

# Mail Art : *here we go!*

21.04.2020 - 14.07.2020



## *What is Mail Art ?*

Postal art or mail art is the act of creating and sending an artistic piece of mail by post to a known or unknown person. You can be inventive and creative on the envelope, but also on the contents of the envelope. There might even not be an envelope. It can be a letter, a card, a package, an object ... Anything goes! And all the techniques and materials are possible: painting, drawing, collage, writing, sewing, a combination of all of this...

Some rules need to be respected though:

1. The address of the addressee must be legible but can be different in form and place
2. The address of the sender must be clearly stated
3. The postal object must be sufficiently stamped
4. The object must not be dangerous. The sum of its 3 dimensions (length, width and thickness) must not exceed 1m in France and 90cm in Luxembourg

**Do not hesitate to type "*mail art*" or "*postal art*" in a search engine ...**

## *Who can participate in our mail art network?*

Any person, child, teenager or adult, basically all members of the families which are currently or have been in the past accompanied by the foundation.

Everyone who signs up to join the network will receive a presentation and the contact details of all members of the network and will be able to choose who they want to send a piece of mail art to.

Anyone registered agrees to send at least one piece of mail art during the project. Ideally, you would send several pieces and if possible, to different people.





## How to participate?

1. Register, specifying your first name, last name and email address by email to Frédérique Degand ([frederique.degand@fondatioun.lu](mailto:frederique.degand@fondatioun.lu)) or by text message at +352 621 359 593. It is important that each member of the family wishing to participate registers individually.
2. Make a presentation of yourself in A6 format (an A4 sheet cut in half, then again in half, i.e. 105 x 148 mm).
  - In this presentation, you choose what you want to share about yourself, in the most creative way possible, also using images, words, or a combination of both ...
  - Your presentation must contain your first name, last name, readable address and your age
3. Send your presentation in an envelope to the following address, by April 21<sup>st</sup>, 2020:  
*Mail Art*  
*Fondatioun Kriibskrank Kanner*  
*168, rue des Romains*  
*L-8041 Strassen*
4. At the same time and if possible, please also send a scan or a photo of your presentation to the [frederique.degand@fondatioun.lu](mailto:frederique.degand@fondatioun.lu) or to +352 621 359 593.

## Procedure

We will collect all presentations until April 21<sup>st</sup> and create a "catalogue", which we will send to all participants by email, as well as a black and white copy by post. We realize that postal services will be disrupted in the coming weeks. If presentations are received after April 21<sup>st</sup>, we will of course forward them to the network members.

Participants in this network will be able to send mail to each other from April 21<sup>st</sup> to July 14<sup>th</sup>. It is not compulsory to reply to a letter received. The recipient of a mail is the owner.

As soon as you receive the catalogue with the presentations, it starts! Until then, collect various **supplies and tools** (pencils, felt-tip pens, pens, pastels, paints, inks, brushes, rollers, cutters, scissors, glue, tape, stapler, glue gun, computer, etc.), **papers** (colour paper, silk, kraft, tracing paper, wallpapers, newspapers, magazines, advertisements, photos, cards, partitions, manuscripts, recycled paper, stickers, labels, old stamps, envelopes, cartons, gift wrapping paper, candy wraps, aluminium foil, cellophane) and other **recycled materials** (textiles, ribbons, fabrics, lace, gauze, natural elements, feathers, leaves, seeds, wood, bark, dried flowers and plants, threads and twines, packaging and various objects, fruit and vegetables, bubble wrap, buttons, pearls...)

We are also considering a possible exhibition, real or virtual, of the letters. So please remember to photograph your piece of mail art.

We wish you a lot of pleasure producing and receiving these letters,

*Frédérique Degand, art therapist*

