

Curriculum Vitae - October 2025

Henrik Stenlund

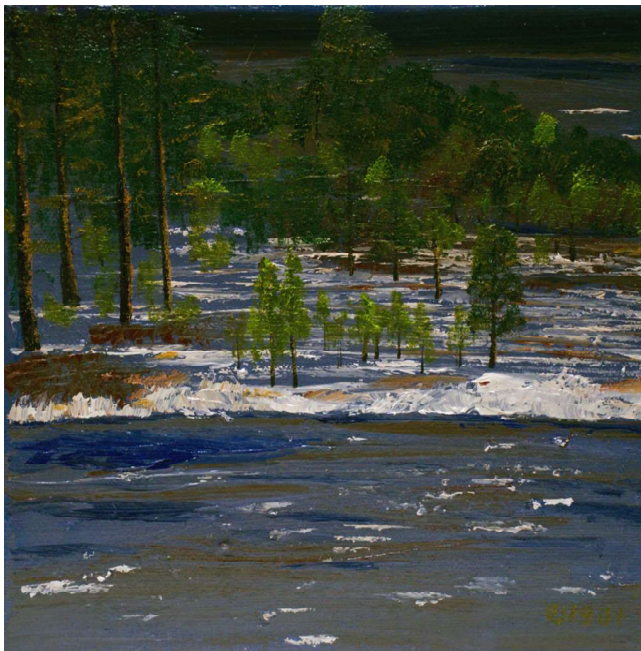
Mr. Stenlund has painted actively since 2006, starting with pencil and charcoal. He has extended to acryl, woodcut prints, oil, watercolour and pastel and lately to encaustic. He is an experimenter in these techniques inventing fresh ways to express ideas. Mr. Stenlund has participated in more than 120 national and international exhibitions.

In spite of being an impressionist, he adds symbolism to his art which is mostly about nature and man's relation to it.

Mr. Stenlund spends every year weeks in forests and fjells painting and drawing. There is the unique possibility of becoming one with the nature and starting to express it on canvas.

Website: www.visilab.fi/henrikstenlund.htm

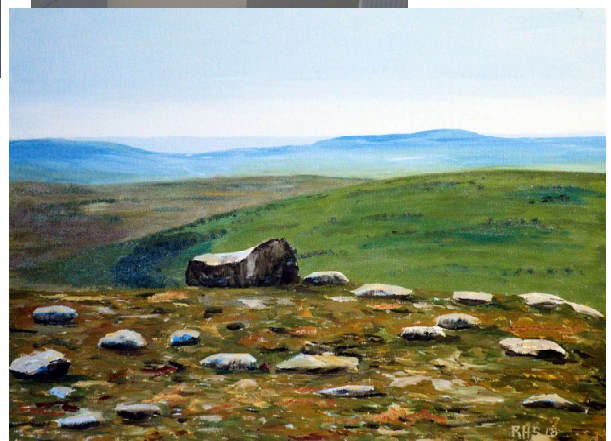
Recent work:



"Flood at Kemijoki in Autti", oil 2021 20x20



"Happy Salamander" and "Midas I", sculptures 2023 and 2019



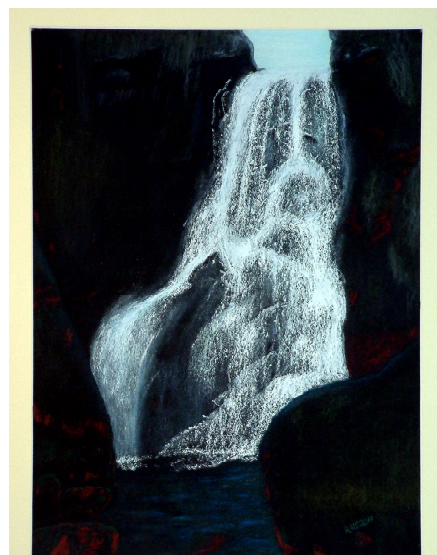
"Paihkalvaara mountain", oil 2018 30x40



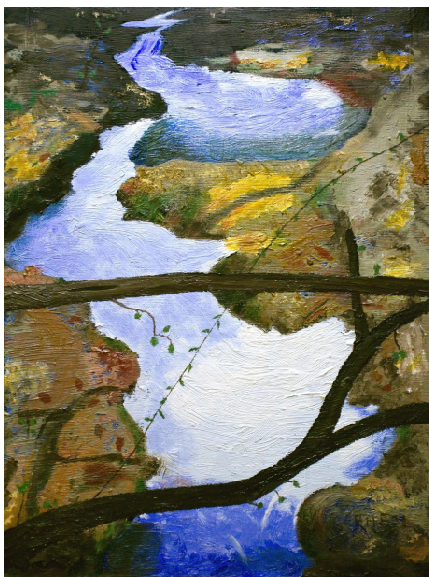
"Mystery of Spring", pastel 2012
100x70



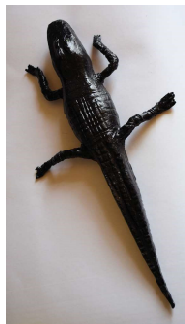
"Little Salamander", wood
30 cm 2025



"Fiellu - We Have Time", pastel 2010
100x70



"Brook at Mountain Meron", oil
2022 50x30



"Happy Alligator",
"Little Alligator", wood
sculptures 88 and 39
cm 2025



"Rocks in Lake Inari", oil 2018 30x40



"Hamari", oil 2017 20x30

An Old Fence in Snow, oil 2014 60x100



"Old Barns in Pukkila", oil 2014 50x60



Henrik Stenlund

Training in Art

Mr. Stenlund has attended several art courses in Open College of Mäntsälä, Finland. The courses comprise of drawing, pastels, watercolour and oil and acryl painting. The teacher was Mrs. Sinikka Ustinov-Jones for three years 2006 - 2009 and also for the semesters 2012-2023, covering graphics, drawing, painting and sculpture. He has participated in several graphics courses in wood cutting, engraving, lithography and on several live model drawing classes. He has also taken two classes on encaustic art by Mrs. Sari-Aino Tolonen.

Current Memberships

- Art Society of Pornainen Part
- Suomen Taiteilijat (Finnish Artists' Society)
- Helsingin Taiteilijayhdistys

Previous memberships

- Art group Feeniks
- Art Society Kuumart
- Artpoint Society
- Art society of Mäntsälä

Juried Exhibitions (International in bold)

- a group exhibition in Kaapelitehdas Valssaamo in August 2025 with Suomen Taiteilijat ry.
- A group exhibition in February 2024 in Järvenpää Taidetalo, by Part
- a group exhibition in Kaapelitehdas Valssaamo in August 2023 with Suomen Taiteilijat ry.
- a group exhibition in Kaapelitehdas Valssaamo in August 2022 with Suomen Taiteilijat ry.
- a group exhibition in Kaapelitehdas Valssaamo in August 2021 with Suomen Taiteilijat ry.
- a group exhibition in Kaapelitehdas Valssaamo in September 2020 with Suomen Taiteilijat ry.
- A group exhibition in June 2020 in Järvenpää Taidetalo, by the artgroup Feeniks
- a group exhibition in Kaapelitehdas Valssaamo in August 2019 with Suomen Taiteilijat ry.
- A Summer group exhibition in June-July 2018 in Kerava Manor, by the Art Society Kuumart
- **A Autumn group exhibition in Aschersleben near Berlin in October-December 2017, by the Art Society Kuumart**
- A Springtime group exhibition in March 2017 in Kerava, by the Art Society Kuumart
- A Springtime group exhibition in May 2015 in the Rantatie Gallery, by the Art Society Kuumart
- A Spring group exhibition "Ilo" by the Art Society Kuumart for April 2013 in the city of Järvenpää, Hotel Gustavelund
- A group exhibition in Mäntsälä in Oct. 2012, an annual exhibition by the local art society in Mäntsälä
- A Autumn group exhibition by the Art Society Kuumart for October 2012 in the city of Orimattila, the Spinnery Hall

- A Spring group exhibition by the Art Society Kuumart for April 2012 in the city of Tuusula, Hotel Gustavelund
- A Spring group exhibition by the Art Society Kuumart for June - Aug. 2011 in the city of Järvenpää, Järnätti Hall
- A group exhibition in Mäntsälä in Oct. 2010, an annual exhibition by the local art society in Mäntsälä
- A Summer group exhibition in Kerava "Valoa Kohti" by the Art Society Kuumart for June - Aug. 2010
- A group exhibition in Mäntsälä in Oct. 2009, an annual exhibition by the local art society in Mäntsälä
- A Summer group exhibition in Kerava "Kasvun Ihme" by the Art Society Kuumart for June - Aug. 2009
- A Summer group exhibition in Kerava "Aaveita ja Haaveita" by the Mäntsälä Art Society - Aug. 2008
- A group exhibition in Mäntsälä in Oct. 2008, an annual exhibition by the local art society in Mäntsälä
- A group exhibition in Mäntsälä in Oct. 2007, an annual exhibition by the local art society in Mäntsälä

Group and solo exhibitions

- A group exhibition in July 2025 in Iitti, by Part the art society of Pornainen
- A group exhibition in July 2025 in the Laha mill in Pornainen, by Part the art society of Pornainen
- A group exhibition in April 2025 in Gallery Kookos in Helsinki
- An internet exhibition in January 2025 by Suomen Taiteilijat. Two weeks single exhibition on the website
- A group exhibition in July 2024 in the Laha mill in Pornainen, by Part the art society of Pornainen
- A group exhibition in July 2023 in the Laha mill in Pornainen, by Part the art society of Pornainen
- A group exhibition in May 2023 in Iitti, by Part the art society of Pornainen
- A group exhibition in January 2023 in the Pellavasali in Pornainen County's library, by Part the art society of Pornainen
- A group exhibition in September 2022 in the Prisma shopping center in Järvenpää, by Part the art society of Pornainen
- A group exhibition in July 2022 in the Laha mill in Pornainen, by Part the art society of Pornainen
- solo exhibition in February 2022 at Almintalo, Loviisa
- A group exhibition in December 2021 in the Prisma shopping center in Järvenpää, by Part the art society of Pornainen
- A group exhibition in August 2021 in the Järvenpää New Art House in Järvenpää city, by Part the art society of Pornainen
- A group exhibition in July 2021 in the Laha mill in Pornainen, by Part the art society of Pornainen
- A group exhibition in April 2021 in the Fogga Gallery in Helsinki, by by the art group Feeniks
- A group exhibition in February 2021 in Alli Gallery in Kerava "Kuumartit"
- A group exhibition in September 2020 in the Prisma shopping center in Järvenpää, by Part

the art society of Pornainen

- A group exhibition in July 2020 in the Laha mill in Pornainen, by Part the art society of Pornainen
- A group exhibition in June-July 2020 in the Pellavasali in Pornainen County's library, by Part the art society of Pornainen
- A group exhibition in July 2019 in the Laha mill in Pornainen, by Part the art society of Pornainen
- A group exhibition in June-July 2019 in the Pellavasali in Pornainen County's library, by Part the art society of Pornainen
- A group exhibition in May 2019 in Gallery Jade in Helsinki, by the art society Artpoint
- A group exhibition in February 2019 in Gallery Kanneltalo in Helsinki, by the art society Artpoint
- A group exhibition in February 2019 in Gallery Crusell in Uusikaupunki, by the art society Artpoint
- Solo exhibition in Kouvola-talo in December 2018
- A group exhibition in October 2018 in the Järvenpää New Art House in Järvenpää city, by Part the art society of Pornainen
- A Summer group exhibition in June-July 2018 in Strömfors Ruukki, by the art society Artpoint
- A group exhibition in June-July 2018 in the Pellavasali in Pornainen County's library, by Part the art society of Pornainen
- A solo exhibition in January 2018 in the Pornainen County's library as an invited Artist of the Month
- Gallery Fogga in Helsinki in June 2017, a group exhibition
- A group exhibition in June-July 2017 in the Pellavasali in Pornainen County's library, by Part the art society of Pornainen
- Gallery Fogga in Helsinki in February 2017, a group exhibition
- A group exhibition in June 2016 in the Pellavasali in Pornainen County's library, by Part the art society of Pornainen
- "Taipei International Photograph & Media Equipment Exhibition" October 2015, Group Finn Sixpack**
- MANÖÖVERI, a group exhibition in Pukkila, June-July 2015 at Pukkila's Vintti Gallery
- A group Summer exhibition July 2015 in Rantatie Gallery by the art society of Pornainen
- A group exhibition in May 2015 in the Pellavasali in Pornainen County's library, by Part the art society of Pornainen
- A solo exhibition in April 2015 in the Pornainen County's library, by Part the art society of Pornainen, as an invited Artist of the Month
- A group exhibition with Mrs. Vuokko Tokola's water colour group in Pikkugalleria in Mäntsälä March 2015
- A joined duo exhibition with Mrs. Vuokko Tokola in Kuortane library's gallery in November 2014
- **Group Finn Sixpack exhibition in ATIP in Grenoble, October 2014**
- Group Finn Sixpack exhibition in Galleria Alli in Kerava, October 2014
- A group Summer exhibition August 2014 in Rantatie Gallery by Part the art society of Pornainen

- Gallery Kapriisi Tampere in July 2014 with three other members of the Group Finn Sixpack
- A group exhibition in July 2014 in the local old mill, the 10th anniversary exhibition, by Part the art society in Pornainen
- A group exhibition in June - August 2014 in the Pornainen County's library, by Partthe art society in Pornainen
- A group exhibition in April - May 2014 in the local Säästöpankki gallery, by Part the art society in Pornainen
- Group Finn Sixpack exhibition in Mäntsälä Permantogalleria, March 2014
- Group Finn Sixpack exhibition in Järvenpää Taidetalo, February 2014
- **Group Finn Sixpack in "23rd Taiwan International Tea Expo 2013", November 2013 in Taipei**
- **Group Finn Sixpack exhibition in Stockholm, Galleri Ängel, October 2013**
- A Summer group exhibition of the Mäntsälä art society at Tuusula Rantatie Gallery in August 2013
- A group exhibition 3.6. - 30.8. 2013 in the library of Pornainen County by Partthe art society in Pornainen
- A group exhibition in Mäntsälä Vallesmannin porstua in June 2013 by the local art society in Mäntsälä
- A group Summer exhibition 4.6. - 18.6. 2013 in Rantatie Gallery by the art society in Pornainen
- A group exhibition "Ihmiseksi Mäntsälässä" in Mäntsälä in April 2013 by the local art society in Mäntsälä
- Group Finn Sixpack in the City library exhibition hall in Kouvola city in April 2013
- **2012 Taiwan International Arts Exposition, 27th - 30th Dec. 2012 Taipei WTC, Taiwan**
- A group Christmas exhibition "Enkeleitä" in Mäntsälä in December 2012 by the local art society in Mäntsälä
- A group exhibition "Erämaa kutsuu" in Mäntsälä in October 2012 by the local art society in Mäntsälä
- A Summer group exhibition of the Mäntsälä art society at Tuusula Rantatie Gallery
- A group exhibition "Taipein jälkilöylyt" in Mäntsälä in July 2012 by the Group Finn Sixpack in Mäntsälä, as a joined exhibition with Mr. Giorgio Centovalli from Italy.
- A group exhibition "Elämän suolaa" in Mäntsälä in May 2012 by the local art society in Mäntsälä
- A group exhibition "Naivistisia kuvia" in Mäntsälä in February 2012 by the local art society in Mäntsälä
- **2011 Taiwan International Arts Exposition, 16th - 19th Dec. 2011 Taipei WTC, Taiwan**
- A group Christmas exhibition in Mäntsälä in Dec. 2011 by the local art society in Mäntsälä
- A Summer group exhibition of the Mäntsälä art society at Tuusula Rantatie Gallery in 2011
- A Summer group exhibition "Kesäkarnevaali" in Mäntsälä in June - July 2011 by the local art society in Mäntsälä
- A group exhibition "Kevätnaukujaiset" in Mäntsälä in March 2011 by the local art society in Mäntsälä
- A group exhibition "Talven Hohtoa" in Mäntsälä in Feb. 2011 by the local art society in Mäntsälä
- A group exhibition at the Saari Manor in Mäntsälä in Dec. 2010 by the local art society in Mäntsälä

- A group Christmas exhibition in Mäntsälä in Dec. 2010 by the local art society in Mäntsälä
- A group exhibition "Apposen Kukat ja Rikkaruohot" in Mäntsälä in Aug. 2010 by the local art society in Mäntsälä
- A Summer group exhibition "Kesäkarnevaali" in Mäntsälä in June - July 2010 by the local art society in Mäntsälä
- A group exhibition "Mustaa ja Valkoista" in Mäntsälä in May 2010 by the local art society in Mäntsälä
- A group exhibition in the city of Orimattila in 2010, at the old spinning mill
- A group exhibition "Apposen Alasti" in Mäntsälä in Feb. 2010 by the local art society in Mäntsälä consisting of drawings and paintings from live model courses
- A group Christmas exhibition in Mäntsälä in Dec. 2009 by the local art society in Mäntsälä
- A group exhibition "Sellaista Elämä on Apposella" in Mäntsälä in Oct. 2009 by the local art society in Mäntsälä
- A group exhibition "Yhtä Juhlaa" in Mäntsälä in Sept. 2009 by the local art society in Mäntsälä
- A group exhibition "Kuin Elukat" in Mäntsälä in Aug. 2009 by the local art society in Mäntsälä
- A Summer group exhibition "Ikkuna Mäntsälään" in Mäntsälä in June - July 2009 by the local art society in Mäntsälä
- A group exhibition "Apposen Hedelmiä ja Vihanneksia" in Mäntsälä in May 2009 by the local art society in Mäntsälä
- A group exhibition "Kevään Taikaa" in Mäntsälä in March 2009 by the local art society in Mäntsälä
- A group exhibition "Luomisen Tuska ja Ilo" in Mäntsälä in Feb. 2009 by the local art society in Mäntsälä
- A group exhibition "Talvipäivän Tunnelmia" in Mäntsälä in Jan. 2009 by the local art society in Mäntsälä
- A group Christmas exhibition in Mäntsälä in Dec. 2008 by the local art society in Mäntsälä
- A group exhibition "Eläimellistä Menoa" in Mäntsälä in Sept. 2008 by the local art society in Mäntsälä
- A group exhibition "Rinnastuksia" in Mäntsälä in Aug. 2008 by the local art society in Mäntsälä
- A group exhibition "Korkoa Korolle" in Mäntsälä in May 2008 by the local art society in Mäntsälä
- A group exhibition "Apposen Helmiä" in Mäntsälä in Feb. 2008 by the local art society in Mäntsälä
- A group exhibition "Kaamoksen Iloja" in Mäntsälä in Nov. 2007 by the local art society in Mäntsälä