



OFF Programme · 20–25 November 2026

LEAVE A TRACE OF COURAGE

International Mail Art Call

RULES · September 2026

The call

What can you leave to someone who is moving through fear? On the occasion of L'Eredità delle Donne 2026 – PAURA NON AVREMO, Amaranto APS launches an international Mail Art call dedicated to courage. We are not asking you to tell us about fear, but to create a small artwork carrying something that might help another person move through it: an image, a colour, a word, a mark, a thread, a material, a symbol, a trace. A small act of courage to leave to someone else.

The postcards are not simply messages, but small original Mail Art works, different in language yet united by the same format and the same question. The received works will become L'ASCIAMI UN CORAGGIO, a participatory exhibition taking place on 28–29 November 2026 at Atelier Amaranto in Turin: not a catalogue of fears, but a constellation of small artistic acts of courage.

How to participate

The theme is courage, understood as what can help someone move through fear. Each participant may submit one original work in the required size of 10 × 15 cm (100 × 150 mm), portrait or landscape. Any technique is welcome: drawing, painting, collage, photography, original printmaking, graphic art, writing, embroidery, stitching, fabric, thread, mixed media and lightweight textured materials, provided they are suitable for postal delivery. Digital languages are also accepted when the submitted piece is an original work by the artist and not a simple commercial reproduction.

The work may travel as a real postcard, with the artwork on the front and the back reserved for the address, postage stamp and artist information. In this case, postal marks and traces from the journey will become part of the work's history. Alternatively, the postcard may be worked on both sides and sent inside a stamped envelope; the envelope may also be decorated.

On the back of the work, or on a small sheet inside the envelope, please include name and surname or pseudonym, city and country, artwork title if any, technique if desired, email and, optionally, Instagram profile. Private contact details will not be displayed publicly.

Mailing and deadline

Works must be received by 20 November 2026. The date of receipt, not the postmark, will be considered valid. International participants should allow enough time for postal delivery.

Send to: AMARANTO APS – L'ASCIAMI UN CORAGGIO – MAIL ART, Via Catania 24, 10153 Torino TO, Italy.

Exhibition and participation

All works complying with the theme and technical requirements will be presented in the participatory exhibition L'EREDITÀ UN CORAGGIO, on 28–29 November 2026, from 3.00 pm to 7.00 pm, at Atelier AmaranTO, Via Mantova 20, Turin. Admission will be free. During the exhibition visitors will be invited to engage with the works, leave their own trace of courage and contribute to an evolving collective installation.

Rules

Participation is free and open worldwide, with no professional artistic background required. Participants under 18 should submit through a parent, guardian, school, association or responsible adult. The call follows the traditional principles of Mail Art: **NO FEE • NO JURY • NO ARTISTIC SELECTION • NO PRIZES • NO RETURN • NO SALE**. There are no participation fees, juries, prizes, rankings, returns or sales. The received works will become part of the AmaranTO Mail Art Archive – Lasciami un coraggio.

Works containing unlawful, explicitly discriminatory, racist, sexist or hate-promoting content will not be displayed; this does not constitute artistic selection. Participants are responsible for postage costs. AmaranTO APS cannot be held responsible for loss, delay or damage occurring during postal delivery.

Exhibition, documentation and copyright

By submitting a work, participants grant AmaranTO APS free permission to exhibit, photograph and document it, to reproduce its image on the project website, social media and non-commercial communication and documentation materials, and to preserve it in the AmaranTO Mail Art Archive. Copyright remains with the artist. Any use will be cultural, educational and non-commercial, with the artist's name or pseudonym credited when provided. By submitting, the participant also declares authorship of the work and ownership of the rights required for its exhibition and reproduction under these conditions. Participation in the call constitutes acceptance of these rules.

L'Eredità delle Donne 2026

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