|  |  |
| --- | --- |
|  |  |

**ARHOLIAD AELODAETH TESTUN – SYLFAENOL**

**22 Ebrill 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 yng nghylchgrawn *A Rocha UK*

Darn 2 – addasiad o erthygl ar wefan Prifysgol Rhydychen

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

**Mae 3 tudalen i’r papur hwn gan gynnwys y dudalen hon.**

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

## Darn 1

We are facing two inextricably linked crises – the climate emergency and the massive decline of nature across the globe. Conserving wildlife and addressing climate change have sometimes seemed like opposites in the environmental world, but both climate and biodiversity are in crisis, and we need to understand the increasing connections between them.

Numerous scientific studies have now looked at the impact of climate change on nature globally and in the UK. There are some apparent positives, such as increasing numbers of certain birds spotted by British birdwatchers over recent decades. We are also seeing ‘new’ species of butterfly and dragonfly.

But the good news is limited. Not only is it too early to say what the impact of some recent immigrants may be on other native species, but globally the impact of climate on nature remains overwhelmingly negative. Extreme ‘heat events’ are bleaching coral reefs. Tropical and sub-tropical forests are drying out, with the result that they become much more vulnerable to wildfire, whether caused by a dry lightning strike or a carelessly tossed cigarette butt.

Anyone who cares passionately about nature would therefore be wise to act on climate change as well, and there is growing evidence of actions that benefit both, such as tree planting, restoring wetlands and creating green spaces in cities.

None of these measures can replace the overriding need to wean our economies off fossil fuels and overhaul our agricultural systems and diets, but we should scale up all available methods before it’s too late.

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

**Darn 2**

The physiological benefits of singing, and music more generally, have long been explored. Music making exercises the brain as well as the body, but singing is particularly beneficial for improving breathing, posture and muscle tension. Listening to and participating in music has been shown to be effective in pain relief, and there is also some evidence to suggest that music can play a role in sustaining a healthy immune system.

Music has been used in different cultures throughout history in many healing rituals, and is already used as a therapy in our own culture. Everyone can sing – however much we might protest – so singing is one of the most accessible forms of music making, and regular choir members report that learning new songs is cognitively stimulating and helps their memory.

The satisfaction of performing together, even without an audience, is also likely to be associated with activation of the brain’s reward system, including the dopamine pathway, which keeps people coming back for more.

In Western societies, music-making is often thought to be the domain of a talented few, but very few people actually have no musical ability. The growth of community choirs open to anyone demonstrates these inherent skills and suggests that we are returning to the origins of communal musical behaviour. In light of mounting concerns about loneliness and isolation and the increasingly urgent search for solutions, it is fascinating that people seem to be returning to an interest in connecting with one another through singing.