

Ada Freund
Dance Artist – Creator

Portfolio



JOURNEY TO HAMPAMPAM! (TOURING PIECE)

DANCE THEATER PIECE **JOURNEY TO HAMPAMPAM** IS BASED ON AUTHOR VILLE HYTÖNEN'S CHILDREN'S BOOK **THE LAND CALLED HAMPAMPAM** (TAMMI, 2023). THE BOOK IS ILLUSTRATED BY MARJA-LIISA PLATS.

THE STORIES HIGHLIGHT EQUALITY, THE IMPORTANCE OF COMMUNICATION, AND EMPATHY. THE WORLD OF THE BOOK IS WRITTEN IN A FASCINATING, NONSENSE-INSPIRED POETIC LANGUAGE; ACCORDING TO THE AUTHOR, MANY OF ITS EXPRESSIONS COME DIRECTLY FROM CHILDREN'S OWN WORDS – WHICH MAKES IT FULL OF SURPRISING TWISTS.

DANCE AND THEATRE ENGAGE IN DIALOGUE WITH THE TALES, CREATING A BUBBLING AND JOYFUL DANCE EXPERIENCE FOR THE WHOLE FAMILY!

ADA FREUND, ARTISTIC DIRECTION, DANCER, COSTUME DESIGN

JOHANNA SPIES, DANCER

FRANCIS MASKENS, DANCER

MARI-HELEN HYVÄRINEN, ACTRESS

TAINA-MAARIA RAUTASUO, PRODUCER

TOURING IN NORTHERN FINLAND 14-23.9.2025

SUPPORTED BY

ARTS PROMOTION CENTRE FINLAND, SAMUEL HUBER ART FOUNDATION, DANCE THEATRE HURJARUUTH, STIFTELSEN KVARTERET VICTORIA, VANTAA DANCE INSTITUTE



ONCE I WAS A BIRD – AND OTHER ATTEMPTS



SOLO WORK **ONCE I WAS A BIRD – AND OTHER ATTEMPTS** EXPLORES THE FINE LINE BETWEEN ILLUSION AND REALITY, DECONSTRUCTING THE EXPECTED BY SHAPING IMAGINARY WORLDS. DO WE CONSCIOUSLY CHOOSE TO DREAM AND IMAGINE, OR ARE WE SIMPLY CARRIED BY INSTINCT?

THROUGH THE CHARACTER'S DESIRES AND JOURNEYS, ONCE I WAS A BIRD – AND OTHER ATTEMPTS NAVIGATES FREEDOM THROUGH ABSURDITY, CREATING A SPACE WHERE ILLUSION BECOMES THE PURPOSE.

THE INTROSPECTIVE TEXTS WRITTEN BY ADA FREUND SERVE AS THE CORE OF THE WORK; REACHING FOR DREAMS THAT DON'T EXIST YET, THROUGH DESIRES OF THE CHARACTER'S JOURNEY, THE WORK REACHES TOWARDS A SENSE OF FREEDOM. NAVIGATING THE COMPLEXITY OF EXISTENCE, FREUND EMBODIES THE ABSURD AND THE IRRATIONAL, WHERE MEETING WITH ONESELF AND OTHERS IS POSSIBLE THROUGH DREAMS AND WISHES.

DANCE/ CHOREOGRAPHY / CONCEPT: ADA FREUND
SUPPORTED BY: SKR FOUNDATION AND ROUTA COMPANY RESIDENCY
PERFORMED: 3.8.2025 AT TEHDAS TANSSII FESTIVAL,
HÄMEENLINNA, FI

ALTERNATIVE SPACES FOR EMPATHY



‘IT’S THICK, IT’S ELASTIC, IT’S SOFT, AND DELICATE. ENGLOBING, IT WELCOMES ME TO BE OPEN.’

ROOTED IN THE MATTER OF KINESTHETIC EMPATHY, ‘ALTERNATIVE SPACES FOR EMPATHY’ SEEKS TO CREATE A SPACE THAT INVITES TO EMBRACE THE CONNECTION, THE AGENCY AND THE COMMUNICATION WITHIN ONESELF AND OTHERS, IN AN ERA THAT PUSHES AWAY FROM THESE SIGNIFICANT VALUES.

‘ALTERNATIVE SPACES FOR EMPATHY’ GENERATES A SPACE TO TOUCH AND BE TOUCHED: HOW DO WE TOUCH, AND HOW DO WE WANT TO BE TOUCHED? WHEN AM I ALLOWED TO TOUCH? HOW CAN WE BE TOUCHED WITHOUT PHYSICALITY? DO WE NEED TOUCH?

WE SEE OUR RESEARCH CHALLENGING THE IDEA OF CONNECTIONS BETWEEN PEOPLE AND THE ENVIRONMENT, ENABLING US TO SEE THIS AS CONSTANTLY CHANGING COMMUNICATION, AND BRINGING MORE EMPATHY AND AWARENESS TO THE SOCIETIES AND ENVIRONMENT.

DANCE/ CHOREOGRAPHY / CONCEPT: ADA FREUND, CHIARA CONSIGLIO

SUPPORTED BY: ADA STUDIO, BERLIN

YT: [HTTPS://YOUTU.BE/EYQYOOQVHBNW](https://youtu.be/EYQYOOQVHBNW)

SECRETS OF THE ATTIC

FIVE CHILDREN FIND EACH OTHER IN THE ATTIC ROOM. THIS WEIRD CRACKING SOUND INTERRUPTS THE PLAY AND TAKES THEM TO PLAY, TO THE LIMITLESS IMAGINATION.

BRINGING UP THEMES OF SISTERHOOD, TOGETHERNESS, AND THE WORLD OF THE INNER CHILD, THE DANCE THEATER WORK 'THE SECRETS OF THE ATTIC' TAKES YOU ON A JOURNEY TOGETHER WITH THE PERFORMERS.

CIE.ACOMPAGNIADA

CHLOÉ CHARDEVEL

ULKE ZEELMAEKERS

MJ CARDANTAS

ANDREA AGUADO MARTIN

JULIE POLLET

CHOREOGRAPHY & CONCEPT

ADA FREUND

14.4.2024, HÄMEENLINNA CITY THEATER

16.3.2025, TIMANTTI -TEATTERI, TURKU

18.3.2025, KULTTUURIKESKUS AURORA, ESPOO

8.11.2025, KULTTUURITILA NÄKKÄRI, SALO

VIDEO LINK: [HTTPS://YOUTU.BE/Y6AL2EKSI70](https://youtu.be/y6al2eksi70)



SEPT PAPILLONS – KAIJA SAARIAHO

DUET PERFORMANCE FOR MOVEMENT AND CELLO BASED ON KAIJA SAARIAHO'S PIECE 'SEPT PAPILLONS'.

THROUGH SEPT PAPILLONS, SAARIAHO MOVED NOW TO A METAPHOR OF THE EPHEMERAL: BUTTERFLY. ALSO, FROM THE LONG TIMES-SPANS OF THE OPERA SHE MOVED TO THESE SEVEN MINIATURES, WHICH EACH SEEM TO BE STUDIES ON A DIFFERENT ASPECT OF FRAGILE AND EPHEMERAL MOVEMENT THAT HAS NO BEGINNING OR END.

DANCE AND CHOREOGRAPHY: ADA FREUND

CELLO: JOANNA HANHIKOSKI

PERFORMANCES:

15.8.2024, TAITEIDEN YÖ HIETSUN PAVILIJONKI

17.8.2024 DIALOGIA! IHAN PIHALLA





EDITH!

AN INTERDISCIPLINARY PERFORMANCE BASED ON THE RELATIONSHIP BETWEEN POET EDITH SÖDERGRAN AND WRITER HAGAR OLSSON, AS WELL AS SÖDERGRAN'S POEMS. THE WORK AS A WHOLE EXPLORES THE SOCIAL AND CULTURAL WORLD OF SÖDERGRAN'S TIME THROUGH DANCE, STAGE WORK AND MUSIC.

EDITH SÖDERGRAN BELONGS TO THE MOST IN THE AREA OF POETRY AND OPENED THE WAYS TO SEE WORLD DIFFERENTLY; THE QUEER WORLD WAS SOMETHING EDITH ACTIVELY BROUGHT UP IN THEIR WORK. THE MOVEMENT LANGUAGE COMMUNICATES WITH BOTH THEATER AND MUSIC, BRINGING THE BRIGHTNESS OF EDITH'S LIFE AND WORK ALIVE.



SUVI BLICK, ACTRESS
JOHANNA SPIES, DANCE AND CHOREOGRAPHY
ADA FREUND, DANCE AND CHOREOGRAPHY
LOUNA HOSIA, CELLO
PIA FREUND, SOPRANO
TAINA-MAARIA RAUTASUO, LAULU, PIANO
AGNETA RAHIKAINEN, SÖDERGRAN-
RESEARCHER

TRAILER: [HTTPS://WWW.YOUTUBE.COM/WATCH?V=NFZHE-OFXVE](https://www.youtube.com/watch?v=NFZHE-OFXVE)

Performances: 10.5.2024 (Fyyri, FI), 12.5 (Hämeenlinna, FI)
Upcoming: 6.3 Tryckeri Teatern, 12.3 Porvoo Taidetehdas

JOURNEY TO HAMPAMPAM

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.

IN COLLABORATION WITH DANCE THATER TANSSIVARPAAT (HÄMEENLINNA, FI)

HÄMEENLINNA CITY THEATER 14.4.2024

COMMISSIONED BY DIALOGIA! -FESTIVAL

VIDEO LINK:

[HTTPS://DRIVE.GOOGLE.COM/FILE/D/115FNNW9NWRMN7O1WMAYXEWA-PXN1JXAQ/VIEW?USP=SHARING](https://drive.google.com/file/d/115FNNW9NWRMN7O1WMAYXEWA-PXN1JXAQ/view?usp=sharing)

FUNDED BY ALLI PAASIKIVI -ORGANISATION





S Y M B I O S I S

SYMBIOSIS STARTS FROM THE EXPLORATION OF CARE THAT SHAPES OUR HUMAN EXISTENCE. THE DESIRE FOR CONNECTION AND INTIMACY IN OUR LIVES CAN OFTEN MAKE US CARE AND BE CARED FOR

S Y M B I O S I S' CAPTURES TWO BODIES FINDING CARE THROUGH EMBODIMENT, BUILDING A CONNECTION THAT HAS DIFFERENT LEVELS OF INTIMACY. THROUGH THE PIECE BODILY IMPULSES FORM COMMUNICATION, STORIES AND SHARED EXPERIENCE.

ENCOUNTERING INTIMACY, THESE TWO CHARACTERS GO THROUGH A JOURNEY OF HONESTY, VULNERABILITY, TRUST, DELICACY, FINDING STRENGTH TOGETHER.

TRAILER: [HTTPS://YOUTU.BE/HNZOLBPY3Q4](https://youtu.be/HNZOLBPY3Q4)

PREMIERE: 23.6.2024, CULTURAL HOUSE MARITA (FI)

OTHER PERFROMANCES: 2.8.2024 TEHDAS TANSSII (FI)

3.8.2024 PENTHOUSE COLLECTIVE(FI)

9.8.2024 SAGRA FUTURO (IT)



FORGOTTEN ROCKS

IT WAS THE SAME AS YESTERDAY -
THE DETAILS OF HIDDEN PLACE GAVE US COMFORT

IT WAS THE SAME AS BEFORE -
WE WONDERED HOW THE DUSTY AIR WAS FLYING

IT WAS SAME AS YESTERDAY -

IT WAS THE SAME AS THE OTHER DAY -
THE PLAY PASSED BY AND TICKLED US

IT WAS THE SAME -
IT WAS NOT THERE ANYMORE OR ANY LONGER

IT WAS THE SAME AS OTHER TIMES -
THIS SOLITUDE WE KNEW

FRAGILELY SINKING, SOMETHING WAS MISSING.
ONLY THERE WAS NOTHING WAITING.

CONCEPT & CHOREOGRAPHY ADA FREUND

PERFORMERS JULIE POLLET, ULKE ZEELMAEKERS, MJ CARDANTAS, ANDREA AGUADO MARTIN, CHLOÉ CHARDEVEL

TRAILER: [HTTPS://YOUTU.BE/ZF4KFO5JSFE](https://youtu.be/ZF4KFO5JSFE), **FULL VIDEO:** [HTTPS://YOUTU.BE/LHLCYEVKZ94](https://youtu.be/LHLCYEVKZ94)

PERFORMANCES: PERA -SCHOOL OF PERFORMING ARTS: 20.6.2023, DIALOGIA! -FESTIVAL: 14.4.2024

GARDEN GATHERINGS

A GROUP OF PEOPLE ENCOUNTERING DIFFERENT SITUATIONS IN A GARDEN. WHEN SURREALISM TAKES PART, THESE CHARACTERS DIVE IN TO MISERABLE SITUATIONS.

CHOREOGRAPHY AND CONCEPT: ADA FREUND

DANCERS

SYLVIE HOLDER

EUAN STEPHEN

CHASMINE FAY TANGEN

JACOB EDWARDS

EDAN CARTER

FULL PIECE: [HTTPS://YOUTU.BE/PLDKYLAK5IE](https://youtu.be/PLDKYLAK5IE)



THEY NEVER HEAR US

WE THINK THERE'S CALM SEA AROUND US, UNTIL
OUR OUR UNCONSCIOUSNESS DISTRACTS US.
FOUR CREATURES, TRYING TO COMMUNICATE
THEIR INNER WORLDS, WISHES, DESIRES AND
FEARS. WITHOUT SOUND, CAN THEY BE HEARD?

CHOREOGRAPHY AND CONCEPT: ADA FREUND

DANCERS

JOHANNA SPIES
FINLAY COPLAND
JACK WARREN
ELISE CLASON

FULL PIECE: [HTTPS://YOUTU.BE/J8JOPKWD7SO](https://youtu.be/J8JOPKWD7SO)



WHEN THE SONG OF THE WIND SURPRISED US, WE WERE SUDDENLY HIT

BY SHARED VISUAL EXPERIENCE. FOUR INDIVIDUALS
BECOME ONE ENTITY THROUGH MOVEMENT. USING
KINAESTHETIC EMPATHY THROUGH THE EMBODIMENT, WE
CAN GIVE INFORMATION TO OTHERS AND RECEIVE
INFORMATION BACK AT THE SAME TIME, TO BE AVAILABLE
FOR THE EXCHANGE OF SENSATIONS, USING THE
INTELLIGENCE OF THE BODY.

WITHOUT THE OTHER, THE ONE CAN NOT REACH AND
DISCOVER A NEW INPUT, THEY CANNOT DISCOVER
ANOTHER WAY TO EXIST AND COEXIST IN SPACE. BENEATH
THE SURFACE WE ARE ALL CONNECTED.

PERA SCHOOL OF PERFORMING ARTS, NOV.2022

CHOREOGRAPHERS AND DANCERS

Chiara Consiglio, Helena Ćelap, Ada Freund, Lisa Nicatore

MUSIC: Luca Fiorato

MENTOR: Rafaela Sahyoun

TECHNICAL SUPPORT: Virginia Andretto, Luisa Silva

DURATION: 15 min

TRAILER: [HTTPS://YOUTU.BE/BGJU3E39OEY](https://youtu.be/BGJU3E39OEY)

FULL PIECE: [HTTPS://WWW.YOUTUBE.COM/WATCH?
V=YK81AUCYVPM](https://www.youtube.com/watch?v=YK81AUCYVPM)



PERFORMED AT: 19.9.2023, DIALOGIA! -FESTIVAL (FI)

ILLUSIONS

A BATTLE BETWEEN REALITY AND IMAGINED.
WHAT IT IS THAT MAKES SOMETHING REAL FOR
US? WHAT DO YOU SEE WHEN YOU LOOK AT
ME? DO YOU KNOW THAT IT IS REAL, OR DO YOU
IMAGINE?

CHOREOGRAPHY AND CONCEPT: ADA FREUND

DANCERS:

STUDENTS AT SIBELIUS INSTITUTE
(HÄMEENLINNA, FIN)

FULL PIECE: [HTTPS://YOUTU.BE/V4QKBFWRUCQ](https://youtu.be/V4QKBFWRUCQ)

