FRIDA STARVID
architect/artist

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Frida Starvid is a Swedish artist and architect working across sculpture, architecture and spatial research. Her practice explores the relationship between body, movement, material and constructed space through models, structures and sculptural investigations.

EXHIBITIONS

2026 *Stacks + London, London* | Gamla Kraftstationen, Deje | solo

2025 *The Art of Being* | Konstnärshuset, Stockholm | group

2025 Stacks | GIPP Arkitektur, Stockholm | solo

2025 *Stacks + London, London* | Glasets Hus, Limmared | solo

2025 *The Body in Space* | Galleri Lokomotiv, Örnsköldsvik | group

2024 *London, London* | Bagarmossens Folkets Hus, Stockholm | solo

2024 *Secular/Sacred* | Detroit Stockholm | solo

2024 *Then We Dreamt of Birds* | Galleria 3H+K, Pori, Finland | group

2023 *Unnamed* | Galleri Engelbrekt, Arboga | solo

2023 *South Bank III* | Jakobsbergs Konsthall, Järfälla Konstsalong | group

2023 *South Bank + National Theatre* | Konstnärsbaren, Stockholm | solo

2023 *Section of Secrecy* | Detroit Stockholm | group

2023 *South Bank II* | Galleri Eldhunden, Stockholm | group

2023 *National Theatre II* | Liljevalchs Vårsalong, Stockholm | group

2022 *National Theatre I* | Galleri Stenhallen, Borgholm | group

2021 *South Bank I* | Jakobsbergs Konsthall, Järfälla Konstsalong | group

WORK EXPERIENCE

2026-27 Ongoing Project | *Architecture of Resistance*
Research project and sculptural studies connected to Brazilian modernism and brutalism. Travel grant awarded by Konstnärsnämnden for research trip to Brazil.

2026–27 *Vandringens Rum* | Sveriges Fängelsemuseum, Gävle
Upcoming exhibition and spatial research project supported by Region Gävleborg.

2026 Panel participant | Brutalism Today | Berwaldhallen, Stockholm
Public conversation on brutalism and contemporary architecture, moderated by Mark Isitt.

2025 Assistant to Petra Gipp | GIPP Arkitektur
I was part of producing the exhibition DDR: Flyktens spår; i landskap, kropp och minne at Landskrona Konsthall. This included 3D modeling of the sculptures and form work, prototype plaster casts, production drawings and on-site full scale casting of 11 plaster sculptures of 2,2 m height.

2025 Curator | *The Body in Space* | Galleri Lokomotiv, Örnsköldsvik
Selection and curation of a group exhibition revolving around the body of the art work, the body of the artist, and the body of the spectator moving in the room.

2024–25 Graphic Designer | *Curating in Context*, research project |
Department of Dance, Stockholm University of the Arts
I was assigned to create a visual and comprehensible information website and presentation of an international research project in database Research Catalogue.

2024 Co-reseacher | *Performing Arts with Reduced Carbon Footprint*, research project | Department of Performing Arts, Stockholm University of the Arts
I took part as a script writer and visual artist in collaboration with director Johanna Garpe. Link: https://www.researchcatalogue.net/view/2295407/2818243?c=16

2023 – Member of the Curatorial Team at Detroit Stockholm
The curatorial team at Detroit Stockholm manages the yearly exhibition program, with external artists and collaborations from Sweden and abroad. The work includes making open calls, artist selection and curation, and artists' residency arrangements.

2022 – Member of Svenska Konstnärernas Förening (SKF)

2022 – Member of Konstnärernas Kollektivverkstad (KKV)

2021 – Member of Detroit Stockholm, Artist-run Gallery and Collective

2018–24 Co-founder | Furö Studios
Furö Studios was a premium yoga brand creating gender-neutral products with a focus on quality and timeless design. As creative director, I worked with product development, packaging, graphic design, copywriting and brand building. The company sold internationally and collaborated with partners including Grand Hotel, Filippa K, Aesop and HoBo Hotel.

2013–16 Architect | Paradiso Arkitekter/Own firm | Stockholm
Designed and project managed primarily small-scale private projects, renovations and extensions.

2015 Content Manager | *South of North exhibition* | Helsinki, Finland
Nordic collaboration between architects from Sweden, Denmark, Finland, Norway and Iceland. Contributed to the design and production of an exhibition pavilion for Finnish Design Week, and curated visual and textual content.

2014 Mentor at Bachelor's Program | School of Architecture, KTH, Stockholm
Class mentor for year 3 students focusing on urban planning and design.

2014 Guest Lecturer | NTNU Trondheim, Norway
Lecture on critical design strategies for master's students in Form and Colour.

2014 Guest Lecturer | NIL | Oslo, Norway
Invited speaker on the theme The Value of Architecture and alternative design practices.

2012–13 Guest Lecturer | KTH Critical Studies Course | Stockholm
Lectures on critical design strategies for master's students.

2012–13 Architect | Eriksson & Runske Arkitekter | Stockholm
Worked on large-scale housing refurbishment projects.

2008–09 Architecture Intern | White Arkitekter | Stockholm
Participated in design and presentation work for commercial architecture projects.

EDUCATION

2024 Methods of Writing in Artistic Practices | HDK/Valand, Göteborg | 15 credits
Essay-based course focused on continuous writing and group feedback, led by author and cultural journalist Magnus Haglund.

2014–15 Theory and History of Architecture | Royal Institute of Art, Stockholm | 60 credits
Despite its name, this course (led by professor Peter T. Lang) was mostly practical. I developed a sculptural project around the Brazilian Love Hotel typology. The course also included essay writing, a collab with Konsthall Tensta and a final exhibition.

2012 Research in Architecture and Design | Royal Institute of Technology, Stockholm | 7,5 credits
Preparatory course for doctoral research in architecture. Tutors included Katja Grillner, Helene Frichot and Meike Schalk.

2012 Master's Degree in Architecture | Royal Institute of Technology, Stockholm | 270 credits

2012 Papaquara, from Favela to Urban Field House | SIDA financed
Minor Field Studies | Florianópolis, Brazil
A one-term theoretical and practical pre-study for my Master's project including a research trip to Brazil and a longer project essay.

2010 1-year Master Exchange Studies | Universidade Federal da Santa Catarina, Florianópolis, Brazil
The fourth year of my architecture studies was conducted in Brazil through the EU-financed Erasmus Mundus Program.

2008 Bachelor's Degree in Architecture | Royal Institute of Technology, Stockholm | 180 credits

MISCELLANEOUS

2014 Second prize winner in international competition *Innatur*, in team with architect Marika Lundberg

2012–14 Board member, Kvinnors Byggforum

2007–08 National Contact for Sweden in EASA
(European Association of Students of Architecture)

LANGUAGES

Swedish: Native
English: Excellent
Portuguese | Spanish: Conversational
German | French: Basic

SOFTWARE

Visuals: Adobe CC, Affinity
3D: ArchiCAD, Rhino, SketchUp
Web: Wordpress, Shopify, Research Catalogue