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**ARHOLIAD AELODAETH TESTUN – CYFLAWN**

**14 Hydref 2023**

**PAPUR 1**

**Cyfieithu o’r Saesneg i’r Gymraeg**

**Hyd yr arholiad: 2 awr a 5 munud\***

***Ydych chi wedi cael y papur cywir?***

**\* Cewch 5 munud ar ddechrau’r arholiad i ddarllen y papur. Ni chewch ddechrau teipio’ch cyfieithiad yn ystod y cyfnod hwn.**

**Ffynonellau’r darnau:**

Darn 1 – addasiad o erthygl yn y *Washington Post*

Darn 2 – addasiad o erthygl ar wefan *NBC*

**Rhaid dilyn unrhyw gyfarwyddiadau sydd ar y papur.**

**Mae 5 tudalen i’r papur hwn gan gynnwys y dudalen hon.**

**PAPUR 1 CYFLAWN – CYFIEITHU O’R SAESNEG I’R GYMRAEG**

## Darn 1

Bears roaming the streets of Italy, pumas prowling around cities in California, goats taking over towns in Wales.

As people hunkered down at home to stop the spread of Covid-19, wildlife started to reclaim the urban spaces outside their windows. GPS tracking data gathered on over 2,000 terrestrial mammals around the world shows that many animals roamed further and appeared more at ease in the absence of humans.

The unprecedented accidental experiment caused by the coronavirus provided a unique opportunity for ecologists to show how quickly other species can alter their behaviour when humans are not around to bother them.

A growing body of research into the slowdown in human activity during the pandemic – a brief period scientists call the “anthropause” – shows the complex ways ecosystems responded when they were suddenly devoid of people. Sometimes, this was a beneficial reprieve for wildlife. At other times, the anthropause came at animals’ detriment.

In total, the GPS co-ordinates showed a wide variety of responses, but a few trends emerged. Many animals became more adventurous during the beginning of the pandemic, and brown bears in the Italian Alps were among the biggest daredevils, raiding chicken coops, pillaging rubbish bins and wandering into village centres.

Pumas too became more daring, venturing much closer to urban areas in California, although they soon retreated when people re-emerged.

Although the tracked animals roamed further than usual, they did so during shorter, more concentrated periods of time, since there were no humans to frighten them. They also got much closer to roads which would normally have been busy in search of food and other resources.

In circumstances such as these, clear segregation can be essential to prevent injury, and the Covid closures have shown us that sometimes we just need to give wildlife more space to be wild.

**PAPUR 1 CYFLAWN – CYFIEITHU O’R SAESNEG I’R GYMRAEG**

**Darn 2**

Whether you’re the reader who rips through a new book each week or the one who’s still slogging through that bestseller your friend recommended months ago, psychologists say your time is being well spent. And if it’s been a while since your last date with a good book, the experts have a few reasons that might convince you to give it another go.

One of the benefits of reading fiction is that it provides enjoyment, as well as being an escape from boredom or stress. It has also been shown to help us better understand and interact with other people, keep our brains sharp, expand our world views and grow as individuals.

The experience of ‘losing yourself in a book’ is more likely to happen with a high-quality text, but quality here is subjective, and determined by the reader. For some, a fast-moving plot is essential, while others may enjoy a more poetic style of writing or getting to know engaging characters.

Reading fiction also helps us interact with others in the real world. By entering the minds of the characters we gain understanding of other people, and people who read fiction regularly are high scorers in empathy and social ability tests. Data suggests that the same area of the brain is stimulated when we read and comprehend fictional stories as when we are in the process of understanding other people.

In much the same way as a flight simulator enables those learning to fly to encounter many different scenarios in safety, reading can be a social simulator for the mind. But it also stimulates the neural networks in the brain, possibly helping to keep cognitive decline at bay. So the next time you’re feeling anxious or stressed, don’t hesitate to take time out with a good book.

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**Y DARN I’W GYFIEITHU CYN YR ARHOLIAD**

**Cyfieithu o’r Saesneg i’r Gymraeg**

**Ffynhonnell y darn:**

Addasiad o erthygl ar wefan *History and Policy*

**CYFIEITHU O’R SAESNEG I’R GYMRAEG**

The British retail sector was already in a state of crisis before Covid-19 struck. 2019 was the worst year on record for the sector with unprecedented levels of store closures, job losses, and empty shops. Crisis and contraction in the retail sector poses a fundamental challenge to towns and cities all over the country because the prosperity and vitality of central areas has come to rely so heavily upon the local retail economy. The problems are particularly acute in smaller and less affluent towns, although the scale and severity of the retail crisis now means that high streets and shopping districts in many major cities are also under threat.

The so-called ‘death of the high street’ has focused political attention upon Britain’s town centres and prompted a new wave of policy responses aimed at ‘rescuing’ and ‘regenerating’ flagging high streets. The current problems are usually blamed on the rise of internet shopping, but in reality they reflect more serious weaknesses in the economic model which has been in place since the mid-twentieth century. Current debates about the decline of the high street raise fundamental questions about what makes a town centre ‘successful’, and what sort of social and economic functions we wish town centres to perform.

Understanding how retail came to dominate urban central areas is essential for any future policy response. At present, a raft of new policy initiatives are being proposed and implemented at considerable cost to the public purse. Yet many of these measures misdiagnose the nature of the town centre crisis; they risk addressing symptoms rather than causes and repeating mistakes made in the past. A better understanding of history will help us not only to more accurately assess the nature of the present crisis, but also to understand how inherited practices continue to inhibit effective revitalisation.