

MARCH 2023



MAIL ART 4 SENIORS

MAIL ART: A CREATIVE PROCESS



Mail art is a specific kind of creative process, it is defined as artwork sent through the mail, as very elegantly described via its name. Within this process there is always a postal journey and a receiver, many times an exhibition as well. Mail art is supposed to be shared, instead of sold; it's capricious and stunning. It's free in its form and whimsical, it celebrates creation and exploration.



LITHUANIAN PARTNERS PRESENTATION

LTTA IN MADEIRA 4-9/9/2022

LEARNING, TRAINING, TEACHING ACTIVITIES DURING THE PROJECT

As part of the program, the first LTTA 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.

Hosted by our Portugese partner RAQUEL LOMBARDI CULTURAL & SOCIAL SOLIDARITY ASSOCIATION, participants from Lithuania, Finland, Portugal, Greece, Cyprus and Italy came together for three working days to train the trainers of each organisation, aiming to bring up new skills for social workers who work with senior citizens.



GREEK MAIL ARTIST VASILIS KARKATSELIS PRESENTED METHODS OF MAILART AT THE 1ST LTTA IN MADEIRA

Mail Art 4 Seniors Exhibition at Camara do Lobos Municipal Library



Mail Art created during the LTTA by 10 elderly participants from the Community Center for the Elderly "Casa São José" of the city of Câmara de Lobos

MAIL ART AND STAMP MAKING



MAIL ART AND NATURE



CREATING MAIL ART USING SIMPLE MATERIALS



LTTA IN THESSALONIKI 4-8/10/2022

LEARNING, TRAINING, TEACHING ACTIVITIES DURING THE PROJECT

The second LTTA meeting of the project was held in Thessaloniki, Greece (October 4-8, 2022). Hosted by our Greek partner ANAZITITES THEATROU (FIX in ART), it was attended by 2 trainers and 3 senior participants from each country.

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 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 **Raquel Lombardi Cultural and Social Solidarity Association** conducted the 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.

Modus RY, 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.



MAIL ART EXHIBITION

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



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