

As part of the application process, applicants are required to prepare a short video on one of the topics listed below. Please read the information and guidelines provided before recording your video.

Choose one of the topics below and prepare your video accordingly. Please begin your video by introducing yourself.

- What would a Polish, Ukrainian, and Moldovan young person talk about if they sat down together at the same table?
- What can I contribute to other STP participants? How can I inspire, surprise, or enrich their experience?
- What is one change I would like to see in my community? How could participating in Study Tours to Poland help me make that change happen?

Recommended Technical Guidelines

Video requirements:

- **Length:** 1–2 minutes
- Recorded using a **mobile phone or camera**
- In **Ukrainian or English**
- No editing is required
- Recorded by the applicant
- The applicant should be visible for most of the video
- Photos, graphics, or supplementary footage may be included but are **optional**

We do not assess:

- The quality of the recording equipment
- Video editing
- Special effects
- Technical production skills

We assess:

- Authenticity
- Clarity of communication
- Motivation
- Reflection on your personal development and your community
- Your potential to make meaningful use of the STP experience