



Through my eyes

STORIES OF DEMOCRACY

Tell us in a video how you
experience democracy,
and get a chance to
influence the EU!

Submit your video stories before 9 November 2025 (midnight CET)

THE CONTEXT

👉 WHAT DOES DEMOCRACY LOOK LIKE TO YOU?

/ Is it electing your representatives and trusting them to make decisions that benefit the general interests?

/ Is it feeling part of a society and of the decisions that affect you?

/ Or is it about fighting for your struggles: for change, for being heard, for having your voice matter?

In a time of political division, polarised debates and declining trust, democracy can feel distant, though it remains deeply personal. Because behind every headline, statistic or political statement, there are real human stories.

With this video contest we invite you to **share your perspectives and have your voice amplified across Europe.**



This call for video submissions is organised by the Trans European Policy Studies Association (TEPSA) in collaboration with the Horizon Europe project "Activating Citizens' Trust in Times of Crises and Polarization" (ActEU).



THE CONTEST

“Through my eyes: Stories of democracy” is a video contest that asks:

HOW DO YOU EXPERIENCE DEMOCRACY TODAY?

We are looking for short, original videos (maximum 3 minutes) that reflect on one or more of the following themes:

- / **Can we still trust politics, institutions, or leaders?**
- / **Who truly represents people in politics? And who gets left out?**
- / **How does polarisation shape our societies and how we talk, connect or disagree with one another?**
- / **What does political participation look like for you (from voting to protest, or quiet, everyday acts of engagement)?**

Your video can be vertical (Reels, TikTok-style) or horizontal (YouTube-style). We welcome all formats (e.g. interviews, vlogs, animation, creative edits, or even a single powerful shot), and it can be recorded with any equipment you have.

**WE WANT YOU TO BE PERSONAL, BOLD AND CREATIVE
IN TELLING YOUR STORY FROM YOUR PERSPECTIVE**

If these suggested topics don't speak to you, send in a video on a topic that does!

THE CONTEST

👉 WHO CAN PARTICIPATE?

- / The contest is open to **individuals** or **small teams** (up to three people)
- / Aged **18+**
- / **All nationalities and residencies** are welcome to participate

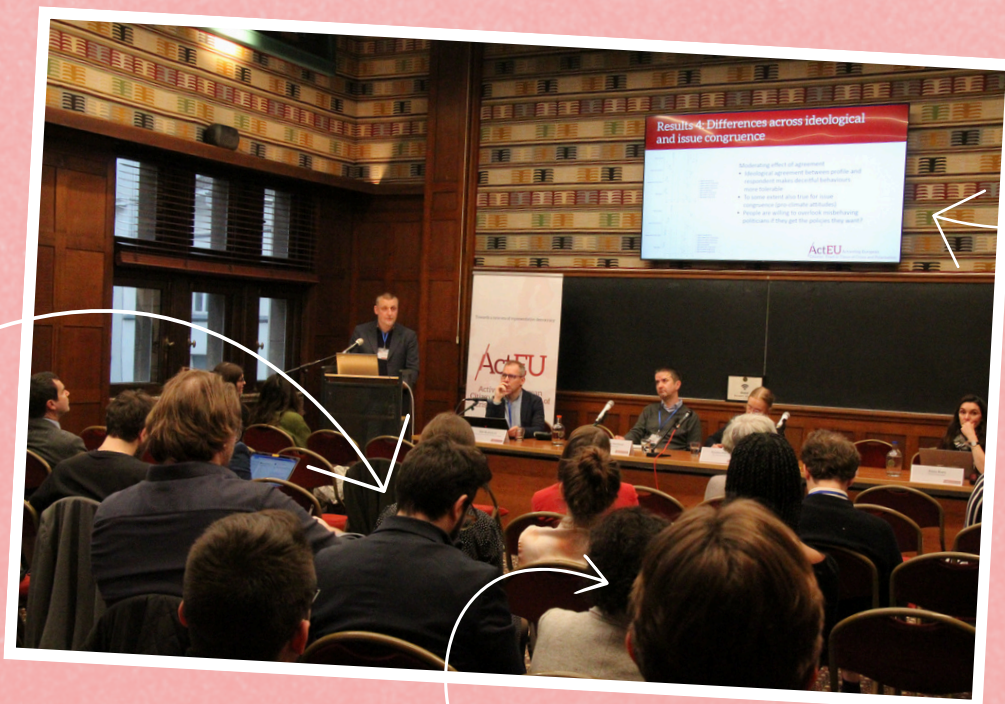
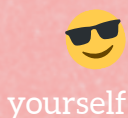
👉 TIMELINE

- / Submissions open: 22 September 2025
- / Deadline: **9 November 2025** (midnight CET) 🚨
- / Winner announcement: early December 2025

👉 WHAT'S IN IT FOR YOU?

The winning video will:

- / Earn the creator (or one team member) an invitation to attend the **ActEU Final Conference in Brussels** on 5 February 2026 (travel and accommodation covered up to EUR 500)
- / Be showcased at the conference in front of researchers, policy-makers, civil society representatives, and citizens
- / Be promoted across all TEPSA's and ActEU's channels



your video

a room full of researchers, EU policy-makers,
civil society representatives, and citizens



👉 HOW WILL YOU BE EVALUATED?

A **jury composed of experts** from TEPSA and the ActEU Civil Society Network will select the winner based on:

- / The relevance to the theme
- / The originality and creativity
- / The clarity of the message
- / The emotional and intellectual impact

👉 HOW TO SUBMIT?

Please send your video file (or a download link) to communications@tepsa.eu before 9 November 2025 with:

- / A short description of the video (max 200 words)
- / Your name, country of residence, and age

WE CAN'T WAIT TO SEE YOUR CREATIONS!



YOUR VIDEO, YOUR RIGHTS

By participating, you retain full intellectual property rights to your video. However, by submitting an entry, you grant the ActEU project and its partners the non-exclusive right to use, reproduce, and share your video (with proper credit) for non-commercial purposes related to the project, including communication, dissemination and public engagement activities.

ABOUT /ActEU

How can we conceptualize and empirically measure political trust and legitimacy beyond the usual survey question “How much trust do you have in the parliament?”? Does the multi-level nature of European representative democracies require an identical level of citizen support at the regional, national and EU level? ActEU aims at findings answers to these questions and more by pursuing two overarching goals: First, in phase 1, we map and investigate persistent problems of declining trust, legitimacy and representation in Europe with a particular attention to the polarization of societies and the EU’s multi-level structure. Knowledge gained from phase 1 will flow directly into the development of a toolbox of remedial actions characterizing phase 2, which will craft tailor-made toolkits for political and civil society actors, school teachers and university lecturers to deal with issues of declining political trust in representative democracies in flux and counteract a further decrease. We develop context-sensitive solutions for all polity levels and type of polarizing policy field (migration, environment, gender).

ABOUT



The Trans European Policy Studies Association (TEPSA) was established in 1974 as the first transnational research network in the field of EU affairs. It comprises leading research institutes throughout Europe, with an office in Brussels. Its aim is to provide high-quality research on European integration to stimulate discussion on policies and political options for Europe. This is achieved by the interaction between the European and national institutions as well as the academic and research community. TEPSA is active on a wide range of research topics, focusing on differentiated integration, the EU's external relations, democratic participation and citizens' engagement.

