

## Wilfried Mbida: Paintings

In this series of recent paintings, Wilfried Mbida draws inspiration from the Beti culture, her paternal community, a people with a strong presence in the Central Region of Cameroon. In particular, she explores their practice of funeral rituals known as 'Essani'. The artist asks: "When the rite is over, what does the house of the deceased look like after they have left? What are the feelings of people who have lost a loved one?"

Inspired by the works of Wilhelm Hammershøi and Edward Hopper, she composes scenes of calm, silence and solitude.



However, Wilfried Mbida does not consider her work to be melancholy.

The artist's preliminary work begins with photography. She takes several shots of her models until the moment when they let go, when they are alone with themselves. It is this photograph that Wilfried then paints.

She reinterprets the scene with her own personal palette of colours, infused with her feelings and memories.

While Wilfried Mbida's aim is to depict human beings in all their authenticity, she also wants to capture the truth of Cameroonian interiors.

Accustomed to modesty since the days of colonisation, Cameroonians rarely reveal their private lives. For the artist, the interior of the home is a metaphor for the heart, the inner life, a preserved garden that she finally reveals to us.



# Wilfried Mbida

**Born in 1990 in Nkongsamba**  
**Lives and works in Douala**

Wilfried Mbida graduated from the Institut des Beaux-Arts de Nkongsamba, near Douala in Cameroon, with a Master of Fine Arts in painting in 2016. There she developed a strong sense of detail and perspective. Wilfried Mbida also trained with established artists on the Cameroonian art scene, including Hervé Youmbi, Jean-Jacques Kanté, Boris Nzebo and Marc Padeu.

For her final year project, she focused on the rhythms of traditional Bi Kutsi dances in the Beti region of central Cameroon, and gave them an abstract interpretation. This work was presented in a touring exhibition in the UK organised by Christine Eyene, curator of the Casablanca International Biennial.

Today, Wilfried Mbida is building a body of work that reconnects with the human being, materialising portraits of interiors, in family homes and other settings. She invites the viewer on a memorable journey through time and space.

## Residencies

**2022**

Bikoka Art Project - Lolodorf, Cameroon  
Galerie Dida, Abidjan

**2021**

SAVVY Contemporary, "Raining Season School" program - The Forest Creative Loft, Douala

## Solo exhibitions

**2022**

"Erben den Vons" - Galerie des Arts du Soleil - Geneva

**2021**

"Kédé Ndap" - French Institut of Yaoundé



## Collective exhibitions

**2024**

Official selection, Dakar Biennale  
"Devenir... une épopée humaine", with Galerie CHRISTOPHE PERSON, Dakar  
"Tales by women" - BWO Art Gallery, Douala

**2023**

"Explorer l'intime" duo with Manga Lulu Williams - Galerie CHRISTOPHE PERSON, Paris

**2022**

"Unlearning and being freed" with SAVVY CONTEMPORARY - The Forest Creative Loft, Douala

**2021**

"Face au Silence" duo with Aurélie Djiena - Galerie MAM, Douala

**2020**

"ART2020, Patrimoine Contemporain" - Doual'art, Douala

"Artuelles Interférences" - Galerie Anne Kadji Arts, Douala  
"SOUNDS LIKE HER - Gender, sound art and sonic cultures" curated by Christine Eyene - Gallery Oldham, Manchester

**2019**

"SOUNDS LIKE HER - Gender, sound art and sonic cultures" curated by Christine Eyene - York Art Gallery, York

**2018**

"URBANITUDE", RAVY (Rencontres d'Arts Visuels de Yaoundé) - Goethe Institut, Yaoundé

**2017**

"Newwwar. It's Just a Game?" - Bandjoun Station, Bandjoun

"SOUNDS LIKE HER - Gender, sound art and sonic cultures" curated by Christine Eyene - New Art Exchange, Nottingham

"ART2017, La Place de l'Humain" - Doual'art, Douala  
GACY, Galerie d'Art Contemporain de Yaoundé

**2016**

"Résonances - second mouvement" curated by Christine Eyene - Printemps de Septembre, Toulouse