



**A WORKSHOP ON
MAIL ART**

Madreina

FIX IN ART





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A WORKSHOP ON MAIL ART

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

MailArt4Seniors

In the COVID19 pandemic:
A creative Mail Art training program
for seniors to cope with loneliness and isolation

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 Madeira, Portugal (September 4-9, 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 10 elderly participants from the Community Center for the Elderly "**Casa São José**" of the city of **Câmara de Lobos** of Madeira. The 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.

The works will be exhibited at the next meeting of the MailArt4Seniors program, which is scheduled for October 4-8, 2022, and will take place in Thessaloniki at the venue of FIX In Art.

For FIX In Art

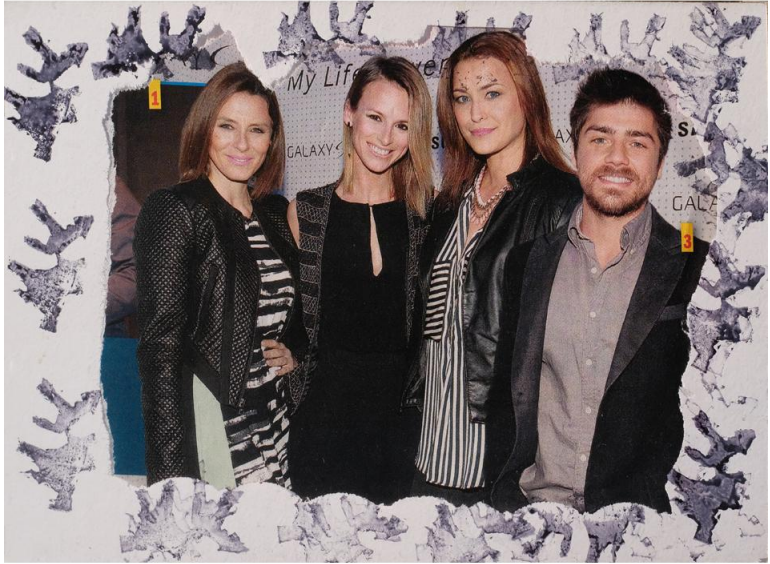
Artworks















300 g de batata # 250 g de...
125 g
Sal

- 1 N...
loque c...
e cortado aos pedacos. Temp...
os com sal...
os com o...
e o az...
cerca de
- 2 Descas...
noura...
Corte...
ponte...
à volta...
feijão de...
- 3 Regue tu...
água e f...

me fiz...
Esta é...
estam...
fsta l...
r a can...
o g...
um cuos...
de louro # 0,5 dl de azei...
deiga # 1 c. (de sopa)...
nha # 1 dl de leite # 1...
de vinagre # Sal e lima...
concorrentes tiveram presen...
hoas, Rui Pereira, que tem...
famosa, interpret...
quicra e ten...
incans cont...
2 e barre a...
prepara...
refe...
Jáve...
Corte a carne em cubos...
quatro especiarias: Coloc...
tes de alho num almofar...
azeite, o louro e sal...
uma past...
s com as...
outro alho...
ante de...
e ad...
o leite...
s minutos...
na o vin...
pedas...
com...
com





é confirmada
a saída de JOÃO
da RTP
para a SIC

Textos: André C. Costa de Miranda; Fotos: Dnylga

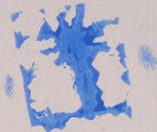
«obsegue a cre-
dencia que viu
a com Magal-
ães...» «O jun-
to, que ele
a poder...»
«Is de lhe ligar
furiosa porque

29

MADEIRA



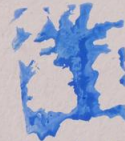
MAILART



4 SENIORS

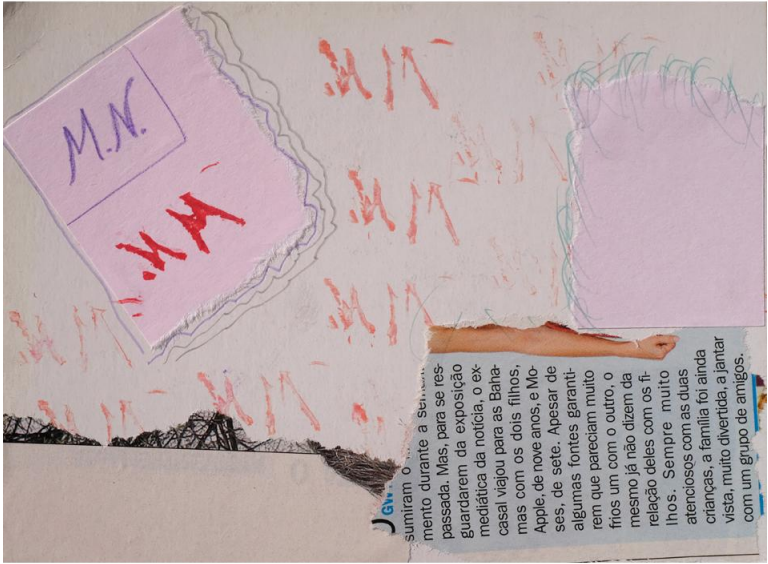


Dizery



07.09.2022

Analists first work!
Mds
A



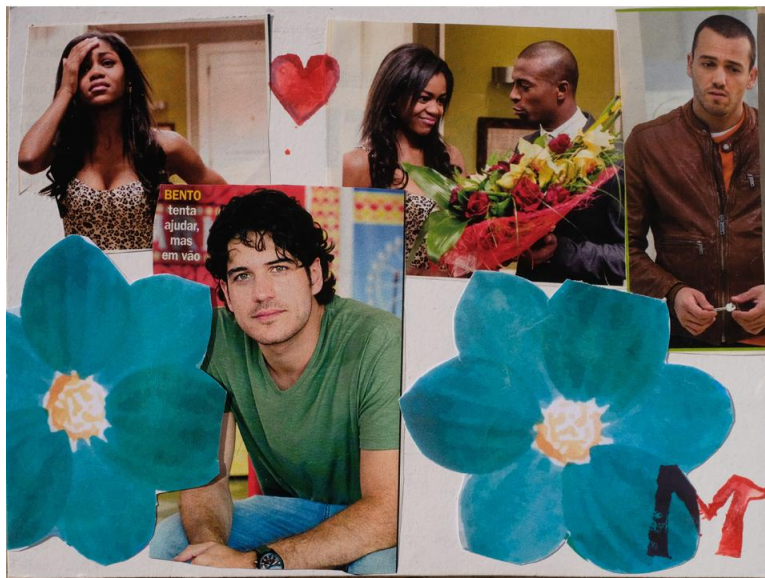


MailArt 4 Seniors Project

LTTA Madeira Island









VERÓNICA (Mafalda Vilhena)



DUPLA criminal







extraordinária, que
viveu o namoro,
o casamento, a
maternidade, a doença
e a morte com uma
alegria e generosidade
só por quem

euros

ra







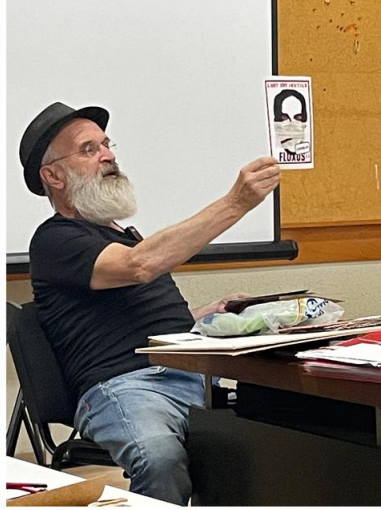








Photos from our workshop









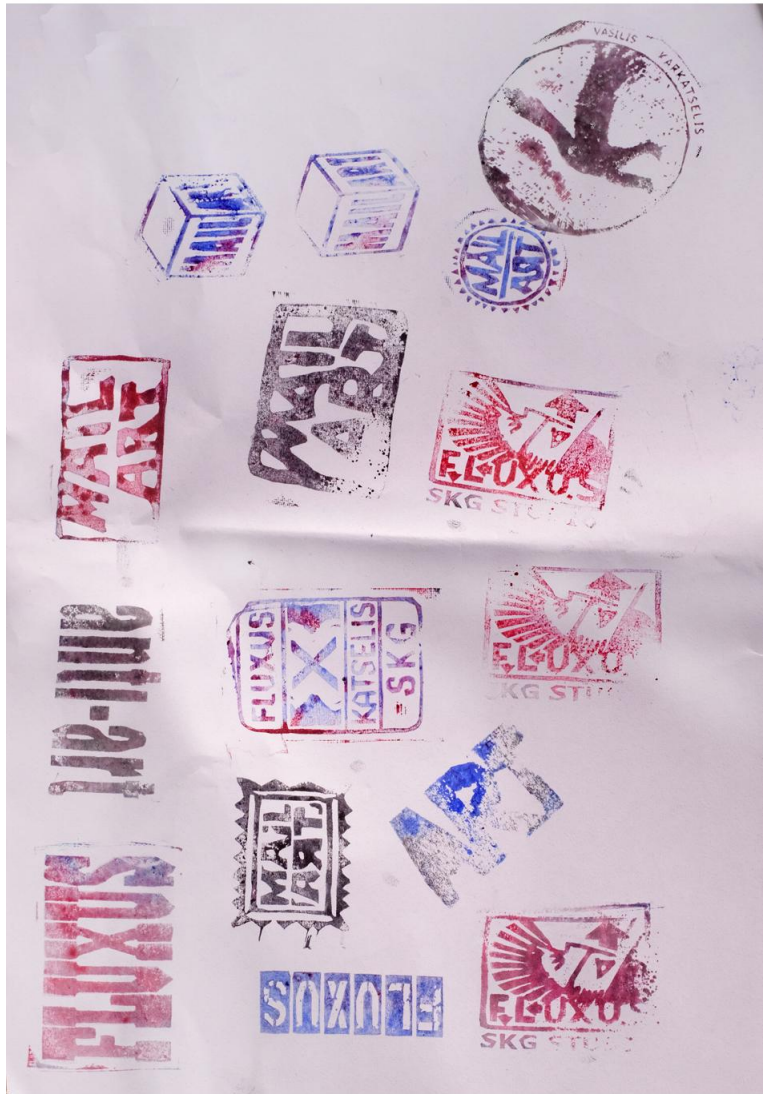


Some of the stamps created during the workshop











PROJECT:
MAIL ART 4 SENIORS

2020-1-LT01-KA227-ADU-094717

LTTA MADEIRA ISLAND
Portugal

5 september 2022 – 9 september 2022
2022



Co-funded by the
Erasmus+ Programme
of the European Union



This catalogue
includes the materials
of a MAIL ART workshop
held in September 2022
in Madeira, Portugal.

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

Teaching and catalogue curation:
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Project Manager: Evanthia Stavrou
Secretarial Support: Penelope Souani

Thessaloniki, Greece 2022

