

BIO KRISTIEN DE PROOST



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Kristien De Proost is a Belgian artist and writer who works mainly in the theatre. After studying Dutch and English literature at the University in Leuven, she receives a Master Degree in Performing Arts at the Studio Herman Teirlinck in Antwerp (2000). She works freelance with international directors as Luk Perceval, Jasper Brandis, Christoph Frick, Josse De Pauw, Julian Hetzel and Milo Rau.

From 2004 until 2017 she is part of the artistic core of the Brussels based theatre artists collective Tristero, with whom she creates and performs i.a. *Living*, *Coalition*, *RESET* and *We Want More*. These, often multilingual, performances tour internationally.

In 2013 Kristien De Proost creates her first solo performance *Toestand*, a theatrical self-portrait. She develops the concept, writes the text and performs the extremely physical performance: running on a treadmill for more than 70 minutes, while describing her present state.

The French version of the performance, *Au courant*, has its opening night at the Printemps des Comédiens festival in Montpellier, France. The English version, *On Track*, plays a four weeks at the Edinburgh Fringe Festival. The three versions have been performed at venues and festivals all over the world (Belgium, the Netherlands, France, Switzerland, Germany, Lithuania, Brazil, Canada) and are still touring.

In 2017 Kristien De Proost leaves the Tristero collective to focus on writing and more solo work. At the moment she is creating a new performance *Simon*, *Garfunkel*, *My Sister* and *Me* and finishing her first novel.

Kristien De Proost also acts in movies (a.o. *Problemski Hotel* (2015) and *The Best of Dorien B* (2019)) and tv-series (a. o. *De Twaalf* (2018), *Kinderen van Dewindt* (2006-2008)).