



MailArt4seniors

Modus Association
Oct. 2022- Thessaloniki

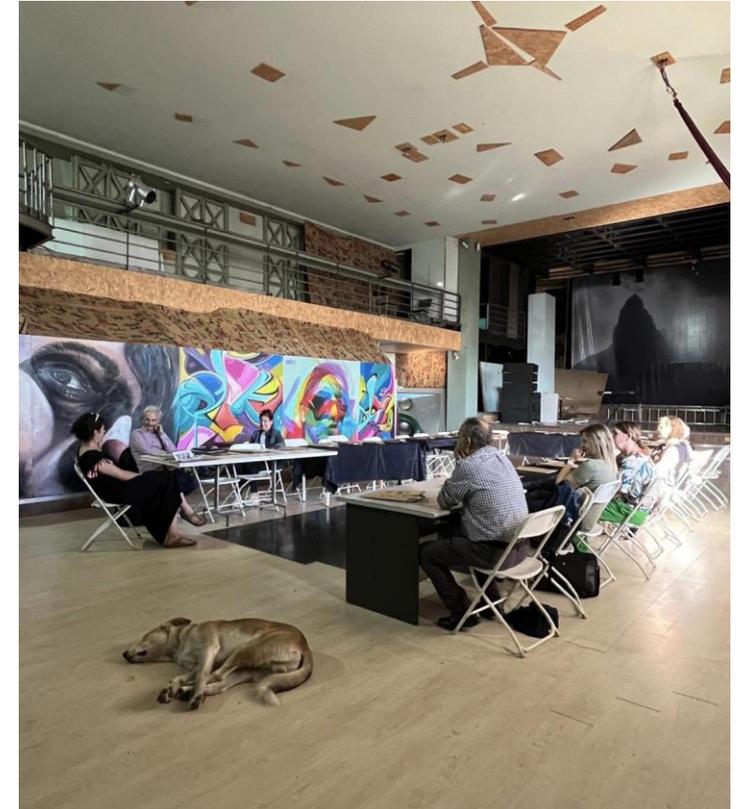
MailArt4seniors

- A creative MailArt training program for seniors to cope with loneliness and isolation
- AGENDA workshops "5 days of different experiences"



DAY 1

- Workshop orientation
- How to run and manage workshops
- Discuss the time tables, schedules, city map
- Exercises assessment tools and materials



DAY 2- Module stamps- Greece

- Registration of the participants (socializing with other groups)
- Introduction to exercises about Greece module stamps
- Using eraser to make a stamp
- Making postal cards by using "collage technique"
- Finally, the stamps were used for postal cards



DAY 3- Artisan techniques and materials in mail art- Finland

- Registration of the participants
- Discussing exercise results from previous day and assessment
- Introduction to the exercise
- Collecting the natural materials from the yard of the institute
- We designed and made postal card with natural materials, leftover fabric and leather



DAY 4

Mail art in sustainability- Cyprus Mail art and nature- Portugal

- Registration of the participants
- Discussing exercise results from previous day and assessment
- Introduction to the exercise
- Plant of Madeira island was used to make the postal cards
- Tasting sweets from Cyprus



DAY 5

Mail art and therapeutic photography- Italy

Mail art in different way (cards game)- Lithuania

- Registration of the participants
- Discussing exercise results from previous day and assessment
- Introduction to the exercise
- Introducing the therapeutic photography methods by Italian team
- Introducing the cards game to be used for retired people or in nursing house done by Lithuanian team
- Certificates of the work shops delivered to participants during the ceremony

