

MAIO 2023



# MAIL ART 4 SENIORS

## TODOS JUNTOS MAILART

FOMOS APRESENTADOS  
EM REVISTAS REGIONAIS

Nesta última newsletter, gostaríamos de partilhar convosco as nossas actividades de divulgação ao longo dos dois anos do projeto. Para além do facto de termos participado em workshops para formar os nossos educadores de adultos e idosos e de termos criado belas obras de arte postal, ficámos muito satisfeitos por podermos divulgar o nosso trabalho a um público mais vasto. Eis alguns dos eventos e actividades em que participámos.



ESTIVEMOS  
PRESENTES NA  
EXPOSIÇÃO

Mail Art Combined

Postitaidenäyttely 30.9.-9.10.2022  
avooinna: mo-pe 12-18, la-su 12-16  
Terde - Finlayson, Tampere

30/09/2022  
**Mail Art Combined mail art exhibition**

The Mail Art Combined exhibition, produced by the Pirkanmaa Design and Art Industry Association, presents both traditional and modern mail art made by designers and artisans. Organizer: Pirkanmaa design and art industry association Modus ry

April 30, 2022 in Erasmus by [IsaorJutale](#)

**Art Therapy Exercises for the Elderly: a project in Finland**

The Erasmus+ project "MailArt4Seniors" is dedicated to art therapy for the elderly. With this project we intend to develop useful art therapy exercises for all those who have been isolated during the Covid period.

In particular we will focus on Mail Art, a technique that was born in the 1920s in Italy and which is based on the exchange of works of art by post.

The project will develop a lot of content that you can access for free thanks to Erasmus+:

- a MailArt guide to learn about the technique and its applications
- a training course - which can be replicated by educators - to develop Mail Art methods for the elderly
- an e-learning platform that will strengthen skills

**How to do art therapy exercises for the elderly**

There are many methods of promoting art therapy for the elderly. Some of these will be developed in the project. And this is exactly what we talked about at the Erasmus+ Project Meeting in Tampere. In this meeting we had the honor of having the Lithuanian Ambassador Giedrius Kazakevičius together with Taina Laaksonen from the Modus Association and project representative.

FOMOS ACOLHIDOS EM  
SÍTIOS WEB  
EMPRESARIAIS



REALIZAMOS WORKSHOPS  
NO MUSEU POSTAL

23

SATURDAY, APRIL 23, 2022 AT 12:00 PM - 4:00 PM UTC+03

Postitaidepajat: Kesän köynnöksellä ja Lähetä läheisyyttä  
Museokeskus Vapriikki

Apr 23, 2022 Apr 24, 2022 Apr 27, 2022

COLOCAMOS CARTAZES  
EM FESTIVAIS

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#MailArt4Seniors | [www.mailart4seniors.eu/](http://www.mailart4seniors.eu/)