



REGISTRATION FORM CITTASLOW VIDEO CONTEST 2025

Title: Goldap - Breathe and Feel

Described Cittaslow: “Goldap – Breathe and Feel” is a atmospheric short film that captures the essence of slow life in Gołdap – a Cittaslow town in north-eastern Poland. Guided by nature, health and human connection, the story follows ordinary yet meaningful moments: a peaceful sunrise over the lake, a quiet walk through the forest, the soothing mist of graduation towers, or a shared coffee with a view.

Through the lens of harmony and balance, the film showcases Gołdap as a place where time slows down and life regains its rhythm. It invites the viewer to pause, breathe, and rediscover the beauty of simplicity.

This film was created as part of the Cittaslow “Storytelling” contest and reflects the town’s values of well-being, sustainable tourism, and quality of life. It is free of narration – emotions are conveyed through imagery and sound.

Author/s: Urząd Miejski w Gołdapi

Mail: komunikacja@goldap.pl

Duration: 1:32

Music: AB Sound - Summer Funk Upbeat Promo

Biography e info about the author/s: The authors are employees of the City Office - Ula and Damian, who, apart from their daily Facebook activities, like to drink coffee ☕

**Once filled in this form please send it to: redazione@cittaslow.net
- Participation Deadline, 12 May 2025 -**