

Annex A

Text drafting, submission methods, and audio recording

Submission possible by post or by email

Submission by Post by October 30, 2026

The poem (maximum 30 lines) and/or the piece of prose (maximum 3 A4 pages) must be drafted in a Ligurian dialect in 6 copies, accompanied by the Italian translation and an indication of the specific Ligurian dialect used. The only exception applies to non-EU citizens who, if they wish, may draft a single text in Spanish, Portuguese, or English, even including approximate or incorrect Ligurian terms. Each copy must feature the title and, in the top right corner, a pseudonym and an indication of whether an audio recording is provided or not, without any name or signature.

A further copy of the work, filled out as above but signed by the author, must be placed in a separate sealed envelope along with Annex B, completed in its entirety. The 6 copies of the work(s) with the translation must be placed in a large envelope together with the aforementioned sealed envelope and sent by standard mail by October 30, 2026 (the postmark date will serve as proof of submission) to:

Consulta Ligure delle Associazioni per la Cultura
Piazza della Posta Vecchia 3/6
16123 Genova (ITALY)

Submission by Email by October 30, 2026

The poem (maximum 30 lines) and/or the piece of prose (maximum 3 pages) in PDF format must be drafted in a Ligurian dialect, in a single copy, accompanied by the Italian translation and an indication of the dialect used. The only exception applies to non-EU citizens who, if they wish, may draft a single text in Spanish, Portuguese, or English, even including approximate or incorrect Ligurian terms. The text must feature the title and, in the top right corner, a pseudonym with an indication of whether an audio recording is provided or not, without any name or signature. A further copy of the work, filled out as above but signed by the author, must be provided along with Annex B, completed in its entirety.

All of the above must be attached to the email to be sent by October 30, 2026, to the following address:

info@consultaligure.org with the subject line: **“CONCORSO LAURO D’ORO
2026 Pseudonym**”

Audio Submission via WhatsApp by October 30, 2026

Record a good quality audio or video on a mobile phone and send it to the following number: **+39 347 46 18 484**, including the text **“Lauro d’oro 2026 Poesia o Narrativa”** and the pseudonym used.

Recommended Procedure

- **Silence:** Choose a "soft" room: look for environments with rugs, curtains, sofas, or bookshelves. Eliminate background noise: turn off air conditioners and fans; close windows tightly. Airplane Mode: always turn it on to avoid notifications or mobile phone interference during recording.
- **Positioning:** Do not hold the phone in your hand. Place it on a stable surface at mouth level.
- **Distance:** Stay about 15–20 cm away from the microphone. Do not speak directly "into" the microphone hole, but aim your voice slightly to the side.
- **Posture:** Record while standing up to free your diaphragm. Hold the text at eye level.
- **Diction:** If your words sound mumbled, practice the "cork between the teeth" exercise for 1 minute before starting.
- **Pacing:** Do not rush! Respect the pauses and use silence to give weight to your words.
- **Intimacy:** Imagine whispering the poem to someone close to you, avoiding an overly declamatory or academic tone.
- **Technical Test:** Do a 10-second test and listen back with headphones to check for any distortion.
- **Recording:** Read the text calmly, pronouncing the words clearly down to the very last syllable.