

## HELENE APPEL

(1976, Karlsruhe, DE -  
lives and works in Berlin, DE)

Helene Appel attended the Hochschule für Bildende Künste in Hamburg and completed her MA at the Royal College of Art in London.

The recurring themes in the works of Helene Appel are more or less always the same, taken from everyday life, or rather from an everyday home life, as if she were painting things that are under her gaze, in a home kitchen. Chopped leeks, grains of rice, tea towels: painted in such detail that they look real, or like a *trompe-l'oeil*, and yet, as a result of their proportions in relation to the canvas, almost abstract. Subjects – if you will – of a staggering banality, obviously painted in place of something else, in order to say something else.

Painted from life and, we can imagine, slowly. One brush stroke at a time, day after day, because painting remains of all the arts really the one that best identifies the artist with his own studio, the site of a daily drill, the stage of a dialogue with oneself, attempts sometimes successful and sometimes not. Those of Helene Appel are still lifes with only one subject at a time. Reminiscent of Chardin, for their light, or the few, beautiful still lifes of Zurbarán, in which a cup or a rose appear to jut out of the picture, like in an offering; or even – inevitably – Morandi, for the painstaking care with which, we imagine, Helene places the items that she will paint in different sizes and layouts. Here, like elsewhere, vegetables, dishes, fish and meat, fabrics and branches or flowers, which are the classic themes of the genre, are pretexts to reaffirm the essence of painting: indexes that serve to refocus attention on the surface of the painting, and on the picture as a surface.

Cecilia Canziani

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### Upcoming exhibitions

Galerie Rüdiger Schöttle, Munich, DE (solo, 2024);  
The Approach, London, UK (solo, 2024).

### Ongoing exhibitions

*Regenerative Futures*, Fondation Thalie, Brussels, BE (2024); *What If Women Ruled the World?*, National Museum of Contemporary Art (EMST), Athens, GR (2023).

### Recent solo exhibitions

*Among Trees, Among Sand Grains*, The Williamson Art Gallery and Museum, Birkenhead, UK (2023); *Andature III: Helene Appel / Eva Marisaldi*, Museo Marino Marini, Firenze, IT (duo, 2023); *Helene Appel / Nadia Guerroui*, O V project, Brussels, BE (duo, 2023); *Letters*, Drawing Room, Hamburg, DE (2023); *Among Trees, Among Sand Grains*, Touchstones Rochdale, Rochdale, UK (2023); *On the Cutting Board*, P420, Bologna, IT (2023); *Helene Appel. Representation*, Städtische Galerie Delmenhorst, Delmenhorst, DE (2022); *Helene Appel*, Galerie Rüdiger Schöttle, Munich, DE (2020); *Outside*, The Approach, London, UK (2019); *Helene Appel*, CCA Andratx, Mallorca, ES (2019); *Washing*, James Cohan Gallery, New York, US-NY (2018); *Helene Appel*, Galerie Rüdiger Schöttle, Munich, DE (2017); *Waves*, The Approach, London, UK (2017); *Washing Up*, P420, Bologna, IT (2016); James Cohan Gallery, New York, US-NY (2014); The Approach, London, UK (2013); *Helene Appel: Kaiserringstipendium*, Mönchenhausmuseum, Goslar, DE (2011); Art Positions, Art Cologne, DE (2011); *Helene Appel*, Dorothea Schlueter Gallery, Hamburg, DE (2011).

### Recent group exhibitions

*geMALTI*, Galleri Susanne Ottesen, Copenhagen, DK (2024); *The Hill is getting lower. Or so it seems.*, Sweetwater, Berlin, DE (2024); *The Triumph of Death*, Marinaro, New York, US-NY (2023); *Life is Art, art is Live*, Pinakothek der Moderne, Munich, DE (2023); *The Teardrop Explodes*, Oberstdorf, DE (2023); Fondation Thalie, Brussels, BE (2021); *Room for One's Own / Part 1*, Galerie Rüdiger Schöttle, Munich, DE (2021); *Portraits*, Galerie



Rüdiger Schöttle, Munich, DE (2021); *On Survival*, Britta von Rettberg Gallery, Munich, DE (2021); *E subito riprende il viaggio*, P420, Bologna, IT (2020); *Accrochage*, Galerie Rüdiger Schöttle, Munich, DE (2020); *ELEMENTUM, singular positions in the CCA collection*, CCA Andratx, Spain, ES (2020); *...AUSSER VIELLEICHT EINE KONSTELLATION, Hommage à Giandomenico Tiepolo*, Galerie Oqbo, Berlin, DE (2020); *Le realtà ordinarie*, Palazzo de' Toschi, Bologna, IT (2020); *Condo Unit Athens*, The Breeder, Athens, GR (2019); *Corbett vs. Dempsey* Gallery, Chicago, US-IL (2019); *James Cohan: Twenty Years*, James Cohan Gallery, New York,

US-NY (2019); *The Tiresome Truth*, ASC Gallery, London, UK (2019); *Premio Lissone 2018, E' strano continuare a pensare che la pittura sia fatta per essere vista*, MAC - Museo d'Arte Contemporanea, Lissone, IT (2018); *Still life*, Galerie Rüdiger Schöttle, Munich, DE (2018); *Helene Appel, Alisa Margolis, Helen Verhoeven*, Galerie Judin, Berlin, DE (2018); *Always the real thing*, White Crypt, London, UK (2018); Frigoriferi Milanesi - Centro per l'Arte Contemporanea, Milano, IT (2017); Kunstmuseum Bochum, Bochum, DE (2017); *Fickle Food Upon a Shifting Plate*, Studio Leigh, London, UK (2017); *20 years Show*, The Approach, London, UK (2017).

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### UPCOMING EXHIBITIONS

#### 2024

Galerie Rüdiger Schöttle, Munich, DE (solo)

The Approach, London, UK (solo)

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### RECENT EXHIBITIONS

#### 2024

*Regenerative Futures*, curated by Nathalie Guiot and Yann Chateigné Tytelman, Fondation Thalie, Brussels, BE

*geMALT!*, curated by Olav Christopher Jenssen and Anna Linnea Tyden, Galleri Susanne Ottesen, Copenhagen, DK

*The Hill is getting lower. Or so it seems.*, Sweetwater, Berlin, DE

#### 2023

*What If Women Ruled the World?*, National Museum of Contemporary Art (EMST), Athens, GR

*Life is Art, art is Live*, Pinakothek der Moderne, Munich, DE

*The Triumph of Death*, Marinaro, New York, US-NY

*Andatura III: Helene Appel / Eva Marisaldi*, curated by Marcella Cangioli and Antonella Nicola, Museo Marino Marini, Firenze, IT (duo)

*Letters*, Drawing Room, Hamburg, DE (solo)

*Among Trees, Among Sand Grains*, The Williamson Art Gallery and Museum, Birkenhead, UK (solo)

*Helene Appel / Nadia Guerroui*, O V project, Brussels, BE (duo)

*The Teardrop Explodes*, curated by Alex Heil, Kunsthaus Villa Jaus, Oberstdorf, DE

*Among Trees, Among Sand Grains*, Touchstones Rochdale, Rochdale, UK (solo)

*On the Cutting Board*, P420, Bologna, IT (solo)

#### 2022

*Helene Appel. Representation*, Städtische Galerie Delmenhorst, Delmenhorst, DE (solo)

#### 2021

Fondation Thalie, Brussels, BE

*Room for One's Own / Part 1*, Galerie Rüdiger Schöttle, Munich, DE

*Portraits*, Galerie Rüdiger Schöttle, Munich, DE

*On Survival*, curated by Caterina Avataneo, Britta von Rettberg Gallery, Munich, DE

#### 2020

*Helene Appel*, Galerie Rüdiger Schöttle, Munich, DE (solo)

*E subito riprende il viaggio*, P420, Bologna, IT

*Accrochage*, Galerie Rüdiger Schöttle, Munich, DE

*ELEMENTUM, singular positions in the CCA collection*, CCA Andratx, Spain, ES

*... AUSSER VIELLEICHT EINE KONSTELLATION, Hommage á Giandomenico Tiepolo*, curated by Michael Glasmeier and Christian Schiebe, Galerie Oqbo, Berlin, DE

*Le realtà ordinarie*, curated by Davide Ferri, Palazzo de' Toschi, Bologna, IT

#### 2019

*Condo Unit Athens*, The Breeder, Athens, GR

*Corbett vs. Dempsey* Gallery, Chicago, US-IL

*James Cohan: Twenty Years*, James Cohan Gallery, New York, US-NY

*Outside*, The Approach, London, UK (solo)

*Helene Appel*, CCA Andratx, Mallorca, ES (solo)

*The Tiresome Truth*, ASC Gallery, London, UK

#### 2018

*Washing*, James Cohan Gallery, New York, US-NY (solo)

*Premio Lissone 2018, E' strano continuare a pensare che la pittura sia fatta per essere vista*, MAC - Museo d'Arte Contemporanea, Lissone, IT

*Still life*, Galerie Rüdiger Schöttle, Munich, DE

*Helene Appel, Alisa Margolis, Helen Verhoeven*, Galerie Judin, Berlin, DE

*Always the real thing*, White Crypt, London, UK

#### 2017

*Helene Appel*, Galerie Rüdiger Schöttle, Munich, DE (solo)

*Waves*, The Approach, London, UK (solo)

Frigoriferi Milanesi - Centro per l'Arte Contemporanea , Milano, IT  
Kunstmuseum Bochum, Bochum, DE  
*Fickle Food Upon a Shifting Plate*, Studio Leigh, London, UK  
*20 years Show*, The Approach, London, UK

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## SOLO EXHIBITIONS

**2023**

*Andature III: Helene Appel / Eva Marisaldi*, curated by Marcella Cangioli and Antonella Nicola,  
Museo Marino Marini, Firenze, IT (duo)  
*Letters*, Drawing Room, Hamburg, DE  
*Among Trees, Among Sand Grains*, The Williamson Art Gallery and Museum, Birkenhead, UK  
*Helene Appel / Nadia Guerroui*, O V project, Brussels, BE (duo)  
*Among Trees, Among Sand Grains*, Touchstones Rochdale, Rochdale, UK  
*On the Cutting Board*, P420, Bologna, IT

**2022**

*Helene Appel. Representation*, Städtische Galerie Delmenhorst, Delmenhorst, DE

**2020**

*Helene Appel*, Galerie Rüdiger Schöttle, Munich, DE

**2019**

*Outside*, The Approach, London, UK  
*Helene Appel*, CCA Andratx, Mallorca, ES

**2018**

*Washing*, James Cohan Gallery, New York, US-NY

**2017**

*Helene Appel*, Galerie Rüdiger Schöttle, Munich, DE  
*Waves*, The Approach, London, UK

**2016**

*Washing up*, P420, Bologna, IT

**2014**

James Cohan Gallery, New York, US-NY

**2013**

The Approach, London, UK

**2011**

*Helene Appel: Kaiserringstipendium*, Mönchenhausmuseum, Goslar, DE  
*Art Positions*, Art Cologne, DE  
*Helene Appel*, Dorothea Schlueter Gallery, Hamburg, DE

**2010**

*Chopping Board*, The Approach, London, UK

**2009**

*Der Vorschuss*, Luis Campana, Berlin, DE

**2008**

*The Minutes*, Outpost, Norwich, UK  
*Assistant*, The Approach, London, UK

**2007**

Anna-Catharina Gebbers | Bibliothekswohnung, Berlin, DE

**2006**

Gallery Serdtse, Moscow, RU

**2005**

*Trottoir*, Hamburg, DE

**2004**

*Schnelle Äste*, HfBK, Hamburg, DE

2002

Künstlerhaus Hamburg, DE

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**SELECTED GROUP EXHIBITIONS**

2024

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*geMALT!*, curated by Olav Christopher Jenssen and Anna Linnea Tyden, Galleri Susanne Ottesen, Copenhagen, DK

*The Hill is getting lower. Or so it seems.*, Sweetwater, Berlin, DE

2023

*What If Women Ruled the World?*, National Museum of Contemporary Art (EMST), Athens, GR

*Life is Art, art is Live*, Pinakothek der Moderne, Munich, DE

*The Triumph of Death*, Marinaro, New York, US-NY

*The Teardrop Explodes*, curated by Alex Heil, Kunsthaus Villa Jaus, Oberstdorf, DE

2021

Fondation Thalie, Brussels, BE

*Room for One's Own / Part 1*, Galerie Rüdiger Schöttle, Munich, DE

*Portraits*, Galerie Rüdiger Schöttle, Munich, DE

*On Survival*, curated by Caterina Avataneo, Britta von Rettberg Gallery, Munich, DE

2020

*E subito riprende il viaggio*, P420, Bologna, IT

*Accrochage*, Galerie Rüdiger Schöttle, Munich, DE

*ELEMENTUM, singular positions in the CCA collection*, CCA Andratx, Spain, ES

*... AUSSER VIELLEICHT EINE KONSTELLATION, Hommage à Giandomenico Tiepolo*, curated by Michael Glasmeier and Christian Schiebe, Galerie Oqbo, Berlin, DE

*Le realtà ordinarie*, curated by Davide Ferri, Palazzo de' Toschi, Bologna, IT

2019

*Condo Unit Athens*, The Breeder, Athens, GR

*Corbett vs. Dempsey* Gallery, Chicago, US-IL

*James Cohan: Twenty Years*, James Cohan Gallery, New York, US-NY

*The Tiresome Truth*, ASC Gallery, London, UK

2018

*Premio Lissone 2018, E' strano continuare a pensare che la pittura sia fatta per essere vista*, MAC - Museo d'Arte Contemporanea, Lissone, IT

*Still life*, Galerie Rüdiger Schöttle, Munich, DE

*Helene Appel, Alisa Margolis, Helen Verhoeven*, Galerie Judin, Berlin, DE

*Always the real thing*, White Crypt, London, UK

2017

*Frigoriferi Milanesi - Centro per l'Arte Contemporanea*, Milano, IT

Kunstmuseum Bochum, Bochum, DE

*Fickle Food Upon a Shifting Plate*, Studio Leigh, London, UK

*20 years Show*, The Approach, London, UK

2016

*Kettle's Yard at The Hepworth Wakefield*, curated by Anthea Hamilton, The Hepworth Wakefield, Wakefield, UK

*Queensize*, Museum Arnhem, Arnhem, NL

*I Prefer Life*, Museum Weserburg, Bremen, DE

*CORALE*, Centro per l'Arte Contemporanea Frigoriferi Milanesi, Milano, IT

*Is This Living?*, The Approach, London, UK

2015

*Èdra: Tutta l'Italia è silenziosa*, curated by Davide Ferri, Reale Accademia di Spagna, Roma, IT

Salondergegenwart, Hamburg, DE

Art Berlin Contemporary, Berlin, DE

*Helene Appel, Olga Balema, Simon Logan*, Galerie Luis Campaña, Berlin, DE

*Painting Show - Part One*, Galerie Rüdiger Schöttle, Munich, DE

**2014**

*Queensize - Female Artists from the Olbricht Collection*, Me Collections Room, Berlin, DE  
*SOME / THINGS*, Projectos Monclova, Mexico City, MX  
*Kunstepedemie Büttner & Scolari*, Feinkunst Krüger, Hamburg, DE

**2013**

*Luce, Giorno: Helene Appel, Antonio Calderara*, curated by Davide Ferri, P420, Bologna, IT  
*Inevitable Figuration: A Scene of Painting Today*, curated by Marco Bazzini and Davide Ferri, Centro per l'Arte Contemporanea Luigi Pecci, Prato, IT  
*FULL HOUSE reloaded*, curated by Wolfgang Schoppmann, Schönewald Fine Arts, Düsseldorf, DE

**2012**

*ÜBER DIE DINGE*, Kulturstiftung Schloss Agathenburg, Agathenburg, DE  
*Lines of Thought*, Parasol Unit, London, UK  
*Object Fictions*, James Cohan Gallery, New York, US-NY

**2011**

Kunsthalle Wilhelmshaven, Wilhelmshaven, DE  
*FORCEMEAT*, Wallspace, New York, US-NY  
*Helene Appel, Nadja Frank, Anna Gudjónsdóttir, Claudia Wieser*, Galerie Conradi, Hamburg, DE  
*Two-person presentation*, Independent Art Fair, New York, US-NY

**2010**

*Index Kunstpreis*, Kunsthaus Hamburg, DE  
*Rotate*, curated by Outpost, Contemporary Art Society, London, UK  
*Hulahoop - 401* LondonProjects, London, UK  
*Hulahoop - 401* contemporary, Berlin, DE  
*The Library of Babel*, curated by Anna-Catharina Gebbers, 176 Project Space, London, UK  
*The Library of Babel / In and Out of Place*, Zabłudowicz Collection London, London, UK  
*Augentäuschung. Special Effects in der Gegenwartskunst*, Kunsthalle Wilhelmshaven, DE  
*Luxus Der Empfindsamkeit*, Luis Campana, Berlin, DE

**2009**

*Beating The Bounds*, Art Now, curated by Lizzie Carey-Thomas and Clarrie Wallis, Tate Britain, London, UK  
*We Are Moving*, Royal College of Art, London, UK  
*SNIPER*, Galerie Biedermann, Munich, DE  
*Miniaturen*, Galerie Bärbel Grässlin, Frankfurt, DE  
*O/A Stiff Bandeau*, Tricycle Gallery, London, UK

**2008**

*Think Again*, Rachmaninoff's, London, UK  
*Divination*, The Brunswick Centre, London, UK

**2007**

*Members Show*, selected by Gavin Turk, Outpost Gallery, Norwich, UK  
*The Teardrop Explodes*, Stadtgalerie Schwaz, Schwaz, AT  
*The Thinnest Door I've Ever Sold*, (with Anna Gudjónsdóttir and Simon Logan) Studio 1.1 Gallery, London, UK  
*Fast*, La Generale, Paris, FR and b22, Hamburg, DE and Ausstellungsraum glue, Berlin, DE  
*Bookish relations*, curated by Anna-Catharine Gebbers, Bibliothekswohnung Berlin, DE  
*Inky Toy Affinitas*, curated by Anna-Catharine Gebbers, Cerealart, Philadelphia, US-PA  
*Divination*, Projekt B-22, Hamburg, DE

**2006**

*Friedrich*, curated by Bruce Haines, doggerfisher, Edinburgh, UK  
*The air line*, (with Anthea Hamilton and Nick Byrne) The Reliance, London, UK  
Beverley Knowles Fine Art, London, UK  
Arcade, New Quebeckstreet, London, UK  
*Grotto* - Studio 1.1, London, UK  
*Degree Show*, Royal College of Art, London, UK

**2005**

*Index 2005*, Kunsthaus, Hamburg, DE  
*Grosse Koalition*, Gallery Wagdas, London, UK  
*Der Himmel ist schön...*, Walden Kunstaustellungen, Berlin, DE  
*Electric Ladyland*, Umspannwerk, Berlin, DE

**2004**

*Der Himmel ist schön...*, temporary exhibition space, Hamburg, DE

**2003**

*Index 2003*, Kunsthaus Hamburg, DE

**2002**

*Introduction*, Museum Burgkloster, Lübeck, DE

**2001**

*Kunst in der Börse*, Handelskammer Hamburg, DE

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**COLLECTIONS**

La Gaia Collection, Busca, IT

Moenchehaus Museum Goslar, DE

Olbricht Collection, Berlin, DE

Zabludowicz Collection, London/Sarvisalo/New York

Williamson Art Gallery & Museum, Wirral, UK