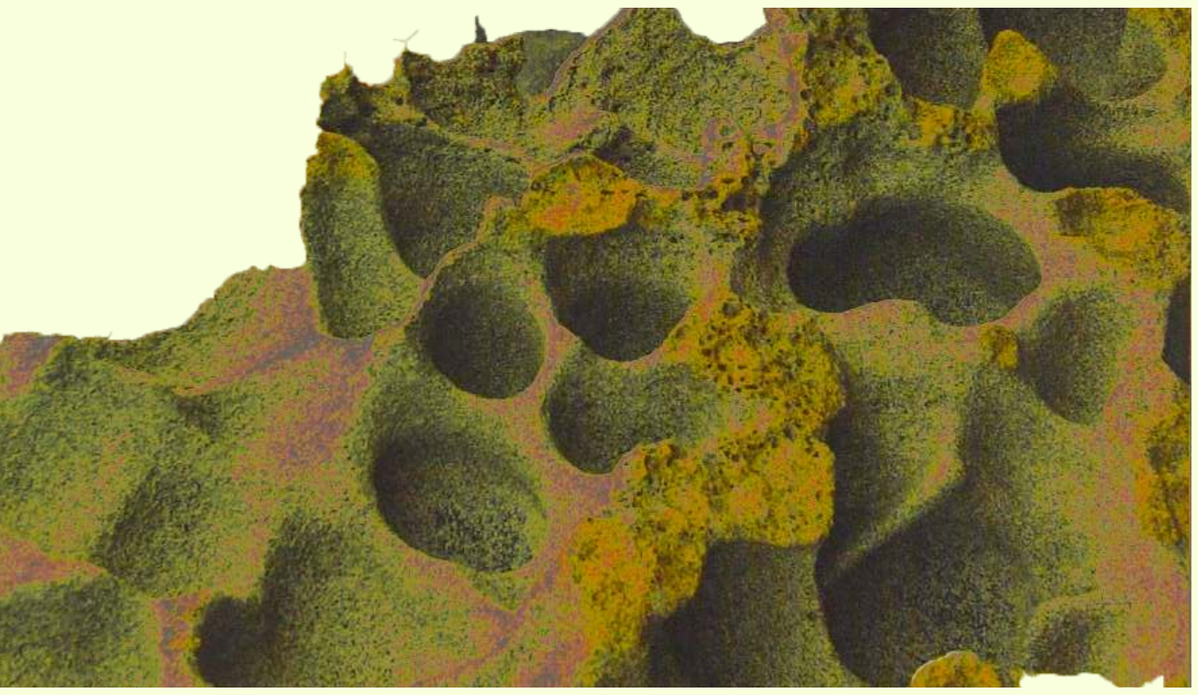
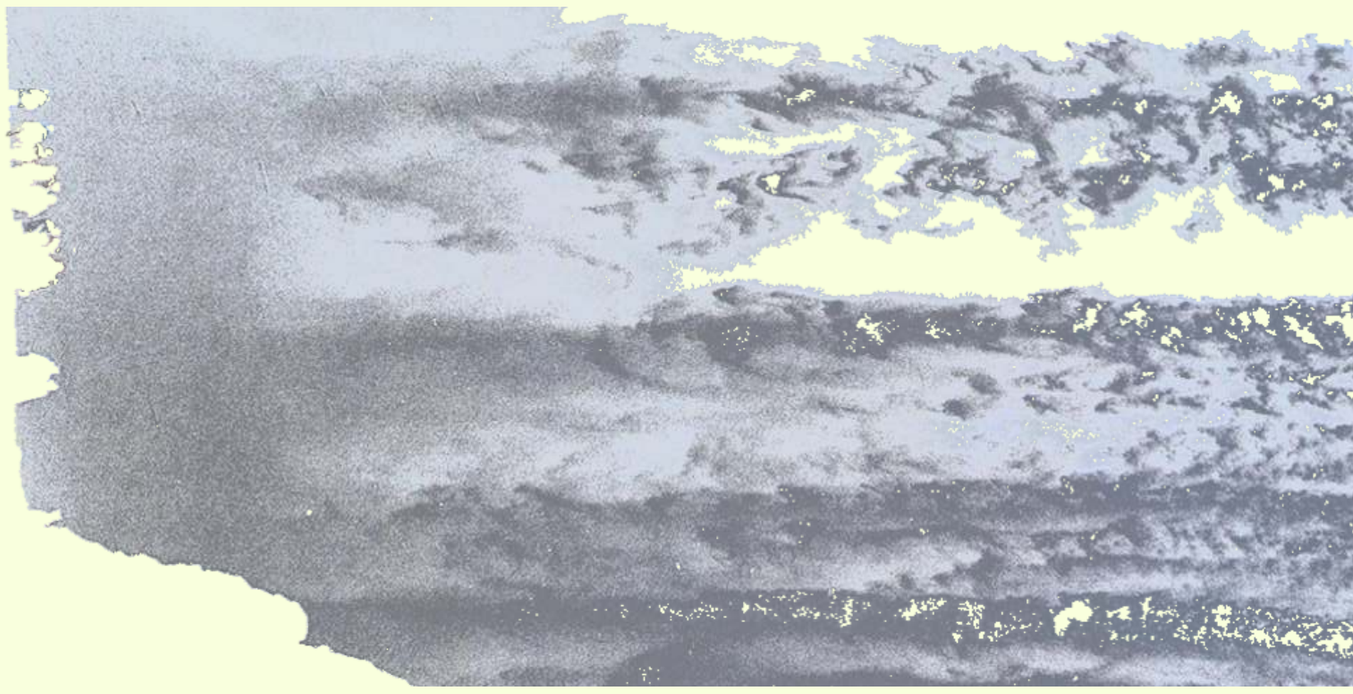
ulga / fró

a festival of Polish culture, art and community in Iceland

11–21 September 2026

Reykjavík, Iceland





Festival programme

12 September 2026 (Saturday)

11:00–13:00
Sustainable craft – wet wool felting
Mała ojczyzna
→ Kópavogur Library

A sustainable craft workshop using wet felting techniques. Participants create their own forms working with natural Icelandic wool in the spirit of slow, attentive work with material.

13:00–15:00
Sustainable design and the textiles of commons
Online lecture and workshop
Karolina Sulej
→ Kópavogur Library

A lecture and workshop on sustainable design and weaving as a community practice.

15:00–18:00
Hidden Beings/ Ukryte Istoty
Texpol Collective
→ Kópavogur Library

The starting point is an encounter between two imaginations: the Icelandic tradition of huldufólk — hidden people inhabiting rocks, springs and the interior of the earth — and Polish folk demonology, full of strzygas, hobgoblins and liminal beings. Both imaginaries speak of what is invisible yet present: of coexistence with forces that cannot be fully seen or named. For a migrant community, this is also a metaphor close to everyday experience — of being alongside, in between, not always fully visible within the landscape.
During the workshop, participants will create their own textile beings — forms, objects and hybrids built from local materials: Icelandic wool, plants and reclaimed fabrics. The workshop will close with a collective „settling" of the space, as the objects created form a shared installation, presented publicly until the end of the festival.

13 September 2026 (Sunday)

10:00–12:00
Breakfast and community-building workshops
→ Hlemmur Haus

A shared breakfast combined with workshops devoted to building relationships and community.

12:00–15:00
We Also Flew Here
SOUND WALK
Gosia Trajkowska
→ Hlemmur Haus

A new sound walk for Polish youth living in Reykjavík, built around the metaphor of bird migration. Combining elements of theatre, field recordings and voice work. Followed by a workshop creating migration maps — both personal and imagined.

16:00–18:00
Rooting Hospitality * **
WORKSHOP
Ignacy Rybka
→ Hlemmur Haus

What makes us human, if not the capacity to tend to one another? This workshop is a moment of stillness in the middle of a dense, multidisciplinary week in Reykjavík. Together, we will map the embodied memory of hosting and being hosted — what the body remembers about the moment of welcoming, and what it carries from the moment of being received. There will be dialogues, group exercises, thinking out loud together, and drawing what is too fleeting for words. And for dessert — cake and tea, because no workshop on hospitality should end without a shared table.

* 2–3 hours
** in English, with possible simultaneous translation into Polish

14 September 2026 (Monday)

15:00–18:00
Toast Songs with Otucha
SINGING WORKSHOP
Otucha Collective
→Huldustofa, Kópavogur

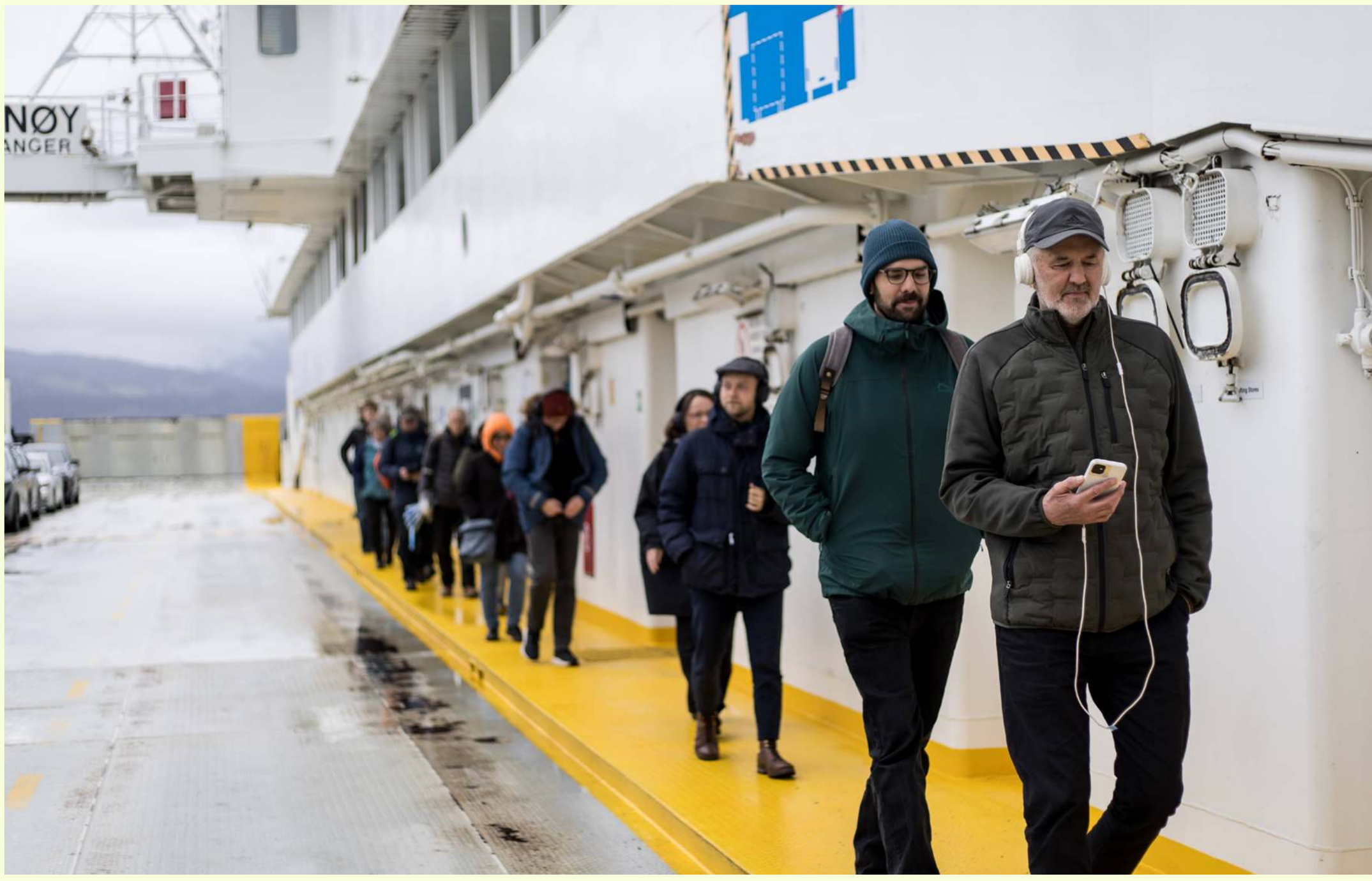
A workshop devoted to the tradition of toast songs — a shared exploration of sung rituals that nourish, sustain and uplift. Participants work through their own intentions and wishes via tradition, transforming it and creating new forms of collective celebration.

15 September 2026 (Tuesday)

17:00–19:00
TRASH CAN VOCABULARIES
SOUND WALK AT SORPA
Gosia Trajkowska, Björn Penk & Agata Lech
→SORPA Grandi

accompanying event

TRASH CAN VOCABULARIES is a performative sound walk by Gosia Trajkowska, Björn Penk and Agata Lech, combining systems design and performance art in a shared urban experience. Anchored around SORPA Grandi, the walk takes up the subject of waste and the politics of what remains.
Guided by a narration, participants move together through the facility's space — listening, observing, and briefly becoming a choreographed collective body. The walk invites reflection on what we discard, and on what refuses to disappear. What does it actually mean to consume a lunch, a place, or a story? What vocabularies are hiding in our rubbish bins?
This event is produced with independent funding.



16 September 2026 (Wednesday)

17:00–20:00
Movement workshops
Monika Błaszczak /
Filip Kijowski
→ Dansverk

Soliloquy – Hauntological Somatics (Monika Błaszczak): a movement practice and choreographic research exploring the body as a site of memory, relation and desire. Each session invites participants to explore a different choreographic score engaging with embodied memory.

Becoming Allies (Filip Kijowski): a movement practice researching embodied allyship, care and solidarity as action. Through improvisation and choreographic composition, participants draw on collective decision-making and embodied knowledge. No dance experience is necessary.

Monika Błaszczak, photo: Pola Nikiel

18 September 2026 (Friday)

Senses & Weaves

POLISH FILM PROGRAMME

„Senses & Weaves” is an invitation to encounter contemporary Polish cinema — cinema that lingers on what is fragile, everyday and easily overlooked. The programme brings together feature films and documentaries, short films, and screenings for younger audiences. What unites these works is the belief that individual experience never exists in isolation from other people or the world that surrounds us.

17:00–18:15
Ultima Thule
dir. Klaudiusz Chrostowski, 2023
→ *Reykjavík City Library*

In Klaudiusz Chrostowski's reflective feature debut, thirty-year-old Bartek travels to Foula, Britain's most remote inhabited island, in an attempt to find his footing after an unexpected loss. Wild nature, physical labour and new relationships gradually open up a space to confront himself and the questions he has never before been able to ask. Starring the magnetic Jakub Gierszał.

17:00–20:00
Movement workshops
Monika Błaszczak / Filip Kijowski
→ Dansverk, Reykjavík

Second session of movement workshops as part of the ulga / FRÓ programme.

19 September 2026 (Saturday)

11:30
Król Maciuś Pierwszy (King Matt the First) (75')
dir. Jaśmina Wójcik, 2025
Q&A WITH THE DIRECTOR
→ *Reykjavík City Library*

13:30
Short film programme I + Q&A
The first short film programme weaves together outward and inward journeys through the work of three distinctive voices in contemporary Polish cinema.

Unstable Rocks (25')
(Unstable Rocks)
dir. Ewelina Rosińska, 2024
Komfort (10')
(Comfort)
dir. Weronika Banasińska, 2018
Z wody (22')
(Of Water)
dir. ZAKOLE, 2021
+Q&A with
Pola Salicka(ZAKOLE)

15:30
To uczucie (Such Feeling) (76') dir. Alex Baczyński-Jenkins, *2024*
→ *Reykjavík City Library*

14:00
Workshop with
Jaśmina Wójcik
→ Reykjavík City Library, 2nd Floor
Pre-registration required

Did you know that every child has rights? Are there any that you think are missing? In this workshop, you'll have the chance to create your own slogans and make your voice heard! Together, we'll create our own demands and dreams for a better world — making slogans and letters, cutting, sewing and creating together. No sewing skills required.

17:30–20:00
Poles in Iceland – community, memory and visibility
Anna Marjankowska and Anna Wojtyńska
→ Hlemmur Haus

A gathering devoted to the contemporary Polish community in Iceland, its history, its influence on local social life, and ways of building community in emigration. The starting point will be a presentation of research and publications on the Polish diaspora in Iceland and a discussion about how Poles co-create the social, cultural and civic landscape of Iceland.

20 September 2026 (Sunday)

11:30
Short film programme II
+ Q&A
The second short film programme brings together three stories about memory, nature and landscape, in which the material world becomes a vessel for experience and emotion.
→ *Reykjavík City Library*

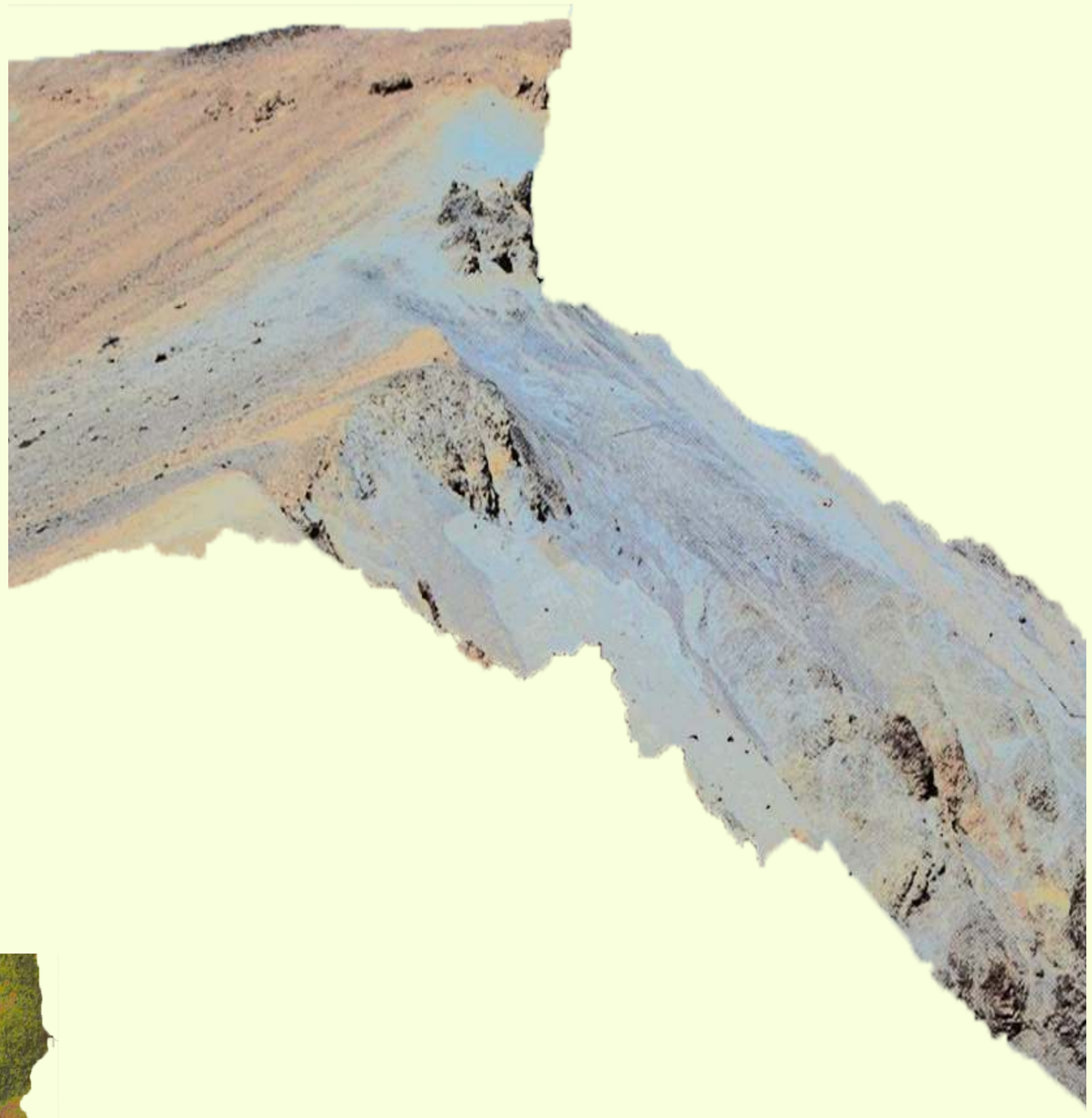
13:30
Wszystko na sprzedaż (94')
(Everything for Sale)
dir. Andrzej Wajda, 1969
→ *Reykjavík City Library*

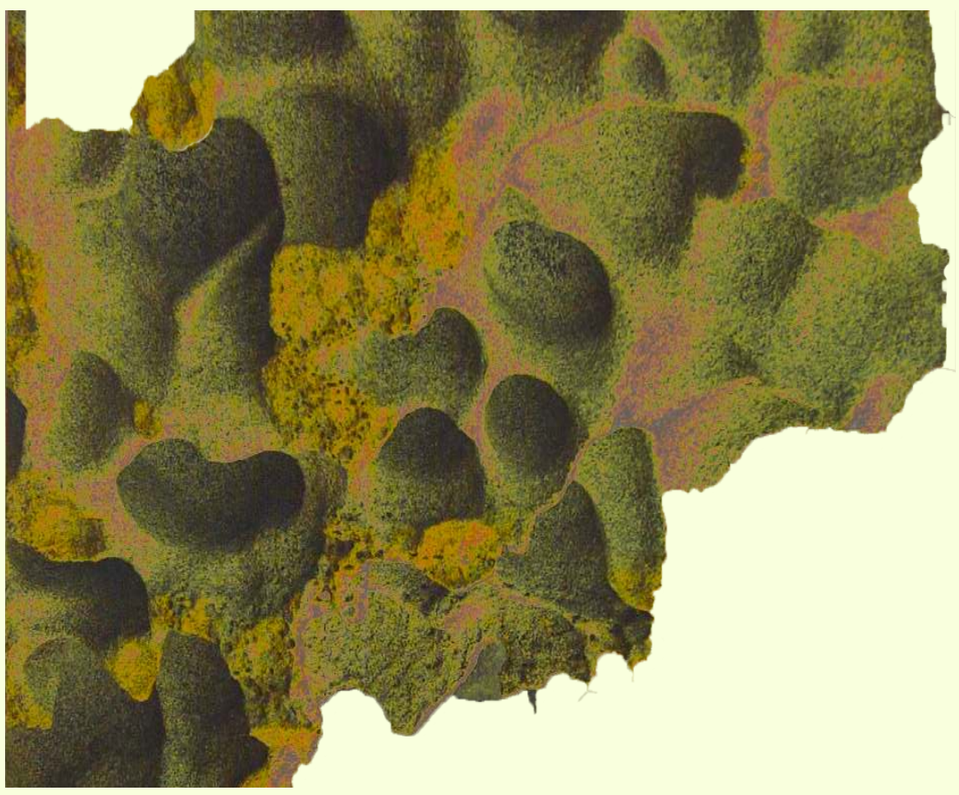
15:15
Wabik (93')
(Tracking Satyrs)
dir. Gilles
Lepore, Michał Mądracki,
Maciej Mądracki, 2021
→ *Reykjavík City Library*

Utkane (28')
(Woven)
dir. Maria Oblicka, Alexander Cabeza-Trigg, 2026

Słońce jest tak nisko (18')
(The Sun is Low)
dir. Marta Ojrzyńska, 2025

Rok bez lata (10')
(A Year Without Summer)
dir. Gosia Trajkowska, Agata Lech, 2020





20 September 2026 (Niedziela)

17:00 – 20:00
Milk Bar
Washed Ashore
THE FEAST
Pola Sutryk & Pola Salicka
→ Hlemmur Haus

The results of the week-long culinary residency presented during an open dinner and an interactive edible installation. A feast prepared from Icelandic seaweed, edible plants and local dairy products in dialogue with Polish culinary tradition. A shared table as the closing of the festival and a space for further encounter.

19:30 – 20:00
Toast Songs with Otucha
Otucha Collective
→ Hlemmur Haus

The closing concert and element of the feast. Otucha Collective invites everyone to join in singing inspired by the tradition of toast songs — a ritual gesture strengthening the bond of community at the table. A Berlin-based vocal ensemble rooted in the rural vocal traditions of Eastern Europe.

ARTISTS, CREATORS & FACILITATORS

Pola Sutryk (1994) is an interdisciplinary artist and cook working at the intersection of art, food, and social practice. Rooted in pedagogy and collaborative kitchen environments, she creates participatory meals, meditative walks, workshops and edible installations. Treating cooking as a relational medium, she explores interdependence, queer ecologies, ritual and the politics of eating. In 2019 she emigrated from Warsaw to Reykjavík.

Pola Salicka (1993) is an interdisciplinary designer and artist whose work is situated between swamps, gardens, bushes and wild urban meadows. She co-creates the ZAKOLE collective (since 2020), focused on artistic, advocacy and educational activities around the wetland at Zakole Wawerskie in Warsaw. She creates situations, edible installations, workshops, publications and objects, often in collaboration and alliances.

Otucha Collective is a Berlin-based vocal ensemble of FLINTA+ practitioners, formed in 2022 out of a shared desire to rework personal heritages and engage in communal practices. They create vocal performances and public interventions, facilitate workshops and hold regular singing circles. Their practice is rooted in rural Eastern European vocal traditions, deep listening and somatic practices.

Monika Błaszczak — Polish-Łemko dancer and choreographer based in Berlin. Her work has been hosted by Tate Modern, The Place, Polish Dance Theatre, Hošek Contemporary and Volksbühne Grüner Salon. She is the creator of Soliloquy – Hauntological Somatics, an alumna of Trinity Laban and NYU. Her work centres vulnerability, rawness and intimacy.

ARTISTS, CREATORS & FACILITATORS

Filip Kijowski — A socially engaged choreographer, performer and cultural practitioner. He co-creates and leads artistic and educational processes in which the body becomes a field of exploration into allyship, connection and courage. Founder of queer Biblioteka Azyl in Lublin. Member of the curatorial team for the MA Dance: Participation, Communities, Activism programme at The Place. He has led workshops at Central Saint Martins, Bangkok Arts and Cultural Centre and Zachęta Gallery, among others.

Gosia Trajkowska — Sound and theatre artist creating new audio works that combine theatre, field recordings and voice work. Co-creator of the film „A Year Without Summer".

Ignacy Rybka
Artist, cook, feeder. Initiator of educational and social programmes that bring together artistic practices, ecology and community action. He creates programmes connecting food, music, art and environmental education. Creator of the ulga festival in Berlin and Reykjavík.

Texpol Collective
A collective of eight artists working with different techniques — from weaving, sewing and felting to painting and spraying. They create shared spaces for working with material and textile tradition.

Katarzyna Strojnowska
Educator, experience designer and project coordinator specialising in sustainable creative practices. She works in international environments, particularly those shaped by cold climates. Currently based in eastern Iceland, at the meeting point of water and forest. She develops projects that connect art and scientific research with traditional craft — fermentation, weaving, foraging, basketry and materials science.

ARTISTS, CREATORS & FACILITATORS

Anna Marta Marjankowska

Community and labour organiser, a cultural manager, an educator, and a self-defence trainer for individuals socialised to the role of a woman. In East of Moon, she works on a board game HOSTEL which opens up a discussion about experiences in seasonal work and migration. She works at the library of things (Hringrásarsafnið).

Weronika Adamowska

Film curator and consultant, co-founder and programmer of HER Docs, an initiative supporting women's non-fiction cinema. She has collaborated with the New Horizons IFF, Watch Docs IFF, Zachęta and the Museum of Modern Art in Warsaw. In Germany, she founded and managed the theatrical distribution company Rise And Shine Cinema. Alumna of Berlinale Talents.

Maja Jankowska

Film programmer and cultural producer from Poland, based in Lisbon. At the Reykjavík International Film Festival, she develops professional programmes connecting Nordic, Arctic and international film communities. In Portugal, she co-creates grassroots initiatives promoting feminist and queer cinema from Central and Eastern Europe.

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