



# SANSELIG LÆRING

Artist in Residence i Københavns Kommune

SISTERS  
HOPE

# SISTERS HOPE

## ET POETISK LÆRINGSPOGRAM

Vi søger Københavns Kommune om at indgå et samarbejde med henblik på at søge puljen 'Artist in Residence under Huskunstnerordningen' hos Statens Kunstfond til marts 2025. Formålet er at tilvejebringe ressourcer og en platform til at performancegruppen Sisters Hope kan tilbyde og udfolde et kunstnerisk og poetisk læringsprogram som tilbydes til kommunens skoler og ungdomsinstitutioner (som fx Valby Skole og Viften på Vesterbro). Københavns Kommune vil ikke have direkte økonomiske omkostninger til projektet, der finansieres fuldt af Statens Kunstfond. For at lykkedes hermed vil kommunen dog skulle stå som den overordnede samarbejdspartner på ansøgningen.

### **Sisters Hope**

Sisters Hope opererer i krydsfeltet mellem kunst, aktivisme, forskning og uddannelse. Vi er dybt forankret i interdisciplinære kunstpraksisser og manifesterer både vores værker på kunstmuseer, i det offentlige rum og som interventioner på andre institutioner som f.eks. skoler og rådhus. Vi modtager fast støtte fra Statens Kunstfond og vores format *Sensuous City* blev i Politikken omtalt som en af Danmarks 5 mest betydningsfulde performanceværker nogensinde. I 2017 manifesterede vi *Sisters Academy* i Den Frie Udstillingsbygning som modtagere af Birkensfondens Visionsprisen på 3 millioner. I dag står vi stærkt med et dedikeret publikum og en stor interesse og efterspørgsel af vores kunstneriske praksis både nationalt og internationalt.

### **Sanselig Læring**

Som residence-kunstnere vil vi basere aktiviteterne på vores omfattende erfaringer med performancemetoden *Sisters Performance Method - Sensuous Learning*. Metoden er udviklet og forfinet af Sisters Hope siden 2008 og fokuserer på at integrere sanselige og æstetiske oplevelser i udviklings- og læringsprocesser. Metoden er forankret i en kunstnerisk forskningspraksis og sigter mod at "demokratisere det æstetiske" ved at gøre kunst og poesi tilgængelige for alle, uanset baggrund eller erfaring. Vi argumenterer for, at den æstetiske dimension har været underprioriteret siden Oplysningstiden og den industrielle revolution, hvor kognitive og rationelle opfattelser blev prioriteret over sanselige oplevelser. Med Sanselig Læring søger vi at genoplive den æstetiske dimension ved at fokusere på, hvordan kunst kan integreres i hverdagen og læringsmiljøer.

Metoden tager afsæt i "The Poetic Self" (Det Poetiske Selv), hvor vi hævder, at alle mennesker har en iboende poetisk kerne. Gennem forskellige aktiviteter og performative øvelser opfordres deltagerne til at udforske og udtrykke deres personlige poetiske fortællinger og sanselige oplevelser. Målet med Sanselig Læring er at styrke forbindelsen mellem mennesker samt at fremme en dybere forståelse af kunstens rolle i hverdagen. Dette opnår vi ved at aktivere sanserne og skabe et rum for poetisk udforskning, hvilket på sigt kan føre til en mere bæredygtig og æstetisk orienteret fremtid. Vores tilgang til læring gennem sanselighed er derfor ikke blot en metode til undervisning, men en kunstnerisk vision for

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et mere inkluderende og æstetisk samfund. En fremtidsvision som vi kalder "The Sensuous Society".

Målet med programmet er at vise, at kunst og poesi er en del af vores hverdag. Vi ønsker at styrke den kollektive forbindelse mellem deltagerne og fremme sanselighed i en hektisk og digitalt domineret verden.

## **Center for Sanselighed og lokal forankring**

Vores engagement som artists in residence er sammentænkt med vores nye kunstneriske platform, Center for Sanselighed, som vi er i færd med at etablere i Valby. Denne ramme vil i programmet fungere som et smukt eksternt læringsrum som vi vil invitere deltagerne ind i. Vores helt grundlæggende ambition med Center for Sanselighed er at skabe en ramme hvor verden kan samles om det sanseliges værdi og betydning. Ikke mindst i forbindelse med det sanseliges potentiale i transitionen mod en mere bæredygtig fremtid. Det vil være et regenerativt og eftertænksomt åndehul, der står i modsætning til mange menneskers hektiske hverdagsliv. Denne kunstneriske ramme vil sikre os et stærkt fundament for vores virke som residence-kunstnere, hvor vi vil være forankret lokalt i byen. Vi har dertil etableret samarbejder med lokaludvalgene på Vesterbro/Enghave og i Valby med henblik på yderligere lokal forankring i de pågældende områder.

## **Afrunding**

Vi håber meget at I vil være partnere på ansøgningen 'Artist in Residence under Huskunstnerordningen' til Statens Kunstfond. At bidrage til at realisere vores ambition om at skabe et nyskabende, relevant og ambitiøst kunstnerisk læringsprogram for unge borgere i Københavns Kommune.

Skulle der være spørgsmål, så tøv ikke med at kontakte os på [nikolaj@sistershope.dk](mailto:nikolaj@sistershope.dk).

## TESTIMONIALS

“It is a beautiful gift of quietness, serenity and empathy in the madness of our current lives and world. And if art cannot offer that, we might as well may as well pack our bags and retire”

Vikram Lyengar, Pickle Faktory, Calcutta

“Their way of engaging communities through their performance art practice is rigorous and refreshing “

Frank Newman, Sidney Opera House

“Sisters Hope presents a truly unique approach to engaging audiences in meaningful, impactful, lifechanging experiences.

Boomer Stacy, Executive Director, PACT

“Utterly immersive and surprisingly touching, this performance by Danish company Sisters Hope is a masterclass in reality-bending theatre”

The Scotsman, August 2023



## BUDGETSKABELON, PROJEKTTILSKUD

Tilskudsmodtagers navn: Sisters Hope
CVR: 44082764
Projektets navn: Sanselig Læring – Artist in Residence i Københavns Kommune

Projektperiode: 01.10 2025 – 01.10 2027
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Indtægter	Budget	Budget året før (hvis der er givet tilskud året før)	Notér om beløbet er ansøgt eller allerede bevilliget.
Ansøgt tilskud fra Kultur- og Fritidsudvalgets disponible midler. <u>In-kind finansiering</u>	30.000	0	Ansøgt
Huskunstnerordningen – Statens Kunstfond	960.000		Ansøges
<b>INDTÆGTER I ALT</b>	<b>990.000</b>		

Udgifter	Budget	Budget året før (hvis der er givet tilskud året før)
Sisters Hope - Løn og honorarer	960.000	
Københavns Kommune – Indsendelse af ansøgning og administrering af bevilling	20.000	
Københavns Kommune – 8x statusmøder	10.000	
<b>UDGIFTER I ALT</b>	<b>990.000</b>	

<b>RESULTAT</b>	<b>0</b>	
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<p><b>Kommentarer/forbehold:</b></p> <p>Sammen med Københavns Kommune ønsker vi at søge Huskunstnerordningen hos Statens Kunstfond om honorarer til de performere som skal facilitere Sanselig Lærings-programmet i projektperioden. Københavns Kommune vil således ikke have direkte omkostninger forbundet i projektet. Der vil dog være en række in-kind udgifter til administration af en eventuel bevilling samt løbende statusmøder med en kulturkonsulent og Sisters Hope. Da vi ikke kender kommunens præcise honorartakster, er dette estimerede tal.</p> <p>En stor del af programmet vil blive afviklet i vores kommende kunstneriske platform, Center for Sanselighed, i Valby. Udgifter til etablering og drift af denne platform afholdes af eksternt af Sisters Hope, hvilket således indirekte vil bidrage positivt til realiseringen projektet. Ligeledes modtager Sisters Hope årligt 1.3 millioner i driftsstøtte fra Statens Kunstfond hvilket sikrer kapaciteten til at organisere og administrere projektet internt hos Sisters Hope.</p>
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# SISTERS HOPE



CV

## THE PERFORMANCE GROUP AND MOVEMENT SISTERS HOPE

Sisters Hope is an award-winning and nationally and internationally acclaimed performance group that operates at the intersection of performance art, research, activism, and education. They apply immersive, interventionist and intimate interactivity when they manifest their unique performances. They are currently working to manifest more sensuous and poetic environments and landscapes for being, being together and learning.

Sisters Hope is a Nordic-based performance group and movement with an associated international troop of performers and creatives from various backgrounds. Sisters Hope operate from their articulated vision of The Sensuous Society: The Sensuous Society: Beyond economic rationality. Suggesting a sensuous mode of being in the world. Do also see the two TEDx – Uppsala University (2015) a Society Carving the path towards a sustainable future through aesthetic inhabitation argued that we must create spaces, not only for participation in, but also for inhabitation of the sensuous and poetic through the arts to transition into a more long-term project Sisters Hope Home, a multi-year performance-installation in which the sensuous can always be inhabited. For many years Sisters Hope has aimed at enriching environments with an aesthetic dimension by exploring the connection between the sensuous and the sustainable. The poetic and the ecological mind and body.

They have developed their own performance method Sisters Performance Method. Sensuous Learning rooted in. Not a character, not a fiction but our inherent poetic potential that we explore and unfold. This is a requested method by many art schools and other educational programs both nationally and internationally and it currently runs as a four-month program.

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GRY WORRE HALLBERG

*Artistic Director, Performance Artist and founder*

Gry Worre Hallberg is the artistic director of Sisters Hope and has founded the large-scale project Sisters Academy. Furthermore, Gry is also behind the vision *The Sensuous Society: Beyond economic rationality* – which explores how the qualities of the sensuous relate to a more sustainable future, do also see her artistic research PhD *Sensuous Society* (2021, University of Copenhagen). Moreover, it is the visionary foundation for Sisters Hope's work. Besides being a requested teacher, speaker and facilitator, she has been invited to do two TEDx talks on the subject: "Sensuous society" at TEDxCopenhagen and "Sensuous Learning" at TEDxUppsalaUniversity. She has published a number of articles about Sisters Hope's work and method and new societies. Has received work grants from The Danish Arts Foundation for several years. Is appointed IETM Global Connector 2021–2022.

POETIC SELF: THE SISTER.



NIKOLAJ FRIIS RASMUSSEN

*Executive Director*

Nikolaj Friis Rasmussen was appointed as Executive Director at Sisters Hope in a full-time position in 2021. He has been affiliated with the performance group since 2017, where he managed the production of *Sisters Academy #6 – The Boarding School* at Den Frie Centre of Contemporary Art. Nikolaj has been employed at Den Frie Centre of Contemporary Art as Curator and Head of Development from 2014–2021 and been involved in the establishment of TOASTER. Furthermore, Nikolaj has experience working at cultural institutions such as Danish Centre for Culture and Development Factory of Art and Design, Roskilde Festival and the Danish Broadcasting Cooperation. Beyond his formal education with a masters in Performance-design, Nikolaj has completed the international 'Executive Education Program for the Next Generation of Museum Leaders' at Claremont University, California under the Getty Leadership Institute in 2018.

POETIC SELF: THE ASTEROID.



INGRID LÅNGSTRÖM EINARSSON

*Performer & Sisters Hope Home Manager*

Ingrid Långström Einarsson has recently been appointed as Performative assistant & Performative Sisters Hope Home manager in a new full-time position. She has been affiliated with the performance group since 2017, where she performed in the production of *Sisters Academy #6 – The Boarding School* at Den Frie Centre of Contemporary Art. Ingrid is one of the core performers hosting our 5-year performance piece *Sisters Hope Home* in Hedehusene, Denmark. She is a performer, poetic writer, talker, creator, reader and has her educational background in conceptual performance art from Malmö Theatre Academy in Sweden.

POETIC SELF: THE TIMER.

# THE LARGER GROUP OF SISTERS HOPE PERFORMERS



The Air / ANDRÉS DÍAZ GARCÍA  
The Mode / NIKOLINE KERN  
The Astroid / NIKOLAJ FRIIS RASMUSSEN  
The Aura / STINE MARIA LOURING NIELSEN  
The Balance / AGNES-KARL CHRISTENSEN  
The Well / FABIOLA PAZ  
The Caretaker / BENEDICTE GUI DE THURA HUANG  
The Chain Hand Pianist / ERIKO MAKIMURA  
The Chamberess / KATA HALASZ  
The Conjuress / NANA-FRANCISCA SCHOTTLÄNDER  
The Connector / MERITXELL AUMEDES  
The Contiguous / MAJA STØRSETH  
The Cousin / JULIE JOHANSEN  
The Dramaturg / KIRSTEN KAAGAARD  
The Ear / ULF RATHJEN KRING HANSEN  
The Flow / MAJA DALSGAARD EJRNÆS  
The HE Fruit Carrier / CELESTE FAURSCHOU  
The Gardener / BO EGGERT DAHL  
The Heart of Gold (Sweetheart) / FRANSISKA SEJTEN  
The I / DIANA LINDHARDT  
The Image of the Hanged Man / MARIEKE BREYNE  
The Invitation / NATHALIA FLERON  
The Island / AMALIA KASAKOVE  
The Link / NANA ELISABETH PAJA SENDEROVITZ  
The Love Sparkle / EWELINA KOTWA  
The Mechanic / MIKKEL DAHLIN BOJESEN  
The Melt / LAURA KLEY-JACOBSEN  
The Midwives / SUNNIVA FLIFLET & OLINE BRØND  
The Missing Touch / KRISTA MILMAN  
The Moments / RUNE BOSSE  
The Mortal / SELMA KJESEN

The Poet Builder / TUE BONDO  
The Nectar / ANNA KATRINE THIEFOLDT  
The Pleasure / NATASCHA RUEGG  
The Protector of the Archive / MARIE-LOUISE WERNER & LEONOROA WULFF-JØRGENSEN  
The Sad Dancer / ULRIKA SELRING  
The School Nurse / LOUISE YAA AISIN  
The School Photographer / TUSNELDA FRELLESVIG  
The School Psychologist / DIANA Ø. TØRSLØV MØLLER  
The Seamstress / ANNE HOLLÆNDER  
The Seer / INA SANDBACKA  
The S (Seeker, Silence) / RASMUS MALLING SKOV  
The Shaman / SARA VILARDO  
The Shape-shifter / MY SALOMÉ  
The Ship / PETER TOMMILA  
The Sister / GRY WORRE HALLBERG  
Skyggen / DENIS RIVIN  
The Sound Seeker / MADSKORSGAARD  
The Spreading Fire / ROB HESP  
The Teetotum / FIE NIELSEN  
The Thereminist / DORIT CHRYSLER  
The Timer / INGRID LÅNGSTRÖM EINARSSON  
The Translator / TOM OLIVER JACOBSSON  
The Unnamed / TANIA MARIA HENNEBERG  
The Untamed / CAMILLA MAIKE JUUL  
The Veil Lifter / EJA RHEA MATHEA DUE  
The (w)Hole / IWONA REJMUS  
The Wild / STINNE VIUM  
The Wonderer / JARA VON LUEPKE  
The Zrak / MARIJA IVA GORCIC



# BELOW A SELECTION OF OUR WORK

## SELECTED WORKS BY SISTERS HOPE

2025	Sisters Academy – Agrigento, Italian Capital of Culture 2025 (IT)
2025	Sisters Hope x Kunsten Collection, Kunsten Museum of Modern Art in Aalborg (DK)
2024	Sisters Sensing (The World) – Brazil with The Danish Cultural Institute and SESC (BRA)
2024	Sisters Sensing (The World) – China with The Danish Cultural Institute and Aranya Art Center (CH)
2024	Inhabitation Life, Hedehusene (DK)
2023	Sensuous Governing, Edinburgh Festival Fringe & H.C. Andersens Festivals (SCO/DK)
2023	SMK Fridays feat Sisters Hope, The National Gallery of Denmark (DK)
2023	Sensuous City Local, Refshaleøen (DK)
2022	Poetic Landscape Processes, Biennale Arcipelago Mediterraneo in Palermo (IT)
2022	Inhabitation Infinity, Hedehusene (DK)
2021-26	Sisters Hope Home, Hedehusene (DK)
2018-28	Sisters Sensing (The World) with The Danish Cultural Institute (BRA, IN, CH, TYR, LV & UKR)
2021	Sensuous City, Nikolaj Kunsthal and Metropolis (DK)
2021	Institute for Co-existence, Turku Art Museum (FI)
2019	Sensuous City, Copenhagen Contemporary and Metropolis (DK)
2019	Sensuous Governing, CPH Stage and Communicating the Arts (DK)
2017	Sisters Academy - The Boarding School, Den Frie Centre of Contemporary Art. Award winner of the exhibition price VISION by The Bikuben Foundation (DK)
2016	Sisters Academy - The Takeover, Myndlistaskólinn, Iceland (IS)
2015	Sisters Academy – The Boarding School, Inkonst (SWE)
2014	Performance Sense Laboratory, Art Zone, Roskilde Festival (DK)
2014	Sisters Academy – The Takeover, HF & VUC Fyen Flow (DK)

## SELECTED PRESENTATIONS, WORKSHOPS, AND SMALLER PERFORMANCE MANIFESTATIONS BY SISTERS HOPE

May 2024	Sisters Hope presentation at Wellbeing Economy Conference at University of Copenhagen (DK)
Oct 2023	Sisters Hope presentation at Existential Resilience at Lund University (SWE)
May 2023	Sisters Hope presentation and talk Cosmic Blast at Bloom Festival (DK)
Feb 2022	Sisters Hope presentation at LIKHANDULA International Arts Exchange and Collaboration (PHI)
Jan 2022	Sisters Hope presentation at Thinking Space organized by National Theatre Scotland (SCO)
Nov 2021	Sisters Hope participation in Salzburg Global 'The Creative Power of the Arts' (AUT)
Aug 2021	Sisters Hope participation and presenting at Kultursalon, Marienborg (DK)
Mar 2021	Sisters Hope presenting at ASSITEJ World Congress, Tokyo (JP)
Aug 2020	Sisters Hope presenting at Kultur mødet, invited by The Danish Arts Foundation (DK)
May 2019	Sisters Hope presenting and performing at FRATZ Festival, Berlin (DE)
Jan 2019	Sisters Hope presenting at IPAY (USA)
Oct 2018	Sisters Hope, Seeding a Sensuous Society, Seeding Art Currency, East Street Arts (UK)
Oct 2018	Sisters Hope, The poetic and the ecological mind, at Mind the Gap, DAC, BLOX (DK)
Aug 2018	Sisters Hope presenting and introducing The Poetic Self Exercise at Artistic Gathering, Beijing (CH)
May 2018	Sisters Hope presenting at CTM, Bruxelles (BEL)

## SELECTED TEACHINGS IN THE SISTERS PERFORMANCE METHOD BY SISTERS HOPE

2022-24	SenseSquared – becoming through the senses. European Erasmus+ project
2023	Artist Rethink Transformation for Training with MeNO (IT) and Aarhus University (DK)
2023	Sisters Hope teaching at the Young Composer program at Seattle Symphony (USA)
2019–21	Sisters Hope teaching a course in Sisters Performance Method Sensuous Learning, Ryslinge (DK)
2018	Sisters Hope teaching students of choreography at The University of Stavanger (NO)
2016	Sisters Hope teaching students of performing arts at OPUS, Scenekunstsolen (DK)
2016	Sisters Hope teaching students of arts, education and research at University of Agder, Department of Visual and Scenic Arts (NO)

For further manifestations, talks, collaborations, and projects see: [www.sistershope.dk](http://www.sistershope.dk).

# TESTIMONIALS

*"Usually, I find pieces like Sensuous Governing difficult. Often, I have found them sentimentally touchy-feely at best and self-indulgent, patronising, and self-congratulatory at worst. Not this one. There is a surprising and deeply believed quality of care, concern and kindness that imbues the whole performance and the whole space - a quality that imperceptibly then infects audience members in how they behave with each other. I felt seen and held, felt the presence of others also possibly feeling the same, and felt no discomfort or awkwardness even when I had no idea what was expected of me."*

Vikram Lyngar, The Pickle Factory, Calcutta, India

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*"Sisters Hopes performances function as a complete universe, where you as an audience quickly become an integral part, if you dare and want to, as it requires you to step out of your comfort zone. In return, you will experience a unique opportunity to see and experience the world in alternative ways. Their performative practice and extensive scenography goes beyond the boundaries of what we normally experience in the universe of performance and visual arts and support experiments that open up new perceptions and development in the audience engagement."*

Helene Nyborg, Artistic Director, Nikolaj Kunsthal

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*"It's a process that none of us will forget. Because of the intensity of the process, the way it pushed our everyday boundaries, the way it encouraged our sense of community and because things were so cleverly facilitated by the Sisters. Placed in a new framework and in a different context than the everyday life. An engaging and enchanting way of teaching that captivates all of the students. I have an absolutely uncritical admiration for the way the Sisters made the participants take part in their universe and how they made them subject to the structures and premises of the process."*

Marie Lind, Teacher, Fyn Flow Gymnasium

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*"Sisters Hope makes an important contribution to the Danish art scene. They renew performance art by developing and presenting innovative formats, where the traditional roles of either artist or viewer are rethought. With their uncompromising concepts, they have developed performance art in new ways, where participation is replaced by habitation—what they themselves describe as inhabitation—and thus created a new way of thinking about the relationship between work and audience. Their practice has an international format and reaches beyond the institutional space by challenging our thinking about also the public space, its institutions of power and our sensory relationship with the world in which we live."*

Marie Nipper, Director, Arken Museum of Contemporary Art

*"Unforgettable, magic, irresistible. A work of art. Thought through and realized in all details to perfection. The aesthetic and the sensual as the storyteller combined with enigmatic activities. We find ourselves in a metaphysical world. All "normal" rules are removed or have got another clear language. If the world of metaphysics shall be convincing, the materials, the performance, the totality must be like one unity, otherwise it fails. The staging of the Boarding School is created like that with utmost care in all details. As a guest or a student, you are embraced from the start to the end by whispered outspoken orders, performed with accuracy and seductive humor."*

*Everything is strange, but why strange? Because it is so consequently made, so beautiful, so deeply human, so widely open to interpretations. It needs your time, your surrender, your tenderness, and openness. It is a demanding piece of artwork, but if you surrender, it will stay with you forever.*

*The venue, the building of Den Frie is a scoop. The way the architecture of this untraditional classical building is being used to frame the artwork is brilliant. It is obviously how the building loves to be part of the activities, which underlines the symmetry of the architecture. And please give it some thought how much work has been done to stage this house with all the wrapping of fabrics, light, mirrors, carpets and objects. All this to make us, the visitors be part of another time, no past, no future but a contemporary fusion of it all.*

*I loved the constant subdued soundscape, I loved the clear-speaking trio of the Octopus, I loved everybody standing on the chairs before we could sit down to eat in the mirror dining hall, I loved the class of the well, I loved the combination of art, constructions, performance, natural science, sensuality, philosophy, aesthetic, I loved... Thank you for all of it. I am so thankful that you gave this experience to us. Since many years I have not seen anything like it."*

Kirsten Dehlholm, Hotel Proforma

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*"Danish Cultural Institute together with Sisters Hope have taken the first steps towards a long-term strategic collaboration. We have high expectations for that. We believe that Sisters Hope's artistic formats will resonate worldwide across cultures and borders. Sisters Hope has gained great recognition for their artistic ambitions and ability to create poetic spaces in the form of sensual walks, meetings, and take-overs. We look forward to welcoming them to our institutes around the world, in China, India, Brazil, Ukraine, Turkey etc. in short, all the places where we are present and create relationships through art and culture."*

Camilla Mordhorst, Director, The Danish Cultural Institute

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*"It will always live on with me"*

Audience-participant, 2023

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[www.sistershope.dk](http://www.sistershope.dk)