DATGANIAD I'R WASG
Dydd Iau 3 Mehefin 2010

Gwersyll Haf Glan-llyn

Bydd rhywbeth at ddant pawb yng Ngwersyll Haf Glan-llyn 2010.

Ymhlith rhai o'r cyrsiau a gynigir dros gyfnod yr haf mae Cwrs Gwyllt Grefft, Cwrs Pysgota, Cwrs Gwyllt a Gwlyb a llawer mwy. Mae rhai cyrsiau wedi'u teilwra'n arbennig ar gyfer plant oedran cynradd tra mae eraill wedi'u creu i apelio'n benodol at ddisgyblion oedran uwchradd. Er mwyn cadw lle ar un o'r cyrsiau ewch ar frys i www.urdd.org/glan-llyn

Ar y cyrsiau hyn, rhoddir rhwydd hynt i aelodau'r Urdd gymryd rhan mewn amryfal weithgareddau dŵr megis canŵio, ceufadu, rafftio dŵr gwyn, cerdded afon, rhwyfo ac adeiladu rafft. Gall eraill ddatblygu sgiliau ar y cwrs rhaffau neu gymryd tro ar y wal ddringo.

Bydd gwirfoddolwyr ifanc yn rhoi help llaw i'r staff ar cyrsiau hyn. Mae'r swogs yn cynorthwyo staff y Gwersyll gyda sawl agwedd o'r trefniadau gan gynnwys cynnal gweithdai a chydlynu gweithgareddau o bob math.

Un sydd wedi treulio sawl haf cofiadwy fel swog yng Nglan-llyn yw Bethan Ruth Roberts o Goleg Meirion Dwyfor. Meddai Bethan;

''Roedd swogio yng Nglan-llyn yn brofiad gwerth chweil ac o ganlyniad, rwyf wedi gwneud nifer o ffrindiau newydd o bob cornel o'r wlad. Yn ystod y cyrsiau, mi wnes i ddatblygu llawer o hyder a chael gwneud pethau na fuaswn i wedi cael y cyfle i'w gwneud fel arall. Y peth gorau am y cwrs heb os oedd y rhyddid - dim athrawon na rhieni, dim ond llwyth o hwyl ac antur!''

Meddai Huw Antur, Cyfarwyddwr Gwersyll yr Urdd Glan-llyn;
''Mae ein Gwersyll Haf yn tyfu yn fwyfwy poblogaidd bob blwyddyn ac mae plant a phobl ifanc yn heidio yma o bob cwr o Gymru i'w mynychu. Mae ein gwahanol gyrsiau yn eu galluogi i ddatblygu sgiliau a dysgu crefft newydd heb anghofio cwrdd ag eraill o'r un oedran â hwy. Os hoffai unrhyw aelod o'r Urdd dreulio haf cyffrous yng Nglan-llyn, buaswn yn eu hannog i gysylltu â ni ar unwaith!''

Am fwy o wybodaeth, cysyllter â'r Gwersyll trwy ffonio 01678 541000, e-bostio Glan-llyn@urdd.org neu ymweld ag www.urdd.org/glan-llyn

Diwedd

Manylion pellach: Siân Eleri Davies 07976 330360

- Urdd Gobaith Cymru yw prif fudiad ieuenctid Cymru.
- Mae'r Urdd yn cynnig cyfleoedd penigamp i blant ac ieuenctid Cymru ers dros 80 mlynedd.

- Eisteddfod Genedlaethol yr Urdd yw un o wyliau ieuenctid celfyddydol mwyaf Ewrop.
- Bydd 40,000 o bobl ifanc yn cystadlu mewn amrywiaeth o gystadlaethau gan gynnwys llefaru unigol, corau, dawns, celf a chrefft, cyfansoddi a barddoniaeth.
- Ar lwyfan yr Eisteddfod y gwnaeth sêr fel Bryn Terfel, Ioan Gruffudd, Cerys Matthews, Aled Jones, Shân Cothi a Daniel Evans fwrw eu prentisiaeth.
- Mae'r Eisteddfod yn denu 100,000 o ymwelwyr, 15,000 o gystadleuwyr a bron i filiwn o wylwyr teledu.
- Mae'r Eisteddfod yn cynnal rhaglen lawn o gystadlaethau yn ddyddiol rhwng 11.00 y bore hyd at 5.00 y prynhawn, a chystadlaethau gyda'r nos ar y nosweithiau Llun, Iau, Gwener a Sadwrn.
- Cynhelir Eisteddfod 2011 ym Mae Abertawe ac Eisteddfod 2012 yn Eryri.

PRESS RELEASE
Thursday 3 June 2010

GLAN-LLYN SUMMER COURSES

Glan-llyn has a wide range of unique adventure courses on offer all year round and summer 2010 is no different.

Staff at Gwersyll Glan-llyn has created a range of courses to suite everybody's taste, including Bushcraft, Fishing, Wild and Wet courses and many more. Some of the courses are suitable for primary school children whilst others have been specifically designed for secondary school pupils. To book your place on a course, visit www.urdd.org/glan-llyn

On these courses, Urdd members receive an opportunity to participate in various water sports i.e. canoeing, kayaking, white water rafting, gorge walking, rowing and raft building. Others get a chance to test their nerves on the high ropes course and overcome their fears on the climbing wall.

Teachers and parents step aside during the summer courses and give young volunteers a chance to get involved. The swogs assist the staff with every aspect of the courses, from co-ordinating activities to holding workshops for each age group.

Bethan Ruth Roberts from Coleg Meirion Dwyfor has been a swog at Glan-llyn many times and thoroughly enjoyed the experience. She says:

''Being a swog in Glan-llyn was a great experience and I made many new friends from all corners of Wales, all of whom I'm still in contact with. Being a swog helped me gain confidence and gave me opportunities to do things I had never done before. The best thing about it was the freedom – no teachers or parents only plenty of fun and adventure!''

Says Huw Antur, Glan-llyn's Director;

''Our Summer Courses increase in popularity every year, and children and young people come here from all parts of Wales to attend. Our vast range of courses enables them to gain skills and learn a new craft as well as meet similar peers of the same age group. I'd encourage any Urdd member wishing to experience an exciting few weeks over the summer to contact us immediately!''

For more information contact Glan-llyn by phoning 01678 541000, emailing Glan-llyn@urdd.org or visiting www.urdd.org/glan-llyn

Ends

Further information: Siân Eleri Davies 07976 330360

- Urdd Gobaith Cymru is Wales' leading youth organisation.
- The Urdd has given children and young people exciting opportunities for over 80 years.
- The Urdd National Eisteddfod is one of the largest cultural youth festival in Europe.
- 40,000 young people will be competing in various competitions including recitation, choral singing, dance, arts and craft, composition and poetry.
- The Eisteddfod attracts over 100,000 visitors, 15,000 competitors and almost a million television viewers.
- Welsh stars such as Bryn Terfel, Ioan Gruffudd, Cerys Matthews, Aled Jones, Shân Cothi and Daniel Evans all gained valuable performing experience on the Urdd stage.
- The Eisteddfod offers wall to wall competitions between 11.00 - 5.00 and evening competitions on Monday, Thursday, Friday and Saturday.
- The Eisteddfod will be held in Swansea in 2011 and in Eryri in 2012.