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FRIDA ORUPABO

Born 1986, Sarpsborg, Norway and lives in Oslo

SELECTED SOLO EXHIBITIONS

2025

On Lies, Secrets and Silence, VOX, centre de l'image contemporaine, MOMENTA Biennale d'art contemporain, Montreal, Canada

Tools from my chest, Modern Art, London, UK

SPECTRUM Internationaler Preis für Fotografie solo exhibition, Sprengel Museum, Hannover, Germany

On Lies, Secrets and Silence, Astrup Fearnley Museet, Oslo, Norway

2024

On Lies, Secrets and Silence, Bonniers Konsthall, Stockholm, Sweden

All Is Broken In The Night, Galerie Nordenhake, Berlin, Germany

2023

Fear of Fear, Galerie Nordenhake, Mexico City, Mexico

Things I saw at night, Modern Art, Helmet Row, London, UK

2022

I've been here for days, Stevenson, Cape Town, South Africa

How Fast Shall We Sing, Mécanique Générale, Rencontres d'Arles, France

Closed Up Like A Fist, Nicola Vassell Gallery, New York, USA

I have seen a million pictures of my face and still I have no idea, Fotomuseum Winterthur, Switzerland

2021

How did you feel when you come out of the wilderness, Kunsthall Trondheim, Trondheim, Norway

Frida Orupabo, 34th Bienal de São Paulo, Museu Afro Brasil, São Paulo, Brazil

2020

Hours After, Stevenson, Johannesburg, South Africa

12 Self Portraits, Gavin Brown's Enterprise, Rome, Italy

2019

A House is a House, Galerie Nordenhake, Berlin, Germany

the mouth and the truth, Portikus, Frankfurt, Germany

Medicine for a Nightmare, Kunstnernes Hus, Oslo, Norway

2018

Two-Thirds Pleasure, Galerie Nordenhake, Stockholm, Sweden

Cables to Rage, Gavin Brown's Enterprise, New York, USA

SELECTED GROUP EXHIBITIONS

2025

GIRLS. On Boredom, Rebellion and Being In-Between, MoMu – Fashion Museum Antwerp, Belgium

From the surrounds, we build the present, Galeria do Torreão Nascente da Cordoaria Nacional, Lisbon, Portugal

The World of Tomorrow Will Have Been Another Present, Museum Moderner Kunst Stiftung Ludwig Wien, Vienna, Austria

A Vanished Wholeness, Modern Art, Paris, France

Uncanny, National Museum of Women in the Arts, Washington DC, USA

2024

Imagining Black Diasporas: 21st -Century Art and Poetics, The Los Angeles County Museum of Art, Los Angeles, USA

When Works Meet, Stevenson, Cape Town, South Africa

The infinite Woman, Foundation Carmignac, Hyères, France

The Verbund Collection, The Albertina Museum, Vienna, Austria

Giants: Art from the Dean Collection of Swizz Beats and Alicia Keys, the Brooklyn Museum, New York, USA

2023

The Artist List, Stevenson, Cape Town, South Africa

The Rose, Lumber Room, Portland, USA

An Unlimited Idea of the North, Le Nouveau Printemps Toulouse, France

Deutsche Börse Photography Foundation Prize exhibition, the Photographer's Gallery, London, UK

The Many Faces of the Self, Ars Belga, Brussels, Belgium

Black Venus, Museum of the African Diaspora, San Francisco, USA

FLIGHT, Malmö Konsthall, Sweden

Mawande Ka Zenzile, Simphiwe Ndzube, Thenjiwe Niki Nkosi and Frida Orupabo, Kiang Malingue, Hong Kong, China

Chrysalis: The Butterfly Dream (Chrysalide : le rêve du papillon), Centre d'Art Contemporain Genève, Switzerland

2022

Rock My Soul II, Karlaplan 14, Stockholm, Sweden

The Machine is Us Munch Triennale, Munchmuseet, Norway

Where do I begin, Stevenson, Cape Town, South Africa

Customs, A4 Arts Foundation, Cape Town, South Africa

Afterimage, MAXXI L'Aquila, Italy

Currency, the 8th Triennial of Photography Hamburg, Germany

Living encounters, ARS22, Kiasma Finnish National Gallery, Finland

2021

Works on Paper, Stevenson, Cape Town, South Africa

Maternar, University Museum Contemporary Art, Mexico City, Mexico

Dear Truth, Hasselblad Foundation, Gothenburg, Sweden

Mother!, Louisiana Museum of Modern Art, Humlebæk, Denmark

my whole body changed into something else, Stevenson, Cape Town, South Africa

How to Make a Country, FRAC Poitou-Charentes, Angoulême, France

Future Generation Art Prize 2021 Shortlisted Artists, PinchukArtCentre, Kyiv, Ukraine

Though it's dark, still I sing, 34th Bienal de São Paulo, Museu Afro Brasil, São Paulo, Brazil

Not Without Joy, Galerie Rudolfinum, Prague, Czechia

ArtworxTO, Toronto, Canada

2020

We Fight to Build a Free World, Jewish Museum, New York, USA

Witness: Afro Perspectives from the Jorge M Pérez Collection, El Espacio 23, Miami, USA

Infinite Identities: Photography in the Age of Sharing, Huis Marseille, Amsterdam, The Netherlands

Summer Exhibition, Royal Academy of Arts, London, UK

Resistant Faces, Pinakothek der Moderne, Munich, Germany

What is the Present? Museum für Gegenwartskunst Siegen, Germany

Dynamic Spaces, Museum Ludwig, Cologne, Germany

2019

Rock My Soul, Victoria Miro Gallery, London, UK

May You Live in Interesting Times, 58th Venice Biennale, Italy

Sell It with Flowers, Museum of Art and History of Neuchâtel, Switzerland

A Series of Utterly Improbable, Yet Extraordinary Renditions (With Arthur Jafa), Moderna Museet, Stockholm, Sweden;

Galerie Rudolfinum, Prague, Czech Republic

2018

A Series of Utterly Improbable, Yet Extraordinary Renditions (With Arthur Jafa), Julia Stoschek Collection, Berlin, Germany

Niepodległe: Women, Independence and National Discourse, Museum of Modern Art, Warsaw, Poland

Putting Out, Gavin Brown's Enterprise, New York, USA

2017

A Series of Utterly Improbable, Yet Extraordinary Renditions (With Arthur Jafa), Serpentine Gallery, London, UK

AWARDS

SPECTRUM Internationaler Preis für Fotografie, 2025

Shortlist, Deutsche Börse Photography Foundation Prize, 2023

Shortlist, Future Generation Art Prize, 2021

COLLECTIONS

21C Hotel Museum, USA

A4 Arts Foundation, South Africa

Alexander Tutsek-Foundation, Germany

Astrup Fearnley Museum of Modern Art, Norway

Dean Collection, USA

Fotomuseum Winterthur, Switzerland

Foundation ARCO, Spain

Guggenheim Museum, USA

Göteborgs Konstmuseum, Sweden

Jumex Museum, Mexico

Kadist Foundation, France/USA

KIASMA, Finland

Kistefos Collection, Norway

Los Angeles County Museum of Art, USA

Louisiana Museum of Modern Art, Denmark

Moderna Museet, Sweden

Mumok, Museum moderner Kunst Stiftung Ludwig Wien, Austria

Museum Ludwig, Germany

Museum Rietberg, Switzerland

Nasjonalmuseet, Norway
Perez Art Museum, USA
Scheryn Collection, South Africa
Studio Museum in Harlem, USA
Tate Modern, UK
Turku Art Museum, Finland
Verbund Collection, Austria