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NO LIMITS

No Limits is a popular science journal (biannual) of the University of Silesia in Katowice addressed to a broad audience, but primarily to people interested in science, including new discoveries in the world of science, technology, new materials and technologies, innovative solutions, social changes, etc. We use an attractive format to present interesting, innovative, and important scientific research conducted at the University of Silesia or in cooperation with our University. The journal is published not only in Polish but also in English, and is distributed to some of the best universities in the world, institutions of culture, art and various scientific units. Since the fifth issue, the journal also features articles written by scientists from the T4EU Alliance.

It is essential that the articles have a **popular science** form and are written by people with experience in dissemination and promotion of science, preferably science journalists. We try to make the texts easy to read and interesting not only for scientists and students but also for secondary school students and people not involved in higher education.

In our journal, the graphic design is also very important. Photos and pictures must be of very high quality, they cannot be taken with a mobile phone or downloaded from the internet with unclear copyrights. The universities submitting the materials should hold proprietary copyrights to the published photographs. Should there be no photos available, it is possible to purchase photos from agencies subscribed to by the University of Silesia or to create graphics.

Each issue has a different theme. Themes of past issues:

- the first – climate change,
- the second – water,
- the third – Stanisław Lem (to celebrate the 100th anniversary of his birth),
- the fourth – the problem of waste and recycling,
- the fifth – the city,
- the sixth – threats of the modern world,
- the seventh – a world closer to women,
- the eighth – transformations,
- the ninth – challenges of education.



The theme of the tenth issue, which will be published in **October 2024**, will be '**Better Quality of Life**'. It is very broad and may refer to various fields of science, e.g. psychology, education, ecology, medicine, sociology, materials science, biotechnology. Examples of article topics are listed below:

- physical and mental health;
- solutions in the field medicine;
- addiction treatment and prevention;
- novel vaccine and drug research;
- obesity treatment and prevention;
- technical inventions, new materials, new technologies improving our lives;
- prevention and mitigation of the effects of climate change;
- new energy sources;
- revitalisation of post-industrial areas;
- good public space planning and greening;
- ageing society: activating elderly people;
- the impact of exposure to culture on quality of life;
- recognition and prevention of social dangers related to new technologies, e.g. escapism, alienation, abuse, aggression;
- support for people with disabilities (e.g. intellectual), deaf and hard-of-hearing people, art therapy;
- return to nature, therapeutic value of nature (e.g. forests).

While promoting eco-friendly practices in the articles, we must hold ourselves to the same standards, which is why *No Limits* is published on certified ecological paper.

The journal is available online as a PDF file. us.edu.pl/en/nolimits

No Limits is also uploaded to the Journals platform: journals.us.edu.pl, where individual articles are given digital DOI identifiers, making them citable and more visible on the web.

Length of article: 5,000 characters with spaces, plus photos (300 DPI resolution).

An abstract (500–1,000 characters with spaces) is also required. Each article should include a footer with the following information:

1. name, surname and degree or academic title of the person conducting the research described in the article,
2. full name of the subordinate unit (e.g. name of the department, faculty)
3. full name of the university,
4. official email address of the person mentioned in point 1.
5. first name and last name of the author of the photographs.
6. contact information of the author of the article.

If you would like to submit an article from your university, please send us a confirmation by **20 May 2024**. Deadline for submission of articles in English: **30 June 2024**.