SUBMISSION GUIDANCE

Manuscripts (original scientific papers) should be no more than 30 000 characters (including abstract, keywords, tables, references). Scientific reviews should be no more than 9 000 characters.

Provide the author(s) information, including name(s) of all the authors, their affiliations, e-mail addresses and ORCID.

The following sequence of manuscript should be kept:

1. Author(s) with their affiliations, e-mail addresses and ORCID
2. Title in English and Polish[1]
3. Abstract in English and Polish[1] (maximum 1000 characters each)
4. Keywords in English and Polish[1] (maximum 5 each)
5. Main text. Figures and tables should be placed within the text at the appropriate points
6. References (alphabetically), with only cited literature.

We recommend main text of scientific papers contains the following sections: Introduction, including the goals and research methods, Literature review, Results and discussion, Final conclusions.

Abstract should cover: general introduction to the topic, brief description of the methodology and most important conclusions of the research.

American Psychological Association Publication Guide (APA) should be use for referring literature. For detailed guidance please visit: https://apastyle.apa.org

Footnotes should be used in the manuscript only if absolutely necessary. Endnotes should not be used in the manuscript at all.

Manuscript should be formatted in 12-point Times New Roman, left and right aligned, single spacing, 2,5 cm/1 inch margins. Authors should not use underlining, bolding and highlighting in text. In tables and figures 8-point Times New Roman should be used.

Submissions may be returned to authors that do not adhere to these guidelines.

---

[1] In English papers Polish Title, Abstract and Keywords are not necessary, but recommended.