



SARAH U

CONTACT INFORMATION

sarahu1025@gmail.com

EDUCATION

Bachelor of Fine Arts in Dance and
Kinesiology
Sept 2017 to Summer 2021

Simon Fraser University, Vancouver, BC

WORK/RESIDENCY

2022 Feb (ongoing)

Multimedia live performance

To be presented by Dance Centre

2022 March (ongoing)

Forthcoming (residency project, digital performance/projection)

To be presented by ArtStarts Gallery and Dance Centre

2022 March

Bounce (Digital Performance)(duet)

Presented by Springworks (Ontario)

2021 August

Stratum (Installation, Live Performance) (ensemble)

Presented by Vines Art Festival. Hadden Park, Vancouver, BC.

2021 July

The Wall Speaks (Digital performance) (solo)

Presented by Quarantine Capsule BC Edition, Emily Carr University.

2021 May - Aug

S T E P (Digital Performance) (solo)

Presented by National Arts Centre, F-O-R-M, Dumb Instrument Dance

2020 Dec

Puzzle (Live Stream Performance, Dance Film) (ensemble)

Presented by Impulse Theatre, Victoria, BC.

2020 Oct

Kuafu (Digital Performance) (solo)

Presented by Burnaby Arts Council

2020 Feb

365 (Live Performance) (duet)

Presented by Simon Fraser University, student choreography program

PERFORMANCES

2021 Sept - Dec (Company Dancer with Free Flow Dance Theatre, Saskatoon)

Nuit Blanche Saskatoon (Sept 25), ensemble.

The Explorer (Oct 1 -3), ensemble.

The Enchanted Night Forest (Oct 22-24,29), ensemble.

The Compass (Nov 19-21), ensemble.

Choreographer/ Artistic Director: Jackie Latendresse

2021 April (CollabArt Creations, Vancouver)

Just a Swipe (ensemble). Film screened in Mobile Dance Film Festival, New York and Florence Dance On Screen, Italy.

Choreographer: Kylah Powell



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Apr 2021 (Simon Fraser University, Vancouver)

Traveling in clouds (ensemble). Spring Repertory Show (Digital),
Choreographer: Judith Garay.

Apr 2021 (Simon Fraser University, Vancouver)

Emerge (solo). Graduate showcase (Digital).
Choreographer: Sarah U

2020 Aug (Foolish Operations, Vancouver)

Moving, Resting, Nesting (duet). Lions Park, Port Coquitlam, BC.
Choreographer: Julie Lebel

2020 Aug (Vines Art Festival, Vancouver)

Under the Willow Tree (ensemble). Trout Lake Park.
Mentor: Marisa Gold

2019 Dec (Simon Fraser University, Vancouver)

"In this time" "Hold on for one more day". (ensemble) Fall Repertory
Show,
Choreographer: Cheryl Prophet, Antonio Somera.

2019 Aug (Richmond World Festival, Vancouver)

Transcending Perception (solo). Richmond.
Producer: John-Desnoyers-Stewart.

2019 June (Vancouver Biennale, Vancouver)

Continuous Voyage (ensemble). Sun Wah Centre, Vancouver, BC.
Artistic director: Sahej Rahal

2019 Apr - July (Dancing on the Edge, Vancouver)

ÉCOUTE POUR VOIR Danse Carpe Diem" (ensemble). The Dance Centre.
Vancouver public library and Granville Island.
Choreographer/Artistic director: Emmanuel Jouthe

AWARDS/ACHIEVEMENTS

2021

Selected Speaker at Faculty of Communication, Art and
Technology Undergraduate Conference, Simon Fraser
University.

2021

Recipient of Sector Equity for Anti-Racism in the Arts: POWER
SHARE: Covid Relief Fund for Black, Indigenous & Racialized
Artists

2016

Recipient of British Columbia Dance Educators' Association
Award.

Recipient of British Columbia Achievement Award.

Recipient of Burnaby Arts Council Scholarship – excellence
and achievement in the arts.



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SCHOLARSHIPS

2022 Jan-April

EDAM dance training program

2021

Classical Conditioning Program, Dance Saskatchewan Inc

Shay Kuebler summer intensive, Simon Fraser University

2020

Helen Walkey summer intensive, Simon Fraser University

Vancouver Contact Improvisation Festival, Simon Fraser
University

TEACHING

2018 Oct - Present

City of Vancouver, Ballet Teacher

2022 Jan - Present

City of Burnaby, Ballet and Modern Dance Teacher
City of Coquitlam, Ballet and Modern Dance Teacher

ADMINISTRATION WORK

Jan 2022 to Present

Program Coordinator, Sask Girl United (volunteer)

June 2020 to Sept 2020

Resource and Communication Intern, Dancer Transition
Resource Centre