

MAY 2023



# MAIL ART 4 SENIORS

## ALTOGETHER “ MAILART

In this final newsletter we would like to share with you our dissemination activities for two years of project time. Set apart the fact that we have indulged ourselves in workshops training our adult educators and seniors and creating beautiful mailart work, we have been thrilled in disseminating our work to a broader public audience.

Some events and activities we have been to follow.

### WE WERE HOSTED IN REGIONAL MAGAZINES



### WE PRESENTED IN AN EXHIBITION

**Mail Art Combined**  
Sofia Davankin: Sama valo // The Same Light

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 [Isaia Jutila](#)  
**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.

### WE WERE HOSTED IN CORPORATE WEBSITES



### WE IMPLEMENTED A WORKSHOP IN A POSTAL MUSEUM

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

### WE RAN BANNERS AT FESTIVALS

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



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