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Teresa Adão da Fonseca – aka Teresa TAF – was born in Porto in 1987, where she currently resides and works. Holding a Master's degree in Fine Arts from the Faculty of Fine Arts at the University of Porto, she has undertaken artistic residencies in Paris (France), Barcelona (Spain), Sydney (Australia), Red Center (Australia), and Lisbon (Portugal). The diversity of these experiences has allowed her to gather inspirations that she integrates into her work as a multidisciplinary artist.

Teresa TAF has contributed to several research projects involving organic and sustainable materials, sparking her profound curiosity and interest in delving into ancestral techniques and exploring what nature has to offer. She views the world with a unique poetic perspective, engaging in gestures that reflect on love, time, and truth. It's a return to the roots in search of our most intimate Self, an approach to nature and to that which is most beautiful and pure.

ACADEMIC EDUCATION

2019-2023, Master in Fine Arts at Faculdade de Belas Artes da Universidade do Porto (FBAUP). Porto, Portugal.

2012- 2013, Painting course at Sociedade Nacional de Belas Artes. Lisboa, Portugal.

2010- 2011, Postgraduate Studies (Scholarship Awarded) at BAU, Centro Universitário de Artes y Diseño de Barcelona / College of Arts & Design, Barcelona, Spain.

2006- 2010, Graduated Graphic Design at ESAD, Porto, Portugal.

EDUCATION

2016-2018, Residency at MART. (Space for artistic and cultural education. Guidance by Paulo Brighenti, André Almeida e Sousa, Ana Natividade, Miguel Ferrão), Lisboa, Portugal.

2015, Cours Théoriques, Beaux-Arts de Paris (short course). France

2001-2005, Painting and literature classes with Mónica Bessa-Luís Baldaque, Porto, Portugal.



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SOLO EXHIBITIONS

2024, *Luz mais luz*, Galeria Presença, Porto (PT).

2024, *Luz é Tempo*, curated by Andreia Garcia. Libátio, Régua, Douro (PT).

2023/24, *O vento, sim, o vento*, text by Samuel Silva. Galeria Presença, Porto. (PT).

2023, *mergulho em Ti - Contínua e Descontínua Metamorfose*, Galeria de Biodiversidade, Botanical Garden of Porto (PT).

2023, *Ranacer*, Galeria da Cozinha, Fbaup, Porto (PT).

2022, *Mar Fundo*, curated by Mariana Krug. Espaço Harmonia, Porto (PT).

2022, *Colheitas no tempo, a beleza que permanece*, Exhibition and work for the public space of Ponte da Barca. (Result of the artistic residency at Serra Amarela, promoted by MINHO IN and Bienal de Cerveira. Ponte da Barca (PT).

2020, *Ciclo Imerso*, Casa da Torre, Rande (PT).

2019, *Eternal Journey*, Espaço Álvares Cabral, Porto (PT).

GROUP EXHIBITIONS

2025, *Espaços e Rastos*, curated by Constança Babo, Galeria Presença. Porto (PT).

2024, *Drawing Room Lisboa* (Galeria Presença), Sociedade Nacional de Belas Artes, Lisboa (PT).

Mystery Paper, Porta Associação, Lisboa (PT).

Palestina mon amour, Espaço MIRA, Porto (PT).

"APELA" pela Arte, charity auction. Sheraton, Porto (PT).

Liberdade - 50 anos, 50 mulheres, 50 dias, Museu Municipal de Espinho (PT).

2023, *Perspetiva 24*, curated by Helena Mendes Pereira and João Ribas, Fundação Bienal de Cerveira (PT).

Mostra Coletiva, Espaço Sepion, Lisboa (PT).

2022, *Deux ou trois choses que je sais d' elle*, curated by Helena Mendes Perreira. Zet Gallery, Braga (PT).

Ser Mulher, Ser Artista, participant in the tiles mural for public space at Braga (PT).



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Charity auction, Cooperativa Árvore, Porto (PT).

2021, Coletiva, Espaço aArtes.porto, Mota Galiza. Porto (PT).

Prémio Árvore das Virtudes 2021, Cooperativa Árvore, Porto (PT).

Entre, Galeria da Cozinha, Porto (PT).

Honorable mention at Bienal Internacional de Arte, Espinho (PT).

19º *Concurso Jovem Criador*. Aveiro (PT).

2020, *Descongelar 2020*, selected project for the gardens of FBAUP, Porto (PT).

3rd Edition of *Via Aberta*, curated by de Sylvia Chivaratanond e Carlos Pinto. Galerias Mota Galiza, Porto (PT).

2019, *Floresta Nativa- Viana Florida 2019*, promoted by Câmara Municipal de Viana do Castelo. Installation *Em ti, encontro I e II*, Paço de Lanheses. Viana do Castelo (PT).

Novo Acordo, Museu FBAUP, Porto (PT).

Um sonho de noite de verão, 2nd Edition of *Via Aberta*, curated by Rita Roque, Galerias Mota Galiza, Porto. (PT)

2018, *Escalas Desejantes*, curated by Paulo Brighenti and Sofia Marçal, Museu Nacional de História Natural e da Ciência, Munhac, Lisboa. (PT)

2017, *Exposição pela Biodiversidade*, Galeria da Biodiversidade, Casa Andersen, Porto. (PT)

2016, *Campanha*, guidance from Paulo Brighenti and Miguel Ferrão, Casa-Museu Medeiros e Almeida, Lisboa. (PT)

Cada Artista no seu Tijolo, curated by Nuno Malheiro Sarmento, Silo-Espaço Cultural, Porto. (PT)

Sem Escrúpulos, Engraving- MArt, curated by Ana Natividade, Galeria 78/80, Lisboa. (PT)

Escola de Línguas, Santa Casa da Misericórdia / Museu de São Roque & Galeria da Livraria Sá da Costa, Lisboa. (PT)

2015, *La Forest*, Fontainebleau. (FR)

Ler Devagar, Lx Factory, Lisboa. (PT)

2014, Final Project, M16 Art Space, (AUS). Where she exhibited and began her first collaborations on various projects investigating natural materials and pigments.

2013, *Ação-Reacção*, OpoLab, Porto. (PT)



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VHS#17 Fanzine 5th Edition, "Anacronia", Gallery Hostel Porto. (PT)

VHS#17 Fanzine 4th Edition, "Epifania", Labirinto, Porto. (PT)

2012, *Decadent Beauty*, Get Set Art Festival. Porto. (PT)

2010, ArtsLibris Barcelona, artist book in collaboration with BAU, Barcelona (ESP)

Esculpir o Tempo, BAU gallery, Barcelona (ESP)

AWARDS AND RECOGNITIONS

2024, Viana de Lima Award 2024.

Banco Carregosa, Acquisition of work and Honorable Mention.

2021, Selected for the *Prémio Árvore das Virtudes* Award, 2021, Cooperativa Árvore, Porto (PT).

Honorable Mention at Bienal Internacional de Arte, Espinho.

2020, DgArtes Grant (*Apoio em Parceria, programa Arte e Reinserção Social*).

Selected Emerging Art 2020 green edition, (long list),

2010, Erasmus Scholarship Program

RESIDENCIES

2023, Blown glass, CENCAL, Marinha Grande, (PT). (supported by FBAUP)

2022, Residência Artística - *Amar o Minho*- promoted by MINHO IN and Bienal de Cerveira. Serra Amarela, Ponte da Barca. (PT)

2020, Artistic residency, MAP-FBAUP - *Descongelar* - resulting in the selected piece - *Nós, Agora e Depois* - exhibited at FBAUP garden. Porto (PT).

Artistic residency with private commission project at the Açores islands, investigation on the extraction of indigo from *Isactistintoris* plant. Açores (PT)

2019, Artistic residencies, Paço de Lanheses, invited by Viana Florida 2019, promoted by Câmara Municipal de Viana do Castelo, resulting in two bodies of work; *Em ti, encontro I e II*, presented in loco and presented at the exhibition space following the theme of *Floresta e Paisagem Nativa*. (PT).



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2017, Engraving and drawing residency at Arraiolos (within the scope of MArt), in partnership with Córtex Frontal and Associação Cultural Imagem Impressa. (PT)

2016– 2018, Artistic residency at MART. Guidance by Paulo Brighenti, André Almeida e Sousa, Ana Natividade, Miguel Ferrão, Lisboa. (PT)

2015, La Folie Barbizon atelier, Forêt de Fontainebleau. Paris. (FR)

2014, Artist Program (Collaboration), Nature and pigments. Red Center, Alice Springs, Australia.

Artistic residency, M16 Art Space. (AUS)

Select to be part of the *Aboriginal Art – Old Masters: Theoretical and Practical Workshop*, National Museum of Australia, Canberra. (AUS)

PUBLISHING

2025, *Sr. Teste: Fulgor Quotidiano #72. Ensaio de Crítica Indirecta*, Jean Cocteau. Special Edition with cover by Teresa TAF. Trad: Silvestre Guilherme, Graphic composition: Catarina Domingues. 2025

2023, Cerveira Art Bienal Foundation, *Perspectiva 24, A partir das conversas de Helena Mendes Pereira e João Ribas*. 2023

2024, *Liberdade – 50 anos, 50 mulheres, 50 dias*, Museu Municipal de Espinho. Edição da Câmara Municipal de Espinho

2021, *No Minho não há uma aldeia melhor do que a minha*. Ed.Zet Gallery, Edited by Helena Mendes Pereira.

Deux ou trois choses que je sais d' elle, Cat. Ed. Zet Gallery. 2021

Prémio Árvores das Virtudes, Cat. Ed. Cooperativa Árvore. 2021

6ª Bienal Internacional de Arte de Espinho, Câmara Municipal de Espinho. 2021

2012-2013, VHS#17 Fanzine 2th – 5th Edition.

COLLECTIONS:

Banco Carregosa (PT)

Fundo Viana de Lima (PT)

Fundação Cupertino de Miranda (PT)