

Her Teithio Prifysgol Byw'n Dda

#livewellworkwell

Beth ydyw?

Nod yr Her yw cael cymaint â phosibl o bobl i deithio i brifysgol yn gynaliadwy – ar feic, ar droed, ar drafnidiaeth gyhoeddus neu drwy rannu car.

Mae'r Her yn agored i bob myfyriwr ac aelod staff o bum Prifysgol sy'n cyfranogi ledled Cymru

- Prifysgol Caerdydd
- Prifysgol Abertawe
- Prifysgol Metropolitan Caerdydd
- Prifysgol De Cymru
- Prifysgol Bangor

Mae'n llawer o hwyl a byddwn yn dosbarthu lluo o wobrau ar hyd y daith!

Gallwch gystadlu ar eich pen eich hun neu fel rhan o dîm. Y cyfan sydd angen i chi ei wneud yw cofrestru a dechrau cofnodi eich siwrneiau.

Noder y dylai enw pob tîm gynnwys y brifysgol yr ydych yn ei chynrychioli.

Pa siwrneiau sy'n cyfrif?

Nod yr Her yw lleihau nifer y siwrneiau i brifysgol mewn car.

Er mwyn cymryd rhan bydd angen i chi gofnodi eich siwrneiau i'r/o'r brifysgol ar droed, beic, trafndiaeth gyhoeddus neu drwy rannu car. Rydym am gael cynifer â phosibl o bobl i deithio i'r/o'r brifysgol gan ddefnyddio'r dulliau hyn.

Yr unig beth sydd ddim yn cyfrif yw teithio mewn car ar eich pen eich hun (ac nid yw tacsis yn cyfrif fel rhannu car chwaith!)

Po fwyaf o siwrneiau a wnewch, uchaf y byddwch ar y bwrdd canlyniadau..... ond os ydych am helpu eich Prifysgol i ennill y gystadleuaeth tîm bydd yn rhaid i chi gael cynifer o'ch ffrindiau a'ch cydweithwyr â phosibl i gymryd rhan.

Mwynhewch yr Her!

Mae'n hawdd cofnodi siwrnai..

1. Agorwch eich tudalen proffil
2. Cliciwch y botwm 'Cofnodi siwrnai'.
3. Cofnodwch eich siwrnai

Noder hefyd bod Ap ar gael ar gyfer ffonau Android ac iPhone a fydd yn gwneud cofnodi eich siwrneiau hyd yn oed yn haws!

Live Well University Travel Challenge

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What is it?

The aim of the Challenge is to get as many people as possible, traveling to university sustainably - by bike, on foot, by public transport or by car-sharing.

The Challenge is open to all students and staff from five participating Universities across Wales

- Cardiff University
- Swansea University
- Cardiff Metropolitan University
- University of South Wales
- Bangor University



It's great fun and we'll be giving out loads of prizes along the way!

You can compete on your own or as part of a team. All you have to do is register and start logging your journeys.

Please note that all team names should include the university you are representing.

Which journeys count?

The aim of the Challenge is to reduce the number of journeys to uni by car.

To take part you'll need to log your journeys to/from uni on foot, by bike, by public transport or car-sharing. We want to get as many people as possible travelling to/from uni in these ways.

The only thing that doesn't count is travelling in a car on your own (and taxis don't count as car-sharing either!)

The more journeys you do the higher up the individual leader board you'll get.....but if you want to help your University win the team competition you'll have to get as many of your friends and colleagues taking part as possible.

Have fun and enjoy the Challenge!

It's easy to log a journey..

1. Open your profile page
2. Click the 'Log a journey' button
3. Log your journey

Please note there is also an App for Android and iPhone, making logging your journeys even easier!