

## Rali Ewropeaidd 2011, Slofenia - Cyfalaf Cymdeithasol - Adroddiad gan Arweinydd y tîm - Kate Miles

Roedd y Rali Ewropeaidd yn 2011 yn canolbwyntio ar gyfalaf cymdeithasol a sut gall bod modd i'r rhai a oedd yn bresennol i wella eu cyfleoedd gan ddefnyddio cyfalaf cymdeithasol. Roedd gweithdai'r wythnos yn canolbwyntio ar ddadansoddi beth oedd ganddynt hwy eisoes, be sy'n cael ei ddefnyddio r hyn o bryd, a sut y gallwn wneud fwy i fuddsoddi yn ein hunain er mwyn cyrraedd ein potensial. Cynhaliwyd y rali yn Ruse, pentref i'r gogledd o Slofenia, ychydig o kilometrau o ail ddinas Slofenia, Maribor.

Wedi cyrraedd yr Hostel Ieuenticid, ein cartref am yr wythnos, dechreuodd y gweithgareddau. Roedd gofyn i ni greu dau boster er mwyn addysgu'r bobl eraill a oedd yn bresennol ynglŷn â'n gwledydd, ein mudiadau a'r cyfleoedd gwirfoddoli a oedd ar gael. Yn bersonol, roedd y posteri hyn yn ffordd wych o ddysgu am y cenhedloedd eraill a'r mudiadau ieuenticid, ynghyd a dysgu syniadau newydd rwy'n gobeithio eu defnyddio gyda fy nghlwb lleol.

Yn dilyn cinio, cawsom gyfle i gwrdd gyda phawb a oedd yn bresennol. Roedd 90 yn cynrychioli 20 o fudiadau wedi dod ynghyd - felly roedd cofi eu henwau yn amhosib bron. Fodd bynnag, bûm yn gwneud ein gorau ac erbyn diwedd yr wythnos yn cael gwell hwyl arni.

Cafodd y rali ei agor yn swyddogol ar y bore dydd Sul, gyda'r traddodiad o ganu cloch y fuwch. Cawsom hefyd y cyfle i weld dawnio Slofeniaid a chawsom ein croesawu gan Faer Ruse, ac rydym yn ddiolchgar iddo am ei gefnogaeth. Uchafbwynt y bore i mi oedd gweld gwisgoedd traddodiadol cynifer o genhedloedd ynghyd a rhai gwisgoedd amgen (roedd y tîm o Loegr wedi gwisgo fel cymeriadau o'r chwedl Robin Hood). Wedyn bu pawb yn cymryd rhan mewn gweithgareddau adeiladu tîm, gyda phawb yn cystadlu i fod y genedl orau. Cawsom ein rhannu o'n timoedd adref i dimoedd newydd a bûm yn cydweithio gydag aelodau o Wlad Pwyl, Kosovo, y Ffindir, Lloegr, yr Almaen, Awstria a Hwngari i gwblhau 'Mission Impossible', Ceilysyn Dynol, relái berfa a thasgau eraill.

Daeth y diwrnod i ben gyda'r Bwffe Rhyngwladol, sef uchafbwynt yr wythnos ar gyfer nifer o bobl. Roedd hyn yn ffordd dda o brofi bwyd a diod draddodiadol o'r gwledydd. Mwynheais y selsig moose o Norwy, gerkins o Wlad Pwyl a gwin o'r Almaen yn bennaf, ond roedd blas da ar bopeth arall hefyd.

Trwy gydol dydd Llun a dydd Mawrth cynhaliwyd gweithdai a oedd yn canolbwyntio ar greu, trosglwyddo a defnyddio cyfalaf cymdeithasol a gwirfoddoli. Yr uchafbwynt oedd y gweithdy ar gyfalaf cymdeithasol a gwirfoddoli lle'r oedd rhaid i bob grŵp gyflwyno canlyniadau eu trafodaethau gan ddefnyddio sgetsh ddoniol gyda phob aelod o'r grŵp yn cymryd rhan. Roedd y rhain yn ddoniol dros ben a'r ffordd dda o integreiddio holl aelodau'r tîm. Roedd nifer o'r gweithdai yn gwneud i chi feddwl, yn enwedig y map cyfalaf cymdeithasol a'r gweithdai pros a cons.

Dydd Mercher aeth y grŵp i aros gyda theuluoedd gwesteio yn ne Slofenia ar yr arfordir neu i gwrdd gyda chynrychiolwyr eraill y Cynulliad Cyffredinol. Ar gyfer nifer, hwn oedd uchafbwynt wythnos wych gan ei fod yn rhoi'r cyfle i brofi gwir ffordd o fyw pobl Slofenia. I'r rhai a oedd yn aros ar gyfer y Cynulliad Cyffredinol, roedd hwn yn drafodaeth fywiog sy'n gosod yr agenda ar gyfer RYE am flynyddoedd i ddod. Fel yn o gynrychiolwyr y Cynulliad Cyffredinol roeddwn yn falch iawn i fod yn rhan o'r penderfyniadau a oedd yn cael eu gwneud.

Nos Iau, dychwelodd yr aelodau o'u teuluoedd gwesteio ar gyfer barbicwiw.. Roedd hwn yn noson hyfryd lle bu aelodau yn siarad gyda'u ffrindiau newydd ynglŷn â'u profiadau yn Maribor, De Slofenia a hyd yn oed yr Eidal. Cafodd y rhai a fynychodd y Cyfarfod Cyffredinol y cyfle i roi diweddariad ar beth oedd wedi cael ei drafod a'i benderfynu.

Roedd dydd Gwener yn ddiwrnod gydag awyrgylch lles. Dechreuodd y dydd gyda sesiwn caffi byd a oedd yn edrych ar gwestiynau a oedd yn adolygu beth roeddent wedi ei ddysgu ynglŷn â chyfalaf cymdeithasol a beth fyddwn yn ei gofio. Cafodd hyn ei ddilyn gan sesiwn gwerthuso er mwyn adlewyrchu'r wythnos.

Yna bûm yn ystyried adegau yn ystod yr wythnos lle roeddent wedi profi emosiynau amrywiol, o chwerthin i gyfeillgarwch. Daeth y diwrnod i ben gyda'r seremoni cloi, a oedd yn ddigwyddiad gwych a

theimladwy gan ei fod yn amser dweud hwyl fawr. Roedd yn foment falch wrth weld pawb yn edrych yn smart iawn (ychydig yn flinedig efallai) ac yn dod ynghyd i ddathlu wythnos arbennig. Dysgais lawer yn ystod yr wythnos, yn arbennig i beidio â bod ofn gofyn i ffrindiau a chysylltiadau am gymorth neu wybodaeth ac ar yr un pryd i gynnig syniadau a chymorth pan rwy'n gallu.

Wrth ysgrifennu hwn, y diwrnod cyntaf yn ôl adref, rwy'n benderfynol o beidio anghofio'r negeseuon a oedd yn ganolbwynt i'r rali, ynglŷn â defnyddio cyfalaf cymdeithasol a'm rhwydwaith cymdeithasol. Fodd bynnag, yn fwy pwysig, rwy'n edrych ymlaen at gadw mewn cysylltiad gyda ffrindiau newydd, i rannu syniadau, galw am gymwynas neu i sgwrsio. Roedd y Rali Ewropeaidd yn wythnos fythgofiadwy ac rwy'n hynod o falch fy mod wedi cael y cyfle i fod yn bresennol. Diolch i bawb am gefnogi!

## **European Rally 2011 Slovenia: Social Capital – Team report by leader – Kate Miles**

The European Rally 2011 focussed on social capital and how delegates could improve their opportunities through using their social capital. The week's workshops focussed on analysing what we already had, what we already used, and how we could do more to invest in ourselves to achieve our full potential. The Rally was held in Ruse, a village to the north of Slovenia, a few kilometres from Slovenia's second city, Maribor.

Upon arrival at the Youth Hostel that was to be our home for the week, we began our activities by creating two posters that would inform and enlighten delegates about our home countries and organisations and the volunteering opportunities available. For me, these posters were a great way to learn more about other nations and rural youth organisations within them, as well as getting great ideas that I hope to be able to use within my Young Farmers Club.

Then after dinner, we had some initial introductions to our fellow delegates. There were 90 from 20 organisations who had come together-so remembering everyone's names seemed almost impossible. However, we gave it our best try and by the end of the week were doing really well.

The rally was officially opened on Sunday morning, with the traditional ringing of the cow bell. However, we also saw examples of Slovenian dancing and were welcomed by the mayor of Ruse, to whom we are grateful for his support. The highlight of the morning for me was seeing the traditional costumes of many nations as well as some interesting alternatives (such as the English who came dressed as characters from the legend of Robin Hood). The day got even better with the team-building session in the afternoon, which saw delegates compete to be the best nation. The twist being that we were divided from our country team into new teams so I worked alongside delegates from Poland, Kosovo, Finland, England, Germany, Norway, Austria and Hungary to complete Mission Impossible, Human Skittles and a wheel-barrow relay as well as other tasks.

The day concluded with the International Buffet, which for many was the highlight of the week. This was a chance to sample food and drinks traditional to the countries. I enjoyed moose sausage from Norway, gerkins from Poland and wine from Germany, but all the delicacies that I tasted were great.

Monday and Tuesday were packed full with workshops that focussed on creating, transferring and using social capital and volunteering. The highlight was the workshop on social capital and volunteering where each group of delegates had to present the outcome of their discussions using a humorous sketch that included each member of the group having a role. These were hilarious and great way of integrating all team members. Many of the workshops were thought provoking, especially the social capital map and the pros and cons workshops.

Wednesday saw the group head off to stay with host families, to southern Slovenia to the coast or to meet other General Assembly delegates. For many, this was the pinnacle of a wonderful week as it provided the opportunity to taste a slice of real life Slovenian style. For those who stayed for the GA, this was a lively discussion forum that sets the agenda for RYE for the coming years. As a GA delegate, I felt proud to be a part of the decision making of the organisation.

On Thursday evening, delegates returned with their host families for a barbecue at the venue. This was a really lovely evening where delegates caught up with their new friends to share tales of their experiences in Maribor, Southern Slovenia and even Italy. We who attended the GA were also able to give an update on what had been discussed and decided.

Friday was quite a relaxed day and a really good end to the week. We started with a world cafe session that looked at some questions that reviewed what we had learned about social capital and what we would be taking away with us. This was followed with an evaluation session where we reflected on the week using human snapshots of our various activities. Then we considered when during the week we had experienced various emotions, ranging from laughter to friendship. The day climaxed with the closing ceremony which was a wonderful, if slightly poignant event as it meant time to say goodbye. It was a proud moment seeing everyone looking incredibly smart (if a little tired) as we came together to celebrate what was a truly fantastic week.

Whilst I learnt a great deal during the week, I think the most important message that I will take away is not to be afraid to call upon our friends and contacts for assistance or information, and at the same time to offer ideas and help when I can.

Writing this at my first day back home, I am determined not to forget the messages that were central to the rally, about utilising social capital and my social network. However, more importantly, I look forward to staying in contact with my many new friends, whether that is to share ideas, call upon favours or just to chat. The European Rally was an amazing week that I feel incredibly privileged to have experienced. Thank you to all who made it happen!