related to swimming for the first time in the lake. A unique experience ! **See you next year.**"*

**RDR ARCHITECTES**  
**8,7 KM - CULLY TO OUCHY RELAY**



*"Thank you so much for the **magnificent organisation** and this day that we had."*

**BANQUE HERITAGE**  
**9,7 KM - MIES TO GENEVA RELAY**

**What the 2023  
teams say!**



*"Proud to have participated in this challenge, **pushing beyond** what we thought were **our limits**, and **supporting these young people** who have not had the same luck as us."*

**NESPRESSO**  
**9,7 KM - CHILLON TO VEVEY RELAY**

SOME PARTICIPATING COMPANIES FROM 2023  
LIMITED TO 50 IN 2024!

Medtronic 

 BARCLAYS | Private Bank



NESPRESSO 

 PICTET  
1805

 ADERCO  
SMART SOLUTIONS

 MIRABAUD

 CP Centre Patronal

QUADRA  
COMMODITIES

insiders

*Cartier*

ULYSSE  NARDIN

  
TotalEnergies

RDR | architectes



Garrett  
ADVANCING MOTION

  
SwissLife  
Select



Houlihan Lokey



BANQUE HERITAGE



REALSTONE

SL&BS  
Swiss Legal & Business Solutions



Composite  
Recycling

*“What an amazing event! Thank you so much to the swimmers for getting involved, and raising funds that allow us to participate in the Lemman hope confidence building trips” Olivia*

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Let's make a difference. Together.

