**Title: Subtitle**

The article should be concise and informative. Abbreviations and formulas should be avoided where possible. Upper-case letters should only be used at the beginning of sentences and for proper nouns. If using a subtitle, this should be punctuated with ‘:’, and the first word should begin with an uppercase letter.

There is a **limit of 6,000 words**, including notes, charts, figures and bibliographic references. Style and formatting should correspond to this template (font, font size etc.).

**1st author**

Department, University (full title – use the full title of the institution in English)

Country

*email*

**2nd author**

Department, University (full title – use the full title of the institution in English)

Country

*email*

**3rd author**

Department, University (full title – use the full title of the institution in English)

Country

*email*

**4th author**

Department, University (full title – use the full title of the institution in English)

Country

*email*

Write your abstract here (English) Abstract should be no more than 350 words and should not contain paragraph breaks, headings, or references.

***Keywords*** word; word; word; word; word You should choose at least 3 and not more than 5 keywords.

**Introduction**

Write your introduction here

All citations must use APA – *American Psychological Association* (i.e. Hepler, 1986; Schmidt, 1989; Young, Burwell, and Pickup, 2003).

Subheadings should be avoided in this section. Title: Arial bold, 10, line spacing 1.15, left aligned. Text body: Arial regular, 10, line spacing 1.15, left aligned.

**1. Heading**

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The first line of each paragraph must be aligned with the following lines (tabbed). The paragraphs should be separated by one line. Short, direct, citations should be indicated by double quotation marks. Title: Arial bold, 10, line spacing 1.15, left aligned. Text body: Arial regular, 10, line spacing 1.15, left aligned.

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An extended citation with 40 words or more, should be highlighted in the text from the left margin (1,5cm) for each line, that should be formatted with single line spacing, separated by the text by one line and without quotation marks. Arial italic, 8, line spacing 1.0

**1.1. Subheading**

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**2. Heading**

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**2.1. Subheading**

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**2.2. Subheading**

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Title: Arial bold, 10, line spacing 1.15, left aligned. Text body: Arial regular, 10, line spacing 1.15, left aligned.

Table/graph 1*.* Write the subtitle here.

All tables and graphs should be numbered continuously in Arabic numerals (i.e. table 1, table 2 etc.), and referred to in the text. Text body: Arial regular, 8, line spacing 1.15, left aligned.

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| --- | --- | --- | --- |
|  | Column 1 | Column 2 | Column 3 |
| Line 1 | Lore ipsum | Lore ipsum | Lore ipsum |
| Line 2 | Lore ipsum | Lore ipsum | Lore ipsum |
| Line 3 | Lore ipsum | Lore ipsum | Lore ipsum |

Table content:

Text body: Arial regular, 9, line spacing 1.15, center aligned. The table should be aligned to the left of the text.



Figure 1. Write the tittle of the graph here. The title of the graph should be below the figure. All figures (graphs, scales, photographs, maps, images and other representative formats) should be continuously numbered, using Arabic numerals and referred to in the text. Colour images may be used. The figures must be included in the text body and also submitted separately, with high resolution in JPG format. *Source:* The source of non-original images should be indicated below, following the citation format. When the figure is a result of the addition and/or alteration of secondary data, the citation should read “Adapted from…”.

**3. Heading**

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Title: Arial bold, 10, line spacing 1.15, left aligned. Text body: Arial regular, 10, line spacing 1.15, left aligned.

**3.1. Subheading**

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**Acknowledgements (optional)**

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Title: Arial bold, 10, line spacing 1.15, left aligned. Text body: Arial regular, 10, line spacing 1.15, left aligned.

**References**

Bibliographic references, presented in alphabetical order, should follow Sixth Edition APA – American Psychological Association - format (http://www.apastyle.org/) and include all the authors mentioned in the text. If the document has a DOI (Digital Object Identifier), this should be included in the reference. The list of references should be formatted using line spacing (1.0) for each reference and a double space to separate each reference. Title: Arial bold, 9,5, line spacing 1.15, left aligned. Text body: Arial regular, 9,5, line spacing 1.15, left alignment. More information is available at**:** [**www.ua.pt/file/36608**](http://www.ua.pt/file/36608)

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