

# Sara Rahanjam

sararahanjam.com  
@sararahanjam



Sara, I'm so pleased to be discussing your work today, thanks so much for your time. Let's start with the basis of your practice. Since your work is aimed at shedding light on the societal inequalities women face, and particularly those in more traditional countries; can you please share what those inequalities look like, for those who may be unfamiliar.

For me, speaking about the inequalities women face is not just a social topic—it is something deeply connected to my own lived experience. In many traditional societies, women encounter limitations that appear not only in formal laws but also in the subtle, everyday expecta-

tions that shape their lives.

These inequalities can range from restricted personal freedoms and limited decision-making power to social control over a woman's body, appearance, movement, and even her ambitions. In some countries, a woman still has to justify the most basic choices about her own life, and the pressure of collective judgment follows her almost constantly.

Art has become a powerful tool for me—a way to translate and communicate these experiences in a universal language. Through my work, I try to show that these restrictions are not merely political issues; they leave emotional and psy-



*Skin in the Game, 2026*  
balloon installation  
30 x 30 x 70 cm each





*Spring Series, 2016*  
fiberglass & bronze  
40 x 40 x 80 cm











Spring Series, 2025  
fiberglass & bronze  
40 x 40 x 80 cm



Spring Series, 2025  
fiberglass  
35 x 35 x 50 cm

To convey a strong message or story effectively, consider the following:

**Clarity of Concept:** Be clear about what you want to communicate and why. Even complex artworks are more impactful when their core message is understandable.

**Connection to Human Experience:** Link your story or message to universal human emotions and experiences. Audiences resonate more with works that reflect shared feelings, struggles, or joys.

**Choose the Right Medium:** Each message may require a specific medium—sometimes video, sometimes visual art, installation, or performance—to communicate effectively.

**Authenticity and Truthfulness:** Be honest and personal in your approach. Authenticity strengthens the credibility and emotional impact of your work.

**Patience and Flexibility:** Understand that audiences from different cultures or backgrounds may interpret your work differently. Be ready to present it in ways that are globally comprehensible without losing the essence of your message.

**What are you currently working on and is there anything we should be on the lookout for coming up for you?**

I am currently working on a project titled *Bombs*, which explores the impact of war, violence, and collective memory on human identity.

ty. Through objects  
the project examine  
resilience, and rec  
communities contin  
chological and cultu  
after the explosions

I plan to further dev  
international reside  
senting interactive  
the work. *Bombs* is  
dialogue about viole  
flict, and the possib  
amidst devastation.

Thank you so much







Bombing Series, 2025  
fibreglass  
35 x 35 x 50 cm

Truthfulness: Be honest  
your approach. Authenticity  
credibility and emotional im-

ibility: Understand that au-  
rent cultures or backgrounds  
work differently. Be ready to  
that are globally comprehen-  
ing the essence of your mes-

Currently working on and is  
e should be on the lookout  
you?

Working on a project titled  
ores the impact of war, vio-  
e memory on human identi-

ty. Through objects, imagery, and installations, the project examines the hidden layers of fear, resilience, and reconstruction, showing how communities continue to grapple with the psychological and cultural effects of conflict—even after the explosions have ceased.

I plan to further develop this project in several international residencies and exhibitions, presenting interactive and immersive versions of the work. *Bombs* is an invitation to engage in dialogue about violence, the geography of conflict, and the possibilities of recovery and hope amidst devastation.

Thank you so much for your time today, and

for sharing your experience with us, Sara. We'd love to stay connected and continue following your work, how can people best do that?

Thank you so much for having me! I really appreciate the opportunity to share my work and experiences. The best way to stay connected and follow my projects is through my website [www.sararahanjam.com](http://www.sararahanjam.com), where I regularly update about exhibitions, residencies, and new works. You can also follow me on social media @sararahanjam for more frequent updates and insights into my ongoing projects. I always welcome conversations and collaborations, so feel free to reach out anytime!







*Stranger, 2023*  
sculpture  
37 x 20 x 54 cm



*Stranger, 2025*  
fiberglass & bronze  
130 x 100 x 80 cm

chological marks that shape a woman's identity. These marks are often invisible, yet they are profoundly real.

Ultimately, my intention is to create a space for dialogue. I want the viewer not only to understand a woman's narrative from a traditional society, but to feel it. I hope my work encourages the audience to pause for a moment and ask: Why do these imbalances still exist, and what is my role in changing them?

**Can you please speak about the importance of creating dialogue around these inequalities and making them more well known on a global scale? And please share how your work aims to do this?**

Creating dialogue around these inequalities is essential because silence has always been one of the strongest tools of oppression. When certain experiences—especially those of women—are kept private, minimized, or normalized, the structures that create inequality continue unchecked. Bringing these realities into public awareness is the first step toward dismantling them. It allows people from different cultures to recognize that these issues are not isolated or local; they are part of a global pattern that affects millions of women in different forms.

My work aims to contribute to this dialogue by visualizing what is often invisible. Many of the pressures women face—emotional control, social expectations, fear, internalized censor-

ship—do not leave sculpture, installation to give form to these becomes a site where tensions can be felt,

By presenting these es or through intera audiences to engage than intellectually. I the weight, vulnerab women live with da encourages empathy sential components