

The Council for Mutual Economic Assistance (COMECON): A Soviet-led economic body advocating multilateral cooperation among the Eastern Communist bloc, with the target to counter Western European influence.

Détente: The gradual decrease of geopolitical tension between the USA and the Soviet Union during the late 1960s to 1970s, with arms talks and trade deals between the West and the East taking place.

European Community Common Market: Also known as the European Economic Community (EEC), the organisation was founded in 1958 to facilitate economic integration between European states through developing a common market and customs union.

Helsinki Final Act: The document that was signed at the end of the Conference on Security and Cooperation in Europe (CSCE) on 1 August 1975, with terms promoting the mutual respect of sovereignty and human rights among the participating states.

Historiography: The analysis of different methods and interpretations employed to explain historical events and phenomena, with the aim of understanding how historians approached history writing.

Orthodox School of Cold War Studies: A school of thought that conceptualised the Cold War from a realist perspective, with scholars arguing that the Cold War was just a power struggle between the two superpowers, and that the USA was striving to defend its national interest.

Ostpolitik: A series of policies which had been implemented by West Germany and France since the 1960s to normalise relations with East Germany and the Soviet bloc.

Peace: Defined in this article as the absence of hot or nuclear war on the European continent through military deterrence or diplomatic efforts.

Perestroika: Referring to 'reconstruction' in the Russian language, it was a term used to categorise a series of economic reforms in the USSR during the late 1980s, which attempted to reform the stagnated Communist system by introducing market elements.

Realpolitik: A German notion referring to the pursuit of policy goals based on the examination of practical circumstances, instead of acting purely on moral or ideological tenets.

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