



## Cynnwys / Content

Sgyrsiau Natur a Ni – trawgrifiad o bob datganiad Nature and Us conversations - All statements transcript	<u>2</u>
Siopa am bethau / Shopping for things	<u>2</u>
Teithio o gwmpas / Travelling around	<u>4</u>
Defnyddion ynni / Using energy	<u>6</u>
Prynu bwyd / Buying food	<u>8</u>
Ailgylchu / Recycling	<u>10</u>
Gwyliau gartref / Staycation	<u>12</u>
Mannau gwyrdd / Green spaces	<u>14</u>
Rheoli tir / Land management	<u>16</u>
Coetiroedd / Woodlands	<u>18</u>









Dyw' system drafnidiaeth ddim yn dibynnu ar geir ac mae rhwydwaith ar gyfer defnyddio trafniadaeth cynaliadwy yn gwneud hi'n haws i symud o un lle i'r llall yn gyflym, iach a glân.

Speaker 23

Even though I would like to travel more on public transport. I do try and find an alternative way just because of the cost of it.

Speaker 24

I didn't think the environment really crosses people's minds when price gets in the way.

Speaker 25

I need to cry because for the disability and public transport is difficult for me.

Speaker 26

Philosophy and stigma is a big one. I was in Interlachen once. Which was kind of middle Switzerland kind of business city. It was really incredible, I saw school children get on the same tram line as millionaire bankers.

And there was no stigma about. It was just a fact and I think that's something which hasn't really been addressed very much.

Speaker 27

I think cycling because of what cardiovascular fitness does for you long term, it's not only just benefiting the environment, it benefits you as a person. So I do see myself cycling in the future.

Speaker 28

Because even if you're brave enough to take a bicycle out on the roads around here, it's very difficult to cycle without being beeped at.

Speaker 29

The weather is so bad that it's not feasible to cycle or walk, that you know, you'd be soaking or freezing by the time you get to work.

Speaker 30

Everybody who cycles tends to look like me, which is a problem because we need we need far, far more people doing it, so we need to, you know, people need to feel safer doing it.

Speaker 31

Would you consider cycling to work? Or if you, if there was a shower at your place of work? Absolutely, 100% you know, then I would be more encouraged knowing that if I got to work then there was somewhere I could freshen up.

Speaker 32

Well, I have managed to persuade people in work that we do more Zoom calls and less in person meetings, reduce that travelling, that daily commute.

Speaker 33



So even if there's like a regular transportation, I still want to have my own car. But then would I be able to really afford an electric car by that time?

Speaker 34

It's the system where you live in. If you have a conscience. If you try your best, they're just milking the green cow, taking money out of our pockets before it becomes the norm to have an electric car.

Speaker 35

Electric cars can be viable, especially now the second hand market is starting to pick up a bit. The charge network in Wales is inadequate and needs support and needs boosting for sure.

Speaker 36

People seem to think that electric cars they're going to solve everything, there's gonna be no carbon. You start to expand carbon making them, building the roads and stuff. And like, I don't feel like this is really the solution.

Speaker 37

Y gallu I gymryd fy ngwynt wrth gerdded heb deimlo'n sâl oddi wrth y traffig. Dim olew na glo. Bysus hydrogen a trenau! Gorsafoedd ar hyd a lled y wlad.

Speaker 38

That you can have pools of cars that instead of everybody owning a car, people pay into a service and then these self driving and electric cars come to wherever you tell them to. They go drop you off to wherever you want to go, and then they go off and then they get charged again. I don't have to drive. I don't have to worry about even parking a car. And the emissions are at a minimal. So I think that would really be the absolute ideal.

## Defnyddion ynni / Using energy

Speaker 39

**Defnyddio Ynni** - Mae fy nhŷ wedi'i insiwleiddio'n ddiogel ac mae arno baneli solar ac rydym yn dal glaw ac yn ei hidlo trwy ardd gymunedol yn y stryd. Pan fydd angen ynni ychwanegol arnaf, mae'n dod o ynni adnewyddadwy a gynhyrchir yng Nghymru, gan gynnwys ynni'r llanw. Dwi'n gweld fy mod yn defnyddio llai o ynni ar gyfer gwresogi gan fod y tŷ mor gynnes.

**Using energy.** My house has safe insulation and solar panels and we capture rain and filter it through a communal garden in the street. While I do need extra energy, it comes from renewable power generated in Wales, including tidal power. I find that I'm using less energy for heating though, as the house stays so warm.

Speaker 40

Green energy and renewable energies resources is something that I'm really passionate about, especially because I think we live in Wales, which is somewhere with such a wealth









Buy a slow cooker for £10. A bag of carrots is 57 pence. You chop a bowl of vegetables you can put in. All the spices and leave the slow cooker on all day, and then it lasts three or four days.

Speaker 65

I know exactly how that works, but guess what, there's a cultural difference here. We don't cook that kind of food. Our children will not eat it because we're used to eating traditional African meals.

Speaker 66

You can alter the way that you eat almost straight away. You can stop consuming meat straight away, or at least reducing it or animal products in general, looking to source things more locally.

Speaker 67

Sefydlu trefn lle bo bwyd sy'n cael ei gynhyrchu'n lleol ar gael i'r farchnad leol, er mwyn datblygu system cynaliadwy, cost effeithiol, moesegol a gwyrdd ac er mwyn lleihau ol troed carbon sy'n deillio o fewnforio bwyd, gan annog y boblogaeth i fwyta cynnyrch sy'n dymhorol.

## Ailgylchu / Recycling

Speaker 68

**Ailgylchu.** Rwyf wedi sylwi y gall bron popeth a brynwch gael ei aildddefnyddio neu ei ailgylchu nawr - ac mae llawer llai o blastig o gwmpas. Rwy'n defnyddio'r siop ail-lenwi leol hefyd oherwydd gallwn gael ein grawnfwydydd, blawd a siwgr yno. Rydyn ni'n treulio mwy o amser yn siopa nag oedden ni'n arfer ei wneud, ond hefyd yn prynu mwy gan fusnesau lleol sy'n cefnogi eu cymuned.

**Recycling.** I've noticed that nearly everything you buy can be reused or recycled now – and there's far less plastic around. I use the local refill shop too as we can get our cereals, flour, and sugar there. We spend more time shopping than we used to, but also buy more from local businesses that support their community.

Speaker 69

It's like the main thing we've been taught since we were younger, to say the least. If we can recycle and make new products out of what we have right now, it's just generally better for the environment because obviously there's less plastic waste, it's less pollution, less in landfills, and overall that's better for our environment. It is definitely possible because we're already doing this on the planet right now, but it can definitely be improved.

Speaker 70

Yr ethos ail-dddefnyddio ac ail-gylchu yn rhan o fywyd pob dydd pawb - mwy o eitemau yn gallu, ac yn cael eu hailgylchu a'u defnyddio.

Speaker 71





There is an international recycling coding system. There is paper as PAP01, like a coding system which I think is internationally recognised. Some products have that on, but others don't. They use the recycle now system, which can be confusing and so I think improving the system is good.

Speaker 81

Instead of having different bagging systems for each, it should be a common. So just have a similar pattern, one system of bagging throughout Wales.

Speaker 82

But I remember reading into what South Korea were doing. If you had your food waste and you were, you were wasting food, they'd fine you. But then all of that food would be like converted into sort of like biofuels, and it would be reused as fertilisers as well and stuff like that. It would be interesting to look into in the UK as well. Because then biofuel could be used power Welsh agriculture.

Speaker 83

We recycle it where we are, but where does it go then? Because you do here quite often about like plastic waste gets sent to various countries like Turkey to be recycled there. Except it isn't. It's burned, so making sure that when it's been sorted, it does then get recycled because otherwise, the whole system's undermined.

## Gwyliau gartref / Staycation

Speaker 84

**Gwyliau gartref.** Rwy'n cael gwyliau gartref eleni. Rwyf wrth fy modd ein bod wrth ymyl yr arfordir un diwrnod, ac yna yn y mynyddoedd y diwrnod nesaf yng Nghymru. A gallaf adael fy nghar gartref oherwydd bod gan Gymru rwydwaith trafniadaeth gyhoeddus dda iawn. Er ei fod yn brysur yn ystod misoedd yr haf, mae yna fannau tawel y gallwch chi ddod o hyd iddyn nhw o hyd.

**Staycation.** I'm having a staycation this year. I love that in Wales you can be next to the coast one day, and then in the mountains the next. And I can leave my car at home because Wales has a very good public transport network. Although its busy in the summer months, there are still quiet places you can find.

Speaker 85

Staycation at one time was if you stayed at home and just went out for the day, and now it seems to be used for going on holiday in this country.

Speaker 86

You could still fly though during staycation, couldn't you? So, you could fly to Scotland, for example, and that would not necessarily be better for the environment.

Speaker 87



I had the great pleasure of camping in Anglesey for the first time since lockdown. So it was really nice to sort of go very local. And also buy local produce as well.

Speaker 88

It makes you very insular if you just stay in one place all the time. It's important to support the local economy and everything, but there are so many places to see in the world.

Speaker 89

But I think one problem we also face is whether people travel abroad for running and all like skiing or something like that, which it's harder to offer in wheels because we can't control that.

Speaker 90

Because of climate change, it's getting so hot in France and Greece and Spain and places. So I think actually people will come to realize that they might enjoy their holidays more if they do stay in Wales and there won't be risk of soaring temperatures.

Speaker 91

Pentrefi a threfi yn fwy bywiog a hyfyw - yn denu pobl i aros a byw eu bywydau yn lleol.

Speaker 92

I'm a second generation immigrant. And I've got family all over the place. I really value like going round experiencing different cultures and going back just to see family. It's just not something like I really implement in my life.

Speaker 93

I've always been a believer of Wales in terms of encouraging people to make the most of Wales that you don't really need to travel abroad. I think the Tourism Department of Wales can make Wales that destination that they Welsh residents would want to be part of. The first thing they need to do is to diversify the board membership. To hear from people who thinks differently until you have people who can think differently, you keep doing the same thing. And it's also important that's why diversity is important.

Speaker 94

The COVID lockdowns when Snowdonia was absolutely jam packed because everyone was staying home and it was just a mess and I think if you could figure that out so that everyone was being responsible and it was kind of like a bit more spread out because the places you want to go are the places that everyone wants to go. So it's kind of difficult to organise that.

Speaker 95

Say we promote. It is also the fact that tourists can come to that if we bring that into it. They're flying into Wales, so we have to like see it from both sides.

Speaker 96

I think it's important in the way that in the grand scheme of things, it's relatively small, it is something we can all do, but without other things happening, and especially governmental



changes, it's not going to dent it. It is also something that the Welsh Government is trying to kill off at the moment as well.

Speaker 97

Whole communities are destroyed by second homes. Tourism is a very important part of the ingredient. If you can have local tourism, that's far better. And also it's green tourism because of carbon footprints.

Speaker 98

Dyle fod fwy o reolaeth ar y system marchnad tai fel bod cyfalafiaeth ddim yn arwain y peth.

Speaker 99

One of our biggest resources that we have not really optimized is our natural resources. You know, a beach is a mountain. A countryside. Rhossilli Bay, for example, is one of the best beaches in Europe, it's in top five in Europe. Can you imagine that? And we've seen it being done in several other places like Dubai or a significant part of their income inflow. It's true tourism.

## Mannau gwyrdd / Green spaces

Speaker 100

**Mannau gwyrdd.** Lle rwy'n byw mae mynediad da i fannau gwyrdd. Mae pobl yn eu defnyddio ar gyfer iechyd, dysgu awyr gored a mwynhad. Maent hefyd yn cael eu rheoli ar gyfer bywyd gwylt, gyda gwirfoddolwyr lleol yn helpu i gynnal y manau gwyrdd hyn ar gyfer pobl a natur. Rwy'n sylwi ar fwy o fywyd gwylt o gwmpas lle rwy'n byw, fel adar a phryfed.

**Green spaces.** Where I live there is good access to green spaces. People use them for health, outdoor learning and just enjoyment. They are also managed for wildlife, with local volunteers helping to maintain these green spaces for people and nature. I notice more wildlife around where I live, such as birds and insects.

Speaker 101

I want more people to be outside because at the minute and I'm going with it too, loads of people are just sitting at home on their phones wasting energy. So I think that we should make some more green spaces so people can play outside with their friends.

Speaker 102

Parciau newydd (nid dim ond maes chwarae bach ond parc go iawn) yn cael eu cynllunio mewn trefi ac ardaloedd newydd dinasoedd. Tircomin y Cymoedd ar gael i'r bobl sy'n byw yma.

Speaker 103





Speaker 112

Gerddi yn troi nol o fod yn mannau parcio neu conrit neu graean neu resin i fod yn erddi cynhyrchiol i'r rhanfwyaf o gartrefi, a rhandiroedd a gerddi cymunedol ar gael o fewn pellter cerdded i bob cymdogaeth

Speaker 113

There's so much green in Wales that we need more houses. You need to build houses in this green space, and less houses, we need houses.

Speaker 114

Too much green stuff.

## Rheoli tir / Land management

Speaker 115

**Rheoli tir.** Mae'r tir o'm cwmpas ac yng nghefn gwlad yn cael ei ddefnyddio ar gyfer cynhyrchu ystod o wahanol fwydydd ond mae hefyd yn cael ei reoli er budd cymunedau. Mae rheolwyr tir yn gwneud hyn i leihau effeithiau llifogydd a sicrhau bod ein hafonydd a'n moroedd yn glir o lygredd. Mae mwy o amrywiaeth yn y dirwedd – gwahanol fathau o dda byw, mwy o ardaloedd coediog gyda gwahanol fathau o goed.

**Land management.** The land around me and in the countryside is used for producing a range of different foods but is also being managed for the benefit of communities. Land managers do this to reduce the impacts of flooding and ensure our rivers and seas are clear of pollution. There is more variety in the landscape – different types of livestock, more wooded areas with different types of trees.

Speaker 116

Land Management has such a huge impact on each of the other categories. Focusing more on that could have a trickle down effect on to other things such as public transport and green spaces and shopping because it all contributes to offering local farmers and producers of food enough space to contribute to these categories that we have. And currently it's happening in the wrong direction. It's having a negative effect on other categories.

Speaker 117

I have very little faith that the land will be used to, or in a way, to combat climate change.

Speaker 118

It is a very difficult one to actually cracking at people to do what that statement does, but that would be something that I think everyone would wish if that would be possible to happen.

Speaker 119

Bydd systemau ffermio a busnesau cymunedol wedi datblygu I gynnig ystod eang o anghenion lleol i bobl lleol.



Speaker 120

We need to look at, you know, land holistically, and create different areas that put biodiversity first.

Speaker 121

We live and run a business rurally, and we're surrounded by a green desert. Completely lacks biodiversity. It's just full of sheep, basically. It provides very little employment. Whereas ecotourism forestry would vastly improve employment, allow our children to stay and work here, rather than having to go and look for work elsewhere.

Speaker 122

Yn ddelfrydol, byddwn yn byw mewn Cymru lle byddai ffermwyr a thirfeddianwyr, yn enwedig y rhai bach, yn derbyn tâl am adfer a chynnal cynefinoedd. Lle bydd rhywogaethau a fu'n bresennol gynt yn dychwelyd ohonynt eu hunain neu â chymorth rhaglenni bridio ar gyfer adar megis garanod a chiconiaid.

Speaker 123

I think it needs to be managed better, but I don't necessarily think that the ways that are described in that statement are the ways forward.

Speaker 124

As a vegan. I would like the stock to be diminished. But I know that a lot of people depend on that as their livelihood. Yeah, but they could diversify a little.

Speaker 125

It would be by far more sensible to use more land for plant based food rather than animal based food, animal based food. First of all, you have to grow plants to feed the animals and then to consume the animals. It's incredibly wasteful, very stupid system.

Speaker 126

Farmers are almost forced into being un-environmental to produce food competitive with the farm next door. I've seen very upset, farmers having to do things they really don't want to do, but they'll go out of business if they don't.

Speaker 127

People do want to make that change in the way they manage their land. It's just we need to be able to support to do that.

Speaker 128

We need to change the relationship that land owners have with smaller farmers. Because we need more cooperation between the different levels of power that people have.

Speaker 129

Big companies buy up land in Wales to try and do carbon offsetting, but they end up buying up farmland in Wales and just planting loads of conifers, which, although it sounds great that they're planting trees, it's actually really bad for biodiversity because it's not a natural habitat.





Speaker 137

It's just nice to have nature, trees and things. Trees are like, the most important to me, because it's like oxygen as like, and the things I actually need.

Speaker 138

Very important for a number of reasons, both to soak up the CO2 and also to help floods management as well, because it soaks up water and also health and well-being, there are pheromones that trees send out that help our health and well-being that people don't realize about.

Speaker 139

More watching Jeremy Clarkson documentary on his farming. That episode actually sort of exposed my awareness to wild, wild and what it was, and it just seemed like a really nice thing, because then you've got a great area for nature, which is best. It's beneficial for the biodiversity of this country, but it's also really visually pleasing and it's nice to look at and then obviously as well it doubles down as green space, which is great.

Speaker 140

There's no forests around me, sort of around them, so maybe someone living closer to a forest would feel different about that. But for me personally, woodlands falls low just because I don't have that many woodlands around really. And actually well, most of The Woodlands on Anglesey now would be in fell because they're crop woodlands of conifers and all the red squirrels are losing their homes.

Speaker 141

The big Cliff of forests that are being grown for timber and such, and it's really important to not approach it in that way because those forests, although there are trees, they aren't good for biodiversity in the environment and if a disease comes and kills them, that destroys whole forest then.

Speaker 142

You can plant as many trees as you want, but if you got the wildfire meadows to support the insect life in order to pollinate them, then you know. So we've been doing a lot of bug holes and wildflower meadow creation as opposed to planting trees.

Speaker 145

Things like wildflower meadows and peatland.

Speaker 143

Peatland stores more carbon than woodlands. So you know, you know that's an important one.

Speaker 144

I think there was one company that decided to go about planting trees, but they actually dug up peatland to plant the trees.

Speaker 145



I don't know, maybe that could all come into (statement) 9, and looking at habitat rather than just woodlands.

Speaker 146

Bydd gan bob pentref goedwig yn llawn coed cynhenid i bobol gael crwydro'n hamddenol a threfi gyda sawl coedwig.

Speaker 147

I glywed mwy am sut ymatebodd pobl i ddatganiadau eraill, parhewch I wrando ar y gyfres. I rannu eich barn am hyn a'r holl ddatganiadau, ewch i [www.naturani.cymru](http://www.naturani.cymru)  
To hear how people responded to other statements, continue listening to the series. To share what you think about this and all the statements, visit [www.natureandus.wales](http://www.natureandus.wales)