

ADA FREUND

DANCE ARTIST

CONTACT

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Saarelantie 17 14240 Janakkala, FI



EDUCATION

2022 - 2023
PERA School of Performing Arts
(CY)

2019 - 2022
Northern School of
Contemporary Dance (UK)

2016 - 2019
Tamara Rasmussen Dance
Academy (FIN)

LINKS

[WEBSITE](#)

[SHOWREEL](#)

GRANTS

- 2023 - TAIKE, half year artist grant
- 2024 - SKR, half year artist grant

RESIDENCIES

REZI.DANCE | Oct 2025
Komařice, Czech Republic

Dance Theater Hurjaruuth | Jul 2025
Helsinki, Finland

ada studios | Jan-Feb 2025
Berlin, Germany

Routa Company Residency | Oct 2024
Kajaani, Finland

Liisa Pentti +Co residency | July 2024
Helsinki, Finland

Old Mine Residency | June 2024
Outokumpu, Finland

PERFORMANCE EXPERIENCE

Once I was a bird - and other attempts | AUG 2025

Solo work performed and created by Ada Freund.
Performed at Tehdas Tanssii -festival 2025, FI.

ALTERNATIVE SPACES FOR EMPATHY, Berlin| Jan 2025

Duet work choreographed and performed in collaboration with Chiara Consiglio, at ada.studios Berlin.

SEPT PAPILLONS, Helsinki | AUG 2024

Performer in a duet for cello and dancer to Kaija Saariaho's 'Sept Papillons' music.

SYMBIOSIS - duet | 2023-2024

Creator and a dancer in a research of a duet work 'symbiosis'. Based on kinaesthetic empathy and care as a sociopolitical subject.

20.6.2024, Culture House Marita, Outokumpu (FI)

2.8.2024, Tehdas Tanssii festival, Hämeenlinna (FI)

3.8.2024 Penthouse Collective, Helsinki (FI)

9.8.2024 Sagra Futuro, Isernia (IT)

EDITH! | 2024 & 2025

Dancer in an interdisciplinary performance between three musicians, actor and two dancers. Based on poet Edith Södergran's life poetry. The piece toured nationally in Finland, May 2024 & March, November 2025.

Dialogia! - BY THE BODY, Finland | SEPT 2023

Collaborator and performer at Dialogia! festival

THE VERY FAR OUT PEOPLE, Cyprus | 2023

Dancer in creation by Marion Sparber and Alan Fuentes Guerra

CHOREOGRAPHIC WORK

■ JOURNEY TO HAMPAMPAM -touring piece | Aug - Sep 2025

Choreographer

Touring dance theater piece for families, based on author Ville Hytönen's book '*Land called Hampampam*'. Commissioned by Dialogia! festivaali ry, Hämeenlinna, FI.

■ ÉMILIE, Helsinki (FI) | Jan - Jun 2025

Choreographer

Choreographer of Kaija Saariaho's opera *Émilie*. In collaboration with dance artist Janne Marja-aho and director Aleksis Barrière. Commissioned by Kokonainen -festival, Avanti! Orchestra

■ MATKA HAMPAMPAMIIN, Hämeenlinna (FI) | January-April 2024, April-May 2025

Choreographer, Teacher

Children's dance theater piece '*Journey to Hampampam*' is based on the children's book '*Land called Hampampam*' by author Ville Hytönen. Poetic language, and its illustration is full of surprises that fascinate a child's world. The stories emphasize equality, the importance of communication and empathy. Dance and theater communicate with the book's fairy tales, forming a bubbly dance experience for the whole family! Choreographed by Ada Freund.

■ SECRETS OF ATTIC, Finland | 2024 & 2025

Choreographer

Four children meet in a mysterious attic. What magical treasures will they uncover? And what is that curious rustling sound - where is it coming from?

Secrets of the Attic is a playful dive into the magnificent world of imagination. The characters find objects that take them to curious journey through the attic. Enchanting dance theatre piece explores themes of siblinghood, togetherness, and the wonder of the imagination. Secrets of the Attic invites audiences of all ages on a whimsical journey through the unexpected.

■ FORGOTTEN ROCKS, Cyprus | 2023

Choreographer

Five creatures, living in an abandoned place. The childlike curiosity keeps them away from reality. Wondering, they enjoy being lost. In this chaotic and complex place they find comfort for themselves. Through memories and sensations, they float in timelessness. Through the journey they return to the beginning, to the solitude that is always present.

■ GARDEN GATHERINGS, Leeds | 2022

Choreographer

Surrealist dance theater piece for five dancers, choreographed by Ada Freund at Northern School of Contemporary Dance, UK

■ THEY NEVER HEAR US, Leeds | 2021

Choreographer

Research project choreographed by Ada Freund at Northern School of Contemporary Dance, UK

■ ILLUSIONS, Hämeenlinna (FI) | 2021

Choreographer, Teacher

Piece choreographed by Ada Freund, at Sibelius Institute, Finland