

Education

- 2019 Master Artistic Research, Royal Academy of Art, the Hague, NL
 2005 Bachelor of Science (Fine Art concentration), Skidmore College, Saratoga Springs, NY, USA

Selected Exhibition and Performance

- 2019 *Ampersands*, 40th anniversary group exhibition of former exhibition initiators, W139, Amsterdam, NL
 2019 *The Poetics of Space* performance in collaboration with Margarita Osipian, Page Not Found, the Hague, NL
 2019 *Better As A Chorus* (curatorial direction: Eloise Sweetman, Jason Hendrik Hansma) Artistic Research Masters graduation exhibition, Royal Academy of Art, the Hague, NL
 2019 *I was mostly delighted, but yes, also a little bit afraid* (curatorial direction: Raimundas Malasauskas) Quartair Contemporary Art Initiative, the Hague, NL
 2018 *The Ongoing Conversation #5*, 1646 Project Space, the Hague, NL
 2018 *The Reverse of Observant* (curatorial direction: Camilla Crosta) Performance and exhibition at culmination of week-long residency at Hospitalfield House, Arbroath, Scotland
 2018 *RISE* (curatorial direction: Jonatan Habib Engqvist), Quartair Contemporary Art Initiative, the Hague, NL
 2017 *The Artist Will Be Drunk*, Jimz, the Hague, NL
 2017 *The Pee Dee River is Long and Black*: public presentation of work for Versal, Versal Release Event, Mezrab, Amsterdam, NL
 2016 *The Gym of Obsolete Technology*, co-initiator and exhibiting artist, W139, Amsterdam, NL
 2016 *Solo performance, Subbacultcha! presents*, Butcher's Tears, Amsterdam, NL
 2016 *Solo performance*, WorkCentre232, Amsterdam, NL
 2015 *Baracca: Inside Job*, group exhibition, Baracca, Roubaix, FR
 2015 *Solo performance*, h(EAR) Festival for Experimental Audio Research, Heerlen, NL
 2015 *Bad Water*, performance and mix tape publication for Verso, Mezrab, Amsterdam, NL
 2014 *Shit is the New Gold*, EXO, the Hague, NL
 2014 *The Pee Dee River*, solo exhibition, the Office, Amsterdam, NL
 2014 *We Are Not Sisi; deconstructing codes of homeland*, Vondelbunker, Amsterdam, NL
 2013 *Guest vocal performance*; on stage with Marshall Allen (Sun Ra Arkestra), Daevid Allen (Gong), and James Harrar's Cinema Soloriens, OCCII, Amsterdam, NL
 2013 *Invited Curator and performance*; collaboration with Caetano Carvalho and Arvind Ganga, Oorsprong Curators Series, Poortgebouw, Amsterdam, NL
 2013 *Solo and duo West Coast USA performance tour*, selected dates with Rogier Smal (NL) and Lori Goldston (US): *Hollow Earth Radio*, Seattle, WA, *Revival*, Portland, OR, *The Luggage Store*, San Francisco, CA, *Human Resources*, Los Angeles, CA
 2012 *Sympathetic Magick*, solo exhibition, AWA Gallery, Amsterdam, NL
 2011 *The Invisible College/Dagora*, installation and performance, Maarten Luther Kerk, Amsterdam, NL
 2009 *Southern Holiday* (curatorial direction: Iris Williamson), DuggDugg, Charlotte, NC, USA

Selected Relevant Experience and Initiatives

- 2018-2019 Research, Workshop development and presentation (*Folk Music, the End of History, and contemporary context*), and Musical Arrangement assistance to composer Jonathan Reus, *Brave New World 2.0* theatrical production, NITE (Noord Nederlands Toneel, Slagwerk Den Haag, Asko/Schonberg, Club Guy and Roni), Groningen, NL

- 2011-2017 *AV Club Amsterdam* Initiator, production, booking; monthly experimental video, film, music and sound event series, OCCII and guest locations, Amsterdam, NL
- 2008 Painting Instructor, stART Youth Summer Art Intensive, Winthrop University, Rock Hill, SC USA
- 2008 Penland School of Crafts, summer work/study program, Penland, NC, USA
- 2007-2008 Assistant Visual Art Faculty, Governor's School of North Carolina at Salem College, Winston-Salem, NC, USA
- 2004-2005 Curatorial Assistant, Francis Young Tang Teaching Museum, Saratoga Springs, NY, USA
- 2003-2005 Music Director, WSPN 91.1 radio station, Saratoga Springs, NY, USA

- Selected writing, artwork, and music have appeared in publications such as *Parking Lot Magazine* (NL), *Gonzo (circus) Magazine's Mind the Gap* special features audio CD (NL/BEL), *Versal Arts and Literary Magazine* (NL), *Scope Skidmore Alumni magazine* (US), *Buiten de Order* (NL), and *Hoop Doop* (NL)
- Helena Sanders created original album artwork for a selection of international musicians such as Dylan Carlson (US), Jason Crummer (US), Cathy Heyden (FR), Mik Quantius (DE), Arvind Ganga (NL), *Slow Worries* (NL), *Landverraad* (NL), Rogier Smal (NL), and *Moving Furniture Records* (NL)