

# **PROGRAM** THEN, YOU LEFT





# VÅR SCENE FEST

TROMSØ  
SCENEKUNSTFESTIVAL

# #STORIESABOUTGRIEF

Based on stories from relatives and survivors experience with illness, death, and grief, *Then You Left* takes the audience into a poetic landscape, where bodily experiences are given space. *Then, You Left* is an aesthetic, soundly and thoughtful performance about the experience of loss in close relations.

The inspiration for this work comes from experience with Dementia in the choreographer's own family. The performance is based on interviews with adult children of a person who suffered from Dementia in the last years of her life. The soundtrack, created by composer and sound artist Tine Surel Lange in cooperation with Thomas of Norway, is created entirely from these interviews.

The choreography also uses the interviews as point of departure, and explores the experience of loss – both from the person who suffered Dementia, and those affected in relation to this person.

*Then, You Left* is a solo version of the duet titled *Holding Position*, which premiered in 2021, produced with funding and support from Davvi - Center for performing arts, Nordland Visual Theater, Hurtigrutens Hus, Art Council Norway, Nordland County Council and Vågan and Øksnes municipalities. *Holding Position* was co-produced by Lofoten kulturhus.

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*"For more than four years we experienced gradually losing the person, and small episodes of grief gradually grew into a larger patchwork. This eventually became a common grief, but at the same time so private that we were unable to talk about it. Not until the person had passed"*



## THOMAS OF NORWAY

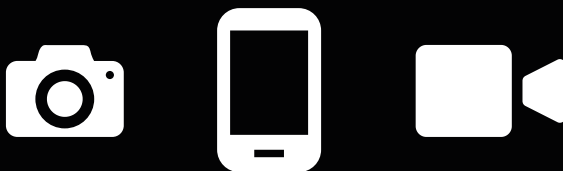
As a choreographer, I find inspiration to create based on experiences in my own life, and my aim is that the performance gives the audience an artistic experience, and at the same time contribute to conversation and reflections. Often about topics that we as a society turns our back towards.

I graduated from *The School for New Dance (Skolen for samtidsdans)* in Oslo. Since graduation in 2010, I have worked as a freelance dancer and choreographer under the artist name Thomas of Norway. I grew up in Øksnes in Vesterålen, and moved back to Vesterålen in 2020.

I use dance and choreography as language when I enter the stage. My performances often uses very few, but powerful means. As a choreographer, I go straight to the point when I address topics like eating disorders and suicide, mental health issues and rape. When I "talk" about grief and loss, my language is a little softer - but just as direct.

Choreography  
Concept & idea  
Dancer  
Costume  
Composer  
Dramaturg  
Co-creating dancer  
Light design  
Set design  
Year of production  
Supported by  
Thanks to

Thomas of Norway  
Thomas of Norway  
Thomas Voll  
Thomas Voll  
Tine Surel Lange  
Mette Myhr  
Ellinor Staurbakk  
Lućjan Golas  
Lućjan Golas  
2023  
Kulturfabrikken Sortland  
Anne Lise Voll  
Oddveig Hovengan  
Thomas Schaupp  
Øystein Voll  
Vårscenefest



Please note that sound and/or video recordings of the performance, in parts or as a whole, is prohibited.

Photography is permitted without the use of flash. Press are asked to exercise discretion when taking photos. If you share photos in social media, we kindly ask that you tag and credit Thomas of Norway in line with copyright laws.

We also ask the audience to put all cellphones in flight mode or quiet mode, in order to not disturb the performer and audience.

Thank you for your understanding and cooperation!



**THOMAS  
OF  
NORWAY**

**FROM 68°N SINCE 2010**