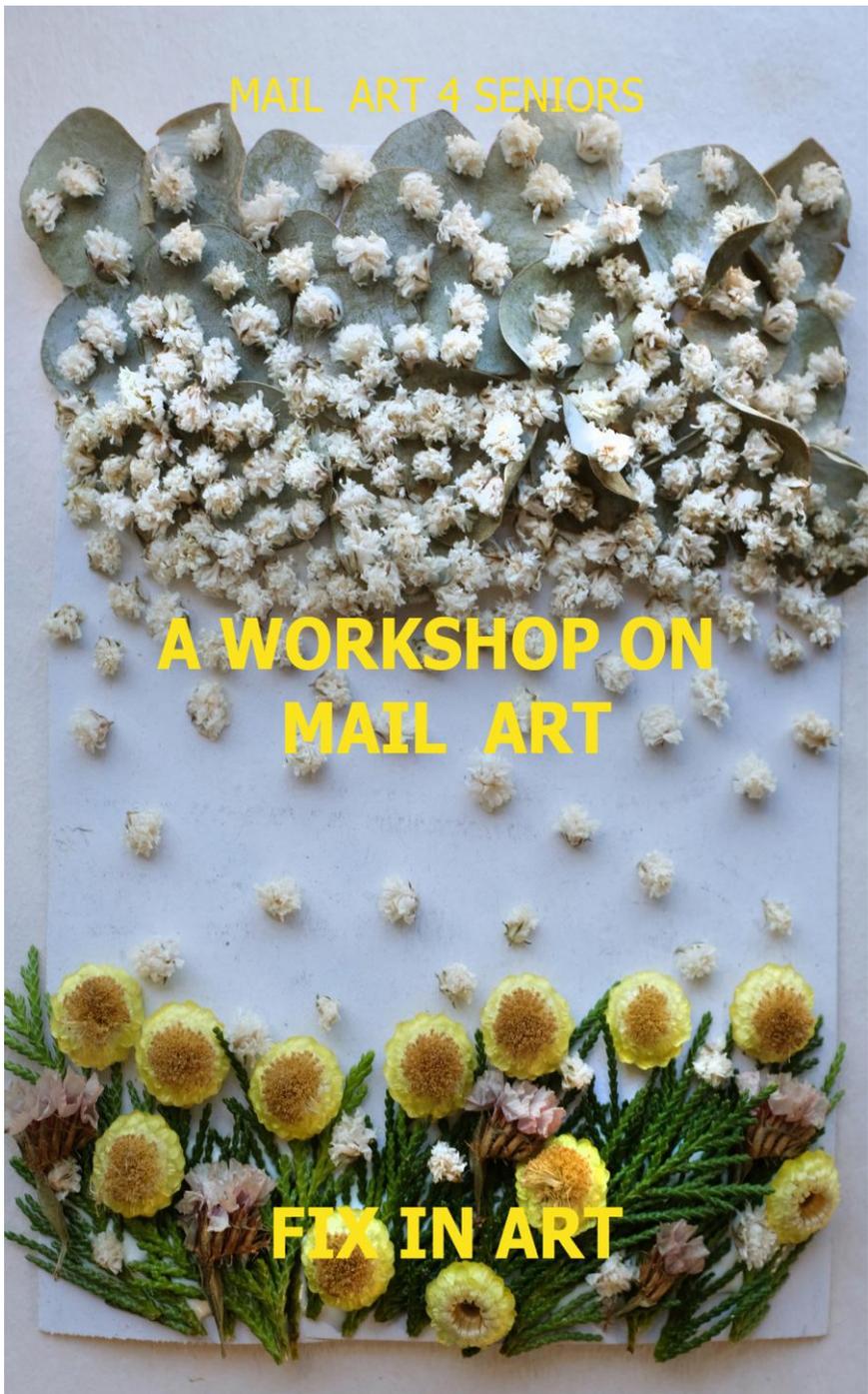


MAIL ART 4 SENIORS

A WORKSHOP ON
MAIL ART

FIX IN ART





MAIL ART
4 SENIORS



FIX IN ART
A WORKSHOP ON MAIL ART
“Mail Art and Nature”

by Sandra Paulo

(The Raquel Lombardi Cultural and Social Solidarity Association,
Madeira, Portugal)

MailArt4Seniors

In the COVID19 pandemic:

A creative Mail Art training program

for seniors to cope with loneliness and isolation

Project Code:

2021-1-LT01-KA220-ADU-000030408

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A creative MailArt training program
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MailArt4Seniors is co-funded by the **Erasmus+** program of the **EU**. (Project id:2021-1-LT01-KA220-ADU-000030408), and focuses on creating a new innovative non-formal training program for adult trainers (social workers dealing with the elderly, professionals working in nursing homes, geriatric psychologists, geriatric nurses, artists offering workshops to the elderly) to help them cope with isolation and loneliness, ensure their personal well-being, maintain their social life and enjoy a quality everyday life during the pandemic through mailart activities.

MailArt is a combination of art forms, a combination of text, images, sounds and gestures. MailArt can be defined as a collection of all forms of art, ranging from stickers, postcards, rubber stamps, envelopes, artist stamps, telephone usage, telegrams – to sketches, paintings, engravings, photographs, photocopies, stencils, collages, art objects, audio and video tapes, computers and so on.

The Partners:

6 European Countries - 6 Partners:

1. Modus – design|craft Finland
2. ANAZITITES THEATROU (FIX IN ART) – Greece
3. EDUKACINIAI PROJEKTAI - Lithuania
4. STANDOutEdu – Cyprus
5. RAQUEL LOMBARDI CULTURAL & SOCIAL SOLIDARITY ASSOCIATION – Portugal
6. IIAPHS - International Institute of Applied Psychology and Human Sciences – Italy

As part of the program, a meeting of the Organizations/Partners participating from each country was held in Thessaloniki, Greece (October 4-8, 2022). Through interactive practices and workshops, ways of training and teaching methods of learning techniques were presented, aimed at improving the quality of life of the elderly.

FIX In Art, in collaboration with the artistic director of the Photography Center of Thessaloniki, and pioneer of MailArt in Greece, Vasilis Karkatselis, participated with a workshop where the art of mail (MailArt) was presented to trainers and seniors 65+ from each country. The 30 participants had the opportunity to learn, using simple materials (erasers, inks, paper, old magazines, newspapers, etc.) to create their personal stamps, and to prepare postcards using the collage technique.

Modus RY, a design and craft association of designers, visual arts and crafts professionals, teachers, researchers and producers, founded in Tampere, Finland in 2001, conducted a workshop for Artisan Techniques and materials in Mail Art. The two instructors, Anni Jokinen & Behnaz Fazelian, introduced the participants to the technique of creating Mail Art using simple materials like fabric, leather, lace etc.

The Raquel Lombardi Cultural and Social Solidarity Association intends to promote solidarity through the arts and was founded in Madeira, Portugal in 2015, conducted a workshop "Mail Art and Nature". The instructor Sandra Paulo, brought the participants in contact with the nature of Madeira, through plants and flowers, and guided them in using them to create Mail Art.

During the 5 days of the Learning, Training and Teaching Activities, the works were exhibited at the venue of FIX In Art.

For FIX In Art

Artworks









Yaprak







calm

FOR MY DAUGHTER



LUCIANA
CASOLI

by

MAMMA
LUCIANA
ITALY







SIRPA MÖRSKY 2022













...UM
#FSSMNIKI
WITH LOVE
W

By GIANNIS POKAKIS







Thank
you...

















Respect the Nature
SAVE the WORLD

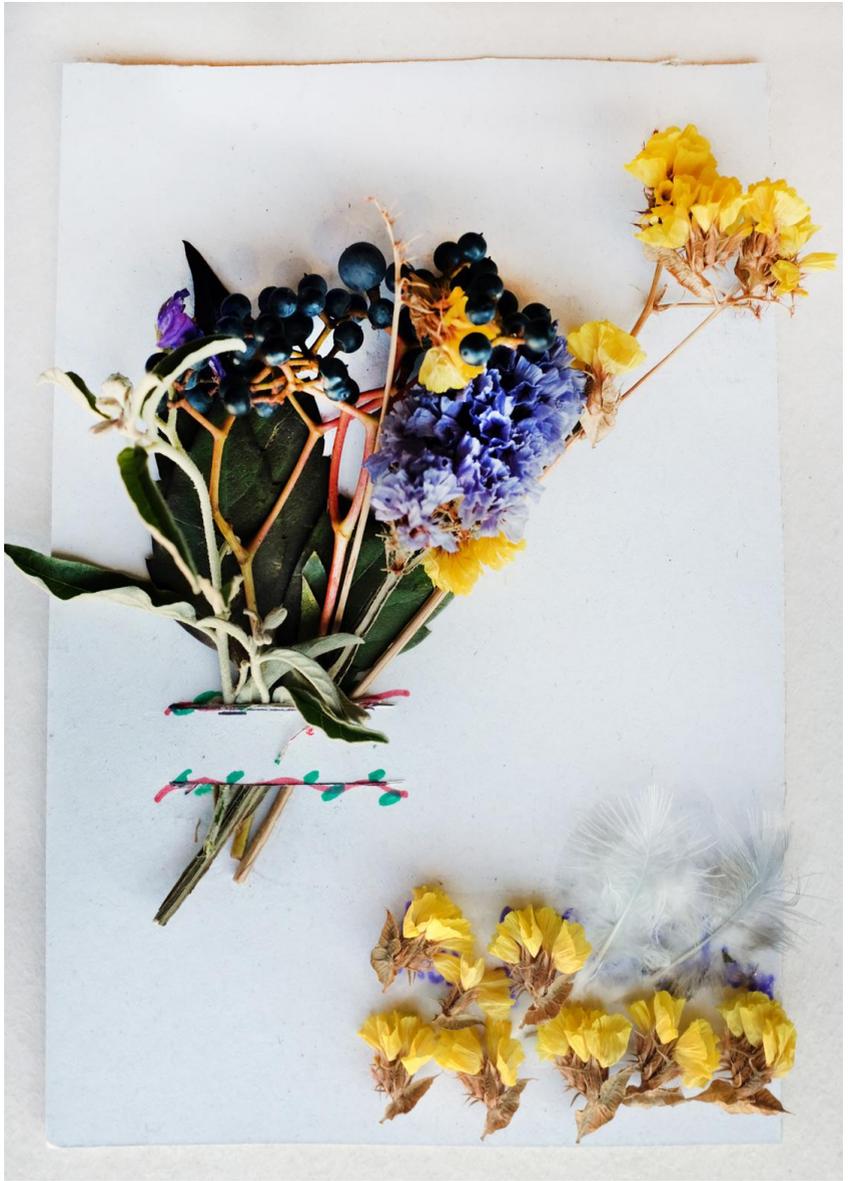
By Gianni's P.
Omakis

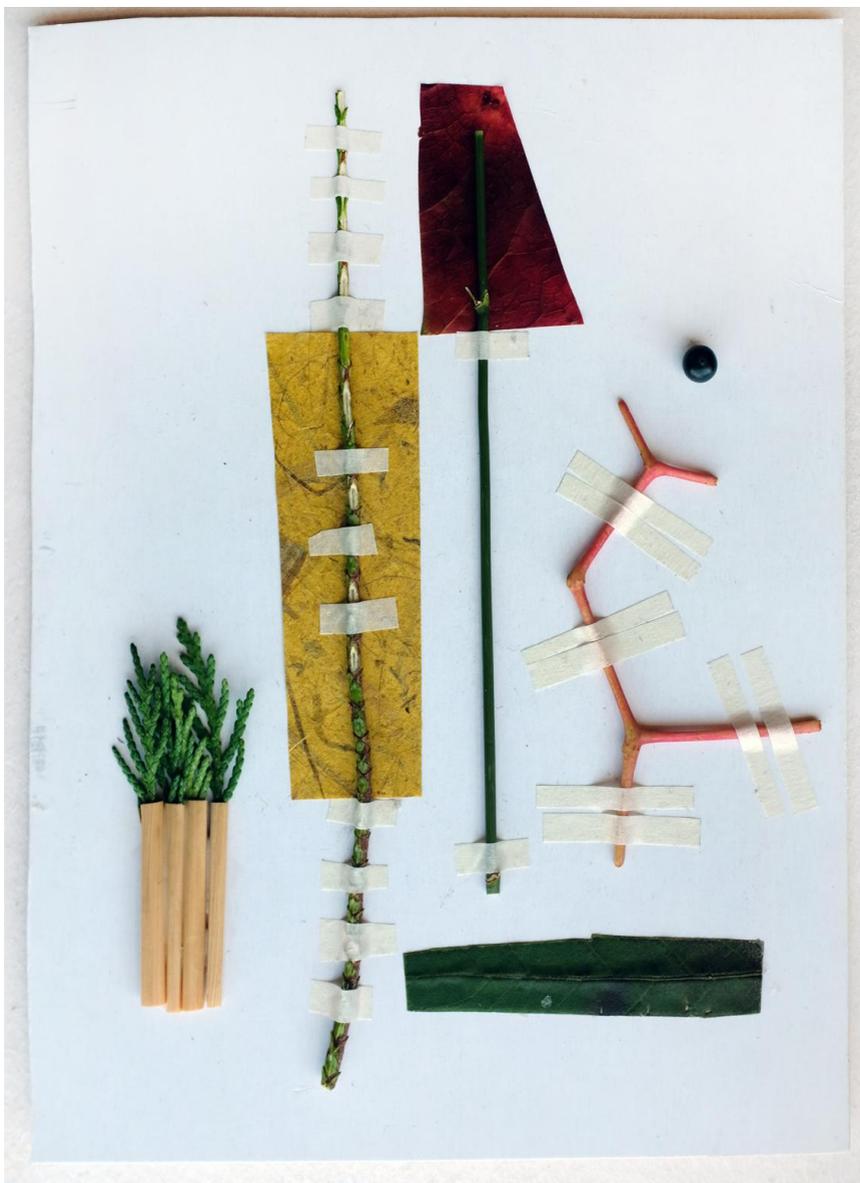


GIVING
Thanks



Estou muito feliz por estar em
solo Grego. Foi ~~uma~~ deolhida
Pela organização estão de Parais





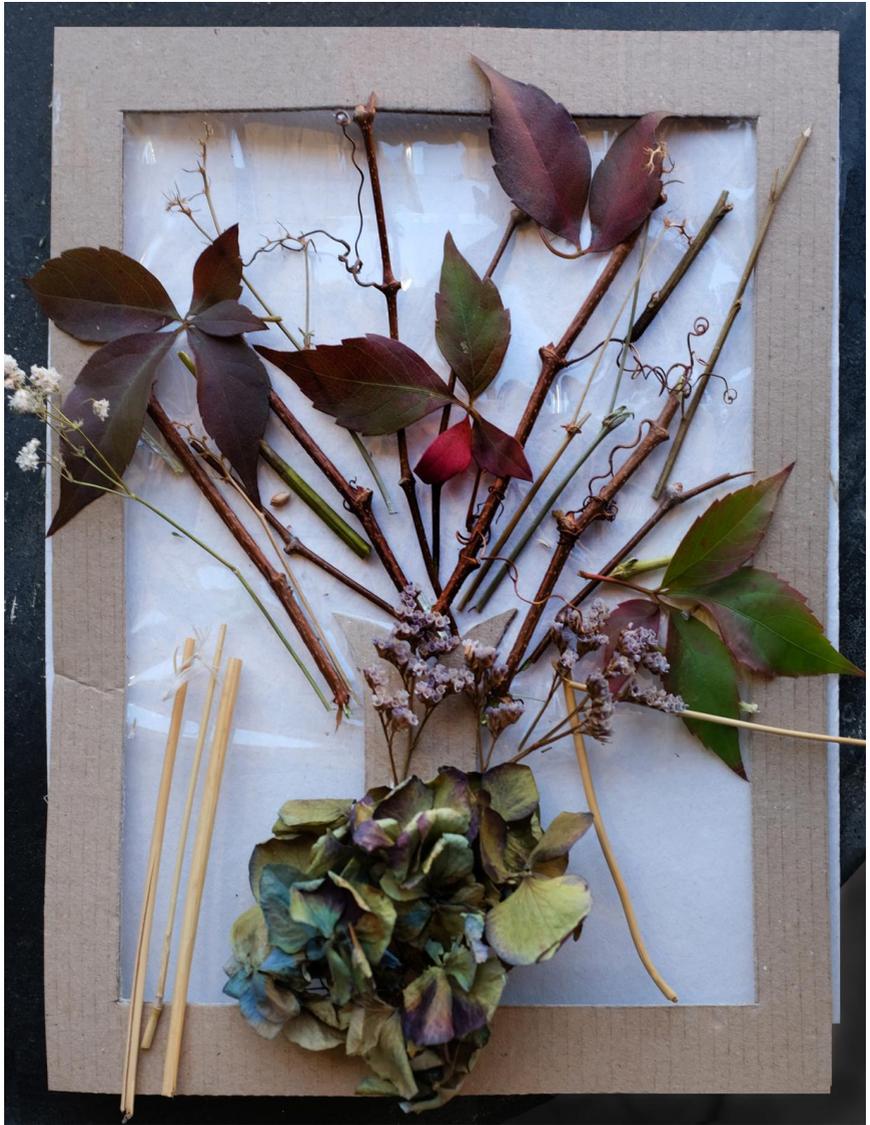




Daima nuttallii ol.

**slipidum*







environment
is
Life



This catalogue
includes the materials
of a MAIL ART workshop
held in October 2022
in Thessaloniki, Greece.

This catalog was created to
complete the workshop
with its postage
to the participants
as yet another piece of Mail art.

Catalogue curation:
Vasilis Karkatselis
Project Manager: Evanthia Stavrou
Secretarial Support: Penelope Souani
Support team: Erasmus+ Internship students
Anna Szychulska, Elif Didem Ayik, Erdogan AY

Thessaloniki, Greece 2022

