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HUMAN RIGHTS AND THE RULE OF LAW IN GERMANY AND POLAND: EXPERIENCE FOR TRAINING LAW ENFORCEMENT OFFICERS

Today, the issue of human rights remains a key indicator of whether a state can truly be considered democratic and governed by the rule of law. In modern society, rights and freedoms are no longer viewed solely as abstract legal concepts, as they directly affect the everyday lives of every person. Respect for dignity, equality before the law, freedom of speech, and personal security create the foundation on which democratic institutions operate effectively [1].

The idea of protecting human rights developed gradually throughout history. After the Second World War, international organisations began paying much more attention to establishing common legal standards in this sphere. As a result, documents such as the Universal Declaration of Human Rights and the European Convention on Human Rights became important international instruments that continue to influence national legal systems in many countries today [1; 4].

The principle of the rule of law is closely related to the protection of individual freedoms. State authorities must act only in accordance with legal norms, while citizens should have the right to defend their rights through independent courts and other legal mechanisms. If state institutions exceed their powers or unlawfully interfere in private life, democratic principles are weakened. Because of this, effective human rights protection is considered an essential element of constitutional governance.

Germany is often presented as an example of a country where constitutional guarantees and democratic institutions function at a very high level. The Basic Law of Germany recognises human dignity as a supreme constitutional value. Public authorities are obligated not only to respect

rights but also to protect them actively. An important role belongs to the Federal Constitutional Court, which examines constitutional complaints and protects citizens from abuses committed by state bodies [2; 3].

German legal practice demonstrates strong judicial independence and a high level of institutional responsibility. Citizens can challenge decisions of public authorities if they believe their constitutional rights have been violated. Such mechanisms strengthen trust in state institutions and contribute to legal stability within society. In addition, Germany pays significant attention to issues connected with personal data protection, equality, and freedom of expression.

Poland also defines itself as a democratic state grounded in constitutional principles and the respect for human rights. The Polish Constitution guarantees many important freedoms, including freedom of conscience, the right to education, access to justice, and equality before the law. However, discussions on judicial reforms in recent years have sparked debates within European institutions about the level of judicial independence in the country [3].

Despite these discussions, democratic institutions and civil society organisations in Poland continue to play an active role in monitoring constitutional standards and protecting citizens' rights. This situation shows that democracy depends not only on written laws but also on political culture, public participation, and the effectiveness of institutions responsible for ensuring legality.

A comparison between Germany and Poland demonstrates that constitutional norms alone are insufficient without proper practical implementation. Germany illustrates a more stable institutional model in which judicial independence is strongly protected. Poland, in turn, demonstrates how political reforms may influence public trust and international evaluations connected with the rule of law.

Modern democratic states also face new legal and social challenges. Migration processes, technological development, cybersecurity issues, and social inequality require governments to adapt legal systems to new realities constantly. At the same time, democratic states must ensure that emergency measures or political decisions do not restrict fundamental rights more than necessary.

In conclusion, human rights remain a key foundation of every democratic state governed by the rule of law. European experience confirms that effective protection of rights and freedoms strengthens political stability, public trust, and the legitimacy of public authorities. The

examples of Germany and Poland show different approaches to democratic development, but both countries confirm the importance of independent institutions and constitutional guarantees in protecting human rights.

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DIGITAL TECHNOLOGIES AND THE TRANSFORMATION OF THE LEGAL PROFESSION AS A COMPONENT OF LEGAL ENGLISH TRAINING

The modern stage of development of the legal system is characterized by a global transition to digital formats. Digitalization processes, which have encompassed all spheres of social life, have led to fundamental changes in the functioning of the legal system. The transformation of the modern legal profession under the influence of digital technologies is not merely a technical update of tools but a profound rethinking of the methodology of providing legal assistance and conducting