



Program information



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WELCOME TO PROGRAM

Our island offers you countless of possibilities for a fun and exciting programme. Forest, meadows, seashore rocks and the sea itself may be used in many ways.

Hikes, walks, pioneering, campfires, treasure hunts, candle-light trails and, of course, the opportunity to study nature from various aspects. We think that the group leader is best suited to compose the programme for each group. Vässarö has some programme activities that may be included as a part of your camp.

We wish to point out that all activities should be conducted in an environmentally safe way, bearing in mind that nature is not an endless resource. If you are uncertain about your programme, please check with the Vässarö Camp Managers or Programme staff.

Some of our activities have to be booked in advance: sailing, canoeing and the Trapper Trail are among them. On arrival, please contact the Program office, who will help you organize the rest of the bookings for your group.

In this presentation of our programme we offer some suggestions of land based and sea based activities, but of course you are free to organize the activity in other ways for your convenience. The time given for each activity is only estimates and no walking time to and from your camp site is included.

All material is collected at the Program office. To all tracks there is a introduction—it's a good idea to collect it the day before you do the activity. Some tracks requires preparation.

At the Program office you can get all help you need for your program.

Welcome!



PROGRAM SUGGESTIONS

If you're not used to the Vässaro program, or if you have limited time to plan—use our ready planned program proposals!

Our new way of serving your program is to gather all programs in packages. You choose a base package and one (or more) more package and then we give you activities based on our experience on what works best for our groups.

A program packages is thought to go over ca three days and should run parallel to your groups own program and is complemented with bathing, sun, soccer, campfires and camp life. The bass package contains all the Vässarö Classics that almost every group want to do. If you have a 5 days camp we recommend you to choose the base package and one of the others.

Program suggestions on Vässarö

The activities written in bold can be booked on the Reservation of Program form.

The rest you book when you have arrived at Vässarö.

Base package

The bass package contains all the Vässarö Classics that almost every group want to do, but we recommend the package especially for the groups that haven't been on Vässarö many times before. The activities can be made with all scouts (except the Trapper Trail that has an 8-year limit). No previous experience or equipment is required. The Trapper Trail is guided and for the rest of the activities you get an instruction and material from the Program office.

The group's own leader must accompany the group on all activities.

Content:

- **Trapper Trail** (see Program information p 13)
- **Nature Game Play and Learn** (see Program information p 14)
- Photo orienteering (see Program information p 17)
- **Vässarö International Friendship Award** (see Program information p 21)
- **The Co-operation site** (see Program information p 20)

Nature and Environment

This package contains four program slots that is based on our natural prerequisites on the island and is a lot about biological knowledge and self-studies in the nature. The package suits the ages of 8-18 years.

- **Nature-near** (see Program information p 13)
- The Forrest Backpack (see Program information p 15)
- Träck-Track (see Program information p 16)
- The nature offers
You can for example make a nettle soup or bake a blueberry pie. Recipe and the ingredients you don't have you can buy at the Food supply.

Wilderness and Outdoor pedagogics

The packages is close to traditional scouting and learning by doing. With the help of imagination, simple tools and body work we live the life of the forest and the meadow.

The package is suitable for scouts from 12 years. It's an advantage if some in the group has experience in woodcraft and knows how to use an axe and a saw. It's a good idea to combine this package with a large portion of construction at the campsite, for example a camp church or a clay stove.

- The Survival Box (see Program information p 14)
- Orienteering, in daylight or darkness (see Program information p 17)
- Pioneer work, at your campsite or elsewhere (see Program information p 18)
- Wilderness Challenge (see Program information p 23)

Creativity and dexterity

Four program slots with activities suitable for all ages.

Material and instructions you find on Vässarö.

Some costs for the material might occur.

- Make your own music instrument
- Make bracelets or friendship bonds
- Make a dream catcher
- Put up a theatre with some costumes, a simple stage and your own imagination

The Sea of Åland

Vässarö is beautifully located in the outer archipelago and the sea program is a big part of the program we offer at the island. This package is directed to you that want to be much out on the water, regardless of prior experience or knowledge.

Suitable for scouts from 10 years.

- **Two different activities with the sail boats of Vässarö** (see Program information p 9 och 10)
- Water studies (see Program information p 14)
- Knots or the Rope Works Box (see Program information p 19)

Questions about the different packages is answered buy the program group and is reached at program@vassaro.se

Notes:

In the Swedish Scouts and Guides association we have different themes in the program. Below is an attempt to link the package to the different themes.

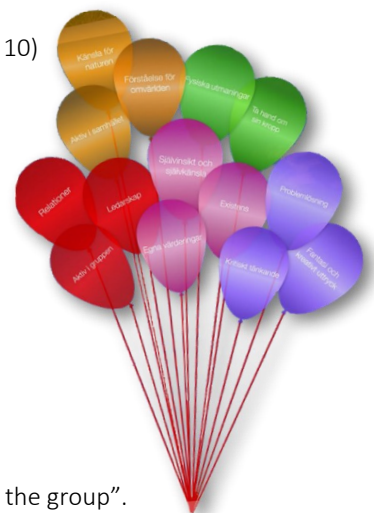
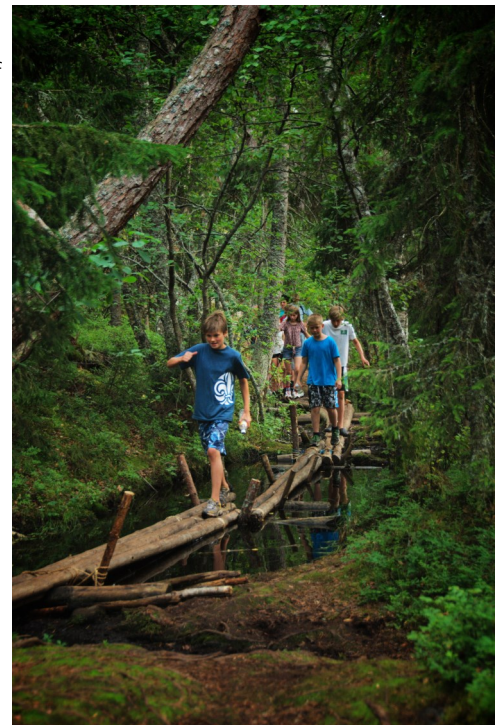
Nature and Environment: "Sense for the nature" and "Active in the group".

Wilderness and Outdoor pedagogics: "Problem solution", "Physical challenges" and "Active in the group".

Creating and dexterity: "Fantasy and creativity" and "Physical challenges".

The Sea of Åland: "Sense for the nature", "Active in the group" and "Physical challenges".

Base package: "Active in the group", "Sense for the nature", "Self-awareness and self-esteem" and "Physical challenges".



BADGES

The following Swedish badges you can achieve with the help of the activities at Vässarö

There are many badges to achieve in the Swedish Scouts and Guides organization. The badges below are normally available at the camp office.

Knot Badges

The Knot Box, the Rope Works Box and the Knot Trail, see page 19.

Through working with the Knot Box and the Rope Works Box you can reach what is demanded for the first and second Knot Badge. The Knot Trail works great as an instruction and test of the knots. In the Rope Works box there is a step by step guide to learn splicing. There it is also possible to deepen your knowledge on advanced knots.



First Knot Badge



Second Knot Badge

Build

Rafting page 11, Pioneer Work page 18 or your own constructions at the camp site.

Rafting is one of the examples that's in the text of the badge Build. Read the text and adapt your building to the badge.



Build



Advanced building

Create

To get this badge you have to create three different things. Maybe you can combine with something you already made and brought materials for? A bracelet, a wooden hook or something completely different? You can borrow tools and instructions at the Program office. Materials is often available for purchase but not always.



Create

Natural

Nature-near page 13

To get the badge you have to, among other things, name the most common trees, animals and plants in your surrounding, in this case Vässarö. If you do the Nature-near you will learn these and also get through the other themes of the badge.



Natural

Under the Surface

Water studies page 14

If you borrow the Water studies package and use the material there you will achieve this badge.



Under the surface

Music

The Music badge might be a good idea to achieve before a campfire! Try out different ways of making music together. For example, write a new text to a well known melody and sing to other patrols in the group. There are lots of campfire sites at Vässarö that suits for music around the fire.



Music

The Outhouse Badge

Using the outhouses might be hard with young scouts that aren't used to it. This badge can be started at home with discussions and tips and then continued on the first day at Vässarö. There are many outhouse to explore!



The Outhouse badge



Pictures of the badges is borrowed from the website of Scouterna, www.scouterna.se

SEA ACTIVITIES

In Fladan there are lots of opportunities to get out on the sea. Either in a sailing boat or a canoe. Our ambition is that everyone that wants to should get at least one activity on the water. If possible it might be more. At bad weather it might be necessary to cancel all sea activities with short notice. At such events it's important that the group have some program in reserve. It's not a certainty that we can solve a compensation but we always try to help.

We have at our disposal:

- 1 two masted ship (10 pers)
- 4 patrol sail boats "Torekov" (max 6 pers/boat + skipper)
- 4 patrol sail boats "Lots" (max 6 pers/boat + skipper)
- 4 Väderö-dinghy (2-4 pers/boat)
- 4 RS Quest dinghy (2-4 pers/boat)
- 20 Optimist dinghy (2 pers/boat)
- 20 canoes (2 pers/canoe)
- Stand-up paddleboards
- Materials for building rafts and life jackets for everyone, big and small. Life jacket is mandatory for everyone, both instructors and participants regardless of age and whether you are on the docks or in a boat.



NB! At water activities, the Swedish Scouts and Guides Association has security protocols that demands that you have to be able to swim 200m. Väsarö has an exemption from this thanks to Fladan being a protected water area and the high level of the security in the activities. Therefore, children that can't swim 200m can paddle canoe or sail optimist dinghy in the inner parts of Fladan. This is possible thanks to this exemption and might be good to know when you book your activities.

Example on what you can do with different age groups:

Spårare (7-8 years):

Sailing with a big boat with an instructor in groups with max 6 persons. Sailing optimist dinghy.

Book both optimist dinghy (for half the group) and canoe (for the other half) on the same time. Then everyone have time to try both during this time.

Upptäckare (9-10 years):

You can sail alone or with a friend in an optimist dinghy. You can also sail a bigger boat in groups of 6 persons, together with an instructor. In these boats you both get to steer the boat or handle the sails.

Äventyrare, Utmanare, Rover (from 11 years):

New-beginners can sail optimist dinghy after a short instruction. The experienced sailor can together with one or several friends sail the patrol boats Torekov or Lots. On their own or together with an instructor, depending on the previous experience.

Sailing Big Boat - Torekov, Lots, Ship Boat



Has to be pre-booked!

Sailing with an instructor on board in groups of max 6 persons per boat. We also offer activities such as sailing orienteering.

- Participants:** Everyone that can swim at least 200 meters.
- Leaders:** Every group has to at least one leader on land that is responsible for order and takes care of the scouts after the activity. One leader have to be on land the entire time, if you have more than one leader they can join the boat, if there is space.
- Time:** One activity slot (ca 2½ hour); morning 09.15-11.30, afternoon 13.30-16.15, evening 18.30-21.00.
- Clothing:** It might be cold on the sea, especially in the early summer. Bring warm clothes, rain clothing might be good to have.



Sailing midde sized Boat - Väderöjulle



Has to be pre-booked!

Sailing without instructor on board in groups of 2-4 persons. Suitable for scouts from 15 years old with some experience of sailing.

- Participants:** Scouts from 15 years old that can swim at least 200m.
- Leaders:** Every group has to at least one leader on land that is responsible for order and takes care of the scouts after the activity. One leader have to be on land the entire time, if you have more than one leader they can join the boat, if there is space.
- Time:** One activity slot (ca 2½ hour); morning 09.15-11.30, afternoon 13.30-16.15, evening 18.30-21.00.
- Clothing:** It might be cold on the sea, especially in the early summer. Bring warm clothes, rain clothing might be good to have.



Sailing small Boat - Optimist dinghy



Has to be pre-booked!

New-beginners can sail optimist dinghy after a short instruction. Choose if you want to sail alone or with one friend.

- Participants:** Suitable for all ages.
- Leader:** Every group has to at least one leader on land that is responsible for order and takes care of the scouts after the activity. One leader have to be on land the entire time, if you have more than one leader they can join the boat, if there is space.
- Time:** One activity slot (ca 2½ hour); morning 09.15-11.30, afternoon 13.30-16.15, evening 18.30-21.00.
- Clothing:** It might be cold on the sea, especially in the early summer. Bring warm clothes, rain clothing might be good to have.



Sailing dinghys for several persons - RS Quest



Sailing for the more experienced sailor in a dinghy for several persons, without instructor on board in groups of 2-4 person per boat. Be prepared for a fast, adventurous, challenging and sometimes wet sailing trip. **This activity can only be booked on sight at Vässarö.**



- Participants:** Scouts from 12 years that can swim 200meters.
- Leaders:** Every group has to at least one leader on land that is responsible for order and takes care of the scouts after the activity. One leader have to be on land the entire time, if you have more than one leader they can join the boat, if there is space.
- Time:** One activity slot (ca 2½ hour); morning 09.15-11.30, afternoon 13.30-16.15, evening 18.30-21.00.
- Clothing:** It might be cold on the sea, especially in the early summer. Bring warm clothes, rain clothing might be good to have.



Förbokas!

Canoeing

The canoes is booked in the same way as the boats. They can also be booked for hikes, excursions and evening events. Talk to the Sea Leader and we will try to customize an activity for you.



- Participants:** Suitable for all ages.
- Leaders:** Every group has to at least one leader on land that is responsible for order and takes care of the scouts after the activity. One leader have to be on land the entire time, if you have more than one leader they can join the boat, if there is space.
- Time:** One activity slot (ca 2½ hour); morning 09.15-11.30, afternoon 13.30-16.15, evening 18.30-21.00.
- Clothing:** It might be cold on the sea, especially in the early summer. Bring warm clothes, rain clothing might be good to have.



Canoe light trail

Paddle out to an island just outside of Fladan and have a campfire. On the way back you follow a light trail with lanterns and marshals placed on islands and in the water. A beautiful and different light trail. **This activity can only be booked on sight at Vässarö.**



- Participants:** From 9 years. Everyone should have experience of canoeing.
- Leaders:** Two leaders help out with preparing the trail while the others have the campfire. In addition every group has to have at least one leader that is responsible for keeping order on land, both i Fladan and at the campfire.
- Time:** An evening activity (ca 2½ hours, 18.30-21.00)
- Clothing:** It might be cold on the sea, especially in the early summer. Bring warm clothes, rain clothing might be good to have.
- Cost:** **NB! 500 SEK for fuel and marshals.**



Has to be pre-booked!

Rafting

Meet the element of water in a new, exciting way. With some help from the Vässarö-instructors you learn to build a raft with poles and plastic barrels. Normally it takes one activity slot to build the raft and one to ride it and tear it down.

Participants: From (9) 11 years.

Leaders: Every group has to have at least one leader that is responsible for keeping order on land and takes care of the scouts when they are finished building. This leader has to be on land during the entire activity. If several leaders participates the others can join the building if there is space.

Time: **Two activity slots** (ca 2½ hours), morning 09.15-11.30, afternoon 13.30-16.15, evening 18.30-21.00.

Clothing: Swimming clothes, towel, warm clothes.

Material: To be found in Fladan.



LAND ACTIVITIES

All activities that you do on land is booked at the Program office. We have a broad spectre of tracks with animals and plants, different handicrafts and much more. Our ambition is that everyone that want should be given the opportunity to go the Trapper Trail. The trail is led by a guide from the Program office.

We hope that the description of the activities can help you in the planning of your stay. Remember that we've tried to gather activities in packages. When you choose our Base package and one more package, your group get a set of activities that normally suits our groups well. Of course you can choose one or two of the other suggestions.

The idea is that a program package runs over 3 days, parallel to your groups own program, combined with sun, bathing, sauna, soccer, campfire and the camp life at your camp site. The base package contains all Vässarö-classics that all groups normally want to do. Do you have a 5 days camp, most suitable is to choose the base package plus one more of the other packages.



Explore nature

- Trapper Trail
- Nature-near
- Course to learn guide the Nature-near
- Nature Game Play and Learn
- Water studies
- The Survival Box
- The Woodcraft Track
- The Forest Backpack
- The Yellow Trail
- Above the Clouds
- Tree Training Trail
- The "Träck-Track"

Orienteering

- The Vässarö-walk
- Photo-orienteering
- Other orienteerings

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Handywork

- Handicraft
- Pioneer Work
- The Rope works box
- The Knot Trail—do you know the knot?
- The Knot box

Teamwork

- The Co-operation site
- Work for Vässarö
- Ball games, kubb and other games
- Vässarö International Friendship Award
- Kalle Kaos
- The Diversity Trail

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Physical Challenges

- Climbing
- The Obstacle Course
- Blood, Sweat, Tears and Teamwork—BST
- Wilderness Challenge

page 22-23



Has to be pre-booked!

The Trapper Trail

At the turn of the century North American trappers hunted animals for their fur. They would hike along a trail which was carefully planned for their ingenious traps. For efficiency they built bridges, lifts and ladders adapting and utilising the native habitat for their benefit. This trail demonstrates some aspects of their lifestyle together with their various devices. Along the trail we also talk about the nature we see around us. The traps are adapted to animals native to Sweden, and are prohibited by law. Naturally, they are safely secured and cannot be used "properly".

Participants: From 8 years.

Leaders: At least one leader per two patrols.

Time: One activity slot (ca 2½ - 3 hours); morning 09.15-11.30, afternoon 13.30-16.15, evening 18.30-21.00.

Clothing: Good shoes that sits tight on the feet.

Material: Water bottle.



Has to be pre-booked!

Nature-Near

On a short walk we look around at the forest edge and on the meadow, at the swamp and the beach, and in the blueberry and fir forest. We look at strange trees, insects and traces from animals when we walk together on a marked path with 10 different stations. At the stations we discuss different phenomenon and explore what's growing there and why. We try to learn to spot some species and some info about them. This might sound difficult but it's actually not that hard. There is no signs along the way but you borrow a very instructive tutorial at the Program office. The track can be done even with the youngest scouts. There is also a shorter information if you just want to take a calm walk and are interested in learning about the beautiful nature at Vässarö.

Participants: All ages.

Leaders: Own leaders or a guide from Program if there is an experienced one.

Time: ca 2 - 2½ hours, possible to take a paus with bathing and snacks.

Material: To be collected at the Program office in advance..

Personal material Pen and paper.



Course for leaders to learn guide the Nature-near

Sometimes the staff at the Program office offers a guided tour for leaders that are doing the Nature-near with their group. We recommend you to participate in this training, to make it easier to follow through with the activity. It might also be nice to be a participant once in a while! Information about the training is given at the Group leader gathering (or you can ask at the Program office).

Participants: The leaders that our doing the trail with their group.

Time: ca 2 - 3 hours



Nature Game Play and Learn

This is a playful challenge where the participants get to walk in beautiful nature, starting north of Mellanängarna. Follow a yellow marked path with 8 stations that all have some kind of connection to the nature. The tasks, which are made in patrols, demands teamwork and imagination!

Example: Task 3

In an envelop there's a number of pictures of animals. Pin one picture on each person's back. You can't know which animal you are—you should find out through asking the other: Do I have a tail? Four legs? It has to be yes or no questions.

- Participants:** Suitable for all ages but best for younger scouts.
- Leaders:** Preferably one per patrol.
- Time:** ca 2 - 2½ hours.
- Material:** Introduction and material to be collected at the Program office in advance.
- Personal material** Pen and paper.



Water studies

A backpack with loupes, boxes and literature and hoop-nets is possible to borrow from the Program office. The group can choose the location. At the site you examine the life in the water and at the shore and try to sort out what you see. Pedagogic leaders bring there explorers on a swimming trip and bring the activity backpack as an activity. All the findings is not necessary to bring to the Program office. When you leave the material at the Program office, please let them know if something is wet.

- Participants:** Suitable for all ages.
- Leaders:** At least one leader per two patrols.
- Time:** You decide how much time you want to spend.
- Material:** Backpack to be collected at the Program office in advance.
- Personal material:** Tubs, buckets and boxes and if you have, your own loupes and hoop-nets.



The Survival Box

There are 3 survival boxes at the Program office. Take the opportunity to teach the patrol/group to survive in the wild.

- Participants:** Suitable for all ages.
- Leaders:** Preferably one per patrol.
- Time:** ca 2 - 2½ hours.
- Material:** Box is collected at the Program office in advance.
- Personal material:** Pen and paper.





The Woodcraft Track

Our woodcraft trails consists of signs with different pictures and objects in the nature that in some way are connected to the shifting nature at Vässarö. The level of the activity can be adjusted depending on the prior knowledges of the participants. The participants can choose to walk the trail with or without options for the answers and they can do it individually, in pairs or the whole patrol. The **Big Woodcraft Trail** is in the forest. It consists of 40 signs with pictures and objects. The answers can be read on the following screen. The **Small Woodcraft Trail** is loaned from the Program office and is put up by you at preferred location. It consists of only pictures. The small trail is shorter and easier than the big one.

Participants:	Suitable for all ages.
Leaders:	Own leaders.
Time:	ca 1 - 1½ hour
Material:	Answers sheets to be collected at Program in advance.
Personal material:	Paper and pencil.



The Forrest Backpack

Nature detectives—Missions in the wild—a packed backpack for patrols to loan to solve different tasks in the nature. The backpack contains suggestions and material for different activities that the patrols can choose from. Four patrols can work on the same time and it can be at a location of your choosing. No prior knowledge is required, neither for the participants or the leaders. When you return the material—make sure to alert the Program office if anything is wet.

Participants:	Suitable for all ages.
Leaders:	Own leaders.
Time:	You decide how long time you want to spend.
Material:	Backpack is collected at the Program office in advance.



The Yellow Trail

On the north parts of Vässarö we've marked a 1.5km long trail with yellow triangles on the trees. It starts and ends at the North Meadows and meanders through beautiful and shifting nature. A map can be bought at the Program office. The trail is suitable if the group have it's own activities/controls that they want to do on a trail. From the central island it's a walk on 1km.

Participants:	Suitable for all ages.
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Picture comes in the next version.

Above the Clouds



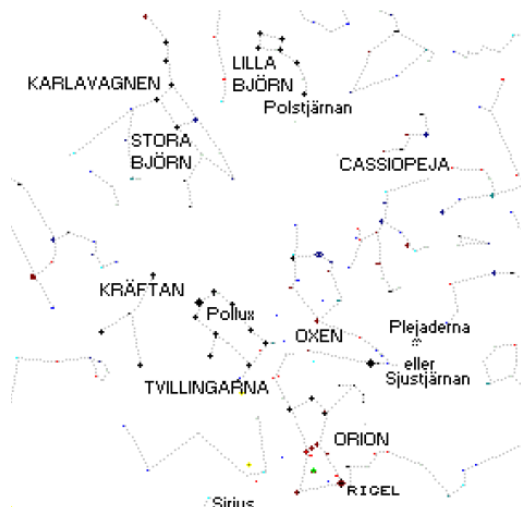
A trail with information signs and questions regarding our solar system and space. Can be made individually, in pairs or in patrols.

Participants: Suitable for all ages.

Leaders: Own leaders.

Time: ca ½ - 1 hour.

Personal material: Pen and paper.



Tree Training Trail

On this track you learn to recognize common trees and bushes both with and without leaves. For example, how can you recognize a tree only by looking at the stem? The trail consists of two parts. First do the first part and discuss, then you do the second part to test you knowledge.

Participants: Suitable for all ages.

Leaders: Own leaders.

Time: ca ½ - 1 hour.

Material: Compendium and answers to be collected at the Program office in advance. .

Personal material: Pen and paper.



Träck-Track

Here you will get to see some exciting objects. What animal has eaten on this branch? How big is the trace from a moose? This is some of the stuff you can learn at the Träck-Track. For the trail we have a specific compendium about the different animals. Borrow it from the Program office, preferably the day before so that you can prepare. The trail starts with an informative part and finishes with questions.

Participants: Suitable for all ages.

Leaders: Own leaders.

Time: ca ½ - 1 hour.

Material: Compendium answers to be collected at the Program

Personal material: Pen and paper.





The Vässarö-Walk

The goal with this walk is to learn to find your way around Vässarö. You walk to the places you want to know. It doesn't matter if you don't make it to all the spots, this activity is not a competition. If you walk in a group it might be a good idea to let one person read the descriptions and the other ones look for the right image.



- Participants:** Suitable for all ages.
- Leaders:** Own leaders.
- Time:** Flexible, you choose how many spots to visit.
- Material:** Map, description, pictures and answers to be collected at the Program office.
- Personal material:** Pen and paper.

Photo-Orienteering



Every day during the summer you see scouts running around with pictures in their hands, trying to figure out where on the island they are taken. The task is to pair the photos with the right spot on the map. A good way to learn the island, and a good challenge if you've been here before. Can be made individually, in pairs or in patrols.



- Participants:** Suitable for all ages.
- Leaders:** Own leaders.
- Time:** ca ½ - 1 hour.
- Material:** Compendium and answers to be collected at the Program office in advance. .
- Personal material:** Pen and paper.

Other Orienteerings



Around Vässarö there are orienteering controls put out that are all marked on a map. Use this to put together your own trail or use one of our proposals. A few of the controls is also possible to use when it's dark. One of the proposals is the Mini-orienteering which is a track around the buildings on central Vässarö. A good way to practice reading a simple map.



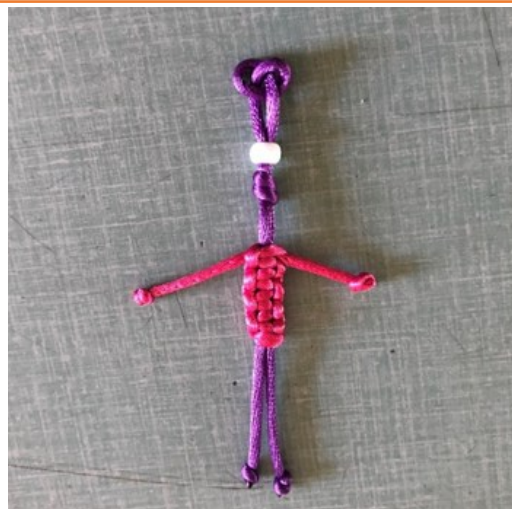
- Participants:** There are different tracks for all ages.
- Leaders:** Own leaders.
- Time:** ca 2—2 ½ hours.
- Material:** Compendium and map to be collected at the Program office in advance. .
- Personal material:** Pen and paper.

Handicraft



With the help from the Program office you can learn different types of handicraft and get help to arrange a handicraft activity for your group. We have materials, tools and instructions.

- Participants:** Suitable for all ages
- Leaders:** Own leaders
- Time:** You decide how much time you want to use.
- Material:** To be bought from the Program office. Please let us know in advance, for example on the group leader gathering.



Pioneer Work



Give your older scouts a proper project that combines learning with body work, creativity and nature science—all in one. Do a pioneer work!

- Participants:** Scouts from 12 years.
- Leaders:** Own leaders
- Time:** You decide how much time you want to use.
- Material:** See box below.

We have the following for you to borrow:

- Compendiums with instructions and ideas
- Rope
- Big poles suitable for large constructions
- Dowel drills
- If you need we can probably fix wires and carts as well.



The Rope Works Box



This box contains five step-by-step signs that shows how to do different whipping and splicing. There's also instructions for the models that's put up on the lid of the box and practicing ropes. On the Program office you can buy the material and you can borrow all the tools and literature needed.

- Participants:** Suitable for all ages
- Leaders:** Own leaders
- Time:** You decide how much time you want to use.
- Material:** To be bought from the Program office. Please let us know in advance, for example on the group leader gathering.

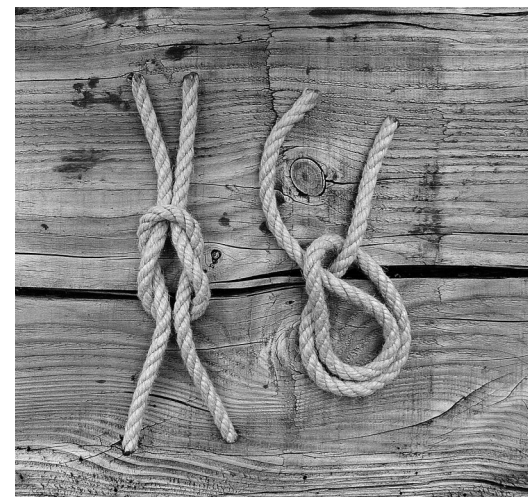


The Knot Trail—Do you know the Knot?



This is a trail that starts and ends at the road to the sauna. A way of doing the activity is to walk individually or in pairs and make the knot that is shown at each station. When everyone has made a round, the answers are corrected.

- Participants:** Scouts from 10 years.
- Leaders:** Own leaders.
- Time:** Depends on the prior experience, ca 2 ½ hour.
- Material:** Bring knot ropes or borrow at the Program office. There you also collect answer sheets and the compendium "Vässarö knot trail".



The Knot Box



Identify and tie some 30 different knots. The box contains instructions, ropes on which to practice and ready made knots to identify.

- Participants:** Suitable for all ages
- Leaders:** Own leaders
- Time:** You decide how much time you want to use.
- Material:** Bring pen and paper. The box is collected at the Program office and contains: 30st knot ropes, 10st compendiums and answer sheets.





The Co-Operation Site

In The Co-operation site there are many different activities for training your groups teamwork. Teamwork is something that needs to be trained at and here you can do it without demands on prior knowledge or some kind of competition. The exercises is made in patrols and is possible to do with all ages. Afterwards it's a good idea to discuss what you have been doing and how you worked together.



Good to know! If it's many groups at the island you may have to practice extra on the teamwork—sometimes more than one group visits the site. There are space for a round 50 people at the same time.

- Participants:** Suitable for all ages.
- Leaders:** Own leaders, preferably at least 2.
- Time:** ca 1 - 2 hours
- Clothes:** Shoes that sits tight on your feet and enduring clothing.
- Material:** Water bottle if it's a hot day.

Work for Vässarö



Vässarö is owned by the scouts and maintained by volunteers only. All scouts are invited to do their share for the island. There is always work to be done! If your group wants to help out for half a day, just let us know and we will tell you what you can do.



- Participants:** Suitable for all ages.
- Leaders:** Own leaders, preferably at least 2.
- Time:** ca 1 - 2 hours
- Material:** Shoes that sits tight on your feet and enduring clothing.
- Material:** Announced at sight-.

Ball games, kubb and other games



At the Program office you can borrow footballs, volleyballs, kubb and much more.



- Participants:** How many you'd like
- Leaders:** Own leaders

Vässarö International Friendship Award



Get to know participants from other camp groups! Gather a patrol of 5-8 scouts/guides with members from at least 3 different countries. Together you carry out at least five assignments given to you. When this is accomplished you will receive a Friendship badge.

- Participants:** Scouts between 8 and 15 years.
- Leaders:** Own leaders
- Time:** You decide how much time you want to spend
- Material:** Instructions to be collected at the Program office.
- Own material:** Pen and paper



Kalle Kaos



In this exercise you learn what is demanded to work together with others. The patrol learn that your not strongest when you are alone. The scouts are activated through questions, missions and teamwork.

- Participants:** Scouts between 8 and 15 years.
- Leaders:** Own leaders, preferably one per patrol.
- Time:** ca 1 - 2 hours
- Material:** Instructions and materials to be collected at the Program office.
- Personal material:** Pen and paper.

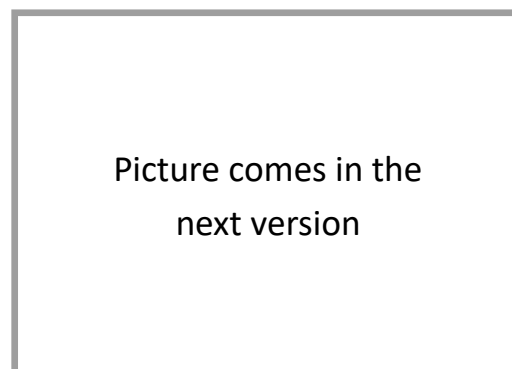


The Diversity Trail



Games, exercises and discussions: ethnicity, sexuality, groups, functional variation. Choose the topics that you want to work with.

- Participants:** Scouts from 12 years.
- Leaders:** Own leaders.
- Time:** 2 - 3 hours
- Material:** Backpack with material to be collected at the Program office.





Climbing

The climbing wall in Magasinet can be booked at the Program office. There are four different tracks. Rope, climbing harness and shoes can be borrowed. To use the climbing wall someone in your group has to be licensed to secure. One license—one rope.

Sometimes there are Vässarö-staff that can help, this possibilities vary from week to week and we can't guarantee that we can help you. This is why you can't book it until you arrive at the island.

Visit the Program office once you've arrived and discuss the matter with them and we'll see if we can arrange an activity for you. Sometimes it's common that groups with licensed leaders bring there scouts to an evening climb after the evening snack and often it's possible for others to join.



Participants: Scouts from 12 years.

Leaders: Own leaders with climbing license. Sometimes there are staff that can help but this we can't guarantee.

Time: One activity slot (ca 2½ hours); morning 09.15-11.30, afternoon 13.30-16.15, evening 18.30-21.00.

Clothes: Enduring clothes that are easy to move in.

The Obstacle Course



Practice your obstacle technique on a permanent obstacle course. Individually, in pairs or patrols, on time or at your own pace. You choose!

If it is too easy you can go 2 and 2 and carry a log that can't touch ground through the course. Logs can be found at the start.

Participants: Suitable for all ages.

Leaders: Own leaders

Time: Ca ½ - 1 ½ hours depending on the size of the group.

Clothes: Enduring clothes that are easy to move in.

Own material: Timer if you'd like.



Blood, Sweat, Tears and Teamwork—BSTT



BSTT is a continuation of the Co-operation site for the ones thinking it's too easy or if you want to higher the level of the teamwork. BSTT has stations such as Khazad-dûm, Romeo and Juliett, The Pipes that Suck, The Gothard Brothers and some more. **A leader for the group has to attend.**

Important to think about:

BSTT is built as a continuation of the co-operation site and a site for scouts that have more physical resources and want to deepen their teamwork and not just play around. Due to safety reasons, it's important that the leaders know the group's limits so that the group doesn't take on challenges that it hasn't got resources to manage. That is also pointless for the participants.

To get out anything of the BSTT, the supervision is crucial. The leader's role is to step-by-step get the participants to themselves realize how much easier it is when you work together. For some groups, some of the exercises takes a whole day. If you don't let the exercises take the time they need the risk is that the participants don't get anything out of it more than playing. Often is the simplest exercises the ones that are best to practice teamwork on.

- Participants:** Scouts from 12 years.
- Leaders:** Own leaders.
- Time:** One activity slot (ca 2½ hour); morning 09.15-11.30, afternoon 13.30-16.15, evening 18.30-21.00.
- Clothes:** Enduring clothes that are easy to move in.
- Material:** Backpack with material to be collected at the Program office.



Wilderness Challenge



A trail for patrols of older scouts. The patrol aim is to pass through 5 stations along the trail. At each station the patrol meets a challenge that must be solved in order to get a clue that helps the patrol find the next station. The clues are both high and low and the patrol must build different constructions to reach them. Creativity, cooperation and some rope skills are needed. The Wilderness Challenge is not a competition.

NB! Please let us know if the material is wet when you return it.

- Participants:** Scouts from 12 years.
- Leaders:** Own leaders.
- Time:** One activity slot (ca 2½ hour); morning 09.15-11.30, afternoon 13.30-16.15, evening 18.30-21.00.
- Clothes:** Enduring clothes that are easy to move in.



BUILDINGS TO KNOW ABOUT



Food Supply

Here you collect your food every day. Remember to get your arriving snack and sign in.



Lillgårn

Here lies the Program office. Check in and check your program when you arrived.



Storgårn

Here lies the Camp office where you get gas, book boats and get answers on all your questions.



The Barn

Can be used for ping-pong, dance and other activities.



The Chapel

A multi-activity-room that can be used for courses, movies, dance, ceremonies, services and more.



Cirkus

A course and multi-activity-room. On first hand it's course and our confirmation camps that have access to Cirkus.



The Boathouse

Simply equipped room with a wood burning stove. In Skravviken you find this cosy house for leader gatherings, movietime or other intimate gatherings.



Magasinet

Open and unfurnished room with a climbing wall.



Eko-house

Group room for 20 persons seated.

SAUNA

We have two sauna buildings

The Sauna pier can be used for other activities but if you want to do so—remember to book it at the Program office—it's the ones that have booked the sauna that has first right on the pier.

The Big sauna

Built of Vässarö's own forest, room for 15-20 persons. You turn on the sauna yourself 1 hour before use and turn it off when you're finished.

The Small sauna

Room for 5-10 persons.

You turn on the sauna yourself 1 hour before use and turn it off when you're finished.

Sauna times:

Women sauna every second day kl 20.30-21.30

Men sauna every second day kl 20.30-21.30

Common sauna everyday kl 21.30-22.30

Remaning time is booked at the Program office



At the sauna the following rules apply:

- Swimming clothes is always used n the sauna.
- We never dive from Vässarö, not even from the raft outside the sauna tat appears to be on deep water.
- We always swim in pairs—everyone should have a bathing body.

BORROW AND BOOK

Borrow at the Program office

- The Rope Works Box
- Water Studies
- Compasses
- Lupes
- Kubb
- Juliette
- Burn ball rackets and balls
- Tennis-, foot- and volleyballs
- Extra sleeping bags
- Camp equipment

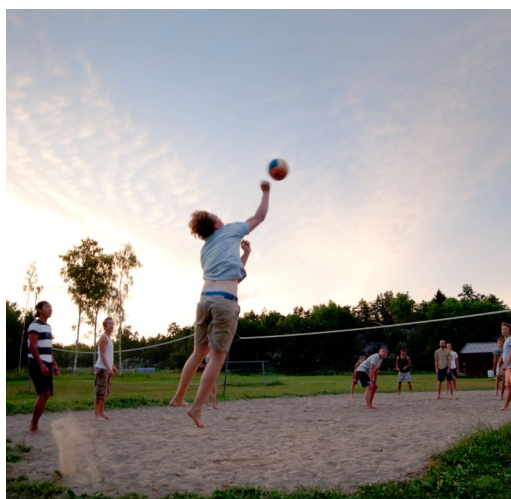
And much more..



Book at the Program office

- Sauna
- Soccer field
- Volleyball court
- Shelters
- Campfire sites
- Indoor spaces
- Sea based program
- Land based program

Everything that you want to do that we can provide



Book at the Camp office

- Extra boat transport for leaders (to an additional cost)
- Transports on the island
- Extra clearance of trash and outhouse

Book at the Food supply

- Exchange of evening snack to sausage (once)
- Extra food to for example visitors (to an additional cost)
- Extra special food for leaders, for example cheese tray



THE VÄSSARO SONG

Text: Rune Bergström

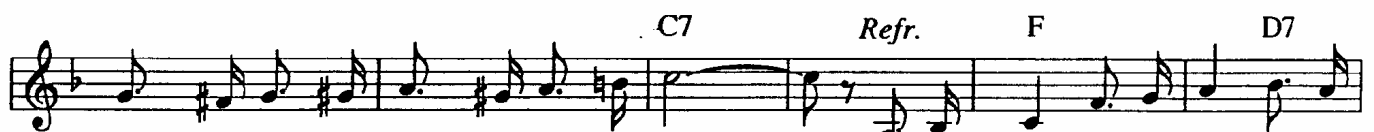
Musik: Gösta Westerberg



Bort från sta- dens larm, ut till sol och som- mar! Bort från rök och damm,
Till vå- ra dröm- mars mål står vår he- la läng- tan, där vart fö- re- mål
Hem vi far i- gen med hjär- tat fyllt av min- nen, i den för- viss- ning- en vi



ut till skog och mark! Bort från ga- tor- na, bort från mör- ka går- dar,
är oss li- ka kärt: tjär- nens mör- ka hål, sko- gens lju- sa glän- ta,
ses ju snart i- gen. Dröm- men som vi bär den fyl- ler vå- ra sin- nen att



hets och jäkt och bull- ran- de tra- fik! Vad är
vin- dens sus och brän- ning- ar- nas brus. Det är } må- let för re- san i
näs- ta år så sjung- er vi i- gen: Vad är }



som- mar: Väs- sar- ö, Väs- sar- Väs- sar- ö! Var så sä- ker att



vi å- ter- kom- mer till Väs- sar- ö, vå- ran ö, Väs- sar- ö!

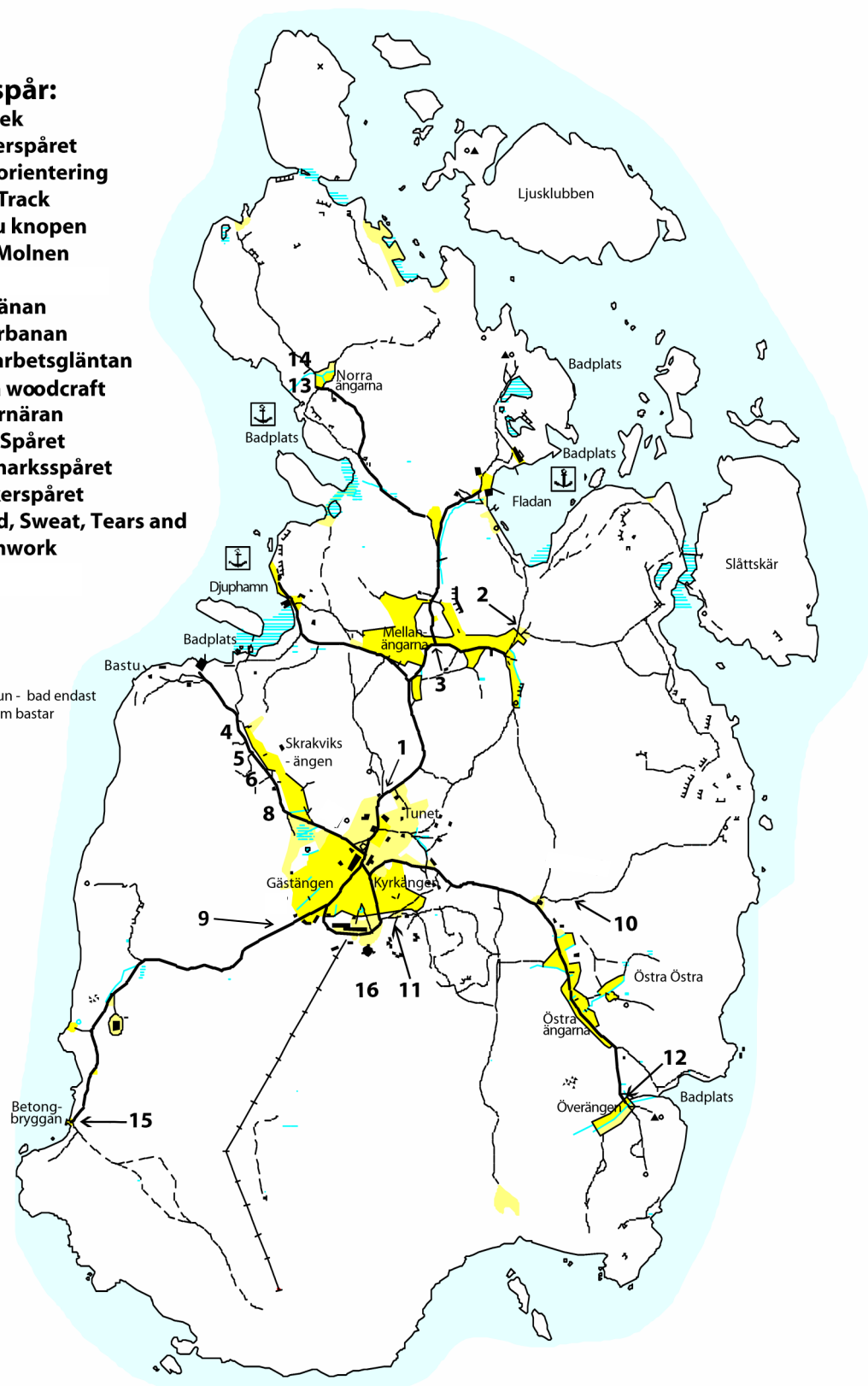
MAP OVER PERMANENT TRAILS

Fasta spår:

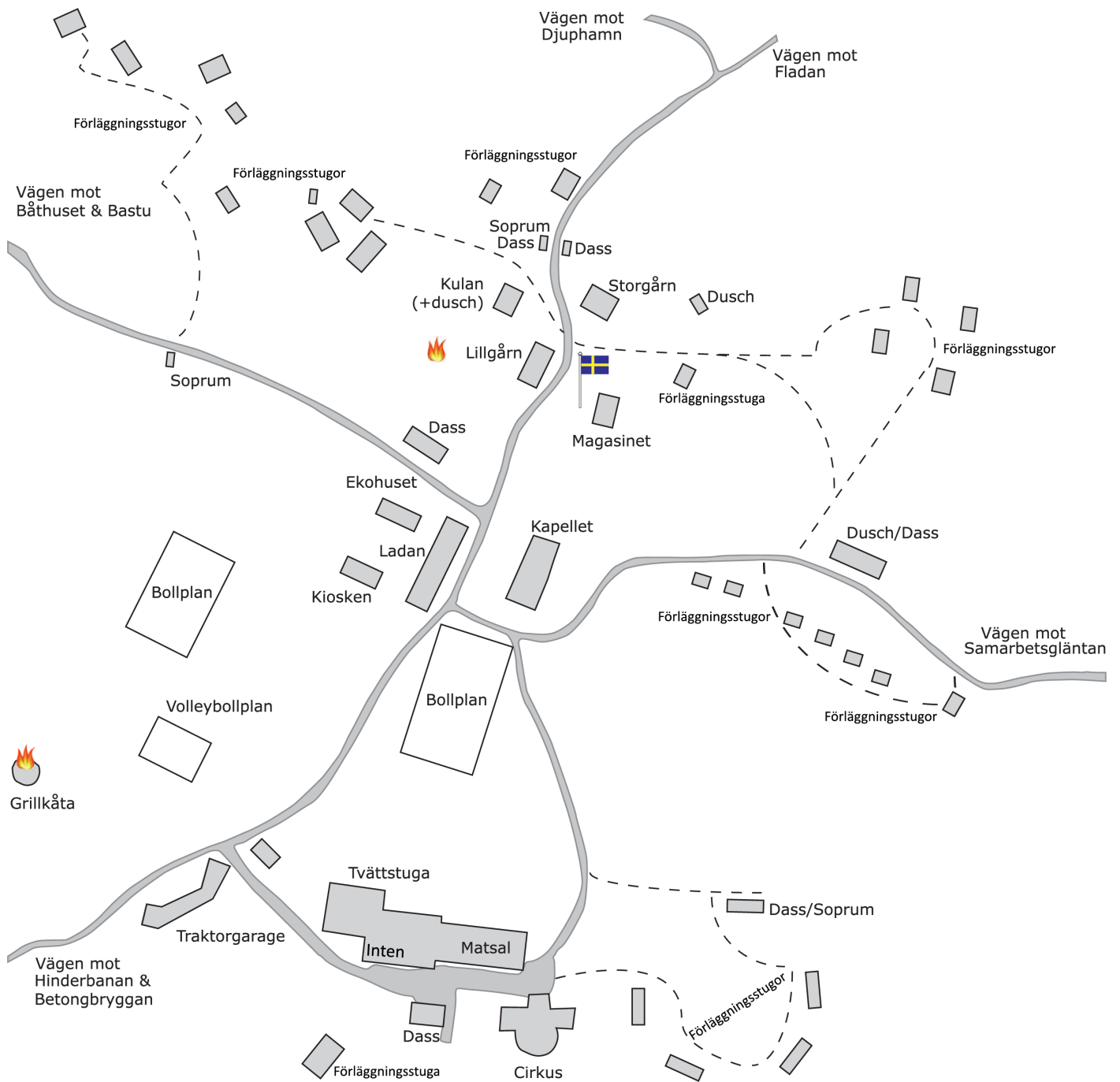
1. Naturlek
2. Trapperspåret
3. Punktorientering
4. Träck-Track
5. Kan du knopen
6. Ovan Molnen

8. Trädtränan
9. Hinderbanan
10. Samarbetsglantan
11. Stora woodcraft
12. Naturnäran
13. Gula Spåret
14. Vildmarksspåret
15. Bunkerspåret
16. Blood, Sweat, Tears and Teamwork

Vid bastun - bad endast för de som bastar



CENTRAL PARTS OF VÄSSARÖ



NOTES