

Article title

Abstract

Write an abstract of up to 250 words. Please take into account the feedback you received during the abstract review. Make sure your abstract clearly describes your topic, aim, methods, data, main results, and conclusions.

Keywords: Add 3-5 keywords. Separate them with commas.

1 Introduction

This template is used for full papers. Please structure your paper using the IMRaD format. The length of the paper is limited to **2500 words**, not including the abstract, captions, and the list of references.

The introduction explains why the research is needed. Start by describing the challenge or gap that motivates your study. Discuss the current state of research in the field (literature review) and show how your article contributes to existing knowledge. End the introduction by presenting your research questions or aims.

Because the paper length is limited, you may include your theoretical background within the introduction. If this does not fit your structure, you can add a separate section for the literature review and theoretical framework. Format such section headings using **Heading 1**.

Use the Harvard style for in-text citations. Find more information here:
<https://libguides.lut.fi/LABguidetopublishing/aboutciting>

Examples:

- - (Mattila 2015, 32).
- - (Lahtinen & Järvinen 2017). *If there are two authors, both are included in the reference.*
- - (Hirsjärvi et al. 2009). *If there are more than two authors, mention only the first one and substitute the rest with "et al."*
- - (Huovinen 2009a). *When referencing to multiple publications by the same author and year, the references are distinguished by adding a lower case letter after publication year.*
- - (Huovinen 2009a; Mattila 2015, 40). *The text may also include references to multiple sources.*

1.1 Subheading

If you need subheadings in some section, format them using style: **Heading 2**.

1.1.1 Second-level subheading

If you need second-level subheadings, format them using style: **Heading 3**.

2 Methods

This section explains how the study was conducted and what kind of data was used to answer the research question. Describe the sample or population, the methods of data collection (such as interviews, surveys, or observations), and any equipment used. When discussing your research methods, please include relevant references.

3 Results and discussion

This section presents your findings. When appropriate, use tables or figures to help explain the results. After presenting the findings, discuss them and connect them to your research framework, for example by referring to the key sources in your literature review to show how your work contributes to the field. You should also discuss the limitations of your study.

3.1 Formatting of figures, tables, and images

The full paper may include a maximum of four (4) figures, tables, or images, which should be submitted as separate files in tif, ai, jpg, psd, or raw format. Make sure that they are clearly numbered and their placement is indicated in the text (e.g., Table 1).

Each item should be referred to in the text and accompanied by a caption: figures/images below and tables above. Make sure that all visuals are high enough quality for publication, with images being 2000 pixels wide and a resolution of 300 dpi. Kindly submit both the original file (e.g., Excel) and a picture of the file. Introduce the table/image/figure first and then insert it into the text.

If you use images that are not your own, make sure you have the proper permissions and reference them correctly. Also provide text descriptions for images and figures to ensure accessibility for all readers. For more information, see <https://www.labopen.fi/en/accessibility/>.



Image 1. Pikku-Vesijärvi park in Lahti, Finland is a great place for winter activities. (Henttonen 2023)

Alt-text: A view of a snowy park in the winter.

Introduce the table first and then discuss the results in it (Table 1).

Table 1. Share of document types studied.

Type of document	2009	2010	2011	2012
Article	23	19	19	21
Book review	9	9	11	7
Editorial material	4	1	1	1
Letter	0	0	2	2
Review	0	1	5	2
Bibliography	1	0	0	0

Alt-text: Table showing the percentage of different types of documents studied in 2009, 2010, 2011 and 2012. The percentage of articles varies between 19 and 23 % of all documents, while book reviews account for between 7 and 11 % of all documents.

4 Conclusions

The conclusion section should be concise. Summarize the main outcomes and conclusions of your article without introducing new information or new references.

Note: Before submitting your article, we recommend having a native speaker check the language to ensure clarity and correct grammar.

Acknowledgements

Acknowledgements are used to express appreciation for any assistance or contributions to the research, such as resources, help with data collection, or technical expertise.

Delete this section if it's not needed.

Use of AI

If AI has been used in the article, the following must be clearly stated:

- How AI was used (e.g., 'Feedback on the article's content was requested from AI').
- How the authors verified AI-generated parts.

Use of AI for language editing, translation, or improving fluency does not require separate mention.

If AI has not been used, delete this section.

References

Use the Harvard style for references. Find more information here:
<https://libguides.lut.fi/LABguidetopublishing/citation>

Examples:

Ellen MacArthur Foundation. 2017. Building blocks of a circular economy. Cited 16 Oct 2019. Available at <https://www.ellenmacarthurfoundation.org/circular-economy/building-blocks>

Howell, A., Dopko, R., Passmore, H.-A. & Buro, K. 2011. Nature connectedness: Associations with well-being and mindfulness. *Personality and Individual Differences*. Vol. 51 (2), 166–171. Cited 13 Nov 2023. Available at <https://doi.org/10.1016/j.paid.2011.03.037>

Sonntag, U. & Wagner, P. 2016. Positioning and potentials of Finland on the German holiday travel market. Kiel: F. U. R. Forschungsgemeinschaft Urlaub und Reisen. Cited 5 Dec 2016. Available at http://www.visitfinland.fi/wp-content/uploads/2016/09/RA2016_Finland_Report.pdf?dl

Sore, S. 2016. Learning new skills in projects. In Sore, S. & Kotonen, U. (eds.). *Lahti UAS ICT projects 2016*. Lahti: Lahti University of Applied Sciences. The Publication Series of Lahti

University of Applied Sciences, part 26. 15–16. Cited 8 Sept 2023. Available at <http://urn.fi/URN:NBN:fi:amk-2016122121344>

Suler, J. R. 2016. Psychology of the Digital Age: humans become electric. New York, USA: Cambridge University Press.