

## **Abstract**

This bachelor's thesis discusses the "Ukraine-Lithuania-Belarus approach" (ULB) and the way in which it influenced Poland and its Eastern policy during 1989-2005. The approach was formulated by the Polish exile in France during the Cold War. It promoted the independence of Polish's Eastern neighbors and good-neighbor policy in order to stabilize the region and impede the Soviet influence. This approach was revolutionary given the historical tensions that existed among Poland and the ULB nations. The purpose of this paper is to find out to which extent the approach was put into practice and what motivated its use. Therefore, this study uses the method of historical analysis to examine the area of independence, security, minorities and common history, find out how much the ULB approach was actually present, and the various factors that influenced it, which include Russia, NATO, EU, national interests, Polish romanticism, and different political tendencies of Ukraine, Lithuania and Belarus. Moreover, the paper examines the changes in approaches to ULB by the different Polish governments, tries to identify the common points and differences, and whether the ULB approach was more of oral or of practical nature. Finally, the thesis evaluates the Polish accession to NATO and EU and how it affected relations with its Eastern neighbors. The conclusion is that the conditions in Europe after 1989 didn't enable full application of the ULB approach and the Polish governments interpreted it quite freely. However, the main thought of the approach remains – the good-neighbor policy and the support of Poland's neighbors' independence. These factors contribute to maintain the stability of the region, in which strong Poland, with support from NATO and EU can foster the development of Central-Eastern Europe.