Lucia De Luca

Spoken Word Poet

BIO —----------

As an English teacher and spoken word poet, Lucia (Lu-CHEE-a) De Luca plays with stories in the classroom and at the mic. She is a community and self-taught narrative poet who aims to turn unenjoyable life events into empowering performances. Lucia is the first two-time recipient of QWF's Ian Ferrier Spoken Word Prize. She performed at the 1st Accenti Magazine International Festival of the Arts in Italy and has shared her craft in cities across Canada and Australia. Her self-published chapbook, *Chronically Healing* cradles tales of her past self, family, Italian heritage, chronic illness, and love.

EDUCATION ----------

Master of Arts: Educational Leadership — September 2021-April 2025
McGill University, Montreal, QC

Bachelor of Education: Secondary English — September 2016-April 2020
McGill University, Montreal, QC

MEMBERSHIPS ----------

League of Canadian Poets	2022-present
Quebec Writers' Federation (QWF)	2019-present
Association of Italian-Canadian Writers	2024-present

ACCOMPLISHMENTS ----------

2024 Ian Ferrier Spoken Word Prize Winner	November 12, 2024
2023 Ian Ferrier Spoken Word Prize Finalist	November 13, 2023
Throw Poetry Collective Slam Finalist	June 3, 2023
Canadian Individual Poetry Slam Finalist	April 28, 2023
1st place – Throw Poetry Collective Poetry Slam	April 1, 2023
2022 QWF Spoken Word Prize Winner[1]	November 14, 2022
Brickyard Poetry Mentorship Program	September 2021-April 2022
Canadian Individual Poetry Slam Finalist	May 1, 2021
Open Drawer Poetry Contest Winner	September 2020
2nd place – Toronto Poetry Slam	May 3, 2020
2nd place – Toronto Poetry Slam	May 24, 2020
2nd place – Throw Poetry Collective CIPS Qualifiers	March 6, 2020

[1] Renamed the Ian Ferrier Spoken Word Prize

2nd place – Bankstown Poetry Slam June 25, 2019

PERFORMANCES & FEATURES ----------

Books & Biscotti Literary Series: Sept. Readings with Montreal Authors	September 17, 2026
Throw Poetry Collective (feature)	September 12, 2026
Books & Biscotti Literary Series: July Readings with Montreal Authors	July 22, 2026
Winnipeg Poetry Slam (feature)	June 30, 2026
Slamprovise This! Poetry meets improv comedy (hosted by Throw! Poetry)	June 6, 2026
Poetry Open Mic at Buddies in Bad Times Theatre, Toronto (feature)	May 23, 2026
Mallo Nights Poetry & Dance Showcase	April 11, 2026
Sauga Poetry (feature)	April 10, 2026
Victoria Poetry Project Feature Showcase of "This Map is a Stranger"	March 5, 2026
Vancouver Poetry Slam (feature)	March 2, 2026
"Polaris" Multidisciplinary Artist Showcase (Le Coin des Arts MTL)	January 31, 2026
Confabulation, "Over It"	January 9, 2026
Marée de mots, soirée slam-poésie	November 15, 2025
Accent Open Mic (feature)	November 2, 2025
Verse Deli Open Mic Toronto (feature)	July 25, 2025
St. Catharines Poetry Slam (feature)	July 23, 2025
2nd Accenti Magazine International Festival of the Arts	June 27, 2025
PEI Writers' Guild Open Mic (feature)	June 26, 2025
Suppart Collective Young Artist Showcase	June 19, 2025
The Ian Ferrier Spoken Word Prize Showcase	December 8, 2024
Accent Open Mic (feature)	November 17, 2024
Urban Legends Poetry Slam (feature)	November 8, 2024
Speak Easy at Société d'art Villeray	October 22, 2024
Guelph Poetry Slam (feature)	October 19, 2024
I Think Before I Slam Podcast (guest)	October 4, 2024
West Side Poetry Slam (feature)	August 14, 2024
Poetry Pedlars Open Mic (feature)	August 6, 2024
Melbourne Morphemes Open Mic (feature)	July 30, 2024
Enough Said Poetry Slam (feature)	July 25, 2024
Canberra Poetry Slam (feature)	July 24, 2024
Poets, Queers, and Folkies (opening for Janice Lee & the QTs)	April 28, 2024
Montreal Speak Up	March 28, 2024
Regina Word Up Open Mic (feature)	March 6, 2024
Eight Voices: Finalists for the QWF Spoken Word Prize	November 3, 2023
Open Heart Poetry Tour @ Quai des Brumes	August 21, 2023
Open Heart Poetry Tour @ Sala Rossa	August 11, 2023
Open Heart Poetry Tour @ 251 Ave. des Pins West	July 25, 2023
1st Accenti Magazine International Festival of the Arts	June 30, 2023
The Words & Music Show	April 30, 2023
Stage to Page Masterclass (Verses Festival of Words)	April 28, 2023
Mcsway Poetry Collective Open Mic (feature)	March 30, 2023

VerseFest Ottawa: Montreal's Throw! Poetry Collective	March 20, 2023
PoeTV: The Poets	December 30, 2022
Eight Voices: Finalists for the First QWF Spoken Word Prize	November 4, 2022
Grove Campus Poetry Show	July 17, 2022
Stage to Page Verses Edition	April 24, 2021
Just Another Open Mic (feature)	November 7, 2020
Virtual Voice & Verse – Mcsway Poetry Collective (feature)	October 29, 2020
Monthly Dignity Arts Night	November 23, 2019
TEDxMcGill	November 24, 2018
John Abbott College Variety Show	Fall 2014, Winter 2015 & Winter 2016
Saint Thomas High School Variety Show	February 26 & 27, 2014

POETRY SLAM PARTICIPATION ----------

Throw Poetry Collective	2015-2024
Canadian Individual Poetry Slam	2021, 2023, & 2024
Toronto Poetry Slam	2020
Bankstown Poetry Slam	2019

WORKSHOP PARTICIPATION ----------

Poetry in Concert with Oana Avasilichioaei (QWF)	October-December 2025
Embodying Spoken Word with Johnny Trinh (Verses Festival of Words)	April 2024
Love Letter for an Aching World with Marie Metaphor (Verses Festival of Words)	April 2024
Inhabiting the Isolarion: A Psychogeography Poetry Workshop (QWF)	March 2024
Spoken Word Mentoring Sessions w/ Rachel McCrum	November 10 & December 8, 2023
Poetry Performance Psychology with Randell Adjei (Verses Festival of Words)	April 2023
Knife Skills – Stage Tech with Charlie Petch (Verses Festival of Words)	April 2023
Illuminated Grant Writing w/ Tawhida Tanya Evanson (QWF)	January-February 2023
Performance Poetry w/ Roen Higgins (Grove Campus)	June 2022
The Self-Publishing Blueprint w/ Latoya Belfin (QWF)	October 2021
Project VOICE Workshop for Educators w/ Sarah Kay & Phil Kaye	January 2021
Beginnings, Openings, Origins: A Poetry Workshop (QWF)	March-April 2021
Crafty Poetry w/ David Webster (QWF)	November-December 2020
Get Your Words Out: A Primer on How to Publish (QWF)	April 2020
Going from Page to Stage w/ Chris Masson (Mcsway Poetry Collective)	February 2020
Poetry is a Relationship w/ Shannon Webb Campbell (QWF)	November 2019

PUBLICATIONS ----------

"Speed Limits" July 2026
Poetry Pause, The League of Canadian Poets

"Chronically Healing: A Collection of Poems & Writing Prompts" June 2025
Self-Published Chapbook

"By Heart" May 2025
Poetry Pause, The League of Canadian Poets

"More Than God" February 2025
Montréal Serai, Carrying the Mantle of Peace Vol. 7 No. 4

"False Alarms Parts 1 & 2" January 2025
Squid Literary Online

"Lunch in Rome" April 2024
Accenti Magazine, Flash Fiction at Accenti Festival Considers Italy in the World - Part 2

"Speak my Language" August 2023
Voicemail Poems

"Close Falls in Transit" July 2023
Pure Slush, Achievement: Lifespan Vol. 8

"4:28 a.m." June 2023
Garbage Day Zine

"Stalling" April 2022
Brickyard Spoken Word YouTube Channel

"Which is First?" March 2022
Snaps Online Journal

"Unicorn Birthday Cake" & "I had your Back" September 2021
Garbage Day Zine

"Fiadone" January 2021
Pace Magazine

"Ciao" August 2020
Yolk Literary Journal, Vol. 1

"Burning, Shedding, Catching" February 2020
Babyteeth Journal

"Four Bagels & A Mug" & "Broken Mirrors Aren't Bad Luck" September 2019
Babyteeth Journal

"On the Universe Coordinating Our Affinity" June 2019
Bankstown Poetry Slam YouTube Channel

"If I Spoke Better Italian" April 2019
TEDx Talks YouTube Channel

"No" Spring 2019
Stanza Zine

"When the Wind Sets Sail" September 2015
Bandersnatch, John Abbott College Newspaper

"In Case of Fire" April 2015
Bandersnatch, John Abbott College Newspaper

COMMUNITY WORK & PRODUCTIONS ----------

Treasurer April 2025-present
Throw Poetry Collective

Volunteer September-April 2025
Throw Poetry Collective

Usher November 10, 2025
Quebec Writers' Federation Awards Gala

Producer July 2022
Grove Campus Poetry Show x #RisingYouth Grant

Producer January 2020
Say It Because You Mean It: Slam Edition, Mcsway Poetry Collective

Project Lead 2018-2020
Mcsway Poetry Collective

Arts Administration Intern March-June 2019
Word Travels/Australian Poetry Slam

TEACHING, PRESENTATIONS & WORKSHOP FACILITATION ----------

English Language Arts Teacher 2018-present
Lester B. Pearson School Board
-Includes teaching poetry lessons in grades 7-11 & to 18-21-year-olds with intellectual disabilities and ASD

Find YOUR Rhythm: A Performance Poetry Workshop — June 29, 2026
Winnipeg Poetry Slam

Find YOUR Rhythm: A Performance Poetry Workshop — March 5, 2026
Victoria Poetry Project

Find YOUR Rhythm: A Performance Poetry Workshop — December 21, 2025
Throw Poetry Collective

Your Authentic Poetic Voice — December 9, 2025
Saskatchewan Writers' Guild

Multilingual, Multicultural & Poetic Word Play in Language Classrooms — November 14, 2025
Poster Presentation at VocUM 2025: Langages et jeux, jeux de langages

Find YOUR Rhythm: A Performance Poetry Workshop — July 23, 2025
St. Catharines Poetry Slam

Your Authentic Poetic Voice — December 5, 2024
Urban Legends – Ottawa, Ontario

Narrative Poetry Workshop — November 13, 2024
Poetry Matters – McGill University

Performance Poetry Workshop — August 6, 2024
Poetry Pedlars – Launceston, Tasmania

Memories and Heritage: How to Create and Perform a Spoken Word Poem — July 12, 2024
Co-hosted with Liana Cusmano for Accenti Magazine's New Horizons Workshop Series

Creative Approaches to Letting Go: A Poetry and Yoga Workshop — July 6, 2024
Co-hosted with Cynthia Clarke at Modo Yoga West Island

Find YOUR Rhythm: A Performance Poetry Workshop — March 7, 2024
Regina Word Up

It Takes Guts: A Poetry Workshop for People Affected by IBD — December 13, 2023
Crohn's & Colitis Canada - Montreal Chapter

Find YOUR Rhythm: An Introduction to Performance Poetry — December 7, 2023
Mcsway Poetry Collective (McGill University)

Creative Writing Club — October 2022-June 2023
LaSalle Community Comprehensive High School

Introduction to Poetry Writing — February 2021

Pierrefonds Community High School

DeZone Youth Centre 2-Day Slam Poetry Workshop May 2020
YMCA West Island

Monthly Dignity x Mcsway Community Arts Night April 2020
Zoom

Write Loud March 2018
Saint Thomas High School

The Art of Poetry December 2016
Saint Thomas High School

GRANTS----------

Circulation d'oeuvres hors Québec March-June 2026
Conseil des arts et des lettres du Québec

- This Map is a Stranger: A Series of Spoken Word Performances Across Canada

Circulation d'oeuvres hors Québec June-July 2025
Conseil des arts et des lettres du Québec

- Chronically Healing: A Series of Spoken Word Performances Across Canada

Circulation d'oeuvres hors Québec July-August 2024
Conseil des arts et des lettres du Québec

- Chronically Healing: A Series of Spoken Word Performances Across Australia

Circulation d'oeuvres hors Québec March 2024
Conseil des arts et des lettres du Québec

- Regina WordUp Feature & Workshop Facilitation

Arts Abroad Travel Grant June-July 2023
Canada Council of the Arts

- Performance at the 1st Accenti Magazine International Festival of the Arts

Arts Across Canada Travel Grant April 2023
Canada Council of the Arts

- Attending Verses Festival of Words & Competing in the Canadian Individual Poetry Slam

#RisingYouth Community Service Grant Summer 2022
TakingITGlobal

- Producing the Grove Campus Poetry Show

LANGUAGES ----------

English: fluent spoken and written
French: advanced spoken, intermediate written
Italian: conversational, basic

REMARKS & TESTIMONIALS ----------

"In a moving and empowering performance built on honesty, depth, and emotion, Lucia guided the audience through an interactive exploration of chronic illness and how the support systems that are intended to help can also leave a person feeling lost or even apologetic when they fail them."
-Raymond Helkio, host of Poetry Open Mic at Buddies in Bad Times Theatre, Toronto, May 2026

“Lucia worked us! I wrote a three-part new poem and adapted another one! [...] I also appreciate that she worked hard as well. She [...] planned her time and STUCK to the plan. The bar has been set high!”
-Caitlin Arnal, workshop participant & Saskatchewan Writers’ Guild member, December 2025

“Lucia was so kind and encouraging. I really appreciate the tone she set and maintained with positive feedback and encouragement to experiment. Every part had a purpose.”
-Denise Wilkinson, workshop participant & Saskatchewan Writers’ Guild member, December 2025

“It was great to have a space that I could do something I’m not comfortable doing and feel safe.”
-Alana, workshop participant & Saskatchewan Writers’ Guild member, December 2025

“The audience was hanging on to every word during Lucia’s performance at Verse Deli. It was truly an honour to have her grace our stage with her presence and her travelling props!”
-Krish Inka, founder of Verse Deli Open Mic Toronto, July 2025

“I loved how interactive Lucia’s workshop was. I was able to experiment with my voice in ways I never thought of before through the exercises she gave us. I also loved how her culture/heritage was intertwined in every word of her poetry. The props just added the best final touch to it too!”
-Marissa, St-Catharine’s Poetry Slam, July 2025

“"Congratulations' is a beautiful nostalgic narrative; in it, Lucia De Luca paints memories of her nonna, family dinners, and the passing around of Italian language. It ends with a grief-laden comparison of death and birth."
-QWF 's Ian Ferrier Spoken Word Prize jurors' comments (2024)

"Lucia's poetry is a captivating journey into her world, a narrative tapestry that weaves together moments from her life with exquisite detail and emotion. With each word she pens, Lucia invites us into her personal universe, where every stanza is a window showcasing her journey. Her unique style keeps the audience spellbound, hanging onto every word as she unveils the beauty and complexity of her experiences. Through her poetry, Lucia offers us a glimpse into her innermost thoughts and feelings, leaving us inspired and moved by the depth of her storytelling. Her work is a testament to the power of language and the art of self-expression, and it is truly a gift to all who have the privilege of reading it."
-Dev Vedant, Organizer of Melbourne Morphemes, August 2024

“Lucia De Luca was a featured poet for our March 2024 events for Regina Word Up! Her poetry set at our open mic connected with the audience in a deep and meaningful way, and the whole room was buzzing with excitement. Lucia also did an incredibly valuable workshop with poets in our community who gained new skill sets, techniques, and encouragement from Lucia as a facilitator. We will welcome her with open arms back into our spaces in the future and hope she continues to share her talents with others as well!”
-Jess Pacholko, Spoken Word Coordinator at Regina Creative City Centre, March 2024

“Lucia De Luca is a highly skilled and talented storyteller who is proof that the art of spoken word is very much alive and thriving amongst the younger generations. With a remarkable sense of rhythm, pacing, breath, and imagery, Lucia De Luca threads together stories that are personal and intimate, and yet resonate in a universal way. She is a rising star to watch out for!"
-QWF Spoken Word Prize jurors' comments (2022)

“As part of her symbolic participation in the slam, Lucia De Luca, U4 Education, performed a heartfelt, bilingual poem, discussing the strains that dementia bore on her relationship with her grandmother. De Luca’s vulnerable expression of a personal hardship was echoed in many of the performances that would follow.”
- Jonathan Giammaria, The McGill Tribune, January 28, 2020