

HELENA ALVES

DANCER & CHOREOGRAPHER



Pronouns:

she/her

Birthday and nationality:

18/11/2003, Portuguese

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Languages:

Portuguese, English, Spanish

INTERNSHIPS

(2025) Bobbi Lo Produktion,
Malmö, Sweden

(2023) 420PEOPLE, Prague,
Czechia

EDUCATION

(2021-2024) 3-year diploma at
Copenhagen Contemporary
Dance School

(2009-2021) Escola Bailado de
Fafe, Portugal

TEACHING

Contemporary Dance classes

Dansekapellet - Dans i Nordvest
Støberiet

MOVE Dansestudie

FOF Copenhagen

Escola Bailado de Fafe

PERFORMANCE EXPERIENCE

(2026) "Mind & Heart" - dancer

Cross-disciplinary performance by choreographer Eszter Rápolthy and body
painters Vilija Vitkute, Martina Ghin and Marian Folga

(2026) "Voyeur" - dancer and co-choreographer

by Mispronounced

1st prize at Koreografi Konkurrencen, Copenhagen

performance at Majfest, Dansekapellet

(2023 - ongoing) "AARGH!" - dancer and co-choreographer

by Mispronounced

curated for Festival Z in Girona (2026)

curated by Mark Philip for New Sh*t vol.10, Dansehallerne (2025)

2nd prize at Koreografi Konkurrencen

performances at "Unge på vej", "København-picnic", Huset and Folkets Hus,
Copenhagen

Residency at København Danser Studios

(2025) "(h)JUL" - dancer

by Uppercut Danseteater

performances in Copenhagen, Hadsten and Børkop

(2025 - ongoing) "The Hollow Land" - dancer

by Teater A

performances in Copenhagen, Slagelse and Holstebro

(2025) "Subkulturen" - dancer

by Bobbi Lo Produktion, Malmö

(2025) "This is Magic" - dancer

1st prize at Koreografi Konkurrencen, Copenhagen

Kulturnat 2025 at Dansekapellet

(2025) "Na silêncio das vozes recio a sombra dos meus dias" - dancer

by Alexandra Fonseca, Portugal

(2024) "Kulturnat - Jagten på Diamanten" - dancer

Uppercut DanseTeater + Dans i Nordvest

(2024) "Got Your Back" - dancer

by Lotte Sigh (opening of Art Matter 2024) at Nikolaj Art Gallery, Copenhagen

(2024) "NORDTING" - dancer

festival "CPH Stage", Copenhagen

(2023) "Er det her?" - dancer in music video for Uden Ord's single

(2023) "Remember when" - dancer and co-coreographer

platform "Entering the Void" created by Miriam Maach i Enguita,
Copenhagen

(2022) "Depois do fim" - dancer

by Ricardo Ambrósio, Portugal

(2022) "Landing" - dancer and co-choreographer

2nd prize at Koreografi Konkurrencen, Copenhagen

WORKSHOPS

(2023/24) Bread & Dance Prague, Czechia

(2023) IDW Budapest

Ching Ying (Akram Khan Company), Matan David (Batsheva Dance
Company)

(2022) Skånes Dansteater, Holstebro dansekompani and Hodworks

(2021-2024) Adi Salant, Gustavo Ramirez Sansano, Lidia Wos, Mauro Astolfi,
Toby Fitzgibbons, Jens Schyth Brøndum, Tamas Moricz, Mark Philip and
Liliana Barros

(2019) Tanz Bozen/Bolzano Danza, Italy

CO-FOUNDER OF MISPRONOUNCED (CHOREOGRAPHIC DUO)