

FRIDA ORUPABO

Born in 1986 in Sarpsborg, Norway
Lives and works in Oslo, Norway

Selected Solo Exhibitions

2026

Cloud of Confusion, Museum of Contemporary Art – MAC/CCB, Lisbon, Portugal (Upcoming)

2025

SPECTRUM Internationaler Preis für Fotografie, Sprengel Museum, Hanover

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

Tools from my chest, Modern Art, Paris, France

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, England

2022

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

Closed up like a fist, Nicola Vassell Gallery, New York, USA

How fast shall we sing, Galerie Nordenhake, Stockholm, Sweden

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

2021

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

Frida Orupabo, Museo Afro Brazil, São Paulo, Brazil

2020

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

Stevenson Gallery, Johannesburg, South Africa

KOENIG2 by_robbygreif, Christine König Galerie, Vienna, Austria

2019

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

the mouth and the truth, Portikus, Frankfurt/Main, Germany

Medicine for a Nightmare, Kunstneres 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

On Lies, Secrets and Silence, MOMENTA Biennale d'art contemporain x VOX, centre de l'image contemporaine, Montréal, Canada, 2025

Imagining Black Diasporas: 21st-Century Art and Poetics, LACMA, Los Angeles, California

The World of Tomorrow Will Have Been Another, Mumok - Museum moderner Kunst Stiftung Ludwig Wien, Vienna, Austria

Stumbling, please!, DZ BANK Art Foundation, Frankfurt am Main 2025

2024

PANSORI - a soundscape of the 21st century, 15th Gwangju Biennale, South Korea

20 Jahre Sammlung Verbund, Albertina Museum, Vienna, AT

Des Seins à Dessen, Espace Arlaud at Fondation Francine Delacrétaz, Lausanne, Switzerland

2023

A boundless idea of North, Le Nouveau Printemps, Toulouse, France

Deutsche Börse Photography Foundation Prize 2023, The Muzeum Fotografii w Krakowie, Krakow, Poland

European Month of Photography: Rethinking Identity: Je est un autre, MNHA Musée national d'histoire et d'art, Luxembourg

Deutsche Börse Photography Foundation Prize, The Photographers' Gallery, London, UK

Chrysalis: The Butterfly Dream, Centre d'art Contemporain Genève, Geneva, Switzerland

FLIGHT, Malmö konsthall, Malmö, Sweden

Louisiana Museum of Modern Art, Humlebaek, Denmark

Astrup Fearnley Museum of Modern Art, Oslo, Norway

Tracing Fragments, Gerðarsafn, Kópavogur Art Museum, Iceland

Unruly Bodies Goldsmiths CCA, London, UK

The Rose, The Lumber Room, Portland, Oregon, USA

Her Voice, FOMU Photography Museum Antwerpen, BE

2022

Pattern Recognition. Revisiting the Municipal Collection Erlangen, Kunstpalais, Erlangen, Germany

Changes (collection presentation), MUMOK, Vienna, Austria

Arles Les Rencontres De La Photographie, Arles, France

Arken Museum of Modern Art, Ishøj, Denmark

North Atlantic Triennial, Portland Museum of Art, Portland, USA

Reykjavík Art Museum, Reykjavík, Island

Bildmuseet, Umeå, Sweden
Future Generation Art Prize, Venice, Italy
Munch Triennale, Oslo, Norway
MAXXI Museum, L'Aquila, Italy
Currency 8th Triennial of Photography, Hamburger Kunsthalle, Hamburg, Germany
Hannah Ryggen Triennial, Trondheim and Ørland, Norway
Okayama Art Summit, Okayama, Japan
ARS22, Kiasma, Helsinki, Finland
Ghostscript, Modern Art, London, UK
Itinerant exhibition in the framework the 34th Bienal de São Paulo, Centro Nacional de Arte Contemporáneo de Cerrillos, Santiago de Chile, Chile

2021

FRAC Poitou-Charentes, Linazay, France
Stevenson Gallery, Johannesburg, South Africa
Deichtorhallen, Hamburg, Germany
Rudolfinum, Prague, Czech Republic
MOMENTUM biennale: HOUSE OF COMMONS, Moss, Norway
...A boundless idea of North, Munch Studio, Ekely, Norway
Mother!, Louisiana Museum of Modern Art, Humlebaek, Denmark
Mother!, Kunsthalle Mannheim, Germany
Museo Universitario Arte Contemporáneo, Mexico City, Mexico
34a Bienal Sao Paulo, Sao Paulo, Brazil
Dear Truth, Hasselblad Foundation, Gothenburg, Sweden
Future Generation Art Prize, PinchukArtCentre, Kyiv, Ukraine

2020

We Fight to Build a Free World, curated by Jonathan Horowitz, Jewish Museum, New York, USA
Infinite Identities / Photography in the Age of Sharing, Huis Marseille, Amsterdam, Netherlands
Royal Academy Summer Exhibition, Royal Academy of Arts, London, UK
Resistant Faces, Pinakothek der Moderne, Munich, Germany
What is the present?, Museum für Gegenwartkunst Siegen, Germany
Dynamic Spaces, Museum Ludwig, Cologne, Germany

2019

Rock My Soul, curated by Isaac Julien, Victoria Miro Gallery, London, UK
May You Live In Interesting Times, curated by Ralph Rugoff, 58th Venice Biennale, Venice, Italy
Sell it with Flowers, The Museum of Art and History of Neuchâtel, Switzerland
(Arthur Jafa) A Series of Utterly Improbable, Yet Extraordinary Renditions, Moderna Museet, Stockholm, Sweden
(Arthur Jafa) A Series of Utterly Improbable, Yet Extraordinary Renditions, Galerie Rudolfinum, Prague, Czech Republic

2018

(Arthur Jafa) A Series of Utterly Improbable, Yet Extraordinary Renditions, 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

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

Awards and Grants

SPECTRUM Internationaler Preis für Fotografie 2025
The Royal Photographic Society Honorary Fellowship 2023
Shortlist Deutsche Börse Photography Prize 2023
Shortlist Future Generation Art Prize 2020

Institutional Collections

Stedelijk Museum, Amsterdam, Netherlands
Centre national des arts plastiques, Paris, France
DZ BANK Kunststiftung, Frankfurt am Main, Germany
VERBUND Collection, Germany
Mumok, Museum Moderner Kunst Stiftung Ludwig, Austria
Louisiana Museum of Modern Art, Denmark
Victoria & Albert Museum, London, England
Tate Modern, England
Centre national des arts plastiques CNAP, France
FRAC Bretagne, France
Turku Art Museum, Finland
KIASMA, Finnish National Gallery, Finland
Alexander Tutsek Foundation, Munich, Germany
Museum Ludwig, Germany
Nasjonalmuseet, Norway
Fundación CALOSA, Mexico
Jumex Museum, Mexico
Huis Marseilles, Museum for Photography, Netherlands
Nordenfjeldske Kunstindustrimuseum, Norway
Preus Museum, Norway
Astrup Fearnley Museum of Modern Art, Norway
Henie-Onstad Kunstsenter, Norway
Kistefos Museum, Norway
Kadist Foundation, Paris/San Francisco
Fundación ARCO, Spain
A4 Arts Foundation, South Africa
Scheryn Collection, South Africa
Moderna Museet, Sweden
Göteborgs Konstmuseum, Sweden
Fotomuseum Winterthur, Switzerland
Museum Rietberg, Switzerland
Zabludowicz Collection, UK/Finland
The Dean Collection, USA
Brooklyn Museum of Art, USA

Los Angeles County Museum of Art LACMA, USA
Solomon R. Guggenheim Foundation, USA
The Studio Museum in Harlem, USA
lumber room, USA
Marieluisse Hessel Foundation, USA
Pérez Art Museum PAMM, USA
21C Hotel Museum, USA

Selected publications

Flight, Malmö Konsthall, 2023 (Exhibition Catalogue)
Hessler, Stefanie (Ed.), Frida Orupabo, Kunsthall Trondheim/Sternberg Press, 2021
(Monograph)
Bereng, Lerato (Ed.), How to make a country, Frac Poitou-Charentes. Angoulême, France, 2021
(Exhibition catalogue)
Frida Orupabo: Hours after, Stevenson | Catalogue 96 | March 2021 (Exhibition catalogue)
Arthur Jaffa, A Series of utterly improbable, yet extraordinary renditions, Moderna
Museet/Serpentine Galleries, 2019 (Exhibition catalogue)

Selected press

Akinkugbe, Alayo, Frida Orupabo, the Artist Reconfiguring Colonial Legacies through Collage, in:
AnOther Magazine, 05 May 2023
Malatjje, Portia, Frida Orupabo, in: Artforum, May 2023
Churchman, Fi, Frida Orupabo, in: ArtReview, May 2023
Blomkamp, Stephanie, Quiet like an Oyster, in: Oath - A Photography Pledge, Artist Review, 2023
Llorens, Natasha Marie, Frida Orupabo Preaches to the Choir, in: Frieze, 11 May 22 (Exhibition
review)
Otieno Sumba, Eric, Frida Orupabo Flips the Script on the Trope of the Horse in Art History, in:
Frieze, Issue 222, 21 Sep, 2021
Rosa, Margarita Lila, Frida Orupabo: Closed up like a Fist, in: Brooklyn Rail, Apr 2022 (Exhibition
Review)
Arthur Jafa and Frida Orupabo in Conversation, in: Revue Cahiers d'Art, 2020, Standard Edition
Das, Jareh, New Readings, New meanings: Frida Orupabo Interviewed by Jareh Das, in: BOMB, 6
Jul, 2020
Speder, Lorina, Eine einzigartige Ansammlung von kulturellem Erbe, in: Tagesspiegel, 16 Jan,
2020
Hierholzer, Michael, Das Prinzip Collage, Frankfurter Allgemeine Zeitung, 28 Sep, 2019
Werno, Johanne Nordby, Frida Orupabo and Arthur Jafa, in: Artforum, 2019
Igor, Efe, Sorting Things Out: A Conversation with Artist Frida Orupabo, in: Conversation X – An
Alternative Platform, 11 Oct, 2018
Bueti, Federica, Viewpoint: Arthur Jafa at Julia Stoschek Collection, Berlin, in: Ocula Report, 17
May, 2018
Collecting Images at Frida Orupabo's First Solo US Exhibition, in: Protochic, 12 Mar 2018
Fite-Wassilak, Chris, Ways of seeing with Arthur Jafa, in: Apollo, 9 Aug 2017

