



ARHOLIAD AELODAETH TESTUN – CYFLAWN

5 Hydref 2024

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 *The Guardian*

Darn 2 – addasiad o erthygl ar wefan *My Autonomy*

Rhaid dilyn unrhyw gyfarwyddiadau sydd ar y papur.

Mae 4 tudalen i'r papur hwn gan gynnwys y dudalen hon.

PAPUR 1 CYFLAWN – CYFIEITHU O'R SAESNEG I'R GYMRAEG

Darn 1

To some people, the nightclub smoking area offers a moment of relief from the ear-rattling speakers and clouds of dry ice inside. For others, it's an opportunity to sit down and chew the fat with a friend, or to forge a connection with a new one. Rarely is it just about having a cigarette. Whatever its function, a trip to the smoking area has become a ritual part of the night for many clubbers, regardless of whether they smoke or not. It's an experience that might be lost altogether if the government pursues a ban on smoking outside clubs, bars and pubs.

On Friday night at a small DIY club in Sheffield, the smoking area is packed despite the cold temperature. People are exchanging names as they share Rizlas and filters and accidentally pocket one another's lighters. In one corner, there's a group of friends running through the updates in each other's lives. Nearby, a couple who have just met are making out. It's a familiar scene to anyone who has been in a club since 2007, when the indoor smoking ban moved nicotine-abetted socialising from the dancefloor to these now beloved outdoor zones.

Other interactions are more ephemeral but no less memorable: a deep and meaningful chat with someone you've just met before losing them as soon as you re-enter the club; impassioned gossip with a person whose name you never caught. This is a place where it's completely fine to just talk to a new person and there's no pressure: it doesn't have to be any more than that and it might never mean anything, but it's a little snapshot of people's lives. In a society which some describe as "increasingly isolationist", there are concerns about the impact that losing smoking areas could have on human interactions.

PAPUR 1 CYFLAWN – CYFIEITHU O'R SAESNEG I'R GYMRAEG

Darn 2

Whether it be in the media, politics, the workplace or in sport – representation is essential for breaking down stereotypes, celebrating a diverse population, and empowering all citizens to feel that they can fully participate in society. However, representation for people with disabilities is still an ongoing issue.

Every person has the right to engage, contribute and be treated as an equal member of society, but in practice, people who are different often face exclusion. Physical barriers, negative public perception and lack of awareness are just some of the factors that contribute to this, and that's why the Paralympics make such an essential contribution to society. The games can transform views, provide inspiration, and act as an opportunity to truly represent our diverse population.

From its humble beginnings as rehabilitation for injured war veterans, the Paralympics is now one of the world's biggest sporting events, and the viewing figures are also continuing to grow. With more than half the world's population watching, people with disabilities are put centre stage not just in the games, but in parallel campaigns, discussions, and politics. The games don't just highlight incredible athletes performing at elite level – they also highlight issues such as inclusion, accessibility, and acceptance.

Representation of para-athletes through the games enables them to become role models for both athletes and society as a whole – not to mention young people who aspire to be para-athletes themselves. Para-athletes may face obstacles that more physically able people do not, but they are athletes first and foremost.

Every four years there's an opportunity for the Paralympics to help drive awareness and shift public perception. But there is still progress to be made. The Paralympics start the conversation. Then that conversation must be put into action if we are to empower all those who live with disabilities.