**Title (TNR 14pt, bold, center)**  
*(one blank line)*

Author11,[[1]](#footnote-1)\* , Author2 2, Author33 (TNR 12pt, center)

*1Affiliation (TNR 12pt, italics, center)*

*2Affiliation (TNR 12pt, italics, center)*

*3Affiliation (TNR 12pt, italics, center)*

*(one blank line)*

**Abstract**

Total length: up to 200 words. Abstract must refer to the whole article and it should contain the objective, methods and the most important results. (TNR 12pt, left alignment).

*(one blank line)*

**Key words:** up to 6 words in alphabetical order (TNR 12pt, left alignment).

*(one blank line)*

**1. Introduction**

Text (TNR 12pt, left alignment).

The preferred paper length is 4000-8000 words. Please prepare your manuscript according to APA style. More information can be found for example in:

[www.ecu.edu/cs-dhs/laupuslibrary/upload/apa\_style\_guide\_6th\_ed\_oct09.pdf](http://www.ecu.edu/cs-dhs/laupuslibrary/upload/apa_style_guide_6th_ed_oct09.pdf)

**Citation in the text:** (Apollo, 2018), (Prosser, 1983; Nelson, 2011; Rettinger &

Apollo, 2017), **if three authors or more:** (Krupska, et al., 2018).

**Tables:** Please submit tables as editable text and not as images.

**Figure captions:** Ensure that each illustration has a caption.

*Note you do not need to use terms like Methods and data, Results, Discussion, Conclusion – We use the terms here to help you to focus to help you think in terms of sequencing.*

**2. Methods and data**

(…)

*(one blank line)*

**2.1. Methods**

(…)

*(one blank line)*

**2.2. Data**

(…)

*(one blank line)*

**3. Results**

(…)

*(one blank line)*

**4. Discussion**

(…)

*(one blank line)*

**5. Conclusion**

(…)

*(one blank line)*

**References**

(…)

For example:

**Reference to a journal publication:**

Krupska, M., Kim-Ngan, N. T., Balogh, A. G., Malinsky, P., & Mackova, A. (2018). 1 MeV Ar+ and Kr+ ion irradiation induced intermixing in single-and bi-layer Fe 3 O 4 films grown on MgO (001) single crystals. *Surface and Coatings Technology*. https://doi.org/10.1016/j.surfcoat.2018.05.058

**Reference to a journal publication (in press):**

Apollo, M., & Rettinger, R. (2018). Mountaineering in Cuba: improvement of true accessibility as an opportunity for regional development of communities

outside the tourism enclaves, *Current Issues in Tourism*. https://doi.org/10.1080/13683500.2018.1446920

**Reference to a journal publication with an article number:**

Apollo, M., Andreychouk, V., & Bhattarai, S. S. (2018). Short-Term Impacts of Livestock Grazing on Vegetation and Track Formation in a High Mountain Environment: A Case Study from the Himalayan Miyar Valley (India). *Sustainability*, *10*(4), 951. https://doi.org/10.3390/su10040951

**Reference to a book:**

Strunk, W., Jr., & White, E. B. (2000). *The elements of style.* (4th ed.). New York: Longman, (Chapter 4).

**Reference to a chapter in an edited book:**

Mróz, F. (2019). The valorisation and evaluation of the tourism and cultural potential of the Lviv Way of St. James Via Regia (Lviv – Shehyni section). In: M. Apollo & M. Krupska-Klimczak (Eds.), *Poland and Ukraine: Problems and prospects* (pp. 99-154). Kraków: Wydawnictwo Naukowe Uniwersytetu Pedagogicznego.

**Reference to a website:**

Cancer Research UK. (2003). Cancer statistics reports for the UK. Retrieved: http://www.cancerresearchuk.org/aboutcancer/statistics/cancerstatsreport/ (access: 17.07.2017).

**Reference to a conference paper or poster presentation:**

Engle, E.K., Cash, T.F., & Jarry, J.L. (2009, November). The Body Image Behaviours Inventory-3: Development and validation of the Body Image Compulsive Actions and Body Image Avoidance Scales. Poster session presentation at the meeting of the Association for Behavioural and Cognitive Therapies, New York, NY.

1. \* **Corresponding author**

   Name (TNR 10pt, left alignment)

   E-mail address: (TNR 10pt, left alignment) [↑](#footnote-ref-1)