

## Because art is healthy...

The *Research Group of Preventive Medicine and Public Health (MP1)* and *Scientific Culture Unit* of the University of Vigo, with funding from the *Spanish Foundation for Science and Technology (FECYT)*, in collaboration with the *Galician Association of Health for Education*, with the collective *Medicine and Art* with *Boek 861* and with *Psicotrex*, announce a competition on -Mail Art, using health and art as a common, linking element.

## BASES

Mail Art is a global, mail-based movement of exchange and, above all, of communication. Its antecedents are to be found in the first quarter of the twentieth century (1928), and its greatest contribution to humanity is not the designing of a particular style, or the production of works of art, but rather the creation of an open communication and exchange network where people interested in the subject, be they artists or not, receive and give information and express themselves. It is a living network that reflects the changes in society, and is sometimes used as an instrument of aiming at awareness. Thanks to its variability, it also reveals the several paths taken by society (a feature of Mail Art is its adaptability).

We invite everybody interested (age or geography notwithstanding) to participate in the call for works, by sending individual or collective works, through the mail or via email.

We follow the principles of Mail Art (MA):

\* Although sometimes MA projects establish specific topics, a postal artist has absolute freedom when carrying out her/his creations.

\* There is no selection, no jury. All submissions received are accepted and exhibited, without exception.

\* There are no sales. Money and MA do not get along. Submissions remain in the hands of the receivers in the form of files. Receivers have the right to expose, collect or dispose of the submissions as they deem most suitable, with a certain obligation to keep and care for them in the best way possible.

\* Catalogues or lists of participants in the project are dependant on both the financial possibilities of each moment and mail artist and the rules of good manners.

#### SUBJECT:

The works submitted must deal with the issue of health from the viewpoint of health promotion and education. In these works emphasis must be laid on avoiding illnesses rather than curing them, using any artistic and/or literary medium to act as a focaliser of our more intimate and subjective expression.

The works must be accompanied by a brief commentary explaining how they relate to health. In addition, senders may also fill in and send a brief questionnaire on health-related, lifestyles, which is attached to these bases, and is also available online at the website: <<http://webs.uvigo.es/saudarte>>, Said questionnaire may be filled in anonymously. We would greatly appreciate your filling it in, since it will help in the analysis of population lifestyles.

#### TECHNIQUE:

Free.

paintings, drawings, sculptures, photographs, collages, stamps, visual poetry, or any other technique, in a small format (original, copy, picture, reproduction or whatever the artist may find most suitable will be accepted.

MEASUREMENTS: Small format; in A4 (maximum accepted: 29.7 xs 21 cm, or 21 xs 29.7 cm), for 3M linen cloths, 3P or 3F (27 cm on the largest side), or 4M, 4P or 4F (33 cm on the largest side). If they are sent by electronic mail, 1 MB is the biggest size accepted.

#### MAILING ADDRESS:

Call for Mail Art 'SaludArte' ART CARES

A/A Lourdes Maceiras

Area of Preventive Medicine and Public Health

E.U. Physiotherapy

University Campus A Xunqueira

36005 Pontevedra

(Spain)

e-mail address: [saudarte@uvigo.es](mailto:saudarte@uvigo.es)

Website: for further information: <http://webs.uvigo.es/saudarte>

#### PERSONAL DATA

Name of the individual author. (please indicate if you belong to any group and want it to be stated,). If you want the artwork appear under pseudonyms or anonymously, please state so.

Mailing Address: Street number, floor, postal code, city, province and country.

Title, technical support, measurements in cm (horizontal x vertical), year of completion.

The works must be accompanied by a brief commentary explaining how they relate to health.

An e-mail contact address must be included. It is also possible to include your website, should you have one.

If you want your email address and / or any other contact information on your work to appear in the presentations or on the Internet, please state so.

There will be a list of participants on the website of the call <<http://webs.uvigo.es/saudarte>>.

#### ON SUBMISSIONS:

They will not be returned and shall remain with the organisation (Department of Preventive Medicine and Public Health, and Culture and Science Unit), within the funds of the University of Vigo, for further exhibitions, studies and research.

Intellectual property of the authors and authors of the works, the right of reproduction and copying (copyright) (©) belongs to the individual authors, the organisation and the University of Vigo.

Each participant will receive a participation certificate which will be sent to their electronic mailbox.

The organisation is not responsible for any loss or damage to the originals, or for any delays or other circumstances attributable to third parties that may affect the delivery of the work involved.

The organisation is empowered to resolve all matters within its competence not explicitly established in these rules.

#### ABOUT THE EXHIBITION:

The works received will be exhibited, in Vigo, Pontevedra and Ourense. These exhibitions will show all the works, together with a commentary and a scientific-informative summary of the completed and sent questionnaire results. E-mail entries will be displayed on continuous loop screens, in the same rooms and at the same time as the works received by mail.

Furthermore, the exhibition halls will include information panels on healthy habits and health lifestyle questionnaires to be answered by visitors.

Exhibits will be open to the public at least 15 days in each city, and will be held in centric city exhibition halls to enable visits to the exhibition.

Other parallel cultural exhibitions will be carried out. Participants may take part in lucky dip drawings for cultural materials

An on-going presentation of data will be found at <http://webs.uvigo.es/saudarte>. There Participants may see the submitted works (a virtual exhibition), the list of participants, and may answer the questionnaire on health-related lifestyles, totally anonymously.

Co financiamiento de:

