# SARA NYGÅRD

Sara Nygård is a Swedish designer based in Den Haag(NL), with an artistic practice that explores the relations between concepts such as ‘why making’, collectivity, and performativity.
Through a curiosity in finding affiliation within design, Sara Nygård’s(SE) artistic research interest touches upon the methodologies that explore how we create together. With a practice that has its origins in fashion spanning into visual communication and beyond. By engaging with concepts such as Performative Design and the Posthuman notion of ‘entanglement’ and obfuscation as an intentional act within design processes, a design methodology under the name ‘choir-style’ has thus emerged. Through facilitation and a crafty approach, Sara’s work forefronts the exchange amongst makers over the machinery of finalising set results.

## WEBSITES

A website made as documentation for a collective methodology developed with Akash Sheshadri during a residency that has emerged into a bigger speculative collective project also including Paulina Martines Marin and Josefina Mellado(CL).

ephemeralcommons.cargo.site/past
Metropolis M showcasing and reviewing my work during Sandberg Graduation 2025. My work is a part of the Design Department selection.

metropolism.com/nl/recensie/unfinished-stories-sandberg-instituut-graduation-show-2025/
This is documentation of a peer to peer group, under the name Yellow Kitchen that consists of seven artists and designers based in the Netherlands.

www.are.na/yellow-kitchen-p2p/sessions-of-spring-2026

## SOCIAL MEDIA

www.instagram.com/snyg_aard/?hl=en

## MEMBER OF ARTISTS’ INITIATIVE/COLLECTIVE/INCUBATOR

Yellow Kitchen, Quantum Choir

## EDUCATION

2022 - 2025 MFA from Design Department Amsterdam, Sandberg Instituut diploma

2016 - 2019 BFA in Design HDK-Valand, Gothenburg University diploma

## EXHIBITIONS

2026 BOOK LAUNCH - Issue 10 Page Not Found Den Haag, Netherlands The launch of “Issue 10,” created by Master’s students from the Design Department at the Sandberg Institute. A celebration of a fruitful, years-long collaboration between Page Not Found and the Design Department. Part of an alumni presentation through reading snippets from the thesis and as one of the members in a panel discussion on design writing with Dayna Casey and Anja Groten.
page-not-found.nl/2026/01/28/book-launch-issue-10-by-sandberg-instituut-design-department/
Group

2026 Conversas TENT Rotterdam, Netherlands Conversas is a biweekly series of informal gatherings where people connect through projects, stories, and ideas, creating a welcoming space for open exchange. The premise is simple: an open conversation centered on exchange. Listening and responding are as important as speaking. After each series of ten evenings, a publication documenting the conversations will be published. Yellow Kitchen will share and discuss a self-organized Peer-to-Peer learning program for artists and designers with an emergent methodology inspired by its previous applications in Chile and Sweden. The spring of 2026, a third iteration in the Netherlands took place under the name Yellow Kitchen.
www.instagram.com/p/DZ4ooa_gr-z/?img_index=8
Group

2026 Blood Red, Sister Rose Academy of Theatre and Dance Amsterdam, Netherlands A play about Jeanne of Arc and her journey from coming of age towards being consumed into the war machine. Regi: Elin Löfman Sound: Tobias Roeven Scenography: Karl-Emil Krebs Birkeland Light advise: Lara Pruis Co-creation and performance: Raquel Hanekroot, Naomi Collier Broms, Charlotte Vlugt, Sara Nygård, Elja de Haas.
www.instagram.com/p/DevuXi1iJkD/?img_index=1
Group

2025 A Summer Sneeze Dokzaal Amsterdam, Netherlands "The Design Department invites you hottly and unmissable to our Graduation Exhibition “A Summer Sneeze” .☒•·.·´ ` at Dokzaal, Plantage Doklaan 8, 1018 CM Amsterdam. . ☒☒·. Expect stunning work, emotional outbursts, and possibly seasonal allergies..☒☒☒☒ We’ve got tissues for both your tears and your hay-fever. So come sniff, sip, and celebrate — you absolutely do not want to miss this sneeze of the season.■◌■■ ´ ` "
Group

2025 International Short Film Festival Oberhausen -The Best One Minutes Oberhausen, Germany
Group

2025 All Access Archive De Bouwput Amsterdam, Netherlands "All Access Archive (AAA) is a

virtual archive space and artistic research project initiated by Minhu Jun and Özgür Deniz Koldaş. Inspired by the copyleft movement and the current discussions around AI and authorship, the project aims to establish an open-source archive platform that gathers works from designers and artists, for them to be freely shared and accessed by others, ideally for the facilitation of new works and research. With a focus on communal practices and mutual-aid, the collection is expanded through public events such as workshops, showcases, readings and open calls, with collective discourse and experimentation as a main priority."
debouwput.com/exhibitions/all-access-archive
Group

2025 KENOSPHERA (The Voice of Many Waters) Het Bos & DeSingel (Antwerp), Orpheus Instituut (Ghent) Antwerp/Ghent, Belgium Singer/performer in the Antwerp-based Quantum Choir: a multi-lingual, multi-disciplinary singing community organised and facilitated by Tomer Damsky.
www.tomerdamsky.com/kenosphera.html
Group

2024 Temporary Dictionaries Galleri 54 Gothenburg, Sweden Temporary dictionaries [tempa,rerè dikSHa,nerès] is an exploration of finding common ground in between different voices, artistic practices, bodies, minds and needs. It's an on-going process from which new dictionaries can arise. Artists Akash Sheshadri Eric Andersson Hanna Monola Jenny Johansson Sara Nygård Sophie Dandanell
Group

2024 A Spring Sneeze Radion Amsterdam, Netherlands "You are cordially invited to a spring sneeze - an involuntary and uncontrollable outburst, a viral load, formerly known as a collaborative exhibition format. The first years of Sandberg Design Department would like to use this moment to reflect on the materials, ideas and approaches that have come up during the semester."
Group

2024 International Short Film Festival Oberhausen -The Best One Minutes Oberhausen, Germany

Group

2024 Life/Body Hacks The One Minutes "This series curated by Pernilla Manjula Philip, features 18 one-minute videos on DIY approaches to living submitted by artists from diverse locations, including Argentina, France, Germany, Hungary, Italy, the Netherlands, and Romania." theoneminutes.org/series/life-body-hacks
Group

2023 Upplaga 5 - a weekend for self publication
Nejd Gothenburg, Sweden
Group

2021 Upplaga 4 - a weekend for self publication
Nejd Gothenburg, Sweden
Group

2020 Upplaga 3 - a weekend for self publication
Nejd Gothenburg, Sweden
Group

## INTERNATIONAL EXCHANGES/RESIDENCIES

2026 Hemslöjdskonsulenterna VGR Dals Långed, Sweden A week of ”Fingerfärdighetens residens” in Dals Långed(SE. We knitted, we talked and we shared in the already existing social structure of the rafts on the water. www.instagram.com/p/Dc0VF11CL9n/?img_index=1

2024 Galleri 54 Gothenburg, Sweden Längs Hela Hjärtats Kant - "Out of an interest in collaboration as an artistic method the aim for the residency is to explore and develop methods for working together. During the residency you as a group are welcome to explore a collaborative process, find ways to invite each other into your own practices, experiment and to make art together. The residency will end with an exhibition at Galleri 54." Organised and curated by Charlie Vince Jakobsson & Moa Hjärtström.

2020 Kultur Ungdom Sweden Avtryck - a residency from home

## SALES/WORKS IN COLLECTIONS

2026 Knitted Sample(I will knit them for you)
Textile Research Centre Leiden, Nederland

2023 Om och om och om och om... Take 10 Press Gothenburg, Zweden As a part of the Take 10 Press nomadic library, the publication has been showcased at Pony Books(SE), Skogen(SE), Baulan(SE), Juxtapose Art Fair(DN), Fotobok GBG(SE). First showcased as a part of "Upplaga 5 - a weekend for self publication" at Nejd(SE).

## PUBLICATIONS

2026 Digital Tools #47 Book Slanted Publishers Lars Harmsen Germany www.slanted.de/product/slanted-magazine-47-digital-tools/ Slanted Magazine #47–Digital Tools examines the instruments that shape contemporary creative practice. This issue offers a diverse insight into the global creative scene and uses numerous examples to show how digital tools are used to create, question, and rethink design itself. Here featured with a knitted work under the title "lost trinkets of summer".

2025 Issue 10 Book Sandberg Instituut Graduates of Sandberg Instituut's Design Department 2025 Amsterdam, Netherlands jessepresse.nl/publishers/sandberg-design-department Essays by Lola Colmez, Olga Elliott Schou, Mattia Friso, Ksenia Gorokhova, Milan Gress, Wiebke Grieshop, Jingran He, Mel Keane, Hanneke Klaver, Sara Nygård, Sandy Richter, Laura Segala Ortoll, Wooryun Song. Concept and design by Beatrice Cauda, Giselle Dahm, John Haag. Softcover, 156 pages, 170 x 240 mm Published 2025

2023 Om och om och om och om... Book Self Published Sara Nygård & Anna Bäckersten Gothenburg, Sweden take10press.com/om-och-om-och-om-och-om- “Om och om och om och om...” is a compilation of correspondence between Sara Nygård and Anna Bäckersten during the summer of 2023. A cycle repeats every day or every week according to a given formula, where responses are added without us reaching any conclusion. Nothing evolves, nothing is refined; we want to move forward and explore the next impulse, never saying no to each other. The Möbius strip is a mathematical object consisting of a strip twisted half a turn and glued together at the ends. The result is a two-dimensional shape with a single side that runs infinitely.

## REVIEWS

2025 Unfinished Stories – Sandberg Instituut – Graduation Show 2025 Magazine Rebeka Erdélyi Netherlands metropolism.com/nl/recensie/unfinished-stories-sandberg-instituut-graduation-show-2025/ "Continuing with the theme of collaboration, Sara Nygård’s ♪doo yoo...VIL-ken doh?[lahff—OH-kay, kej—ter] SÅ!!!... think? the UTH-er way [LAHFF—till-BAH-kah, SUM-mer will—ING] UN-der?... COME!♫ explores questions of collective authorship. The installation, hanging from ceiling to floor, is seemingly unfinished, with balls of yarn and knitting needles placed at the bottom. The accompanying audio piece brings together Sandberg Design students and singers from the Swedish Festivities Choir. Through a collaborative process combining knitting and voicing, conducted by Nygård, the work shifts the focus away from fixed outcomes to collaboration. It raises questions about authorship: how much of this work is shaped by the students and choir members? Who holds control over the result, and does it matter?"

2021 Poster series Poster Self Published Sara Nygård Gothenburg, Sweden As a part of "Upplaga 4 - a weekend for self publication" at Nejd. 1, Puss (A3) 2, Tutti Frutti (70x100) 3, Venus (A3)

2020 SCHTJRACK Book Sara Nygård Gothenburg, Sweden As a part of "Upplaga 3 - a weekend for self publication" at Nejd. SCHTJRACK - is a magazine materializing a part of a bigger artistic research under the name "Presence is where my bodies align". It explores through humor and prompted interactions the relationship between humans and the non-human entities, stone and sound.

## AWARDS AND GRANTS

2026 Helge Ax:son Johnsons stiftelse Sweden

2026 SPOT Individuele tentoonstellingen Den Haag, Netherlands

2025 Grant Estrid Ericsons Stiftelse Sweden

2025 Grant Fredrika Bremer förbundets stipendiestiftelse Sweden

2024 Grant AAA Sweden

2024 Grant Estrid Ericsons Stiftelse Sweden

2023 Grant Estrid Ericssons Stiftelse Sweden

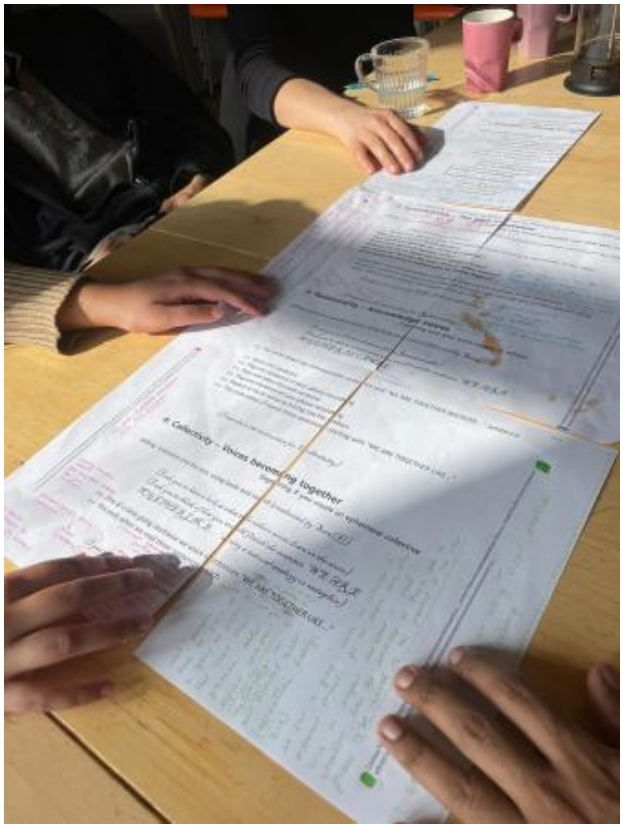
2021 Krisstipendium 3(Grant) The Swedish Arts Grants Commitee Sweden

## SECONDARY ART-RELATED ACTIVITIES

2026 - 2026 Museum Educator, Wereldmuseum Rotterdam

2026 - --

2025 - 2026 Collectivizing Against Epistemicide | Publication and Exhibiton Design with TheContrapuntal supported by Gementee DenHaag at t the Grey Space in the Middle.



A Choir for a Choir-Style Time, 2026
Score, Sound, writing, voicing



Fingerfärdigheten(dexterity), 2026
Participatory, Knitted installation, Sound



Fingerfärdigheten(dexterity), 2026
Participatory, Knitted installation, Sound



Fingerfärdigheten(dexterity), 2026
Participatory, Knitted installation, Sound



Fingerfärdigheten(dexterity), 2026
Participatory, Knitted installation, Sound



Fingerfärdigheten(dexterity), 2026
Participatory, Knitted installation, Sound



A note of reflektion(working title), 2026
Collage, knitting, (10 x 15 cm) x 16



A note of reflektion(working title), 2026
Collage, knitting



♪doo yoo...VIL-ken doh?[lahff—OH-kay, kej—ter] SÅ!!!...think? the UTH-er way [LAHFF—till-BAH-kah, SUM-mer will—ING] UN-der?...COME!♫, 2025
Workshop, Knitted installation, Sound, Performance



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