

MATHILDA MUK

DANCER, PERFORMER,
DANCE ARTIST, DANCE TEACHER

1.8.1995



PROFILE

I'm a dancer/performer (MA), dance teacher (BA) and dance artist from Helsinki, Finland. I graduated from Theatre Academy, Uniarts Helsinki's Dance performance Master's programme in 2025 and before that I did my Bachelor's degree in Dance pedagogy at Turku Arts Academy.

I'm a *multipassionate* artist, who is always enthusiastic to dive in to different roles in the dance (and art) field. I consider my versatility and broad interest in different approaches as my strong suit.

I'm currently working as a dancer in different projects, mostly in the field of contemporary dance, which I'm also passionate to teach. I train and develop myself actively by participating in various professional training classes and workshops.

CONTACT



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REFEREE'S CONTACT INFORMATION UPON REQUEST

EDUCATION

UNIARTS HELSINKI, THEATRE ACADEMY

2023 - 2025 | Dance performance (MA)

TURKU UNIVERSITY OF APPLIED SCIENCES (TUAS), ARTS ACADEMY

2015 - 2019 | Dance teacher (BA)

HAAGA-HELIA UNIVERSITY OF APPLIED SCIENCES

2014 - 2022 | Sales (BBA)

ADDITIONAL STUDIES

UNIARTS HELSINKI (OPEN UNIVERSITY COURSES)

Spring 2023 | Esitys äärimmäisyyksien peilinä: näkökulmia
1900-luvun esittäviin taiteisiin, Minä kirjoittajana,
Philosophy of Body Consciousness

Autumn 2021 | Dance film

EXPERIENCE AS A DANCE TEACHER

2024 -
2025

TANSSISTUDIO FOKUS DANCE TEACHER

- Styles: Contemporary, lyrical jazz
- Adults, from beginners to advanced
- Work as a substitute teacher in various styles and levels

2019 -
24

HELSINKI DANCE INSTITUTE (HELSINGIN TANSSIOPISTO) DANCE TEACHER

- Styles: Contemporary, jazz, show, creative dance, children's dance, pre-ballet
- From beginners to advanced, kids to adults
- Work as a substitute teacher in various styles and levels

2019

HELSINKI DANCE INSTITUTE (HELSINGIN TANSSIOPISTO) DANCE TEACHER INTERNSHIP

- Teaching intensive contemporary dance courses (8-11 and 12-15 years olds)
- Active work as a substitute teacher for many classes in various styles and levels

2016 -
18

TURKU UNIVERSITY OF APPLIED SCIENCES, ARTS ACADEMY PROFESSIONAL TEACHER TRAINING

- Teacher training in contemporary and jazz dance, ballet, children's and school dance

EXPERIENCE AS A DANCER & CHOREOGRAPHER

ROUTA COMPANY | SARI PALMGREN: "MeTässä"

- Spring & autumn 2025 | Dancer's work
- Performances and production (September 2025): Pällyvaara forest (Kajaani) + individual performances in Kainuu region 2025-26

OSKARI KAARNE: "Valgie verevä"

- Autumn 2024 – spring 2025 | Dancer's work
- Performances and production (February 2025): Theatre Academy, Uniarts Helsinki

RENAN MARTINS: "The Last Rite of Spring" (Theatre Academy Dance Collective, TADaC)

- Autumn 2024 | Dancer's work (Artistic thesis)
- Performances and production (December 2024): Theatre Academy, Uniarts Helsinki
- Summer 2025 tour in Tampere, Jyväskylä, Tallinn and Malmö

AVGOUSTINA TRIAROU: "boxytocin"

- Spring 2024 | Dancer's work
- Performances and production (May 2024): Theatre Academy, Uniarts Helsinki and Aalto ARTS

MATHILDA MUK: "From Source and Deep cleansing to Rebirth"

- Autumn 2023 | Solo work
- Performances and production (December 2023): Theatre Academy, Uniarts Helsinki

KRISTINA NORRI SEURANEN: "Bodies"

- Autumn 2021 | Dancer's work
- Grant from The Finnish Cultural Foundation (Suomen Kulttuurirahasto, Pirkanmaa)
- Cultural assistance for performances from City of Helsinki (performances planned for 2024)
- July 2022, Performances at Liikelaituri and Hällänäyttämö (Tampere)
- July 2022, Residency at Pikku-Otava Island, (Ylöjärvi) by Nytke Contemporary Dance Festival



KIELO DANCE COMPANY

- Autumn 2020 | Dancer's work
- Autumn 2021, "HUMAN2020" triple bill performance (Beseghi, Torp, Norri Seuranen). Performances at Aleksanterin teatteri and Kanneltalo (Helsinki)
- April 2021, "HUMAN: encounters" video art performance (Katharina Schmidt X Kielo Dance Company collaboration, Helsinki)

FOKUS DANCE COMPANY

- November 2019, Dancer's work at a private event of a company (Helsinki)

MATHILDA MUK: "Syväpuhdistus"

- May 2019, Artistic thesis (TUAS), solo work. Performances at the Arts Academy and Mamia Company (Vantaa)

LANGUAGE SKILLS

Finnish – native
English – great
Swedish – basics
German – basics

OTHER SKILLS

Singing,
Sales &
Marketing

