

Activity book 2019



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Welcome to the Naesbycenter

Dear guest of the center camp.

You now have in your hand, the Naesbycenter's activity book of 2019. This activity book describes all the activities we offer our guests at center camps. At the Naesbycenter, we have activities ranging from felting, to medieval cooking, to making soap bubbles, hikes, and many other activities. It is our goal, that the activities are fun, challenging and exciting, and inspire to the scouts to immerse themselves and reflection. Therefore, we hope that you will take your time to read this activity book and consider what you want to accomplish with each activity.

We have defined which range of age we think is the appropriate for every activity. Of course, we think that younger children than our defined age groups will be able to manage the activities, but they will probably need more guidance from you as a leader. We ask that you pay extra attention to the lake-activities, as the scouts must comply with the age limit and must be able to swim. Also, your own scout association may have different rules and guidelines that apply to lake and sea activities.



Structure of this activity book

The first part of the activity book gives an introduction on the Naesbycenter, and it gives important information about the camp, activities and sightseeing we recommend.

Our activities are in alphabetic order and every activity has an activity number, e.g. K-20. When you book activities for the summer, you must use this activity number, as it will ease the job for the activity coordinator.

Enjoy.



Important information

Groceries

You need groceries to do some of the activities. You will be responsible for ordering (and paying for) these groceries yourself. The activity coordinator will tell you which activities this applies to, and which groceries to order, as we are nearing the camp date.

Historical workshops

Some activities are made as historical workshops. The activities are e.g. blacksmith, horn making, Viking jewelry making, working with wool and the outdoor kitchen. When you are participating in the historical workshops, a member of the staff will be there as an instructor, along with the leaders. The instructor will want to teach the traditions and give scouts a different experience with these activities. Not all historical workshops will be available at every camp, so talk to the camp leader, to explore the possibilities.

Choosing activities

At the pre-camp, we will hand out two activity schemes. You use these to write which activities you want to participate in. You will keep one of the schemes, while you send the other to the camp leader or the activity coordinator. The schemes will be sent to you, if you do not participate in the pre-camp. The activity coordinator will try to fulfill all the requests, but do note, that not all activities are guaranteed, as many others may have requested the same activities and/or we may not have an abundance of the specific materials.

At the camp

We recommend that you prepare yourself for each activity, the day before you are to participate in it, by reading the description of the activity. You can find the descriptions in the "idea workshop", in Jagtvejen, the equipment building. Ask the activity coordinator, if you need any help. If you assess that you are not able to participate in all the activities that we are preparing for you, please tell the activity coordinator as soon as possible, for us to save time.

The Naesbycenter's environment change program

The Naesbycenter is a member of the SCENES network (Scout Centres of Excellence for Nature and Environment), which is a network of scout centers in the whole world, that have committed themselves to work intensely with the nature and environment. Therefore, the Naesbycenter has an environment change program for the summer camps. The program is represented by five fingers, to symbolize a hand, for it is with our hands we can make a difference and take responsibility for the environment. If you actively work on all five fingers, you earn the right to bear the Naesbycenter's environment badge. The badge is a symbol of completion, but the most important part is the scout's achievement of knowledge and that they are motivated to make a difference in the future.

The five fingers are:

- Waste sorting and reusing
- Energy consumption
- Environmental efforts in the local area
- Our declaration
- Plans, for when we get home



At the pre-camp, you get more information and a folder, which tells more precisely what the program contains. Even if you do not participate in the badge, you still must sort the waste at the camp. Each scout group will receive six buckets at the start of the camp. Each bucket has a different color, and the color represents a different waste. Some of our activities are focused on the nature and the environment, some staffed, some with information. We also have an environment-game, developed in collaboration with other Danish SCENES-centers and WOSM.

Canoe hike at the Naesbycenter

The Naesbycenter is located close to the stream "Suså", and therefore it is an ideal opportunity to go on a canoe hike. It is a unique experience to sail on one of Denmark's beautiful streams. You will experience the preserved Tystrup-Bavelse lake, where fish, ospreys, sea eagles and occasionally golden eagles live. We recommend that the scouts are aged 12, if they are going to spend a night on the canoe hike. We have deals with the local canoe rental, so that you can get a discount when renting the canoes.

It is your own responsibility to contact the canoe rental for information, prices, maps and orders. Read more at Suså canoe rental at www.kanoudlejning.dk, tel. +45 57 64 61 44



Excursions at the Naesbycenter

The Naesbycenter has excursions in all directions.

Excursions approximately 10 km.

- Ravnstrup Lake, Herlufmagle
- Sorø e.g. Sorø Academy
- Frederikskilde (opportunity to swim in lake)
- Herlufmagle outdoor swimming pool

Excursions approximately 20 km.

- BonBon-Land amusement park, Holme Olstrup
- Næstved
- Ringsted
- Karrebæksminde

Excursions approximately 30 km.

- Gavnø Go Fly
- Korsør
- Skjoldnæsholm
- Skælskør

Excursions more than 30 km.

- Roskilde e.g. The Viking Museum

Possibilities at the Naesbycenter

Outdoor kitchen

At the Naesbycenter we have a large outdoor kitchen, with cover. The outdoor kitchen has two stone ovens, two firewood stoves and plenty space to prepare dinner and seating. Booking the outdoor kitchen is an opportunity to cook different food than usually possible with a bonfire. Take for example lasagna, pizza, cake, roasted pork, chicken or something entirely else. Look up the activity at F-55.

Shelters and Gammen (soil cave shelter)

At the Naesbycenter, we have eight shelters, placed all around the center. Four of them are placed different places, facing the Loch Naes Lake and the other four are placed in a group. We also have the "Gammen", a soil cave shelter, with grass on top and a small bonfire place inside. You are welcome to book the shelters or Gammen to sleep in and you can also borrow reindeer skins to sleep on. Talk to the activity coordinator about your options and you are welcome to write it on your activity scheme.

Excursions and hikes

We offer different hike routes, short and long and it is also a possibility to go on bike hikes, if you are interested in that. Talk to your activity coordinator about the possibilities or look in this activity book at "Hikes". If you are more about excursions, you can take a trip to Copenhagen, Bon Bon Land, swimming pools or maybe Gavnø Castle's Go Fly high rope track.

Collective activities

The great thing about camping at a scout center, is that you get to meet a whole lot of other scouts. We try to arrange a set of collective activities, in cooperation with you. Usually, we have 1-2 collective campfires and often one devotion. Additionally, we find it very important to have one collective activity day at the camp. This day, all the camp's participants join a collective activity, with a special theme and often with collective dinner. If you think that a night activity would be great, talk to the camp leader about the possibilities.

The large activity area

Do you need a lot of space? Maybe you want to play soccer or baseball? Maybe something entirely else? We have a huge area for activities, where the limit is your own imagination. You can borrow different games and materials, e.g. baseball, the Viking Game, the crof track (golf and croquet, mixed) or anything else. We are working on a "relax lounge" just to the side of the activity area. Here you can do some of your own wellness activities.

Fuel saving stoves

At the Naesbycenter we have fuel saving stoves and we encourage you to borrow them, when you are at our camp. It is a smart way to save firewood and thereby be more conscious about the environment. Furthermore, the stoves have great surfaces for placing pans or pots. Ask about the stoves in the "Jagtvej" (the equipment building).

The Idea Workshop

Are we missing something you would like? Have you forgotten the rules of baseball? Or do you just want some inspiration to something at home or for the next day? Then go to the idea workshop. Here there are directories and books you can borrow, for exactly those challenges.

Goose Game

The Naesbycenter is co-founder of the GOOSE network – a cooperation between international scout centers in Europe. This network has made a game, where you solve tasks made by each scout center, that represents the scout center in some way. When the scouts have played the game, they can buy a Goose badge. If they want it, the leader should contact the camp leader.

The Naesfolk recommends

The Naesfolk, are the scouts that take care of the center, plans and runs camps, weekend activities, develop activities and explore options of making new, different and challenging scouting.

You can always recognize us from our blue scarfs and our happy smiles.

To become a member of the Naesfolk one must have worked at the Naesbycenter, equivalent to a weekend work and be at least 15 years of age. As a part of the Naesfolk, you will rapidly make bonds with new friends. It is the uniting community that drives us, as the Naesfolk is not paid. If you want to be a part of us, please do not hesitate to talk to us.



Nikolai: "I v morning str activity is an all ages. You get nature at it's mos affirming side."



Cecillie: "One of the cool things about the Naesbycenter is that we offer so many activities. Like box activities such as Speed Dating (who does not want a camp sweetheart?) or the Teambuilding activity (the scouts cooperation skills are tested). Or like our staffed activities such as the outdoor kitchen, that makes delicious pizzas in just 2 minutes. However, I think that there is just one most awesome activity, and that is the kayaks! Loch Naes offers cool possibilities such as kayakpolo, looking at crayfish or just have a ton of fun and joy in the water. Going to Loch Naes is really a place where you can push your limits."



Martin: "I would The Word Machi something new e the scouts an op creatively and us materials."

Index of selected activities

Staffed activities

A-20	Working with wool – Historical workshop
B-60	Beekeeping
H-55	Horn – Historical workshop
K-15	Kayaks
K-20	Kayaks – kayak polo
M-55	Morning stroll
N-15	Natures pantry
N-50	Naesfolk for half a day
S-20	Blacksmith – Historical workshop
S-85	Life of the lake
V-20	Viking jewelry – Historical workshop

Staffed at the start

*Can be staffed till the end

F-55	Outdoor kitchen
G-10*	Goose Game
H-05	Trading voyage
K-05	Canoe
K-10	Canoe – Fishing ice in Loch Naes
M-40*	Environment game
M-60	Juice press
R-15	Smoke oven

Sea activities

K-05	Canoe
K-10	Canoe - Fishing ice in Loch Naes
K-15	Kayaks
K-20	Kayaks – Kayak polo
T-30	Rafting
U-05	Submarine

Nature activities

B-35	Bee wax candles
B-60	Beekeeping
F-05	Pitfall – traps for small animals
I-10	Insect vacuumer
M-55	Morning stroll
N-05	Nocturnal insects
N-25	Natures cosmetics
P-25	Pearls of wood
P-40	Plants and oxygen – Photosynthesis
P-50	Primitive forks
R-40	Runes in wood
S-15	Sculptures in nature
S-30	Safari of small animals
S-40	Carving workshop
V-02	Water purification
V-30	Game of windmills

Nightly activities

N-05	Nocturnal insects
N-10	Sneaking in the night
O-10	Reversed day
T-25	Pull your day
N-12	Chefs of the night

Historical workshops

A-20	Working with wool – Historical workshop
H-55	Horns – Historical workshop
S-20	Blacksmith – Historical workshop
V-20	Viking jewelry – Historical workshop

Environmental activities

M-40	Environmental game
M-45	Environmental yatzy race for youngsters
M-50	Environmental yatzy race for elder
P-15	Papermaking

Activities with food

F-55	Outdoor kitchen
M-60	Juice press
N-12	Chefs of the night
N-15	Natures pantry
O-15	Cheesemaking
P-55	Sausage press
R-15	Smoke Oven
S-25	Butter creaming in rumble pot
Æ-10	Egg in a bottle

Activities for everyone

B-10	Balloon-sneaking-race
B-35	Bee wax candle
B-40	Bombs away
B-45	Archery
D-20	Kite building
F-05	Pitfall – traps for small animals
F-25	Bottle storm
F-45	Football golf
F-50	Photo hunting
F-55	Outdoor kitchen
H-05	Trading voyage
M-15	Density
M-45	Environmental yatzy race for youngsters
N-10	Sneaking in the night
N-12	Chefs of the night
N-15	Natures pantry
N-27	Naturecrolf for youngsters

O-05	Orientation run
O-10	Reversed day
P-15	Papermaking
P-25	Pearls of wood
P-30	Pioneering projects
P-55	Sausage press
R-10	Raft bowling / Viking game
R-12	Relax Lounge
R-15	Smoke Oven
S-25	Butter creaming in rumble pot
S-30	Safari of small animals
S-35	Snowball fight in the summer
S-51	Sun lighter – Race
S-80	Soap bubbles
S-85	Life of the lake
V-01	Water fight
V-15	Viking games
V-30	Game of windmills
Æ-10	Egg in a bottle

Activities from 8 years of age

B-60	Beekeeping
I-10	Insect vacuumer
M-55	Morning stroll
N-05	Nocturnal insects
P-30	Pioneering projects
S-15	Sculptures in nature
T-15	Tornado
U-02	Water purification

Activities from 10 years of age

A-10	Wristband
A-20	Working with wool - Historical workshop
E-20	A day in the tent
F-20	Bottle rocket
F-53	Freezer
G-10	Goose Game
H-55	Horns – Historical workshop

Activities

Activities - A

A-10 Bracelets (knot and braid)

This activity is a very flexible activity, where you choose which bracelet you want to make out of many different recipes. Braid it in your favorite color, braid it for a gift, braid a friend bracelet or braid the coolest survival bracelet from paracord for yourself and do it along with your scout friends.

Duration: 1-2 hours

Participants: Optional

Guiding age requirement: 10 years of age

A-20 Working with wool and needle felting – Historical workshop

Humans have through time used and worked with the wool from the house animals. The wool has been cleansed for dirt, carded and spun into strings and then colored, so you could weave it into fabric and then you could make clothes, blankets, sails and tents. You can also use the wool for felting, then you can create hats and gloves. It is an exciting process to work with wool and when you have worked with wool, you will get a feeling of how long a process it was to make clothes. At this workshop we work with the raw wool from sheep. It is possible to try different ways to work with the wool. You can also try needle felting.

Duration 2½-3 hours

Participants: Max 10 persons

Guiding age requirement: 10 years of age

Activities - B

B-10 Balloon-sneaking-race

An evening game for the youngest, where the purpose is to sneak your balloons to the goal without any of your contestants destroying your balloon.

Duration: 1 hour

Participants: Min. 10 persons

Guiding age requirement: All ages

Activities - B

B-15 Balloon on a bottle

Is it possible to inflate a balloon by using a bit of vinegar? Choose this activity if you want to do a little experiment.

Duration: 30 minutes

Participants: 5 persons

Guiding age requirement: Max 10 years of age

B-30 Bitchvolley

If you want to be active and like to play volley with a twist, where it's important to find the team's biggest "bitch", this is the right activity for you. It is super fun and not as serious as a normal game of volley.

Duration: Min. 30 min

Participants: 12 persons

Guiding age requirement: 12 years of age

B-35 Bee wax candles

Make a candle out of bee's wax. You can use it in the evening at the campsite.

Duration: 30 min

Participants: Optional

Guiding age requirement: All ages

B-40 Bombs away

A nice little ballgame. Can be used while waiting for another activity or as an icebreaker.

Duration: Min. 10 minutes

Participants: Optional

Guiding age requirement: All ages

B-45 Archery

Do you want to be as cool as Robin Hood? You can shoot with bow and arrow and compete against your scout friends – see who can hit the target the most times.

Duration: ½-1½ hour

Participants: App. 6 person

Guiding age requirement: All ages

Activities - B

B-60 Beekeeping

Do you want to know more about the honeybee's wonderful world? The activity gives you a look inside the bee's world and you will have the opportunity to see the bees in their beehive. The activity is once a week with the beekeeper, who will tell how the bees live and how they are.

Duration: 2 hours

Participants: Max 14 persons

Guiding age requirement: 8 years of age

Activities - C

C-15 Cola magic

Does a cola light float? And how about a regular cola? Try an experiment with cola cans and learn about density and buoyancy.

Duration: 30 minutes

Participants: Optional

Guiding age requirement: 6-10 years of age

Activities - D

D-20 Kite building

At the Naesbycenter it is possible to build more than one type of kite. A kite competition could be a fun way to end the activity or to start the next scout meeting.

Duration: 1-2 hours

Participants: Max 15 persons

Guiding age requirement: All ages

D-25 Drinking- and eating-bowl

Have you forgotten your plate and cup? Then you now have a fantastic opportunity to make one out of a coconut. You get to saw, cleanse, polish, oiling and drilling a hole for a string, or whatever you want to make it special.

Duration: 2 hours

Participants: Optional

Guiding age requirement: 8 years of age

Activities - E

E-20 A day in the tent

A day in the tent where you can have fun with your patrol – think just to do a lot of activities without getting out of your sleeping bag. It is also an activity you can use, if it is raining and you don't want to be outside. There are several assignments, there must be solved – both discussions, games, scout skills and a lot more.

Duration: 5 minutes – 3 hours

Participant: Optional

Age. Reg.: 10 years of age

Activities - F

F-05 Pitfall – traps for small animals

Make a trap where you get small animals to fall in, so you can analyze them.

Duration: 1-2 hours, however the traps shall stay over the night.

Participants: Optional

Guiding age requirement: 6 years of age

F-20 Bottle rocket

Build a rocket from a soft drink bottle, a tin, a bike tube valve and a few other common items. Pump it up, watch out, and shoot!

Duration: 1-2 hours

Participants: Optional

Guiding age requirement: From 8 years of age

F-25 Bottle storm

Fill a bottle with colored water and oil and watch the waves rise as you push it over.

Duration: 1-2 hours

Participants: Optional

Guiding age requirement: 6-10 years of age

F-45 Football golf

Would you like to try golfing in a new way? Here you can golf by kicking a football and see how many shots it takes to hit the hole. Good luck!

Duration: 1-2 hours

Participants: Optional

Guiding age requirement: All ages

Activities - F

F-50 Photo hunt

Get around the center in a fun and untraditional race. Look carefully at the photos and then you are ready to search the ground for the places.

Duration: 2-3 hours

Participants: Optional

Guiding age requirement: All ages

F-53 Freezer

A tactic wrestling game, where you can be as many you like, yet at least 4 persons. The game is about being fast, tactical and about having long arms. A fun and challenging game for kids and childish souls.

Duration: ½-2 hours

Participants: Min. 4 persons

Guiding age requirement: 10 years of age

F-55 Outdoor kitchen (remember to order supplies)

This activity is meant as a guidance in how to use the outdoor kitchen. You can ask the staff for recipes – there is a briefcase filled with delicious recipes. Remember to buy the groceries and ask the staff if you want to dress up and cook food from the ages.

Duration: 2-3 hours – however, remember that it takes 2-3 hours to chop firewood and heat up the Ovens.

Participants: Min. 10 persons

Guiding age requirement: All ages

F-60 Frisbee Golf

Do you like golfing and do you want to play it in a different way and football golf isn't your thing. Instead you can use the arms and play frisbee golf at the big activity field. See who can hit the holes with fewest throws. Good luck.

Duration: ½-4 hours

Participants: 5 persons

Guiding age requirement: 8 years of age

Activities - G

G-10 Goose Game

GOOSE is a European center network and therefore the activity is focused on the European scout centers. It is a game, that can be played in about 20 different scout centers in Europa. The activity can vary from year to year and especially from place to place. It is a game where you compete against one or other teams and where you try the different activities, which the different centers have created. When the game is over you can buy the GOOSE badge by the camp leader.

Duration: 1-3 hours

Participants: 8-32 persons

Guiding age requirement: 10 years of age

G-20 Walk on glass

Do you have the courage to step on razor sharp pieces of glass with your bare feet? If yes, this is the activity for you. Move your limits and have your feet tested.

Duration: 1-2 hours

Participants: Optional

Guiding age requirement: 12 years of age

Activities - H

H-05 Trading voyage

The Vikings travelled far and wide and established trade in many locations. Embark on a trading voyage – a race where you will visit and trade in cities in and outside Europe. The trading voyage is organized as a star race (ask a Dane) and 2-3 of the leaders must be used to administrate the race. The trading voyage is divided into two difficulty levels, to make it available for all ages.

Duration: 2-3 hours

Participants: Min. 10 persons

Guiding age requirement: All ages

Activities - H

H-55 Horns – Historical workshop

In the Bronze age, the population started introducing tame candles in Denmark and the families acquired a commodity for making household items of horns. Before, they had to carve their spoons and other household items from wood, but horns were a better and finer material. With this activity you get the opportunity to make your own jewelry, scarf ring, spoon or other things, depending on your crafting skill, patience and what the staff can offer the week that you are visiting the Naesbycenter.

Duration: 3 hours

Participants: 10 persons

Guiding age requirement: 10 years of age

H-58 Dodgeball

Do you want an activity with sweat and tears, this could be your choice. Most kids know and love dodgeball, and here they get the opportunity to play the game with their scout friends.

Duration: ½-2 hours

Participants: Optional, however an even number is preferable

Guiding age requirement: 8 years of age

Activities - Hike

H-106 Hike - Bjørnebækken at Bisserup

You can either walk, cycle or take the bus on this hike, where you get the opportunity to come to Bisserup Beach and take a swim. The hike is an opportunity to see many different bird- and plant-species, as well as dolmens, burial mounds, churches and memorial stones. There are excellent shopping possibilities in Fuglebjerg and accommodation close to Bisserup Beach. The bus drives most the way, and the hike is therefore available for younger scouts.

Length: 31 km or 63 km (19.3 ml or 39.1 ml)

Duration: Up to 2 days

Participants: Optional

Guiding age requirement: 10 years of age – depending, if they are used to walk

Activities – Hike

H-110 Hike - Engelstofte forest and parish of Næsby

A short hike, e.g. a one-day trip for the youngest, on 8 km (5 ml). If a detour to the village of Glumsø is tempting, the hike will be prolonged to 15 km (9.3 ml) in total. The hike goes through forest and along minor roads in a changing landscape with many sights.

Length: 8 km or 15 km (5 ml or 9.3 ml)

Duration: 1-2 days

Participants: Optional

Guiding age requirement: App. 8 years old depending on whether the scouts are used to hike or not.

H-115 Hike – The Churches of the Family of White

This hike goes along minor roads through the farming countryside of Mid-Zealand where Denmark for a century was reigned during the Middle Ages. Absalon or Axel, the founder of Copenhagen, grew up in this area as part of the very powerful Family of White. On the hike, you will pass two of the clan's most remarkable buildings: the church in Fjenneslev and the round church in Bjernede.

Length: 32 km (19.9 ml)

Duration: 2 days

Participants: Optional

Guiding age requirement: App. 10 years old depending on whether the scouts are used to hike or not.

H-120 Hike – The Churches of the Family of White and Lake Tuel

This is a longer version of H-115 that beside Lake Tuel also provides the opportunity to visit the town of Sorø with the Abbey of Sorø. By visiting the Abbey, the hike will be 44 km (27.3 ml) compared to the original 42 km (26.1 ml).

Length: 42 km or 44 km (27.3 ml or 26.1 ml)

Duration: 2 days

Participants: Optional

Guiding age requirement: App. 12 year depending on whether the scouts are used to hike or not.

Activities – Hike

H-125 Hike – Mini-hike to the village of Glumsø

A hike for the youngest that goes along minor roads and nice paths, which offers wonderful experiences in nature. The hike passes through the village of Glumsø where it is possible to do some shopping and visit the Bike and Moped museum. The destination of the hike is the lake in Glumsø – an ideal place to enjoy lunch.

Length: 10 (6.2 ml) or 13 km (8.1 ml) with or without the lake, respectively.

Duration: 1 day

Participants: Optional

Guiding age requirement: App. 8 years old depending on whether the scouts are used to hike or not.

H-130 Hike – The Great Forest of Næsbyholm

One of the most picturesque landscapes of Mid-Zealand is located around the Lakes of Tystrup-Bavelse. From the top of the hills, a magnificent view opens to a forestry landscape. The countless mounds and barrows tell the story of a once vivid activity in the area. During the Middle Ages, the lakes and Suså River were an important trade route from Næstved and into the country.

Length: 21 km (13 ml)

Duration: 2 days

Participants: Optional

Guiding age requirement: App. 10 years old depending on whether the scouts are used to hike or not.

H-131 Hike – Næsby, Engelstofte, Glumsø Lake and Vesterforest

A hike that can be used as a one-day trip for the younger scouts. The hike goes along minor roads to Engelstofte, where it will be possible to visit the riding school (if contacted beforehand, it may be possible to go horseback riding for a small amount). Hereafter the hike passes by the Estate of Engelstofte and continues to Glumsø where it is possible to do some shopping. Further along the hike will follow minor paths to Glumsø Lake, where there is a lovely park area and lovely experiences in nature. The final stages of the hike continue with a lovely walk through Western Forest and passing by the Abbey of Kristiansdals.

Length: 18 km (11.2 ml)

Duration: 1-2 days

Participants: Optional

Guiding age requirement: App. 8 years old depending on whether the scouts are used to hike or not.

Activities – Hike

H-132 Hike – Næsby, Engelstofte, Glumsø and Vesterforest

This shorter hike, which the younger can participate in, combines visit to the towns of Næsby, Engelstofte and Glumsø with a trip through Vesterforest. It will be possible to visit the church in Næsby, the riding school in Engelstofte, do some shopping in Glumsø and get lovely experiences in the great nature around Glumsø Lake and in vesterforest.

Length: 16 km (10 ml)

Duration: 1-2 days

Participants: Optional

Guiding age requirement: App. 8 years old depending on whether the scouts are used to hike or not.

H-135 Hike – Sorø and the forests around Sorø

This hike combines culture, nature and experiences with a long and beautiful hike along minor roads and through forest to the town of Sorø. It is possible to walk the beautiful path along Lake Sorø making the hike 28 km (17.4 ml) compared to the original 22 km (13.7 ml).

Length: 22 km or 28 km (13.7 ml or 17.4 ml)

Duration: 2 days

Participants: Optional

Guiding age requirement: App. 10 years old depending on whether the scouts are used to hike or not.

H-140 Hike – The towns of Tybjerg and Næstved

This hike offers the possibility to go far by a varying route along many minor roads and a few larger roads. There are several great attractions along the route, for instance the adventure park Bon Bon Land. By taking the train back from Næstved the hike can be reduced to app. 40 km (24.9 ml) from the original 60 km (37.3 ml).

Length: 40 km or 60 km (24.9 ml or 37.3 ml)

Duration: 1-2 days

Participants: Optional

Guiding age requirement: App. 10 years old depending on whether the scouts are used to hike or not.

Activities – Hike

H-145 Hike – Round Lake Tystrup

This hike goes through the beautiful hilly landscape around the lakes of Tystrup-Bavelse. It has the advantage that a short cut cannot be made and that there are quite a few sights along the route. Furthermore, it is possible to go for a swim in the lake at Kongskilde Friluftsgård on Frederikskilde beach.

Length: 30 km (18.6 ml)

Duration: 2 days

Participants: Optional

Guiding age requirement: App. 10 years old depending on whether the scouts are used to hike or not.

H-146 Hike – Around Lake Tystrup – extended

This hike goes through the beautiful hilly landscape around the lakes of Tystrup-Bavelse. It has the advantage that a short cut cannot be made and that there are quite a few sights along the route. Furthermore, it is possible to go for a swim in the lake at Kongskilde Friluftsgård on Frederikskilde beach. The extension consists of a trip around Glumsø, Glumsø Lake and Ulstrup.

Length: 42 km

Duration: 2 days

Participants: Optional

Guiding age requirement: App. 14 years old depending on whether the scouts are used to hike or not.

H-150 Hike - Ulstrup

If you want to go to Glumsø but want something a little more challenging, this is the hike. This is a lovely hike with many choices e.g. explore the birdlife around Glumsø Lake or visit the Bike and Moped museum in the village of Glumsø. It is a hike to enjoy the beautiful and peaceful landscape of the area.

Length: 20 km (12.4 ml)

Duration: 1-2 days

Participants: Optional

Guiding age requirement: App. 8 years old depending on whether the scouts are used to hike or not.

Activities - I

I-10 Insect vacuumer

Using only a jar and rubber tubes it is possible to create a vacuum cleaner for bugs. When the vacuum cleaner for bugs are finished, it is possible to investigate the small bugs in the grass or by the lake. NB! It is also possible to borrow a vacuum cleaner for bugs.

Duration: 1 hour + investigating bugs

Participants: Optional

Guiding age requirement: 6 to 10 years old

Activities - K

K-05 Canoe

The center possesses 5 canoes, which are nice to sail around on our Lake, Loch Naes.

For safety reasons, there must be an adult (min. 18 years old) present.

Furthermore, it is a requirement that the scouts can swim. It is the responsibility of the scout leader to know if the scouts can swim or not. Be aware that your scout organization can have special requirements that you have to follow. The center has float jackets, however some scout organizations requirements for the scouts to wear life jackets. In such case, you will have to bring your own life jackets.

Duration: 2-3 hours

Participants: Max 15

Minimum age requirement: 10 years old

Other requirements: The scouts must be able to swim. An adult (min. 18 years old) must be present during the activity.

Activities - K

K-10 Canoe – Fishing ice in Loch Naes

A canoe activity on our lake, Loch Naes, where you catch bottles with small butterfly nets. The goal is to get as many points as possible. The bottles have color codes that each gives different amount of points.

For safety reasons, there must be a leader present. Furthermore, it is a requirement that the scouts can swim. It is the responsibility of the scout leader to know if the scouts can swim or not. Be aware that your scout organization can have special requirements that you have to follow. The center has float jackets, however some scout organizations requirements for the scouts to wear life jackets. In such case, you will have to bring your own life jackets.

Duration: 2-3 hours

Participants: 4-15 persons

Minimum age requirement: 10 years old

Other requirements: The scouts must be able to swim. An adult (min. 18 years old) must be present during the activity.

K-15 Kayaks

The center possesses kayaks that is a lot of fun to sail in, but you should not fear water too much.

For safety reasons, a member of the staff will attend this activity together with the scout leaders. Before the scouts can do kayaking on their own, they are tipped while sitting in the kayak to learn how to get out of the kayak and knows how it feels when you tip at some point – because you usually do!

It is a requirement that the scouts can swim. It is the responsibility of the scout leader to know if the scouts can swim or not. Be aware that your scout organization can have special requirements that you have to follow. The center has float jackets, however some scout organizations requirements for the scouts to wear life jackets. In such case, you will have to bring your own life jackets.

Duration: 2-3 hours

Participants: Max 12 persons

Minimum age requirement: 12 years old

Other requirements: The scouts must be able to swim. An adult (min. 18 years old) must present during the activity.

Activities - K

K-20 Kayaks – Kayak polo

A ball game on the lake in kayaks. The scouts will be divided into 2 teams and the goal is to be the team who scores most goals.

For safety reasons, a member of the staff will attend this activity together with the scout leaders. Before the scouts can do kayaking on their own, they are tipped while sitting in the kayak to learn how to get out of the kayak and knows how it feels when you tip at some point – because you usually do!

It is a requirement that the scouts can swim. It is the responsibility of the scout leader to know if the scouts can swim or not. Be aware that your scout organization can have special requirements that you have to follow. The center has float jackets, however some scout organizations requirements for the scouts to wear life jackets. In such case, you will have to bring your own life jackets.

Duration: 1-3 hours

Participants: Max 12 persons

Minimum age requirement: 12 years old

Other requirements: The scouts must be able to swim. An adult (min. 18 years old) must be present during the activity.

Activities - L

L-10 Roleplaying

Do you like to act? Do you like to be given a certain role with a specific task? Then this activity is made for you. Each participant will draw a role and some personality traits. Furthermore, a situation will be given, and the show can begin. Only your imagination sets the limits.

Duration: ½-2 hours

Participants: Optional

Guiding age requirement: 14 years old

L-20 Candle making

Candle making is an interesting activity both for elder and younger scouts. You can make your own candles here.

Duration: 2-3 hours

Participants: 5-20 persons

Guiding age requirement: 10 years old

Activities - L

L-25 Candle making in sand

Candle making is an interesting activity both for elder and younger scouts. You can make your own candles here.

The moistened sand gives the opportunity to create candles in funny and different shapes.

Duration: 1-2 hours

Participants: 5-20 persons

Guiding age requirement: 12 years old

Activities - M

M-15 Density

Perform an experiment with 3 liquids to find out which objects that floats on what liquid.

Duration: ½-1 hours

Participants: 10 persons

Guiding age requirement: 6-10 years old

M-40 Environmental game

Would you like to learn how you can make an impact on the environment on a global and local level? Then try the environmental game! Throughout the game, you will be challenged on your theoretical knowledge and you will get the opportunity to reflect on how you can help improve the environment.

Duration: 2-3 hours

Participants: Optional

Guiding age requirement: 10-14 years old and min. 15 years old (two levels)

M-45 Environmental Yahtzee for the younger

Do you know all about the environment? Are you ready to test your knowledge? Throw a dice, find the correct assignment, solve the task, and get points.

NB! The scout leader must hang the assignments up before the game can begin.

Duration: 1-2 hours

Participants: Min. 6 (the more the merrier)

Guiding age requirement: 6-12 years of age

Activities - M

M-50 Environmental Yahtzee for elder

Do you know all about the environment? Are you ready to test your knowledge? Throw a dice, find the correct assignment, solve the task, and get points.
NB! The scout leader must hang the assignments up before the game can begin.

Duration: 1-2 hours

Participants: Min. 6 (the more the merrier)

Guiding age requirement: 12 years of age

M-55 Morning stroll

Join one of the staff members and experience the awakening of nature. The walk begins quietly and halfway asleep just before dawn. At this time, the owls and bats are not yet gone to sleep. We will also hear the chirping birds awaken and simply enjoy waking up along with all the life around us on this silent and peaceful walk. If the weather allows, the walk ends with watching the sunrise.

Duration: 1 hour

Participants: Max 12 persons

Guiding age requirement: 8 years of age

M-60 Juice press (remember to order supplies)

Have you always dreamed of making your own juice, perhaps for breakfast? Now you have the opportunity for making your own juice, by using the centers juicer. It takes around 3 kg of apples to make 1½ L juice. The activity can be combined with the outdoor kitchen. Remember you must buy the ingredients yourself.

Duration: 1-2 hours

Participants: Optional

Guiding age requirement: 10 years of age

Activities - N

N-05 Nocturnal insects

Observe insects in a summer night and try to determine their species. Suspend a white sheet, place a light source behind it and watch what happens! Remember this is a night activity – it must be dark.

Duration: 1-2 hours

Participants: Optional

Guiding age requirement: 8 years of age

Activities - N

N-10 Sneaking in the night

How good are you at sneaking soundlessly around? Sneaking in the night is a competition in which you try to sneak through the night without getting seen by the one who's out to get you.

Duration: 1 hour

Participants: Min. 8 persons

Guiding age requirement: All ages

N-12 Chefs of the night (remember to order supplies)

Have you ever tried to be hungry just before sleeping time? Now you got the opportunity to prevent this from happening. Why sleep, when you can cook all night and make sure you don't go to bed hungry. In the idea sheets you'll find a lot of different recipes. The outdoor kitchen can also be used along with this activity.

Duration: Most of the night

Participant: Optional

Guiding age requirement: 10 years of age

N-15 Natures pantry

We will collect plants from the area – during a walk, we will discuss what the various plants are good for and which are poisonous. You will make a fire and we will cook our weeds. Can be included as a meal. This activity can also be combined with the outdoor kitchen. This is booked separately. Contact your camp leader, if you want to know if this activity is available in your week.

Duration: ½ day

Participants: 10 persons

Guiding age requirement: All ages

N-25 Nature Cosmetics

For those who want to relax with a cozy activity and who wants some luxury during the rest of the camp. Make lip gloss, cream or shampoo out of natural products.

Duration: ½ day

Participants: Optional

Guiding age requirement: 14 years of age

Activities - N

N-27 Naturecrolf for the youngest

If you like to golf or play football, then this is just your thing. We have the game where we combine the two sports. The lane is already put up, so you can just see who aims the best.

Duration: 1-2 hours

Participants: Max 20 persons

Guiding age requirement: 6-10 years of age

N-28 Naturecrolf for the oldest

If you like to golf or play football, then this is just your thing. We have the game where we combine the two sports. The lane is already put up, so you can just see who aims the best.

Duration: 1-2 hours

Participants: Max 20 persons

Guiding age requirement: 10 years of age

N-50 Naesfolk for half a day

Do you want to live as a staff member for half a day?

As Naesfolk, we do many different duties around the center, e.g. trimming of bushes, painting the buildings, packing the activity boxes and many other tasks. It's never predictable what you are going to be doing, but it will always be fun and in good company.

Afterwards, you will receive a badge as thanks and proof, that you have kept the wheels spinning at the Naesbycenter and makes it appear like a diamond.

Duration: 3 hours

Participants: Max 5 persons

Guiding age requirement: 14 years of age

Activities - O

O-05 Orientation run

On the ground there are several posts with pliers. Together these are creating a race with different levels of difficulty. There are also different types of races, for example: drawn posts on a map, traditional with direction/distance, cross bearings, star race, et cetera.

Duration: 1-2 hour

Participants: Optional

Guiding age requirement: All ages

Activities - O

O-10 Reverse day

Why not try to reverse the program for one day in the camp? We suggest:

06:30 AM Evening run.

08:00 AM Take down the flag.

09:00 AM Eating dinner.

...

11:00 PM Getting up and eating breakfast.

Fill out the rest with activities you like, but reverse order!

Duration: 1 day

Participants: Optional

Guiding age requirement: All ages

O-12 Word machine

The word machine is an activity where no answers are given in advance.

The word machine decides, which words you must work with. When the

word machine has created a sentence, you must perform or do the

sentence. This happens through your fantasy. It is only your fantasy who

decides the result. The result can for example be a theater play, a game, a

machine, a history or something you built. We can provide almost

everything from Jagtvejen. So, you just let your fantasy work.

Duration: 2-3 hours

Participants: 12 persons

Guiding age requirement: 14 years of age

O-15 Cheese making (remember to order supplies)

Make your own cheese for the morning table. Remember to buy the ingredients before the activity. The activity can be combined with the outdoor kitchen.

Duration: 1-2 hours (+waiting time)

Participants: Optional

Guiding age requirement: 10 years of age

Activities - P

P-15 Recycling paper

Make recycling paper of old newspapers. Add natural coloring by putting flowers into the pulp. You'll have to prepare this activity the day before – it takes around half an hour. This activity is a part of the environmental program, but it can also be booked separately.

Duration: 3-4 hours

Participants: Optional

Guiding age requirement: All ages

P-20 Clay Pearls

Shape your own pearls and burn them in a fire. Afterwards you can polish and color them and make your own personal necklace or something else.

Duration: 1½ hours (+ burning the pearls)

Participants: Optional

Guiding age requirement: All ages

P-25 Wood pearls

Make nice pearls out of a wood brick by using a fire and a steel brush. Afterwards you must cover them in oil and put them on a string, so the pearls can be worn around the neck or on the uniform.

Duration: 1-2 hours

Participants: Max 18 persons

Guiding age requirement: All ages

P-30 Pioneering projects

Choose between big pioneering projects like a monkey bridge or a catapult. Look in the briefcase in the idea workshop for inspiration and to see our selection.

Duration: 2 hours-1 day

Participants: Optional

Guiding age requirement: 8 years of age

P-40 Plants and oxygen – photosynthesis

What is photosynthesis and why is it so important? That is what we will investigate here.

Duration: ½ hour, wait 1 hour, then ½ hour more

Participants: 10-12 persons

Guiding age requirement: 10 years of age

Activities - P

P-50 Primitive forks

Carving is a good and ancient craft, and, on this activity, you can carve your own fork and use it for dinner.

Duration: 2 hours

Participants: Optional

Guiding age requirement: 10 years of age

P-55 Sausage press (remember to order supplies)

Make your own sausages for supper or for next day's lunch. You can advantageously make this activity along with N-25 nature's pantry, where you collect different plants that can spice up the sausages. The skin for the sausages can be bought at Super Brugsen in Sorø in the meat department. Remember you must pay yourself. You can make different types of sausages with different content. Experience with different flavors and let the scouts see and learn how we make the food.

Duration: 1-3 hours

Participants: Max 8-10 persons

Guiding age requirement: All ages

Activities - Q

Q-05 Quidditch for muggles

Have you always dreamed of riding a broom? Now you have the opportunity to "fly", as fast as you can and catch the snitch before your opponent.

Duration: ½-3 hours

Participant: 12-18 persons

Guiding age requirement: 12 years of age

Activities - R

R-10 Raft bowling / Viking game

A fun game, which is easy to prepare, and the game can be played repeatedly. Knock the opponent's cones and then finish off their king.

Duration: ½-1 hour

Participants: Min. 2 persons

Guiding age requirement: 6 years of age

Activities - R

R-12 Relax lounge

Is your unit tired after a week at camp or do you just feel like taking a day of after the hike, to relax and have fun together? We have a cozy relax lounge at the big activity field, where it is possible to massage each other, hang out in fatboys and hammocks or to build a sauna.

Duration: 2-3 hours

Participants: Optional

Guiding age requirement: All ages

R-15 Smoke oven (remember to order supplies)

Make your own smoked cheese or smoke a fish for dinner. Only your imagination sets the limits.

Duration: 2-3 hours

Participants: Optional

Guiding age requirement: All ages

R-40 Runes in Wood

Not only did the Vikings carve runes in stone, they carved them in wood as well, when they needed to send a message by carrier. Try to carve runes in wood and make a Viking letter.

Duration: 1-2 hours

Participants: Optional

Guiding age requirement: 10 years of age

Activities - S

S-05 Sauna

Even though the summer can be hot, a sauna can be nice. Perhaps in connection with a wellness day? Or after a day on the lake?

Duration: 3-4 hours

Participants: 5-10 persons

Guiding age requirement: 10 years of age

Activities - S

S-10 Trash to treasure

Use the clips from cans to make fine bracelets or set your imagination free and make something else for example a purse or a cape. You can get a lot of inspiration from the internet.

Duration: 1-2 hours

Participants: Optional

Guiding age requirement: From 10 years of age

S-15 Sculptures in nature

With impetus from a story, told by a leader, then perhaps it is possible to imagine trolls or elf girls or witches – perhaps one lives in "Gammen". Walk around the center and search for the creatures you have been told about.

Duration: 2-3 hours

Participants: Optional

Guiding age requirement: 8 years of age

S-20 Blacksmith – Historical workshop

For several hundred years the blacksmith has been an important craftsman in the small Danish communities. At the Naesbycenter the blacksmith is for the oldest scouts and a great opportunity for trying out and an old and important craft. How would you like to be a blacksmith for a day and forge your own hook, merlespir (ask a Dane) or a fire poker? – The activity is conducted by one from the staff. Contact your camp leader and ask whether there is someone on the staff, who knows how to do blacksmithing. Remember to wear shoes and long pants.

Duration: 3 hours

Participants: Max 10 persons

Guiding age requirement: 10 years of age

S-25 Butter creaming in rumble pot (remember to order supplies)

Make your own butter in the primitive rumble pot. A tool which makes it easier and funnier.

Duration: 1 hour

Participants: Optional

Guiding age requirement: All ages

Activities - S

S-30 Safari of small animals

Experience the tiny world at the Naesbycenter, as we go on a "hike-on-all-four" with a magnifying glass in the hand, to see the small animals and different species.

Duration: 1-2 hours

Participants: Optional

Guiding age requirement: All ages

S-35 Snowball fight in the summer

Have you always wished it would snow during the summer? Here is your opportunity to take in a snowball fight right in the sun – the snowballs are made from stockings and flour. A fun game with your scout friends.

Duration: ½-2 hours

Participants: Optional

Guiding age requirement: All ages

S-40 Carving workshop

Carving is a good old craft. In the carving workshop you can try several things: The Growler (an old musical instrument), a poacher whistle, a butter knife, a measuring stick for measuring the height of trees or small fungi of wood. After the carving the product is refined with sandpaper and oil.

Duration: Min. 1 hour (depending on what you choose to carve)

Participants: Optional

Guiding age requirement: 12 years of age

S-51 Solar cell – race

Watch the small cars drive or insects crawl around only driven by the sunlight.

Duration: ½-1 hour

Participants: Optional

Guiding age requirement: 6-10 years of age

S-55 Sun cell – DIY

Try forces with small electronics. Make a small blower for the warm days or maybe a charger to your phone or something entirely else.

Duration: ½-2 hours

Participants: Optional

Guiding age requirement: 10 years of age

Activities - S

S-56 Sun cell – DIY race

Try making your own sun cell driven car and see who have the fastest.

Duration: ½-2 hours

Participants: Max 10 persons

Guiding age requirement: 10 years of age

S-65 Storm lamp

Make a primitive lamp for use when the wind is blowing and when it is dark. With few materials you can build a nice lamp that is easy to transport.

Duration: 1 hour

Participants: Optional

Guiding age requirement: All ages

S-70 Speed dating

How well do you really know your scout friends? Perhaps it is time to find out, what you really know about your friends and perhaps you will learn some new about your friends by speed dating. You must answer questions about yourself and be willing to ask them to your friends.

Duration: 1 hour

Participants: Optional

Guiding age requirement: 12 years of age

S-73 Ethanol burner

On this activity you can make your own ethanol burner out of cans and thumbtacks. A fun activity with a useful product – you can for example make a cup of coffee on the ethanol burner afterwards.

Duration: 1 hour

Participants: Optional

Guiding age requirement: 12 years of age

S-80 Soap Bubbles

Create amazingly large soap bubbles with the right soap mixture. Can you fit into a bubble? Try blowing bubbles through different things and see how a bubble comes to be.

Duration: ½-2 hours

Participants: Optional

Guiding age requirement: All ages

Activities - S

S-85 Life of the lake

Go on expedition by the lake. It contains a great variety of life. Crustaceans, fish, frogs... What kinds of animals is it and how do they live? We equip ourselves with nets, trays, magnifying glasses and aquariums and catch whatever we can and examine the animals.

Duration: 3 hours

Participants: 12 persons

Guiding age requirement: All ages

Activities - T

T-10 Tinsmith

Small figures of tin are made by making a mold of gas concrete and filling it with melted tin. Try it out during your camp week.

Duration: 2-3 hours

Participants: 10 persons

Guiding age requirement: 12 years of age

T-15 Tornado

Feel the rush of a tornado in a soda bottle. Experiment with water or juice in two bottles and observe how a tornado works.

Duration: ½ hour

Participants: Optional

Guiding age requirement: 8 years of age

T-20 Teambuilding

Get to know each other better through several activities. There are different activities, some requires thinking and some strength, it is all about working together.

Duration: 2-3 hours

Participants: Min. 5 persons

Guiding age requirement: 13 years of age

Activities - T

T-25 Pull your day

During the entire day, you will pull your activity from a pile – perhaps you get a lot of sleep, perhaps you get a little. There is games, serious activities and scout skills during the day, and it is completely random in which order you do the activities. Be ready to have a fun day as a unit.

Duration: 24 hours

Participants: Optional, but in units

Guiding age requirement: 14 years of age

T-30 Raft

Build a raft. We've got different models that takes different skills to build. Afterwards, take it to the lake to play with it. It's super fun!

Duration: 1-3 hours (+ having it in the lake and disassembling)

Participants: 5 persons per raft

Guiding age requirement: 10 years of age (must be able to swim)

Activities - U

U-05 Submarine

A raft with only one barrel, that can carry 2 persons. Can you avoid going under water?

Duration: 2 hours

Participants: 2 per submarine

Guiding age requirement: 10 years of age (must be able to swim)

Activities - V

V-01 Water fight

Is the weather too hot or do you need an excuse to splash your scout leaders with water? Nevertheless, the water fight is a fun activity for everyone in the group.

Duration: 1-2 hours

Participants: Optional

Guiding age requirement: All ages

Activities - V

V-02 Water purification Being able to purify your sewage is extremely important in a modern industrialized society, but how is it done? The activity will help you gain inspiration to create and experiment with your own water purification system.

Duration: 2 hours

Participants: Optional

Guiding age requirement: 8 years of age

V-03 Waterbed

Have you ever tried making your own waterbed? Have you tried to sleep in one? Perhaps you should try this activity?

Duration: 1-2 hours

Participants: Optional

Guiding age requirement: 14 years of age

V-15 Viking games

Exciting and fun games from the Viking age.

Duration: ½-1½ hours

Participants: Min. 6 persons

Guiding age requirement: All ages

V-20 Viking jewelry – Historical workshop

In excavations from the Viking age many kinds of jewelry have been found. Before the use of coins, you would use your jewelry as payment, by cutting a piece of your bracelet. In this historical workshop you can make a beautiful braided bracelet of copper wire guided by a staff member.

Duration: 3 hours

Participants: Max 10 persons

Guiding age requirement: 12 years of age

V-25 Day of the savage

Here is a suggestion to, how a day can be used in a primitive way. The day contains for example; lightning a fire with steel and flint, fighting exercise, building a bivouac. There are also activities with food.

Duration: 1 day

Participants: Optional

Guiding age requirement: 10 years of age

Activities – V

V-30 Games with windmills

Come and built/create your own windmill and get a chance to talk about what windmills can do for our environment.

Duration: 1 hour

Participant: Optional

Guiding age requirement: 6 years of age

Activities – Æ

Æ-10 The egg in the bottle (remember to order supplies)

Is it possible to get an egg into a bottle? Is it possible to get it out of the bottle again? Try a fun little experiment with boiled eggs. Remember to buy eggs.

Duration: ½ hour

Participants: Optional

Guiding age requirement: All ages