RHAGLEN RHYNGWLADOL CFFI CYMRU
WALES YFC INTERNATIONAL PROGRAMME

ENW'R DAITH **Seminar Gwanwyn Rural Youth Europe – Strasbwrg**

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

I gwrdd gyda phobl newydd o fudiadau gwledig a dod a sgiliau newydd adre gyda mi.

I ble aethoch chi?

Canolfan Ieuenctid Ewropeaidd – Strasbwrg - Ffrainc

Beth wnaethoch chi? rhestrwch ynnwys yr uchafbwyntiau

Dysgu llawer o sgiliau newydd ar gyfer mentora, syniadau ar gyfer gemau adeiladu tîm, cwrdd gyda phobl newydd o bob cwr o Ewrop.

Pa fuddion personol cawsoch ar y daith?

Rwyf wedi dod a sgiliau newydd adref a'u defnyddio mewn sefyllfaoedd personol a dysgu sut mae mudiadau gwledig eraill yn ymdopi gyda materion tebyg i'r rhai sydd yma yng Nghymru.

Sut mae'r profiad yn gwahaniaethu o wyliau arferol

Yn bendant llawer mwy i wneud! Yn anffodus nid oedd modd dal yr haul… ond cwrddais â nifer o bobl wych ac wedi dysgu llawer o sgiliau newydd hefyd.

Beth oedd eich atgofion mwyaf melys

Pawb yn ceisio cymryd rhan mewn gemau egni y bore yn dilyn y Bwffe Rhyngwladol!!

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NAME OF TRIP: **Rural Youth Europe Spring Seminar – Stasbourg**

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

To meet new people from other rural organisations and bring home new skills

Where did you go?

European Youth Centre – Strasbourg - France

What did you do? – include the highlights

Picked up lots of new skills in mentoring and coaching, ideas for team building games, meeting people from all over Europe.

What personal benefits did you get from the trip?

Have been able to bring new skills home and apply them to my own situation as well as learning how other rural organisations deal with similar issues to our own and how they have resolved them.

How does the experience differ from a normal holiday

Definitely a lot more to do! Unfortunately no tan…but have met some amazing people along the way and brought home new skills as well.

What was your most lasting memory

Everybody attempting to do refresher games the morning after the International Buffet!!