

How to make decisions in order to be healthy, live longer and in the same time simplify people's life? How to make people choose what is good for them in a long term? How important it is to let people decide for themselves in the area of retirement, diet, organ donation or energy saving? These questions are the examples of the main concerns of the research I plan to lead. The objective of this research is to examine the concept of a 'nudge' - a tool of influence people's behavior - and evaluate its applicability to the public policy-making. The main premise of this project is that the nudge could be an innovative and beneficial instrument in many areas of the law-making process.

The concept of a nudge has been proposed in 2008 by American scientists: constitutional lawyer Cass Sunstein and economist Richard Thaler. The authors define the nudge as a "simple, low-cost, freedom-preserving approach, drawing directly from behavioral economics, that promised to save money, to improve people's health and to lengthen their lives." (Sunstein, 2013, 2).

The goal of the research is to point the possible advantages that the law-making and regulatory policies could derive from the use of the nudge. The reformed procedure would assume an elimination of unnecessary costs and interventions in people's liberties and significant extension of predictability of rules.

Consultations with members of nudge units can contribute in an important way to collecting the information about nudging. The studies of the work of nudge unit in Great Britain will be followed by a comparative analysis of the effects of regulations based on nudge and those caused by traditional legislative instruments. The differences between the process of elaboration of legal documents with and without the use of nudge philosophy linked with the analysis of predictability of the impact the policy has on people's lives in this different systems will allow me to draw conclusions about useful methods of potential improvement of the Polish law-making process.

I choose the topic of nudge because the results of this project can enrich the worldwide knowledge about rational policy-making. What's more, an eventual introduction of philosophy of nudge into the law-making has potential to eliminate unnecessary costs of regulations, facilitate to generate more targeted and precise regulations, eliminate political polarization in law-making process, avoid unintended side effects of regulations, make legislative procedure more transparent and open to outside voices, and much more. This research could serve as a handy manual for legislator providing overall strategic guidance, capacity building, and direct support to government agencies.