

**PORTFOLIO
NINA FOUNTEDAKIS**

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Coming from the educational background of holistic art therapy and fine art, Nina Fountedakis engages in essential and basic phenomena, aspects and needs of BEING such as nature and our relation with it, or the field of consciousness/ perception.

In her work the artist wants to draw from and point to the indescribable beauty and depth of THE NATURAL WORLD within and around us.

Lately she has been dedicating strongly to this field, trying to capture (the entity of) nature in unusual ways in order to open spaces of contemplation, presence and wonder while appreciating the seemingly “unspectacular”.

This portfolio contains some of her work.

OBJECT SERIES

WERKE DER ACHTSAMKEIT WORKS OF MINDFULNESS OBRAS SOBRE LA CONCIENTIZACIÓN

The project WORKS OF MINDFULNESS is about a careful encounter with natural abundance. I work locally with what the environment has to offer, making the work site-specific by depicting the flora (and sometimes fauna) of the region I work in. With the available natural material I create objects – taking the seeds and thorns of plants, petals of flowers or whatever other material is at hand and putting it in a new context.

An important part in this play available plants of all kind, which I use to make
SELFMADE YARN AND ROPE FROM PLANT-FIBRES.

It is a re-arrangement of the existing beauty, but the new frame gives the observer a different perspective and thus possibility to (re)connect to nature on another level. Frequently after exhibitions locals approach me to state that they are being inspired to walk through their world with open eyes again – the “unspectacular” everyday surrounding has transformed into something magical again.

The project pleads for the natural beauty and wants to open a space of contemplation and wonder while at the same time not creating harm to the spaces I initially want to promote.



Yarn from Agave
Ibiza



Yarn from Stinging Nettle
Austria



Yarn from Beech
Austria

Created during the artistic residence BARDA DEL DESIERTO
Contralmirante Cordero, Rio Negro, AR
January 2018

With the support of
the Federal Chancellery of Austria for Art and Culture
and the Austrian Embassy Buenos Aires



Cottonwood-Yarn on Volcanic Stone
Argentina



Eucalyptus-Yarn on Volcanic Stone
Argentina



Cornleaf-Yarn on Volcanic Stone
Argentina

OBJECT SERIES

WERKE DER ACHTSAMKEIT

WORKS OF MINDFULNESS

OBRAS SOBRE LA CONCIENTIZACIÓN



I want to promote CONSCIOUSNESS
and a sense of GRATITUDE FOR LIFE

I also strive to broach the following issues:
our connection with nature, environmental harm, waste production
and our role and power within all of this.



Yarn from Algae on Volcanic Stones
Patagonian desert meets the river
Rio Negro/ the largest blackwater river in the world



CONNECT

CONNECT plays with the topic of connectivity and the strength of the individual / the collective, as well as the (s)pace and percipience of time.

Fracturable and apparently rather insignificant individual elements, in this case individual blades of grass, are interwoven into a rope and thus become important and resilient components of a durable whole. The selfmade plant-rope is being installed throughout the space.

The fact of "relating" is reinforced by the durational performance: For several hours (usually three hours) the artist is devotedly and slowly adding blade of grass after blade of grass, thus expanding the field and effect, while opening a space of contemplation, presence and being.



Performed in:

- _(LV) 2018 RIGA PERFORMANCE FESTIVAL
- _(AR) 2018 BARRIO DEL DESIERTO AIR and ARTS FESTIVAL PATAGONIA
- _(AR) 2017 EL CLUB DE LOS MIERCOLES BUENOS AIRES
- _(DE) 2017 BEGEGNUNGEN ARTS AND CULTURE FESTIVAL CHEMNITZ
- _(AT) 2017 RAW MATTERS LARGE AND LONG VIENNA



LAND ART / EPHEMERAL ART

80,7 METERS OF MEDITATION

Created during the symposium KUNST IN DER NATUR
/ translation: ART IN NATURE
/ Austria, 2022

In the course of the one-month-long residency
i discovered a suitable plant
and made this plant fibre rope,
which i clued carefully to a massive “inhabitant” of this region,
the stone you see in the pictures.



SCHLUSS STRICH

WINTER LAND ART FESTIVAL «Міфогенез» MITHOGENESIS

Vinnytsia, Ukraine

22. and 23.02.2020 (two days of work in situ)

Concept: If we continue to treat this planet and all beings on it,
as careless and disconnected as we are still doing today,
the planet is going to draw a line,
a final stroke, painted with our human blood and existence.

Material: Selfmade Beetroot Juice on Grass

The process of making the juice was part of the work
in the sense of Social Practice (Art) with Ukrainian Population

With the support of the Austrian Cultural Forum Kiev.





Press Picture by Vezha.ua

PLANT PORTRAITS

Models:

Genus: Homo
Family: Hominidae
Kingdom: ANIMALIA



Genus: Tropaeolum
Family: Tropaeolaceae
Kingdom: PLANTAE



Genus: Sorbus
Family: Rosaceae
Kingdom: PLANTAE



The image above made for and published in:
DIE BERBERITZE *Berberis vulgaris* L.
Monograph of Regionale Gehölzvermehrung RGV

INSTALLATION

NATURE AND PLASTIC a fragile relation

plastic as a global environmental problem and art as a global language

Plastic is virtually imperishable.
Depending on its composition it may take centuries
or even millennia
until the material decomposes in a natural process.

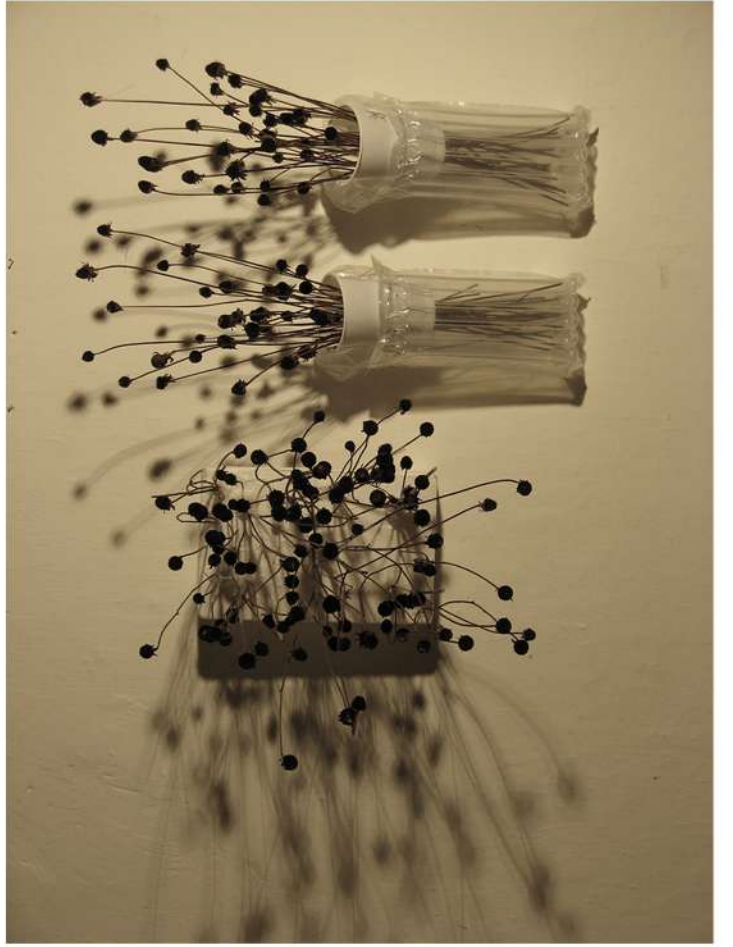
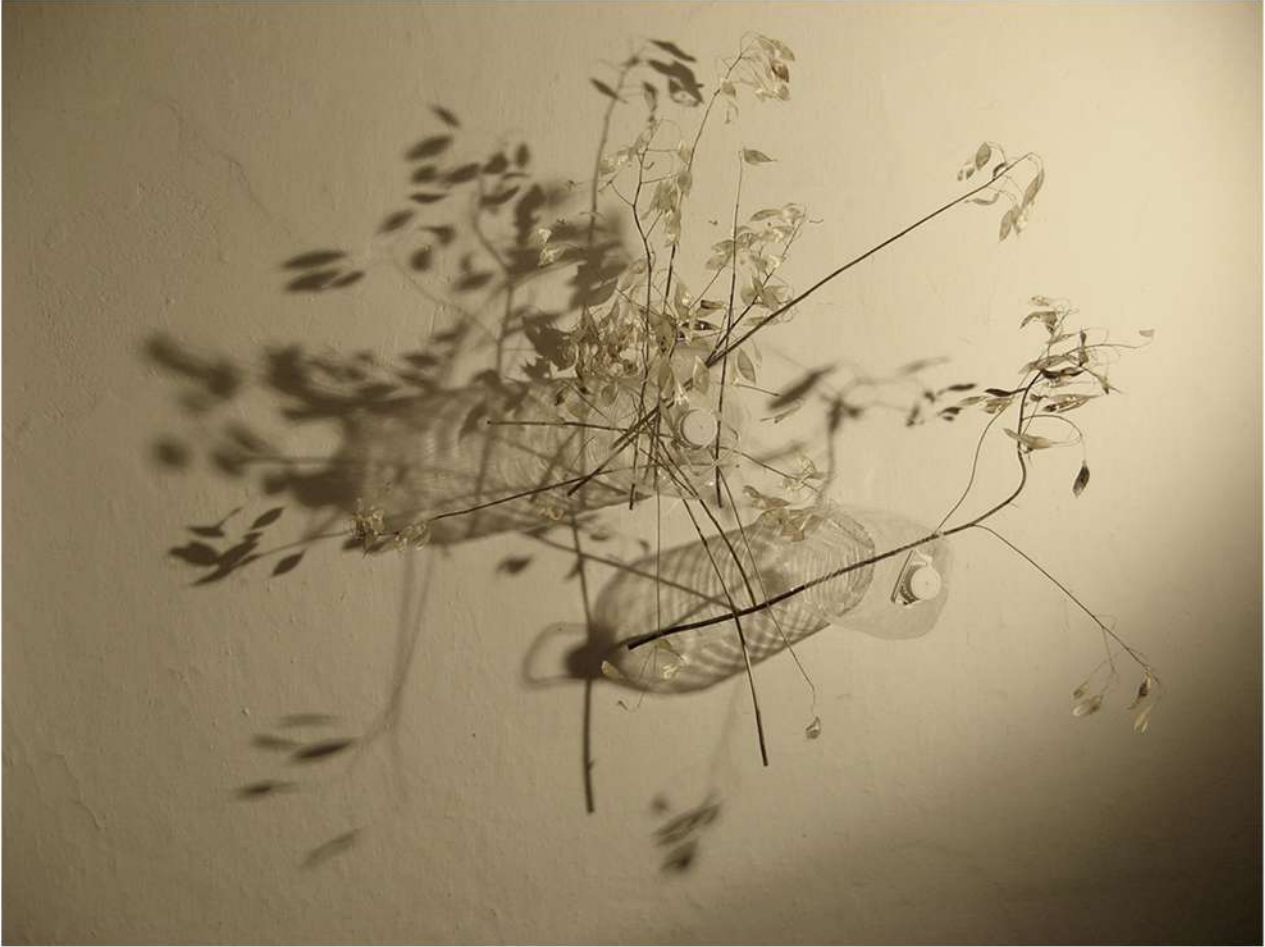
It is for this reason that our handling of this material
must be characterized by care and responsibility.

With my art i want to open a space of attention and awareness;
giving people a possibility to reflect on their relationship
and their behaviour with this everyday material

Annotation:

All plastic is being taken from the waste bin
All natural components are being carefully collected in nature



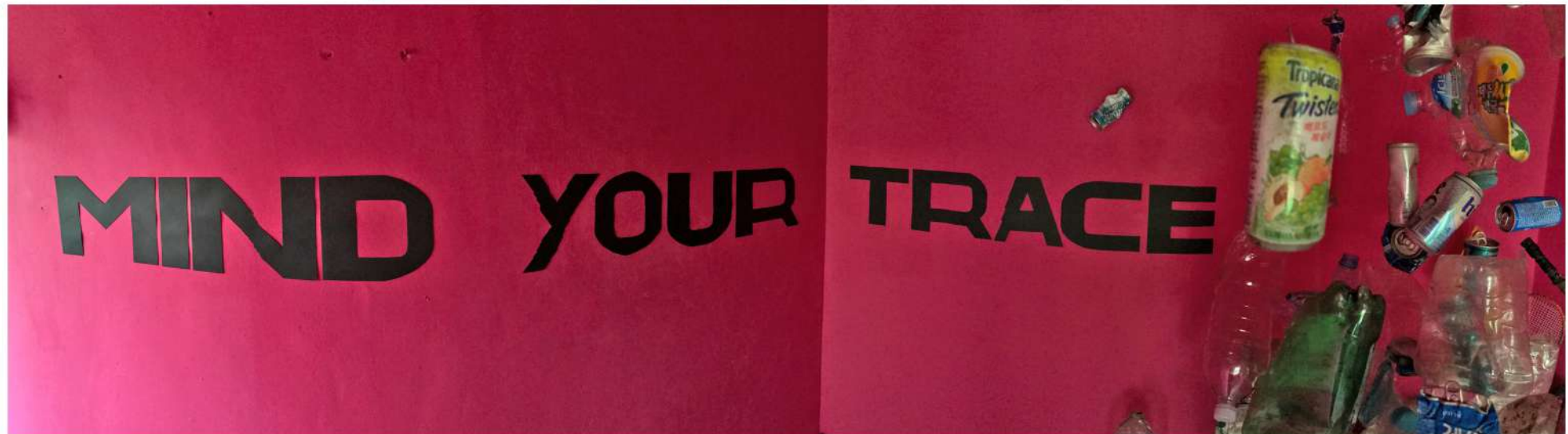


INSTALLATION

MIND YOUR TRACE

This installation has been created entirely of trash found on the riverside (in Wonju, South Korea). Opening a space to reflect upon our contribution to environmental pollution and reminding us of the responsibility that we, as co-inhabitants of this planet, have to take care of this our home. We are not only harming the planet but ultimately ourselves. We are part of the cycle that is nature and this knowledge can and should guide us in our actions.

The installation creates a soundscape (plastic and tin touching and clashing), by the visitors passing by and thus moving the air, and by using a fan.



ENTDECKE DEIN LICHT

"Entdecke dein licht" is an immersive theatrical performance, in which the audience is invited to experience LIGHT and the process of BREATHING in a conscious way. After a short debriefing at the beginning of the piece between the artists and the audience, in which we present the benefits of conscious breathing, we submerge into a 30 minutes long journey through different spaces where we re-discover LIGHT and adapt our point of view towards the world around us with a whole new perspective. Each different room is designed in a different way, making emphasis on the distinct aspects of Light as a medium, an experience, and as time-space itself, and we recall during our journey the positive aspects of breathing in order to remain calm and in control.

"Entdecke dein Licht" is a flexible format in which its configuration, duration and target audience is adapted to each circumstance. We design the space having into consideration the possibilities of each room and we adapt our timing and our story to this new environment. We also modify the way the story is being told, according to the presence of adults or children in the audience, and we have at disposal a wide range of Light experiments that we use to fulfil the needs of our narrative.

Videos from the performance as well as the process of painting the walls with relevant quotes:

http://circuslumineszenz.com/entdecke_dein_licht.html





VISUAL ART PERFORMANCE ONE-TO-ONE

LUSUS NATURAE NATURSPIEL

A one-to-one performance in a tent, allowing me to create an intimate space in order to connect with the visitor at hand and bring this person consciously into a role of contemplation and presence, in contrast to a superficial position of consuming.

In the tent we are going on a sensuous trip... smelling, feeling, seeing, hearing...

It is a play with light, colours and forms and although it happens in a (small) plastic tent, it connects us with (the vastness of) nature on a deep and beautiful level.

In the end of the session i ask my vis-à-vis to share with me with one word how do they feel...

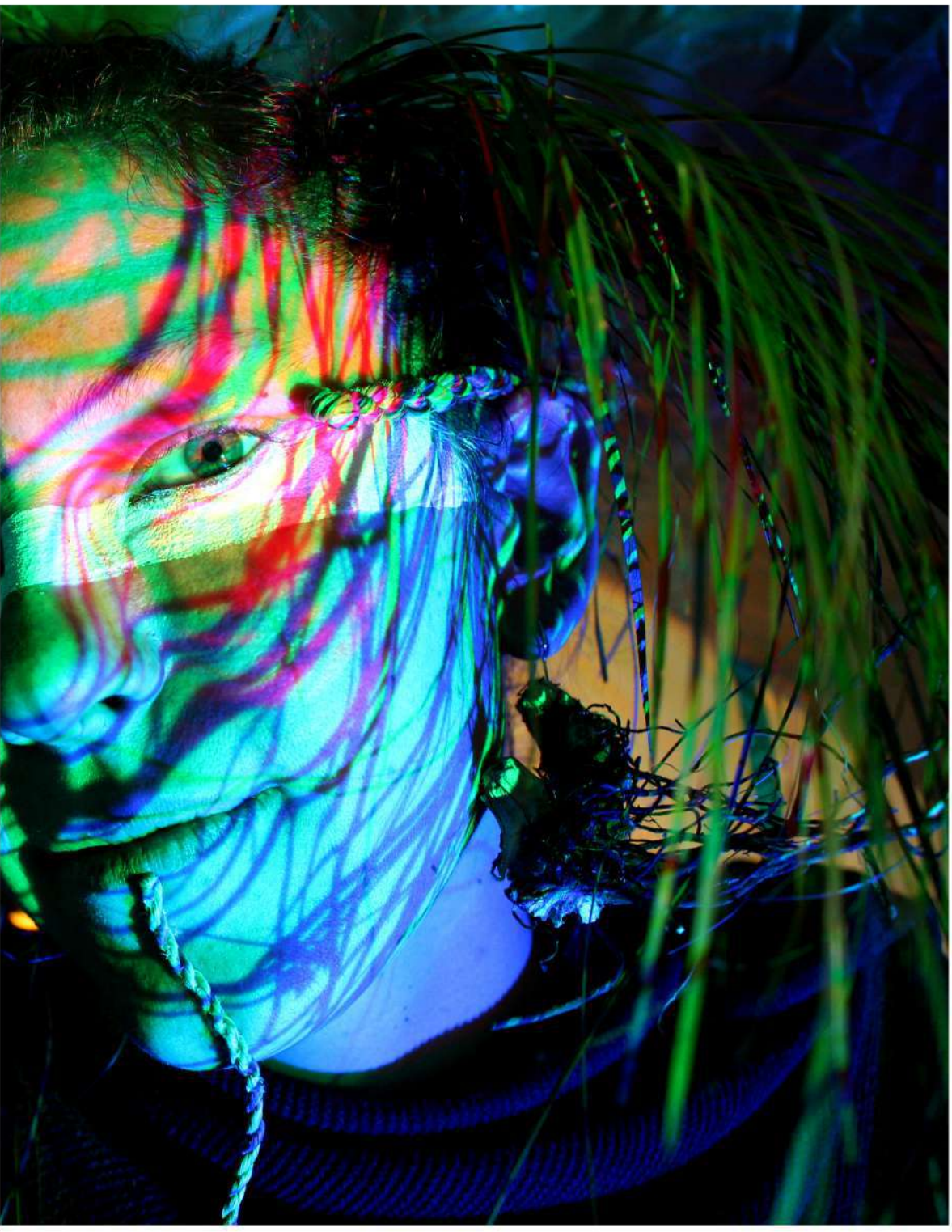
the answers are often: home / belonging / amazing / relaxed / rejuvenated



The duration of the performance is around 15 minutes per visitor.

Annotation:

There is a version of this performance for small groups, in which I collaborate with a partner, in order to be able to open the space and experience for groups around preferably 5 to 8 people.



Performed in:

- _(SE) 2021 SUPERMARKET STOCKHOLM INDEPENDENT ART FAIR (postponed due to Covid)
- _(AT) 2019 NINOS CONSENTIDOS VIENNA 6° KÜNSTLERHAUS VIENNA
- _(LV) 2018 RIGA PERFORMANCE FESTIVAL
- _(BE) 2018 BROUWSELS OP STRAAT FESTIVAL
- _(AT) 2018 KUNSTMEETING GALLERY DIE SCHÖNE VIENNA
- _(AT) 2018 PROGRESS FESTIVAL

ENTROPY

A project about human perception and cognition.
Based on Radical Constructivism, an inspiring position of
Epistemology, and the psychology of perception
I propose the following questions:

- _When and from which point on is chaos,
or as the case may, order/harmony, being perceived?
- _How much information is needed for this,
and how does it need to be arranged?
- _Can chaos, in the sense of a complete jumble of
unrelated impulses, ever be perceived?

Basically the entire stimulus-range is completely chaotic
and is structured and being put into a meaningful order
IN THE ACT of perceiving. Since perception in itself is
an assortative process, can chaos only be a thought
and is therefore completely abstract?

Last but not least I am fascinated by the fact
that the same field of stimulus generates
the most diverse perceptions and interpretations
and it is this diversity and abundance
that I seek to discover, reveal and explore.

Mixed Media on Canvas
Wool, Yarn and Threads / Acrylic Colour



Along with a deeper understanding in the sciences, emerged what is probably the most important law of physics for understanding the evolution of the universe and the passage of time. It's called the 2nd law of thermodynamics.

The reason the 2nd law of thermodynamics was so profound was because at its heart it contained a radically new concept, sth. physicists call Entropy.

Entropy explains why, left to the mercy of the elements, mortar crumples, glass shatters and buildings collapse.



BLUTBILDER

A LOVE DECLARATION TOWARDS THE FEMALE MENSTRUAL CYCLE

The period as a life-giving, multifaceted and everyday-life experience.

The private space of the bathroom is being left behind in order to manifest an adequate, open and natural attitude towards the female menstrual cycle.

Taboo, shame, embarrassment and lack of knowledge stand in contrast to the wonderful process that every woman experiences around 500 times in her lifetime and which allows our unique human existence in the first place.

There is so much taboo around this, that still today the "blood" in the ads for female sanitary products is being shown as blue. This states clearly the lack of connection we have with this natural process.

This fundamental and basic issue deserves a mature and appreciative approach from us, in contrast to the period-shaming that most of us experience. Ongoing process, since 2014.

Additionally further issues such as waste production and environmental harm related to the usage of female hygienic products are being addressed.



JULY 2016



OCTOBER 2014



NOVEMBER 2014



Thank you for your attention!