

SABA POUYESHMAN

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b.1997 February 5

SUMMARY

An interdisciplinary artist based in Oslo, Norway. With a background in theatre, acting, and visual arts, she has experience working across artistic, technical, and organizational roles within the cultural sector. Through independent productions and institutional experiences, she has developed a strong understanding of the practical and interpersonal dynamics that contribute to a functional and welcoming cultural space.

WORK EXPERIENCE

2025-2026	Aspirant Kulturrådet (Trainee Aspirant Arts Council Norway) Producer , JM Norway, Oslo, Norway
March-Jun	Working across programming, venue planning, and logistics for an international conference Liaising with facilitators and participants Overseeing on-site registration and participant services Ensuring accessibility arrangements for conference guests Updating website content and publication materials Leading discussion-based and creative sessions for young adults from diverse backgrounds
Nov-Jan	Workshop & Event Assistant , NITJA, Lillestrøm, Norway Hosting visitors during events Assisting with event preparation Organizing workshop and activity spaces Facilitating family activities Assisting workshop leaders during creative and educational sessions Supporting multilingual communication in Dari/Farsi Contributing creative input for cultural programming
Aug-Nov	Curatorial Assistant , EMPWRNG Voices Festival, Gamle Munch, Oslo, Norway Selection and evaluation of artworks Managing technical installation/deinstallation Collaboration on spatial planning Assisting with artwork logistics and transportation Hosting on-site festival operations
2021	Pharmacy Technician , Dr. Jafari Pharmacy, Tehran, Iran Managing pharmaceutical inventory, stock control, ordering, and expiration monitoring Supervising a team of pharmacy technicians, ensuring workflow efficiency Providing customer service Being in charge of the warehouse organization and supply coordination Preparing and labeling prescriptions
2020	Technical Operations Supervisor , White Room (Specialty Coatings Company), Tehran, Iran Preparing and treating surfaces through sanding, filling, priming, multi-layer coating application Training team members on application techniques and safety standards Supervising on-site execution to ensure quality and timely delivery Conducting surface tests and quality checks before final delivery Troubleshooting and repairing surface issues post-installation
2017	Assistant Director , Twelve Angry Men (theatre), Molavi Hall, Tehran, Iran Managing rehearsal schedules Coordinating with actors, director, and production team throughout rehearsals and performances Supervising rehearsals in the director's absence, maintaining artistic and technical standards Directing stage and costume teams Implementing directorial notes and changes Contributing to blocking, staging, and mise-en-scène development

Curatorial & Content Associate, Kooch Gallery, Venice, Italy

2017 Initiating themed projects and contributing to collection curation | Curating book selections for the gallery's bookstore | Conducting cultural and historical research on traditions, crafts, and artistic practice | Producing digital content | Designing conceptual motifs and references for artistic collaboration

ART RESIDENCIES AND TRAININGS

Aspirant Kulturrådet (Trainee Aspirant Arts Council Norway)

2025-2026 One-year multidisciplinary traineeship consisting of placements at Safemuse, EMPWRNG Voices Festival, Hvitsten Salong, NITJA Senter for Samtidskunst, JM Norway, and Nordic Black Theatre. The program involved working across cultural production, workshop facilitation, event coordination, audience engagement, and artistic collaboration while gaining experience within the Norwegian arts and cultural sector and further developing independent artistic practice.

Safemuse, Oslo Art Haven, Oslo, Norway

2025 Performed *The Secret Life of a Shameless Demon*, a narrative performance at Nordic Black Theatre.
The residency focused on developing and refining my artistic methods and practices, alongside preparation for the upcoming project *Prison Episode*.

Safemuse, Hvitsten Art Haven, Hvitsten, Norway

2024-2025 Participated in the Hvitsten Salong Festival through the presentation of drawings and contribution to an artistic talk panel.
Developed a research project on the Persian origins of *One Thousand and One Nights* and delivered a presentation on *Prison Episode*, a performance project in which I'm participating as an actor.

Her og Der, Suspended Homes Residency, Fykse, Hardanger, Norway

2024 Ten-day residency focused on professional development within the Norwegian art community.
The program provided guidance on establishing financial and creative sustainability through workshops on grant applications, portfolio development, and professional presentation, concluding with a public presentation of my artistic statement at Kunsthuset Kabuso, Øystese.

COURSES AND WORKSHOPS

FACILITATOR

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| May 2026 | • "Creatures Hidden In Turkish Coffee", Kulturhuben (JM Norway), Forandringshuset, Oslo, Norway |
| Apr 2026 | • "Seeking Your Voice", Taktskifte(JM Norway), Sentralen, Oslo, Norway
• "We create portraits and books!", NITJA Senter for Samtidskunst, Lillestrøm, Norway |
| Feb 2026 | • "Painting On Everything", NITJA Senter for Samtidskunst, Lillestrøm, Norway |
| Jan 2026 | • "Make your own one stick puppet", NITJA Senter for Samtidskunst, Lillestrøm, Norway |

PARTICIPANT

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| 2024-2025 | <ul style="list-style-type: none">• Spatial Composition in Illustration, With Mahboobeh Yazdani (Virt.) |
| 2023-2024 | <ul style="list-style-type: none">• Self portrait_Themes and Movements in Contemporary Art, With Dr Helia Darabi (Virt.)• History of Iranian Modern Art, With Farshid Parsikia (Virt.)• Character Design in Illustration, With Mahboobeh Yazdani (Virt.)• Painting, With Mehrdad Jafari |
| 2022-2024 | <ul style="list-style-type: none">• History of Art and Modern Painting, With Dr Helia Darabi (Virt.) |
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EXHIBITIONS AND COMMISSIONS

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| 2026 | <ul style="list-style-type: none">• Group exhibition "<i>Kunsten Fanger</i>", <i>Terminal B, Pikene på Broen, Kirkenes, Norway</i>• Solo exhibition "<i>The Night of Her Voice</i>", <i>Nordic Black Theatre, Oslo, Norway</i> |
| 2025 | <ul style="list-style-type: none">• Group exhibition "<i>Kunsten Fanger</i>", <i>Tegnerforbundet, Oslo, Norway</i>• Kinda Foundation, Venice, Italy (commission) |
| 2024 | <ul style="list-style-type: none">• 2024 Hvitsten Salong Festival, Hvitsten, Norway |
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INVITED ARTIST TALK

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| 2025 | <ul style="list-style-type: none">• <i>Self censorship _ "Kunsten Fanger"</i> exhibition, <i>Tegnerforbundet, Oslo, Norway</i> |
| 2024 | <ul style="list-style-type: none">• Introduction and project presentation, <i>Safemuse art residency, Hvitsten, Norway</i>• <i>Where Art is Impossible_Salong på Salongen, Hvitsten Salong, Hvitsten, Norway</i>• Presentation(Artist Statement)_<i>Her Og Der programm, Kunsthuset Kabuso, Øystese, Norway</i> |
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ACTING AND PERFORMANCE EXPERIENCE

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| 2025 | <ul style="list-style-type: none">• <i>Looking for Mukamusaba – An Experimental Opera _ By: Anawana Haloba</i>
<i>Nasjonalmuseet, Oslo, Norway</i>
<i>13th Berlin Biennale, Berlin</i>• <i>The Secret Life of a Shameless Demon – Director: Pouya Pouramin (performance)</i>
<i>Gamle Munch, Oslo, Norway</i>
<i>Hvitsten, Norway</i>
<i>Nordic Black Theatre, Oslo, Norway</i> |
| 2022 | <ul style="list-style-type: none">• <i>Like This, Like That – Director: Arman Mohseni (short film)</i> |
| 2021 | <ul style="list-style-type: none">• <i>Table Read – Director: Arman Mohseni (short film)</i> |
| 2020 | <ul style="list-style-type: none">• <i>Les Amis du Placard – Director: Amir Mohammad Ebrahimi (theater)</i>
<i>Molavi Hall, Tehran, Iran</i> |
| 2019 | <ul style="list-style-type: none">• <i>The Kitchen – Director: Hassan Madjooni (theater)</i>
<i>Molavi Hall, Tehran, Iran</i>
<i>Shahzad Theatre Complex, Tehran, Iran</i> |

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| 2019 | <ul style="list-style-type: none">• <i>Der Goldene Drache</i> – Director: Ali Porooshani (theater)
Nazerzadeh Kermani Hall, Tehran, Iran• <i>Our Town</i> – Director: Hassan Madjooni (theater)
Iranshahr Theatre, Samandarian Hall, Tehran, Iran |
| 2018 | <ul style="list-style-type: none">• <i>Twelfth Night</i> – Director: Mohsen Sadegi (theater)
Shahrzad Theatre Complex, Tehran, Iran
Molavi Hall, Tehran, Iran• <i>The Tragedy of Macbeth</i> – Director: Mahshid Aghakhani (theater)
Samandarian Hall, Faculty of Fine Arts, University of Tehran, Tehran, Iran• <i>Clown Society</i> – Director: Shahab Nezamdoost (theater)
Pichazi Theatre House, Tehran, Iran |
| 2017 | <ul style="list-style-type: none">• <i>1001 Odyssey</i> – Director: Pouya Pouramin (<i>Micro Theatre</i>)
Arghanoon Hall, Tehran, Iran• <i>Madness</i> – Director: Raha Amirfazli (short film) |
| 2016 | <ul style="list-style-type: none">• <i>Zari (Monologue)</i> – Director: Amirhossein Ghanavati (theater)
Haft Honar Acting Academy, Karaj, Iran |
| 2015 | <ul style="list-style-type: none">• <i>Home</i> – Director: Shomies Rezai (theater)
Karaj City Theatre, Main Hall, Karaj, Iran |

HIGHER EDUCATION

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| 2022 | <ul style="list-style-type: none">• Bachelor in Script Writing, Cinema and Theatre faculty,
Tehran University Of Art, Iran |
| 2020 | <ul style="list-style-type: none">• Acting Program, Leev Theatre School, Tehran, Iran |

LANGUAGE

- Farsi (native)
- English (fluent)
- Norwegian (beginner)

REFERENCES

Professional references available upon request