

Ysgolion Undydd Daeareg ac Ecoleg 2010

- Yn dibynnu ar y tywydd, efallai y bydd arnoch angen dillad cynnes sy'n dal dŵr ac esgidiau addas ar gyfer y tirwedd.
- Dewch â phrecyn bwyd a diod gyda chi hefyd.
- Pris pob ysgol undydd yw **£45** (pris gostyngedig £20); gellwch archebu lle a thalu ar-lein yn www.bangor.ac.uk/ll. Rhaid gwneud cais am gonsesiwn cyn cofrestru.
- **Rhaid** derbyn archebion **7 niwrnod** ymlaen llaw cyn yr ysgol undydd.
- Bydd angen nifer benodedig o bobl i fedru cynnal pob ysgol undydd a byddwn yn rhoi gwybod i chi 5 niwrnod ymlaen llaw a fydd yr ysgol undydd yn cael ei chynnal ai peidio.
- Bydd yr union daith ar gyfer pob dydd yn dibynnu ar y tywydd.
- Yn Saesneg y cynhelir yr holl ysgolion undydd.
- Rhaid i chi fod dros 18 mlwydd oed.

Os bydd gennych unrhyw ymholiad, cysylltwch â ni ar 01248 382708 neu ll@bangor.ac.uk

Gwybodaeth Bwysig

Cadarnhad

Anfonir cadarnhad atoch ar ôl derbyn eich ffurflen gofrestru; anfonir manylion ymuno atoch 5 niwrnod cyn yr ysgol undydd.

Polisi Canslo

Mae gennym hawl i ganslo ysgol undydd os na fydd digon yn dod iddi. Pan fydd hynny'n digwydd byddwch yn cael ad-daliad llawn.

Sylwer: Roedd yr holl wybodaeth yn gywir pan aeth i'r wasg.

Tâl

Rhaid anfon tâl gyda phob archeb am le a dylid cofrestru o leiaf 7 niwrnod cyn ysgol undydd.

Myfyrwyr yn Tynnu'n Ôl ac Ad-daliadau

Os byddwch yn tynnu'n ôl, rhaid i ni dderbyn hysbysiad ysgrifenedig o leiaf 7 niwrnod gwaith cyn yr ysgol undydd. Os tynnwch yn ôl lai na 7 niwrnod cyn ysgol undydd, ni fyddwch yn cael ad-daliad. Ar adegau prysur gall gymryd hyd at bedair wythnos i brosesu eich ad-daliad.

Ecology & Geology Day-schools 2010

- Depending on weather conditions you may need suitable warm, waterproof clothing and appropriate footwear for that environment.
- Please also bring a packed lunch and a drink.
- Each day school costs **£45** (concessionary rate £20), you can book and pay on-line at www.bangor.ac.uk/ll. Concessions must be applied for prior to enrolment.
- Bookings **must** be received **7 days** in advance of the day school.
- A minimum number of participants will be required for each day school to go ahead - we will inform you 5 days in advance whether or not the day-school will be running.
- The actual itinerary of each day will depend on weather conditions.
- All day-schools will be held through the medium of English.
- You must be over 18 years old.

Should you have any queries, please contact us on 01248 382708 or ll@bangor.ac.uk

Important Information

Confirmation

Confirmation will be sent to you following receipt of your enrolment form, joining details will be sent to you 5 days before the day-school.

Cancellation Policy

We do reserve the right to cancel a day-school if it does not recruit successfully. When this happens we will give you a full refund.

Please note: All information is correct at the time of going to press.

Payment

All bookings must be accompanied by payment and enrolment should be undertaken at least 7 days before a particular day school.

Student Withdrawal & Refunds

If you withdraw, written notification must be received at least 7 working days prior to the day-school. Should you withdraw less than 7 days prior to a day-school you will not be eligible for a refund. Please note, at busy periods your refund may take up to four weeks to process.

www.bangor.ac.uk/ll

Dysgu Gydol Oes Lifelong Learning



Ysgolion Undydd Ecoleg a Daeareg 2010 Ecology & Geology Day-schools 2010



PRIFYSGOL
BANGOR
UNIVERSITY

Explore the geology, landscape and environment of Snowdonia with experienced local guides, Jim Langley (founder of the environmental training consultancy *Nature's Work*) and Paul Gannon (author of *Rock trails Snowdonia*).

Choose any number of one-day schools from the options available. All one-day school options involve fieldwork in the mountains or similar environment. Where indicated with a 🏔️ the day will involve a reasonable level of fitness for hill walking over rough and possibly wet terrain.

The Winter Environment of Snowdonia Series

Saturday January 23rd

The Freshwater Environment

Jim Langley

A look at the invertebrate life found in our rivers will introduce to you a world in miniature. Adaptations made to hunt, burrow and survive in this environment have produced some amazing creatures. The impacts of pollution sources can also be seen through the presence of indicator species.

Bring: wellies, waterproof jacket, trousers and warm clothes.

Sunday January 24th

The Rocky Shore Environment

Jim Langley

Take a closer look at the dynamic environment of the inter-tidal rocky shore. It is an extreme habitat in a constant state of change, due to the influence of tidal movements, when compared to land or the sea. The rocky shore organisms demonstrate a variety of adaptations that match such a dramatic environment.

Bring: wellies, waterproof jacket, trousers and warm clothes.

Saturday February 27th

The Woodland Environment

Jim Langley

Journey through an ancient deciduous woodland rich in plant and animal species. Learn to identify species ranging from the canopy forming trees through to the shrubs and shade-loving ground dwelling plants, ferns, mosses and lichen communities.

Bring: walking boots, waterproof jacket, water proof trousers & warm clothes.

Sunday February 28th

Regional Glaciation in Snowdonia 🏔️

Jim Langley

The landscape of Snowdonia is heavily influenced by the action of past ice ages. Learn about past ice movements and how they have sculpted the mountains, cwms and valleys of Snowdonia leaving a legacy of sheer cliffs, boulder-strewn hillsides and numerous mounds of rock and clay.

Bring: walking boots, waterproof jacket, water proof trousers & warm clothes.

The Natural History of Snowdonia Series

Saturday March 27th

The Sand Dune Environment

Jim Langley

Sand dunes are a fascinating environment in which to explore plant adaptations and interactions. Specialist plants colonise the inhospitably dry sand dunes allowing a host of species to follow and succeed as a result of their presence. Dry conditions give way to damper and more stable environments further from the strandine for which plants have to adapt to surviving in water.

Bring: warm, waterproof clothing, trainers or walknig boots.

Tuesday April 13th

Geology of Snowdon 🏔️

Paul Gannon

An introduction to the volcanic geology and glaciation of Snowdon. Discover the tectonic, volcanic and glacial history of Snowdon, identify various volcanic rocks and also major landforms. The day will involve some ascent and descent of stony tracks with about 500m of height gain. It is essential that you are fit enough for this level of exercise.

Bring: walking boots, waterproof jacket, water proof trousers & warm clothes.

Saturday May 8th

The Rocky Shore Environment

Jim Langley

Take a closer look at the dynamic environment of the inter-tidal rocky shore. It is an extreme habitat in a constant state of change, due to the influence of tidal movements, when compared to land or the sea. The rocky shore organisms demonstrate a variety of adaptations that match such a dramatic environment.

Bring: wellies, waterproof jacket, water proof trousers & warm clothes.

Tuesday June 8th

Geology of Llyn Peninsular 🏔️

Paul Gannon

An introduction to the rocks and major landforms of the Llyn Peninsular from Yr Eifl to Aberdaron. The day will involve some ascent and descent of stony tracks with about 250m of height gain. It is essential that you are fit enough for this level of exercise.

Bring: walking boots, waterproof jacket, water proof trousers & warm clothes.

Sunday March 28th

Geology of Snowdon 🏔️

Paul Gannon

An introduction to the volcanic geology and glaciation of Snowdon. Discover the tectonic, volcanic and glacial history of Snowdon, identify various volcanic rocks and also major landforms. The day will involve some ascent and descent of stony tracks with about 500m of height gain. It is essential that you are fit enough for this level of exercise.

Bring: walking boots, waterproof jacket, water proof trousers & warm clothes.

Wednesday April 14th

Regional Glaciation in Snowdonia 🏔️

Jim Langley

The landscape of Snowdonia is heavily influenced by the action of past ice ages. Learn about past ice movements and how they have sculpted the mountains, cwms and valleys of Snowdonia leaving a legacy of sheer cliffs, boulder-strewn hillsides and numerous mounds of rock and clay.

Bring: walking boots, waterproof jacket, water proof trousers & warm clothes.

Sunday May 9th

Geology of Cwm Idwal 🏔️

Paul Gannon

An introduction to the geological history and landforms of Cwm Idwal. Learn to identify volcanic rock types and major landforms. The day will involve some ascent and descent of stony tracks with about 400m of height gain. It is essential that you are fit enough for this level of exercise.

Bring: walking boots, waterproof jacket, water proof trousers & warm clothes.

Wednesday June 9th

The Mountain Environment 🏔️

Jim Langley

The upland environment is a fascinating place where relict arctic alpine flower communities exist at the very edge of their world distribution in amongst open grasslands. These communities are found in places inaccessible to grazing sheep and often share a home with species commonly associated with woodland environments. The influence of human activities will also be a theme during the day.

Bring: walking boots, waterproof jacket, water proof trousers & warm clothes.

Ffurflen Gofrestru

I gofrestru, llenwch y ffurflen isod a'i dychwelyd atom, gyda sic yn daladwy i 'PRIFYSGOL BANGOR' 7 niwrnod cyn yr ysgol undydd dan sylw, neu archebwch a thalu ar-lein yn www.bangor.ac.uk/ll:

Dychweler at: Dysgu Gydol Oes,
Prifysgol Bangor,
Stryd y Deon,
Bangor
LL57 1UT

Rhaid gwneud cais am gonsesiwn cyn cofrestru - cysylltwch â ni neu ewch i'n gwefan i lwyddo ffurflen i lawr. Hefyd darllenwch y ddogfen Cydnabyddiaeth Risg dros y ddalen a'i llofnodi.

Cyfes Amgylchedd Eryri yn y Gaeaf

Rhowch ✓

Sadwrn 23 ^{ain} Ionawr	The Freshwater Environment	<input type="checkbox"/>
Sul 24 ^{ain} Ionawr	The Rocky Shore Environment	<input type="checkbox"/>
Sadwrn 27 ^{ain} Chwefror	The Woodland Environment	<input type="checkbox"/>
Sul 28 ^{ain} Chwefror	Regional Glaciation in Snowdonia	<input type="checkbox"/>

Cyfes Astudiaethau Natur Eryri

Sadwrn 27 ^{ain} Mawrth	The Sand Dune Environment	<input type="checkbox"/>
Sul 28 ^{ain} Mawrth	Geology of Snowdon	<input type="checkbox"/>
Mawrth 13 ^{eg} Ebrill	Geology of Snowdon	<input type="checkbox"/>
Mercher 14 ^{eg} Ebrill	Regional Glaciation in Snowdonia	<input type="checkbox"/>
Sadwrn 8 ^{fed} Mai	The Rocky Shore Environment	<input type="checkbox"/>
Sul 9 ^{fed} Mai	Geology of Cwm Idwal	<input type="checkbox"/>
Mawrth 8 ^{fed} Mehefin	Geology of Lley Peninsular	<input type="checkbox"/>
Mercher 9 ^{fed} Mehefin	The Mountain Environment	<input type="checkbox"/>

Amgaeaf sic am y swm o

£

Cofrestrwch fi ar yr ysgol(ion) undydd uchod os gwelwch yn dda

Enw:.....

Cyfeiriad:

.....

.....

Ffôn: ebost:

Rwy'n caniatáu i'r Brifysgol gadw'r manylion uchod ar ei chronfa ddata i'm hysbysu am gyrsiau a digwyddiadau Dysgu Gydol Oes. Rhowch ✓ yn y blwch os nad ydych yn dymuno derbyn yr wybodaeth yma.

Booking Form

To register, complete the form below and return to us along with a cheque made out to 'BANGOR UNIVERSITY' 7 days prior to the particular day school or book and pay online www.bangor.ac.uk/ll:

Return to: Lifelong Learning,
Bangor University,
Dean Street,
Bangor
LL57 1UT

Concessions must be applied for in advance - contact us or download a form from our website. Please also read and sign the Acknowledgement of Risk overleaf.

The Winter Environment of Snowdonia Series

Please ✓

Saturday 23 rd January	The Freshwater Environment	<input type="checkbox"/>
Sunday 24 th January	The Rocky Shore Environment	<input type="checkbox"/>
Saturday 27 th February	The Woodland Environment	<input type="checkbox"/>
Sunday 28 th February	Regional Glaciation in Snowdonia	<input type="checkbox"/>

The Natural History of Snowdonia Series

Saturday 27 th March	The Sand Dune Environment	<input type="checkbox"/>
Sunday 28 th March	Geology of Snowdon	<input type="checkbox"/>
Tuesday 13 th April	Geology of Snowdon	<input type="checkbox"/>
Wednesday 14 th April	Regional Glaciation in Snowdonia	<input type="checkbox"/>
Saturday 8 th May	The Rocky Shore Environment	<input type="checkbox"/>
Sunday 9 th May	Geology of Cwm Idwal	<input type="checkbox"/>
Tuesday 8 th June	Geology of Lley Peninsular	<input type="checkbox"/>
Wednesday 9 th June	The Mountain Environment	<input type="checkbox"/>

I enclose a cheque for the amount of

£

Please enrol me onto the above day-schools:

Name:.....

Address:

.....

.....

Tel no: email:

I permit the University to hold the above details on their database to inform me of future Lifelong Learning courses & events. Please ✓ this box should you not wish to receive this information

Cydnabyddiaeth Risg

Darllenwch y wybodaeth ganlynol yn ofalus os gwelwch yn dda. Gall effeithio ar eich diogelwch chi a diogelwch eraill sy'n mynychu'r ysgol(ion) undydd. Unwaith rydych wedi ei darllen llofnodwch ar waelod y ffurflen i ddangos eich bod wedi ei darllen a'i deall. Nid yw llofnodi'r Gydabyddiaeth Risg hon yn peryglu eich hawliau cyfreithiol mewn unrhyw ffordd; nid yw chwaith yn rhyddhau ein gwaith ni oddi wrth unrhyw rai o'i ymrwymadau i chi. Ei diben yw gwneud yn siŵr eich bod yn ymwybodol beth sy'n eich aros! Rydym wedi cymryd pob cam rhesymol i roi gofal a sicrwydd diogelwch i chi sy'n briodol ar gyfer y gweithgareddau hyn.

Fodd bynnag, dylech fod yn ymwybodol bod rhai risgiau cynhenid yn parhau sy'n rhan annatod o'r gweithgareddau ac na ellir eu dileu heb ddinistrio eu natur unigryw. Ymysg pethau eraill, gall rhai o'r risgiau hyn gyfrannu at:

- Colli neu ddfrod i'ch dillad neu offer personol.
- Teimladau o annifyrrwch, ofn neu bryder, neu hyd yn oed.
- Anafiadau damweiniol neu salwch a all, mewn achosion prin iawn, fod yn ddifrifol iawn.

Mae lefel y risg wirioneddol sy'n gysylltiedig â'r ysgolion undydd hyn yn isel iawn. Fodd bynnag, gall y risgiau fod yn rhywbeth nad ydych yn gyfarwydd â hwy. Nid yw'r lefel risg drwedd a thro yn fwy na'r hyn sy'n gysylltiedig â chwarae arferol plentyn, er enghraifft, neu'r hyn sy'n gysylltiedig ag oedolyn arferol yn gwneud gweithgareddau hamdden sy'n briodol i'w gallu, ffitrwydd, oed, etc. Yn dibynnu pa ysgolion undydd yr ewch arnynt, gellwch ddod i gysylltiad â rhai o'r canlynol neu'r cyfan ohonynt. Os nad ydych yn gyfforddus gydag unrhyw rai o'r rhain dylech ailystyried archebu lle. Ar y llaw arall, efallai y penderfynwch dynnu'n ôl o ysgol undydd ar y diwrnod. Pe digwydd hynny byddwn yn cyfeirio at ein polisi ar ganslo.

Gall pethau y gellwch ddod ar eu traws gynnwys y canlynol, ond ni ddylid ystyried hon yn rhestr derfynol: **Tirwedd garw neu anwastad:** Gall hyn fod ar fynydd neu rostir, coedwig neu dir amaethyddol garw etc. Os ydych yn gyfarwydd yn unig â llwybrau, ffyrdd tarmac a gelltydd ysgafn gall hyn efallai roi mwy o straen ar gymalau a chyhyrau nag ydych wedi arfer ag o.

Ymdrech gorfforol: Yn yr holl ysgolion undydd bydd angen ymdrech gorfforol a all, ar adegau, fod yn fwy na'r hyn rydych yn gyfarwydd ag o. Mae'n bosibl y bydd angen stamina neu gryfder corfforol ar gyfer hyn. Os oes gennych gyflyrau meddygol neu anafiadau, yn y gorffennol neu'r presennol, efallai na fydd yr ysgolion undydd hyn yn addas i chi.

Risgiau a Pherylon Amgylcheddol: Gall y rhain gynnwys ffactorau fel melltt, llifogydd neu greigiau'n syrthio, er mai'r rhai mwyaf cyffredin fydd newidiadau cyflym a sylweddol yn y tywydd neu amodau ansefydlog neu lithrig dan draed. Llithro a baglu – dyma'r math mwyaf cyffredin o ddamwain mewn cymdeithas yn gyffredinol ac nid yw ein ysgolion undydd yn eithriad. Byddwn yn ceisio sicrhau na fydd canlyniadau llithro o'r fath yn ddifrifol ond dylech fod yn ymwybodol bod y tebygolrwydd o syrthio neu lithro'n debygol o fod yn fwy na'r hyn rydych wedi arfer ag o. Ymhellach, o ystyried natur yr amgylchedd lle gall y rhain ddigwydd, gall y sefyllfa waethygu pethau gan achosi digwyddiad mwy difrifol. Mae gennym ymrwymadau a chyfrifoldebau amlwg ac rydym yn cymryd y rhain yn gwbl o ddifrif. Fodd bynnag, byddwn yn disgwyl i gyfranogwyr gyfrannu at eu diogelwch eu hunain a diogelwch eraill trwy ddilyn y cyfarwyddiadau y bydd ein staff yn eu rhoi i chi.

Cydnabyddiaeth

Rwy'n sylweddoli:

- Y gall yr ysgolion undydd hyn fod angen agwedd a dull gweithredu sy'n wahanol i weithgareddau eraill rwyf wedi cymryd rhan ynddynt.
- Y gall natur y risgiau fod yn wahanol i'r rhai rwy'n gyfarwydd â hwy.
- Bod rhai risgiau cynhenid yn aros.
- Trwy lofnodi'r ddogfen hon nid wyf yn rhyddhau Prifysgol Bangor oddi wrth unrhyw rai o'i hymrwymadau tuag ataf ac nid yw chwaith yn effeithio ar fy hawliau cyfreithiol.

Rwyf dros 18 mlwydd oed ac yr wyf wedi darllen ac wedi deall cynnwys y ddogfen hon:

Llofnod: **Yddiad:**

Acknowledgement of Risk

Please read the following carefully. It may affect your safety and the safety of others attending the day-school(s). Once you have read it please sign the bottom of the form as an indication that you have read and understood it. Signing this Acknowledgement of Risk in no way compromises, your legal rights, nor does it release our work from any of its obligations towards you. It is merely to make sure you are aware of what you are letting yourself in for! We have taken all reasonable steps to provide you with the level of care and assurances of safety appropriate to these activities.

However, you should be aware that certain inherent risks remain which are integral to the activity, and which cannot be eliminated without destroying their unique character. Amongst other things, some of these risks can contribute to:

- The loss or damage of your personal clothing or equipment,
- Feelings of discomfort, fear and apprehension, or even
- Accidental injury or illness which in extreme, but rare cases can be very serious.

The level of real (as opposed to apparent) risk associated with these day-schools is very low. However, the type of risks may be something with which you are not familiar. The level of risk is generally no greater than that associated with, for example, the normal play of an average child, or that associated with normal adult undertaking recreational activities appropriate to their ability, fitness, age, etc. Depending on which day-schools you are undertaking you may be involved with any or all of the following. If you are not comfortable with any of these you should re-consider booking. Alternatively, you may decide to withdraw from a day-school on the day. In this event we would refer to our cancellation policy.

Things you may encounter may include, but may not be limited to:

Rough or rugged terrain: This may be on mountain or moorland, forestry or rough cultivated land etc. If you are used only to footpaths, tarmac surfaces, and gentle inclines etc this may come as a bit of a surprise by putting greater strain on joints and muscles than you are used to.

Physical effort: All day-schools involve physical effort that at times may be more than you are used to. This may involve stamina or physical strength. If you have medical conditions or injuries, past or present, these day-schools may not be suitable for you.

Environmental risks & hazards: These may include such factors as lightening, floods or rock-fall although the more common would be rapid and significant changes in the weather, or unstable or slippery conditions underfoot. Slips and trips - this is the commonest type of accident throughout society and our day-schools are no exception. We will endeavour to ensure that the consequences of such a slip are not serious but you should be aware that the likelihood of falling over or slipping is likely to be greater than you are used to. Moreover, given the nature of the environment in which these may occur the situation can compound giving rise to a more serious incident. We have clear obligations and responsibilities and we take these very seriously. However, we will be expecting participants to contribute not only their own and each other's safety by following the instructions our staff will be giving you.

Acknowledgement

I recognise:

- That these day-schools may require an attitude and approach different from other activities I have been involved with.
- That the nature of the risks may be different to ones, which I am familiar with.
- That certain inherent risks remain.
- By signing this, I do not release Bangor University from any of its obligations towards me, nor does it affect my legal rights.

I am over 18 years old and have read and understood the content of this document:

Signed: **Date:**