

RHAGLEN RHYNGWLADOL CFFI CYMRU WALES YFC INTERNATIONAL PROGRAMME



ENW'R DAITH: Seminar y Gwanwyn Rural Youth Europe – Strasbwrg

Beth wnaeth i chi ymgeisio am daith gyda rhaglen rhyngwladol CFFI Cymru?

Roeddwn wedi cael amser gwych ar deithiau blaenorol gyda CFFI Cymru felly roeddwn yn awyddus i ymgeisio am daith arall.

I ble aethoch chi?

Es i i Strasbwrg yn Ffrainc sy'n agos iawn at Ffin yr Almaen. Roedden yn aros yng nghanolfan Ieuencid Ewropeaidd.



Beth wnaethoch chi? rhestrwch ynnwys yr uchafbwyntiau

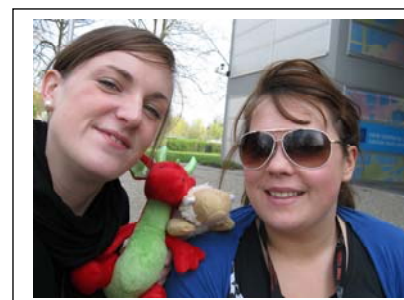
Cefais amser gwych gyda Rachel o Sir Benfro. Roedd gennym amserlen lawn o weithgareddau a digwyddiadau yn seiliedig ar fentora. Bob nos roedd digwyddiadau ac adloniant wedi cael eu drefnu, a'r Bwffe Rhyngwladol roedd y noson fwyaf cofiadwy i mi, ble roedd bwydydd o 20 o wahanol wledydd ar gael i'w flasu.



Pa fuddion personol cawsoch ar y daith?

Prif amcan yr wythnos oedd gwella eich gwybodaeth a phrofiad o fentora. Fodd bynnag y peth mwyaf buddiol i mi oedd profi'r llu o wybodaeth a phrofiad sydd gan bobl o wledydd gwahanol, nid yn unig o fewn eu mudiadau ond o fewn eu diwylliannau hefyd.

Darganfyddwch, dysgwch, ewch gyda meddwl agored, cymerwch ran ym mhopeth ac yn holl bwysig – cael hwyl.



Sut mae'r profiad yn gwahaniaethu o wyliau arferol

Nid yw'n bosib cael y fath profiad, lle byddwch yn medru treulio'r wythnos gyda phobl wych tebyg i chi. Gallwch ddysgu gymaint o'r bobl hyn a chael hwyl ar yr un amser.



Beth oedd eich atgofion mwyaf melys

Y Shakey Shakey - hwn oedd un o'n gemau egni - roedd o'n fythgofiadwy.

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NAME OF TRIP: Rural Youth Europe Spring Seminar - Strasbourg

Why did you apply for a trip with the Wales YFC international programme?

I had been on previous trips with Wales YFC and had a fantastic time so I was keen to try out for another trip and see what it had to offer me.



Where did you go?

I went to Strasbourg in France which is very close to the German border. We stayed in the European Youth Centre.

What did you do? – include the highlights

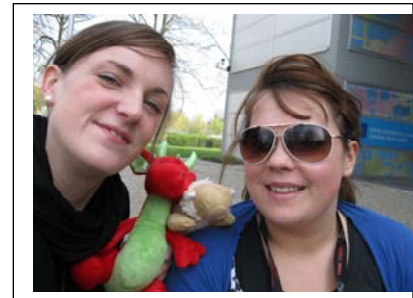
Me and my partner in crime Rachel from Pembroke had a great time. We had a very busy time table filled with activities and events which were based around coaching. We had events and entertainment provided every evening, with the most memorable being the International Buffet, where cuisine was on show from 20 different countries.



What personal benefits did you get from the trip?

The main aim of the week was to widen your knowledge and experience of coaching. However I by far found the most beneficial factor was getting to experience the wealth of knowledge and experience from people from other countries, not only within their organisations but also their culture.

Discover, absorb, be open minded, take part to your full potential and most importantly have fun.



How does the experience differ from a normal holiday

You will never have such an experience where you get to spend the week with the most fantastic like minded people. You can learn so much from them. and have so much fun whilst doing it.

What was your most lasting memory

The Shakey Shakey – This was one of our energisers we used on the trip, I will never forget it.

