

# portfolio.



## Helena Oliveira

Dancer and choreographer

... Work with young people  **2024**  
Selected Projects

# Transmalhar

2023



Transmalhar derives from 'trembling' (losing one's way) to assume the act of wandering in public space and claim it as a place of manifesto, proposing revolutionary corpographies and wanderings. As a transdisciplinary practice, it uses democracy, citizenship and equality as methods of co-creation, co-decision and co-responsibility of individuals in a community, empowering them.

From the self—body—territory triad, Transmalhar promotes civic participation and artistic creation, individually and collectively. Transmalhar is the act of wandering through the territory, in the creative transdisciplinarity use of the triad SELF—BODY—TERRITORY. This generates new relationships within the local community and the natural, material and immaterial heritage.



Transmalhar is a pilot project in Ponta Delgada that will take place from October 2023 to December 2025. It is made up of different moments that, in addition, aim at two co-creations, using the values of democracy, equality and citizenship as a method: one that celebrates, the 25th April day, 2024, the Revolution of '74; another that will be a proposal for the territory, exploring art as a civic act. These are the moments:

Transmalhar Artistic Residency: group of 15 students (12–18 years old) ESAQ with Transmalhar transdisciplinary team composed by Helena Oliveira (dance) and Rita Serra e Silva (architecture), with the aim of co-creating an artistic project to be presented at the Walk&Talk Biennial (2024–25).

The project will occasionally feature specialists and artistic collectives that research and act differently on the triad SELF—BODY—TERRITORY: Walk.Lab2pt (PT/artists - walking as a practice in which they research and act differently on the triad SELF—BODY—TERRITORY: Walk.Lab2pt (PT/artists - walking as a practice of artistic research); Habitat Açores (PT/multidisciplinary group - active citizenship for the quality of the

living in the Azores); Francesco Careri (IT/architect - collective walk to propose in/the territory);

Tânia Cortez (PT/artist - turning thought into action); Paulo Raposo (PT/anthropologist - activism and performance)...

# Transmalhar

# The sea is round like the moon

2023



The sea is round like the moon, a show that was part of the 1st Culture and Education Biennial: RETROVISOR, a History for the Future, within the scope of the project "Por entre Ruas e Canadas", with the support of the National Arts Plan.

The sea is life and death, it is the soul, it is a mix of danger and excitement, the sea embraces, it is home, it is a second skin, it is food, it is transcendence, it is infinity... it is the home of sharks, whales and of mermaids. The sea is a giant dressed in blue. The sea is a salty dream.

Sometimes I can hear the water screaming...



Direction and Choreography: Helena Oliveira  
Interpretation and Co-creation: EBIRP and EPRG students  
Sound design: Luís Sousa  
Scenography: Helena Oliveira  
Costumes: Helena Oliveira  
Photography | Image: Vladimiro Ferreira

# The sea is round like the moon



# Singular riverside

2022



Instead of separating, the riverside unites the irreconcilable ways of life.  
Anchor souls to the riverbed, purifying them  
On Charon's barge chained identities furrow  
They liquefy relationships projecting in space... bodies  
In the rivers that run through us.

Manuel Magalhães

"Singular Margem" had as its starting point the short story "A Terceira Margem do Rio" by the author Guimarães Rosa, suggested by a participant who wanted to talk about madness, about what it is to be on the margins, to be on the margins and to want to have the choice of to be or be on the sidelines.



Project "TransformArte"--Community Art Network of Santa Maria da Feira

**Artistic Direction:** Helena Oliveira

**Sound Design:** Creative Orchestra

**Production:** Casa dos Choupos

**Scenography:** Casa dos Choupos and Maria Augusta

**Graphic design and illustration:** Maria Augusta

**Collective Creation**

**Interpreters:** Amaro Pinho, Ana Paula Miranda, António Pinto, Diogo Rodrigues, Eduardo Ferreira, Generosa Melo, Gonçalo David, Helder Silva, Joaquim Oliveira, José Manuel Azevedo, Maria Conceição Gomes, Margarida Rodrigues, Marco Paulo Pereira, Manuel Magalhães, Nélson Carvalho, Nélson Valente, Pedro Gonçalves, Rafael Magalhães, Sílvia Oliveira, Tiago Almeida

# Singular riverside

# Plasticized

2020



The human mass moves...

Monsters, boats, ropes, images that cross our eyes, plasticized by the use of the cheapest. Plastic plants, plastic landscapes, plastic mountains and irony of ironies, an eternally green synthetic grass, the correct shade of green at every glance, impervious to water suffocating the earth and drying up the roots.

There remains the desire to return to the state of nature, a moment before the creation of society, in which man lived his existence to the fullest.



**Artistic Direction:** Helena Oliveira  
**Collective Creation:** Poesia no corpo. Corpo na Poesia  
**Interpreters:** Ana Maria Pintora, José Freitas, Diogo Rodrigues, Sérgio Figueiredo, Hélder Silva, Rafael Magalhães, Fábio Almeida, Flávio Santos, Manuel Magalhães, Tiago Almeida and Gabriel Freitas.  
**Musical creation and sound design:** Miguel Ramos, Rufus & Circus  
**Scenography:** Ana Maria Pintora, Poesia no Corpo. Corpo na Poesia  
**Costumes:** Poesia no Corpo. Corpo na Poesia  
**Photography:** Delio Sá  
**Partners:** Obra Frei Gil and Santa Casa da Misericórdia of Santa Maria da Feira  
**Production:** Casa dos Choupos  
**Duration:** 35 minutes  
**Target audience:** from 6 years old

# Plasticized

# What if we were paper?

2019



"Would we be soft and white like cotton, or sour and yellow like we were decomposing? Perhaps porous and flexible, or thick and rigid. With a strong sound or fragile and delicate as when someone rubs the skin. We would like to be filled with memories that run like ink, but that are perpetuated in the stale odor of these papers wrinkled by life."

Night Shift – May 18 (International Museum Day)



**Artistic direction:** Helena Oliveira  
Collective creation

**Interpreters:** Ana Maria Pintora, Diogo Rodrigues, Sérgio Figueiredo, Hélder Silva, Rafael Magalhães, Fábio Almeida, Flávio Santos, Manuel Magalhães, Tiago Almeida, and Gabriel Freitas.

**Light Design:** Master Som

**Music:** Arvo Pärt

Silentium, My heart's in the highlands, Ludus, Für Alina 1976, Sabat Mater For Choir and String Orchestra

**Costumes:** Casa dos Choupos and Obra do Frei Gil  
**Co-production:** Paper Museum Terras de Santa Maria and Casa dos Choupos

**Acknowledgments:** Municipality of Santa Maria da Feira and Cerci-Feira

# What if we were paper?



# Elephant in camel skin

2018



"The Elephant in this story has unique characteristics that make it different from all other elephants, namely, having camel skin. How will the other animals treat it? And how will the Elephant in Camel Skin feel in this jungle that is life?"

Based on creative processes with community groups - in close connection with environmental issues - and using artistic tools, namely: body expression, illustration and writing, the collective "Poesia no Corpo. Corpo na Poesia", made up of citizens (children, young people and adults) set out to create a story, using a metaphor, whose main character is the Elephant. In many literary sources, the Elephant symbolizes: wisdom, persistence, determination, solidarity, sociability, friendship, companionship and memory.



Artistic direction: Helena Oliveira  
Creation: collective Poesia no Corpo. Corpo na Poesia  
Collaboration: Obra do Frei Gil  
Partnership: Municipality of Santa Maria da Feira

# Elephant in camel skin

# Memory foundry

2018



This is a project that includes a proposal from a collective of artists who created a sensory journey around the theme of the hat.

Different questions were posed to a multidisciplinary group that built, with different groups from the community, housing to discover...

How can we know ourselves through the universe of the senses?

How is the universe of headgear, from its manufacture to its form, multisensory and capable of transporting us to another time?

What would it be like to get lost in the labyrinth and imagine meeting places that don't exist?

How is an experience where music can be the "door" of our emotions?

How does the smell become visible?

What is the hat's relationship to water?

Do we see or observe? How fast?



**Guest Artists (Collective Creation)**

**Visual Artist, Installation:** Celeste Cerqueira

**Textile Production:** Daniela Duarte

**Public Art:** Paulina Almeida

**Photography / Community Art:** Paulo Pimenta

**Architecture:** Margarida Marques

**Music:** João Gil Ferreira and Carla Barata

**Choreography and Direction Creative Dance Group – Urban Ecos:**

Helena Oliveira

**Light design:** Marcelo Ribeiro

**Installation, sound:** Marcelo Ribeiro and Diogo Filipe

**Directed by (documentary):** Vanessa Fernandes

**Audiovisual record:** Francisco Barros

**Electricity, geodesic dome:** Joaquim de Sousa

**Security plan:** Álvaro Gouveia

**3D design, geodesic dome:** Pasquale Tedesco

**Editing and Production Support:** Ana Sofia Correia, Ana Raquel

Costa Assunção, Ana Rita Silva, Jéssica Costa, João Carlos

Andrade, Lara Lagoa Pinho, Marta Filipa Correia, Pasquale

Tedesco, Raquel Azevedo Costa, Ylenia Pignari

**Urban Echoes: Production Management:** Maria João Leite

# Memory foundry



# Fail, Repeat, Continue

2016



"The sweat, the resistant, strong, fragile body, the confrontation, the loneliness, the street, the music, the freedom, the mistake... Making mistakes is a sign that not everything is perfect. To err is human, to continue is inhuman."

This performance is the result of a three-month process within the framework of the ECOAR project.

ECOAR was promoted by PELE, following ongoing work in a prison context since 2009, involving more than 160 young people in different artistic creation proposals that served as the basis for a process of certification of personal and social skills.



**Collective Creation / Interpretation:** André Tavares\*, Carlos\*, Filipe Machado\*, João Pereira, Luís\*, Pedro Ferreira, Pedro Silva, Sérgio  
**Artistic direction:** Helena Oliveira

**ECOAR / Pele team**  
**Coordination:** Maria João Mota  
**Artistic Team:** António Serginho, Helena Oliveira, Hugo Cruz, João Pedro Correia, Jorge Lix, Rodrigo Malvar and Tiago Oliveira  
**Pedagogical Team:** Abel Sousa, Mafalda Guedes, Margarida Sousa and Tânia Gomes  
**Video recording:** Patrícia Poção  
**Photographic Record:** Paulo Pimenta  
**Production:** Isabel Nogueira  
**Financial Management:** Adélia Antunes  
**Supervision:** Hugo Cruz  
**FPCEUP Supervision:** Tiago Neves

# Fail, Repeat, Continue

# Crowds

2014



Meek, exalted, furious, weeping, apathetic, silent... Inside them there are bodies that contract and flee, that contract and become static, which contract and assume the meek martyrdom mind... who exalt themselves, forgetting they are fragile and finite.

Promoted by Casa dos Choupos – Solidarity Multisectoral Cooperative  
The group Poesia no Corpo. Corpo na Poesia has aim to experience the performance in an attempt to transform a space, taking into account the collective creation and the interpreter as a whole being.



Video link: <https://encr.pw/VWXSE>

Artistic direction: Helena Oliveira

Collective creation

Sound design: Simão Valinhos

Production: Casa do Choupos

Interpreters: Manuel Magalhães, Mariana Ataíde, Inês Ataíde, Sónia Mota, Celeste Sousa, Armanda Alves, José Silva, Constança Rodrigues, Margarida Teixeira, Joana Carmo, Raquel Monteiro, Sandra Esteves, Bárbara Correia

Scenography: Casa dos Choupos

Duration: 45'

# Crowds



# Are you looking at me?

2013



Promoted by Casa dos Choupos – Coopreativa Multisectorial de Solidariedade Social, CRL, the Poesia no Corpo Corpo na Poesia project aims to experiment with performance in an attempt to transform a space, taking into account collective creation and the performer as a whole being.

It promotes intergenerationality and collective involvement, with the participation of 12 individuals whose ages vary between 12 and 76 years old. If, on the one hand, Poetry benefits from being a place open to the intersection of other arts, namely Dance, Dance also benefits from being able to experience other universes, such as that of the Word.

Are you looking at me? It's a play about dancing in people's lives, about surrender and sharing. Dancing with Eyes Closed. Dancing in a group. Dance alone. Dancing in the street. Dancing at Home. Dancing with someone else... Twelve people of different ages demonstrate the pleasure of dancing in a piece that reflects on intimacy and desire. When dancing, each performer is rewarded with the sensation of that pleasure, through movements present in their lives.



Video link: <https://acesse.dev/mtHY1>

**Creation:** Helena Oliveira; Armanda Alves; Margarida Teixeira; Manuel Magalhaes; Constança Rodrigues; Celeste Silva; José Santos; Joana Carmo; Barbara Correia; Mariana Ataide; Sandra Esteves; Raquel Monteiro; Mariana Nascimento.

**Production support:** Inês Pinho; Marta Carvalho

**Costume Design:** Helena Oliveira; Armanda Alves; Margarida Teixeira; Manuel Magalhaes; Constança Rodrigues; Celeste Silva; José Santos; Joana Carmo; Barbara Correia; Mariana Ataide; Sandra Esteves; Raquel Monteiro; Mariana Nascimento.

**Interpreters:** Armanda Alves; Margarida Teixeira; Manuel Magalhaes; Constança Rodrigues; Celeste Silva; José Santos; Joana Carmo; Barbara Correia; Mariana Ataide; Sandra Esteves; Raquel Monteiro; Mariana Nascimento.

**Music:** Mum Finally We Are No One; Arvo Pärt Passio Tonus Peregrinus, Tindesticks Falling down a Mountain

# Are you looking at me?



# Re\_volt@

2012



"We live in a time that treats violence in a contradictory way. On the one hand, it seeks to repress it judicially, on the other hand, it contributes, through inequality, to its expansion. In this or other times, children and young people are permeable. And this is the generation to which the media coverage of conflict and war has been offered."

In Re\_volt@, children and young people reveal the violence they encounter in their daily lives. Not as a show, or fiction, but raw, as they know it. Mute mutter the uselessness and absurdity of violence, its spiraling cycle and the desire to interrupt it. Intimately, they do not tolerate it. They amplify the words that are now suspended."

Tânia Cortez



This work is a collective creation and a co-production of the Escolhas em Movimento project, in partnership with the Instituto Profissional do Terço, the Augusto Gil Group and with the support of the Porto City Council. It brings together around thirty children and young people from the EB 1 da Fontinha and EB 2-3 Augusto Gil Schools and represents the result of the work carried out during the 2011-2012 school year by the dance groups promoted by the project. It is an initiative that, simultaneously, intends to mark the last year of intervention of the project and to promote the approximation of the surrounding community.

**Artistic direction:** Helena Oliveira

**Participants:** Ana Margarida Silva Martins, Ana Rita Cardoso Lemos, Ana Rita Silva Rodrigues, Ana Teresa Moreira Guimaraes, André Filipe Gonçalves Oliveira, Beatriz Filipa Silva Martins, Beatriz Soares Barros, Beatriz Vieira Neto, Bruno Gaspar Cardoso, Bruno Miguel Gonçalves Oliveira, Cadijatu Sisse, Carla Ernestina Ofori, Claudia Raquel da Mota Carreira, David Sisse, Demba Sisse, Fatumata sisse, Inês Filipa Moreira da Silva, Inês Maria Guimaraes, Inês Rafaela Cardoso Lemos, Isabel Filipe Bramão Martinez, Leandro Filipe Ribeiro Neto, Lucas Filipe Regal Felisberto, Miguel Angelo Regal Felisberto, Nathália Carolyn Souza, Rita Alexandra Bento Rocha, Rita Alexandra Teixeira Santos, Sofi, Alexandra Sousa Reis, Telma Bianca Almeida Mota Silva

# Re\_volt@

# Us

2011



"Us", a piece about being and wanting to be, growing, belonging, occupying, screaming, dancing...

This work is a collective creation and a co-production of the Escolhas em Movimento project, in partnership with the Instituto Profissional do Terço, the Augusto Gil Group and with the support of Porto City Council. It brings together around 30 children and young people from the EB 1 da Fontinha and EB 2-3 Augusto Gil Schools and represents the result of the work carried out throughout the year by the dance groups promoted by the project. This is an initiative that simultaneously aims to commemorate the second anniversary of the project and promote closer ties with the surrounding community.

Identity was the motto chosen by the children and young people participating in this project based on questions such as: who am I, what do I want to be when I grow up, where am I from, what do I want, what do I like, how do I relate to others. We are what they made of us – the construction of the I starts from the relationship of sharing and belonging, from being with the other, from the we. It is here that everything begins, then development continues with identification with models that increasingly become a choice of oneself and identity is assumed as identification with others fades.

"Us" is the result of a co-constructed process with children and young people – an artistic performance that is born and grows based on the relationship with one's own body and the other. Movement, silence and the word come together and form the pillars of a dynamic and (still) unfinished construction that allowed artistic and creative expression to all those who participated in it.



Artistic direction: Helena Oliveira  
Design | Photography | scenography: Hugo Rocha  
Executive production: Carla Fernandes  
Production assistance: Bruno Pereira, Hélder Flávio, Luis Martins  
Technical assistance: Romeu Guimarães

Participants:  
School EB 1 of Fontinha  
Andre Oliveira, Beatriz Barros, Bruno Oliveira, Carla Ofori, Carla Magalhães, Celeste Fati, daniel fati, David Sisse, Demba Sisse, Diogo Miranda, Lucas Felisberto, Michelangelo Felisberto, Rita Rocha, Sofia Reis, Telma Silva  
School EB 2-3 Augusto Gil  
Ana Rita Lemos, Ana Rita Rodrigues, Ana Teresa Guimaraes, Beatriz Neto, Bruno Cardoso, Cadijatu Sisse, Celestino Lima, Claudia Carreira, Fatumata sisse, Inês Guimarães, Nathália Caroliny Souza, Rita Santos

# Us

# Helena Oliveira

Dancer and choreographer

2024