PORTFOLIO

OLGA OVA

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STATEMENT

I paint the invisible core and the body it is confined in. Whether it is spirit, temperament or soul, I'm trying to capture what is held in physical projection. My compositions always feel more accurate to me if the figures are to scale or larger. I like to think of them as reflections or shadows, equally as big as their physical counterparts. I paint primarily in acrylic, as I rely on uninterrupted layering, and use oil paints as a glaze and for details and depth.

I'm fascinated by non-verbal communication and the transformations that bodies go through during life. Not so much the momentary expressive highs and lows, but the becoming. The essence that carves existence over time into its own landscape.

In my current work, reflecting on my own experience, I’m studying how the body adapts to prolonged fight-or-flight response. My hope for the viewer is to take a second and read their own body, finding recognition in their tensions or freedoms.

BIOGRAPHY

Olga Ova is a Czech-Russian figurative painter based in Oslo, Norway. Born in Siberia and raised across cultures, she explores the human body as a person’s sole permanent territory. She earned her BFA in Design from the Faculty of Architecture at CTU Prague (2014–2017) within a Bauhaus-inspired curriculum focused on form, truth to materials, and observational drawing, before building a seven-year career in digital design. She paints in acrylic layers and oil for glazes and details, relying on live reference and memory. For the past four years, her study of the human body has been rooted in weekly croquis sessions and an Ashtanga practice. Responding to her background in digital design, her current series investigates social conventions, mapping how accumulated behavioral norms physically surface as spasms directly onto the body.

CV

Olga Ova

b. 1994 — Novosibirsk, Russia
Lives and works in Oslo, Norway

Solo exhibitions

2026	*Creator Brunch Club Sunday Social*, Duken Bar, Oslo, Norway
2026	*Pop-up exhibition*, Mysore Oslo, Oslo, Norway

Group exhibitions

2026	*Kobe 16*, Melahuset, Oslo, Norway

Education

2017	BFA Design, CTU, Prague, Czechia

Training & workshops

2023—present	Croquis studio, Arkitektenes Hus, Oslo, Norway
2022—present	Life drawing & croquis studio, Blank Page Oslo, Oslo, Norway
2014—2017	Figure drawing evening classes, CTU, Prague, Czechia
2016	Porcelain manufacturing educational stay in Ceramics Centre FAD UJEP, Dubí, Czechia

Experience

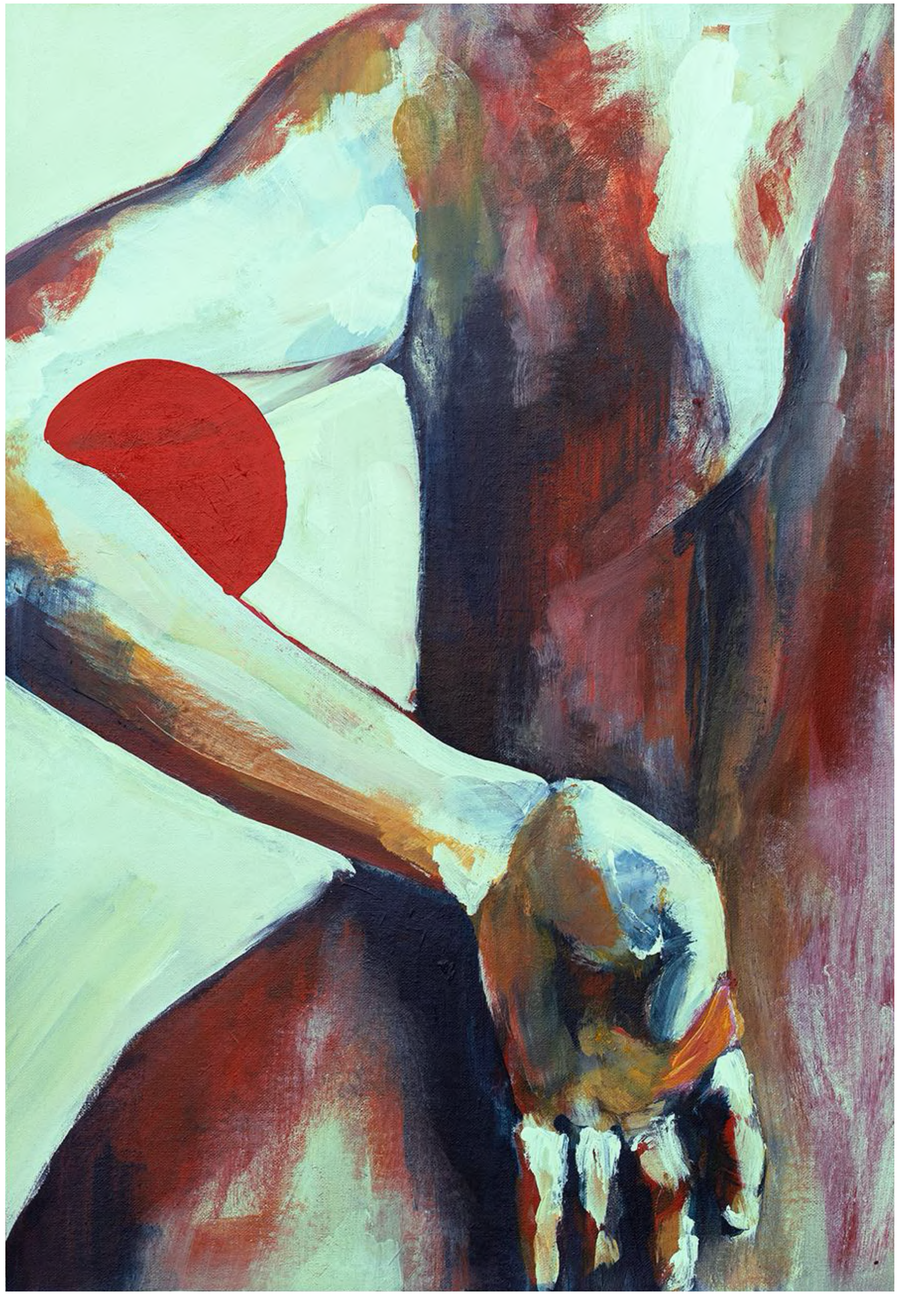
2022—2026	Designer, Cognite, Oslo, Norway
2019—2022	Designer, Oak’s Lab, Prague, Czechia
2012—2017	Freelance photographer, Prague, Czechia
2014	Event photography intern, MeetFactory Art Center, Prague, Czechia



I’m stronger than me | 150 × 120 cm | 2026 | Acrylic on canvas



Girls aren’t alright | 140 × 200 cm | 2026 | Acrylic on canvas



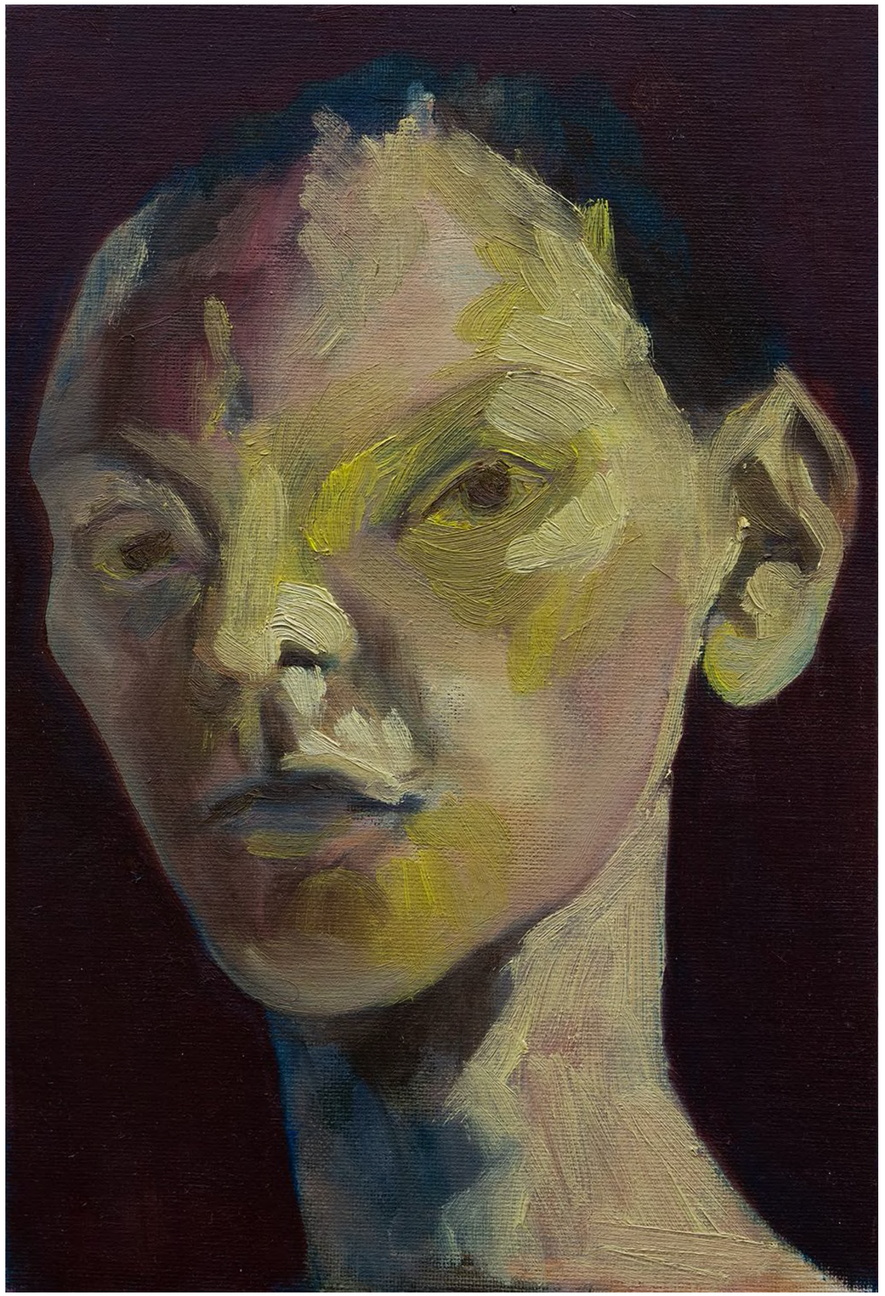
Red rubber ball 60 × 42 cm 2026 Acrylic on canvas



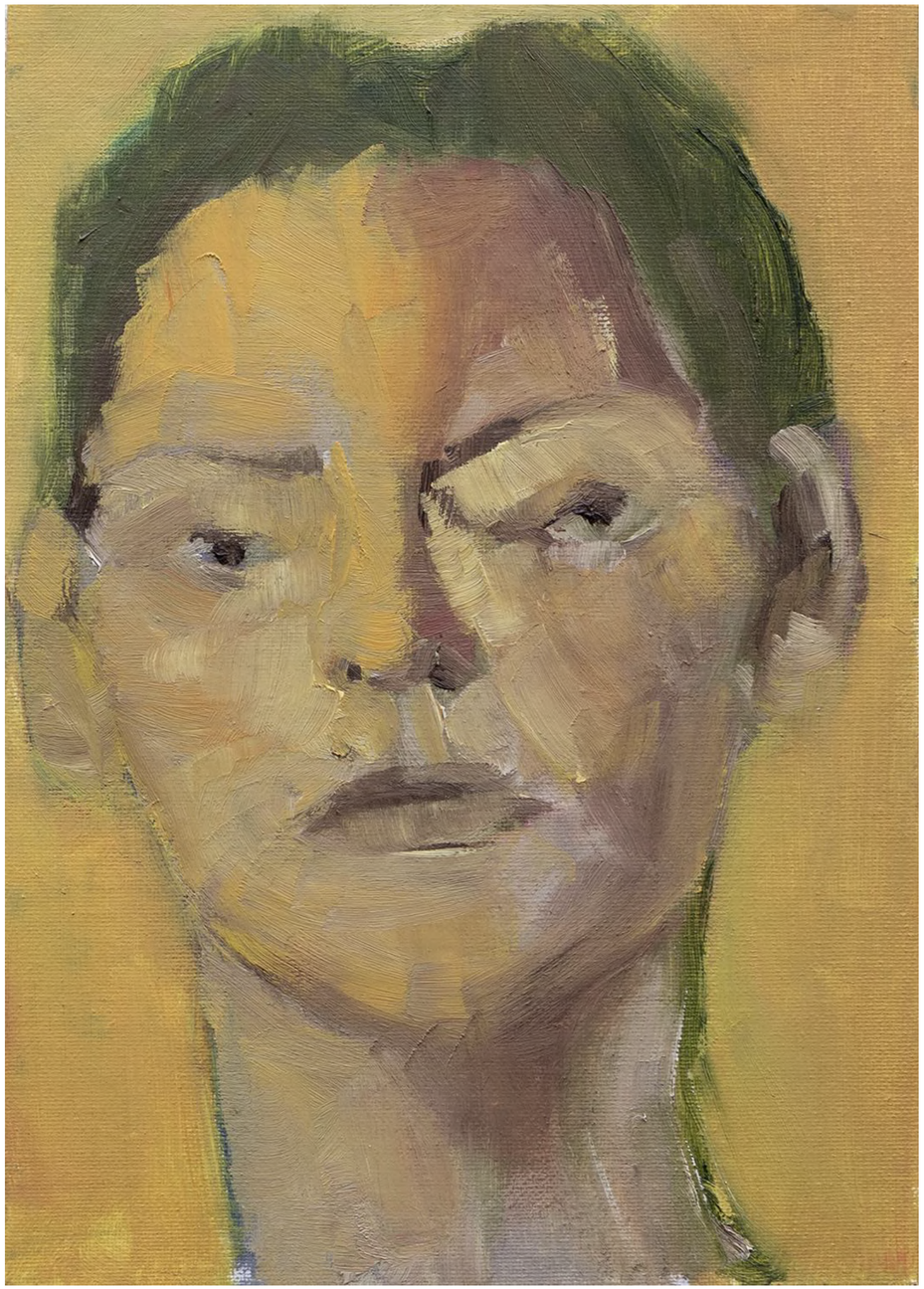
Drenched 60 × 42 cm 2026 Acrylic on canvas



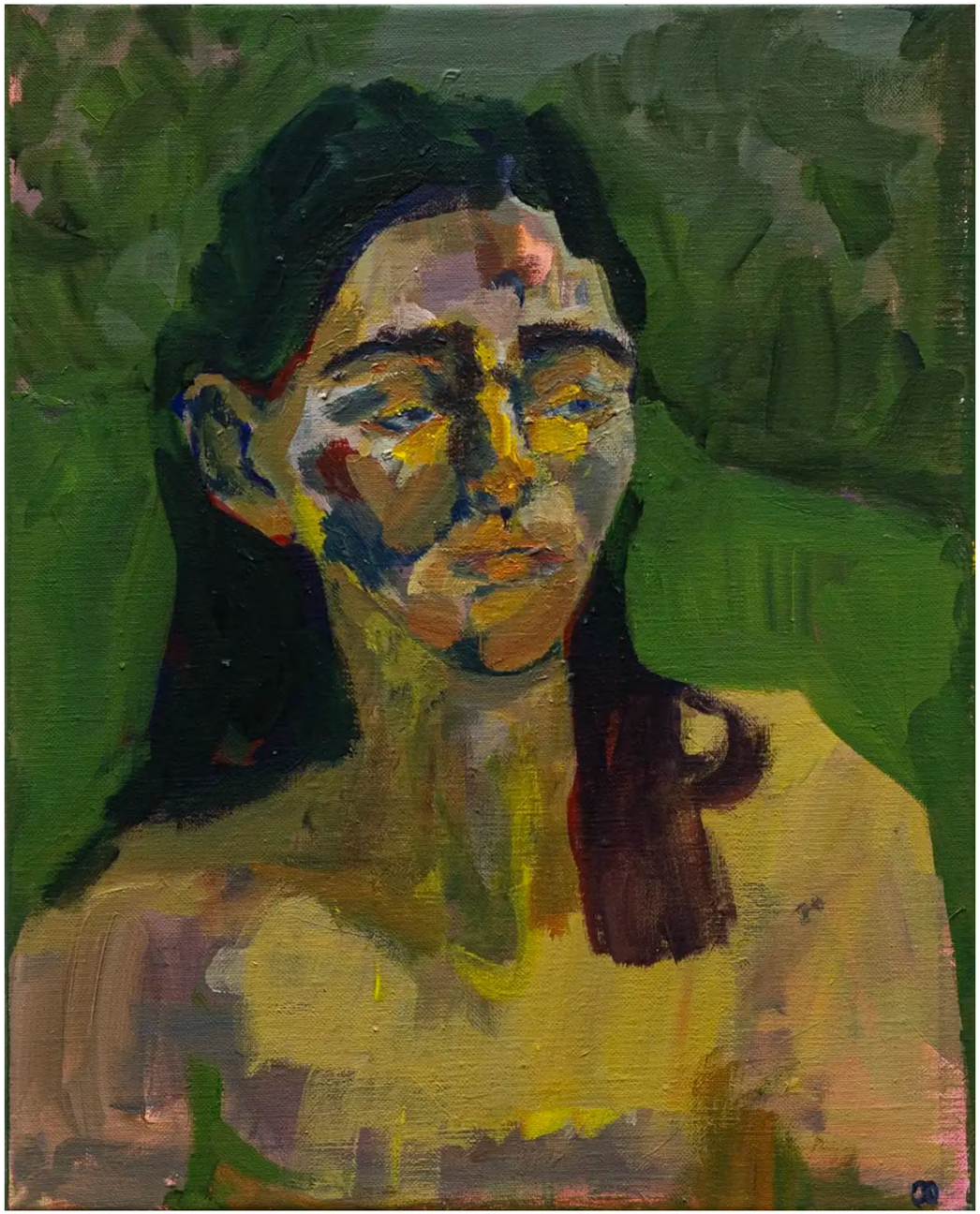
Still salty 120 × 100 cm 2026 Acrylic on canvas



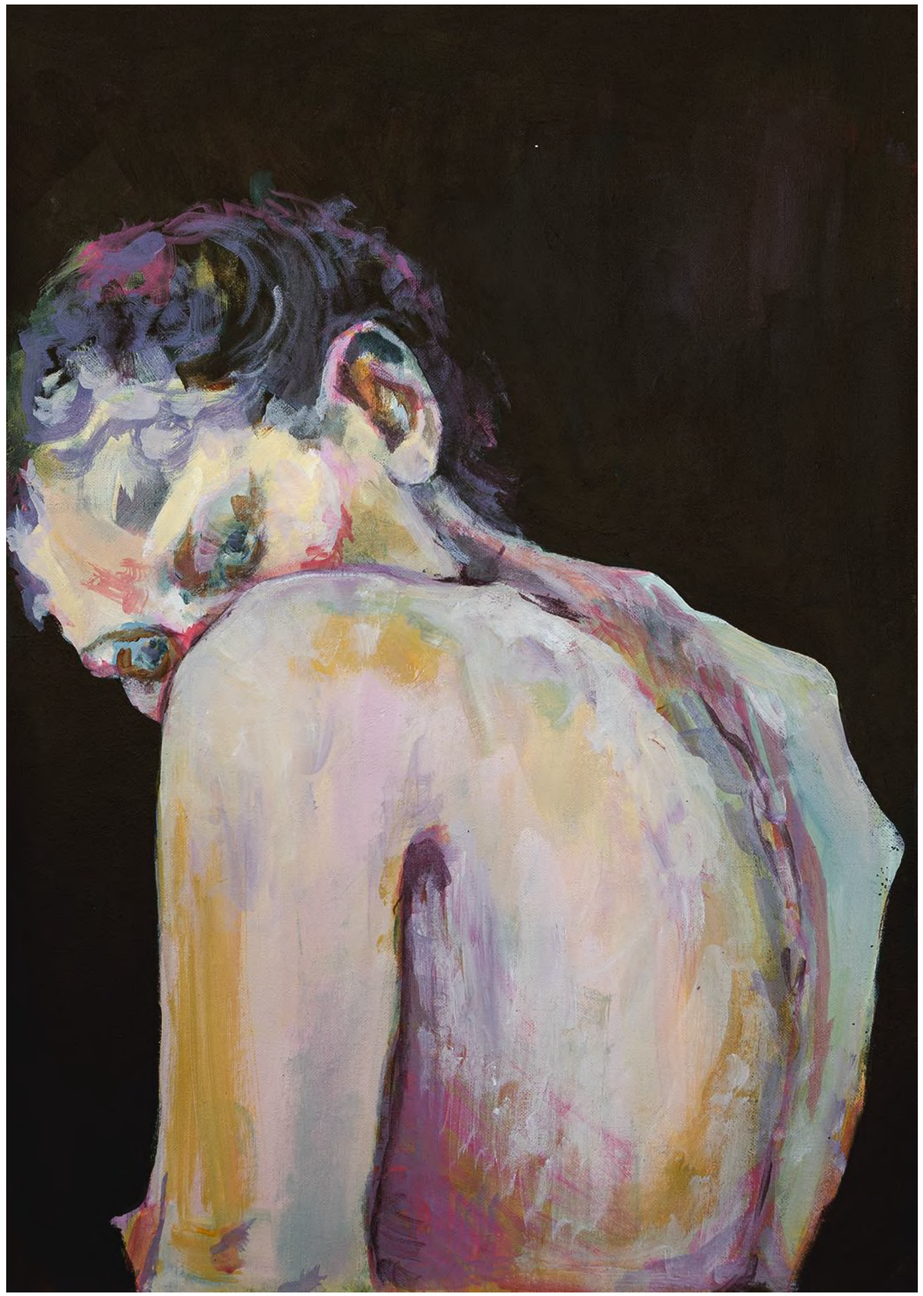
Portrait study 30 × 20 cm 2026 Oil on canvas



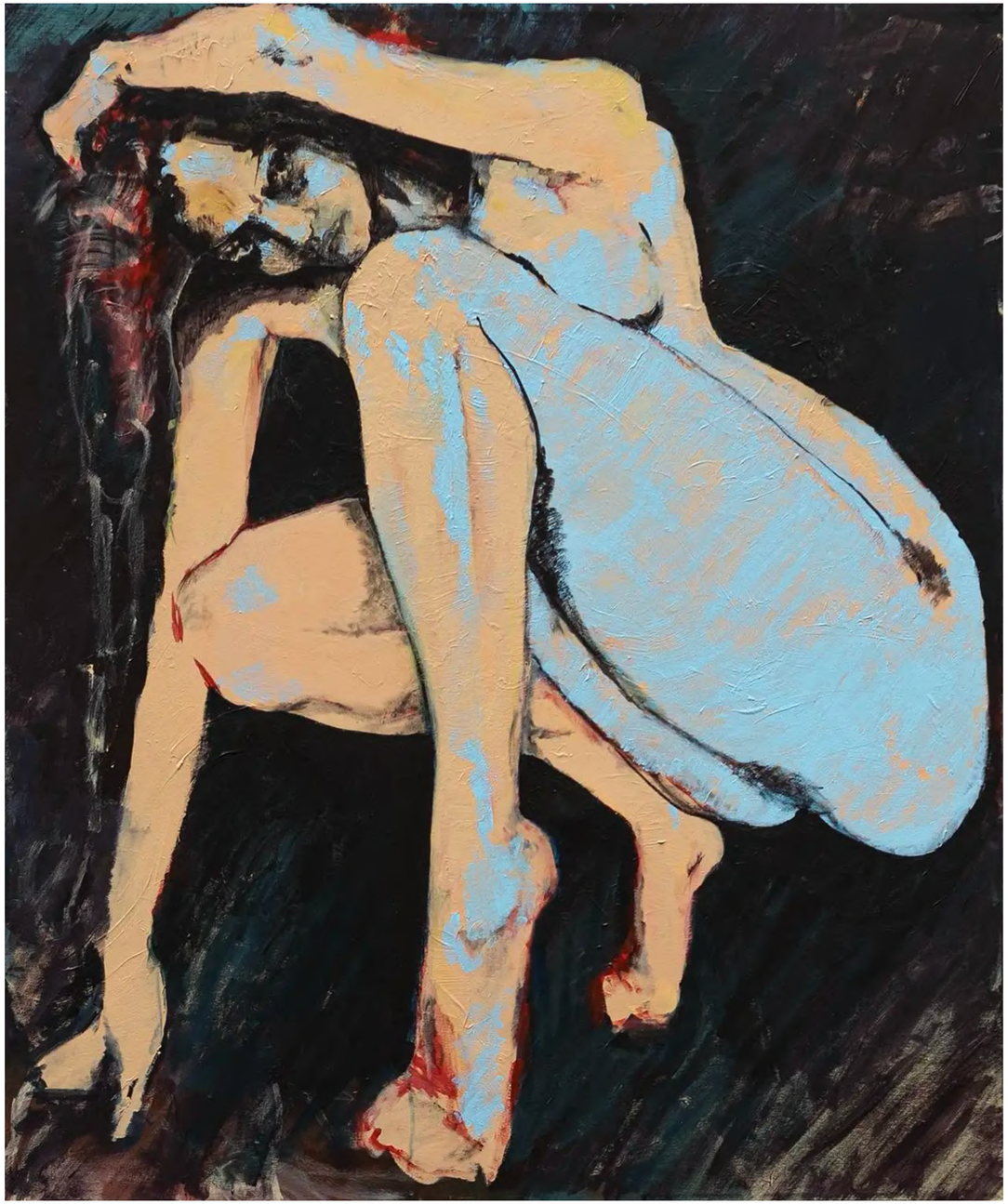
Portrait study 30 × 20 cm 2026 Oil on canvas



Ane 50 × 40 cm 2026 Acrylic on canvas



Seen 60 × 42 cm 2026 Acrylic on canvas



Bugging 120 × 100 cm 2026 Acrylic on canvas



Bugging 80 × 60 cm 2026 Acrylic on canvas



Stand on your ears for all it matters | 150 × 120 cm | 2026 | Acrylic on canvas