FRÆS 2026



Fræs 2026 is an unofficial activity at Spejdernes Lejr, created by the scouts of the KFUM Balling Group.

Instructions

The aim is to complete a series of small — and perhaps slightly silly — challenges to earn the Fræs 2026 badge.

The challenges are arranged so that even the youngest scouts can take part. Their challenges are easier and fewer. The older scouts have more and probably somewhat harder challenges. In all cases the challenges are small tasks that can be carried out on and around your own campsite when there is a little spare time, and on the way to and from activities.

The challenges are divided into 4 levels. There are 8 challenges at each level.

Number of challenges to complete

First find the arrow that matches your age group and follow it. You must complete at least the number of challenges shown on the arrow next to each level.

- Ages 6 - 8 should follow the red arrow. The red arrow ends at level 1, and the arrow shows "6." This age group must therefore complete at least 6 challenges at level 1.
- Ages 8 - 10 should follow the yellow arrow. The yellow arrow ends at level 2, and the arrow passes level 1 with a "5" and level 2 with a "6." This age group must therefore complete at least 5 challenges at level 1 and at least 6 challenges at level 2.

Similarly for the older groups:

- Ages 10 - 12 must complete at least 4 challenges at level 1, at least 5 challenges at level 2 and at least 6 challenges at level 3.
- Ages 12 and older must complete at least 4 challenges at level 1, at least 4 challenges at level 2, at least 5 challenges at level 3 and at least 6 challenges at level 4.

Leaders are always busy at large camps. Leaders may therefore choose to complete only 8 challenges, which they may pick freely from all the challenges.

Special rules

As leader you determine the exact rules for how your scouts complete Fræs 2026. There may be circumstances requiring a different approach, e.g. only a short time at the camp or children with special needs.

As leader you also decide whether a scout has satisfactorily completed each challenge.

Scouts may perform a challenge at a higher level as a substitute for a challenge at a lower level that they have not completed. For example, the oldest group might choose to complete 7 challenges at level 4 and only 3 challenges at level 1, whereas their requirements were 6 and 4 challenges respectively.

Badges and checklists

Badges and checklists can be collected from KFUM Balling Gruppe.

Badges and checklists were only sold as pre-order. If you haven't pre-ordered, it will not be possible to obtain badges and checklists.

It is not possible to obtain replacement checklists if they are lost or destroyed. The checklists will, however, be available during the camp as both JPEG and PDF files in Danish and English on our website:

shelter.dk/seje

Have fun!

KFUM Balling Gruppe Seje mærker

See our other badges here:

shelter.dk/seje