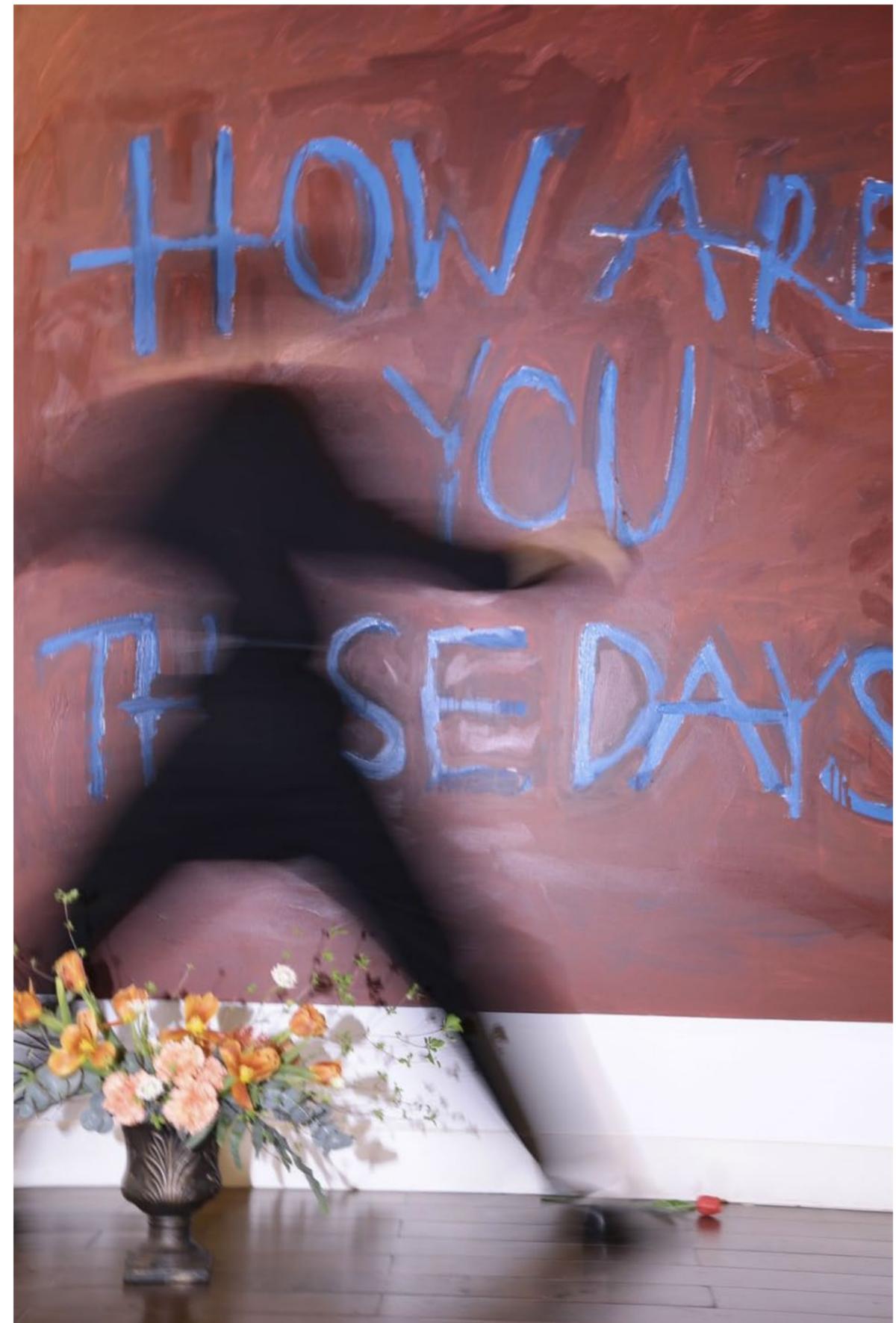


# Trần Quang Đại

Trần Quang Đại (b. 1992, Vietnam) is a conceptual artist with a background in criminal law. Trained in Contemporary Art Practice at the Royal College of Art, London, his work brings together traditional media and socially reflective methods to navigate the silent spaces between ethics, belonging, and the unseen architectures of power.

Rooted in experiences of post-war Vietnam, his practice engages questions of memory, identity, and resilience, inviting reflection on the convergences of the self and the social.



# How are you these days? WW: Endless Potential

The House on Sathorn, Bangkok, Thailand  
2024  
Installation (rice grains, ice, mixed materials)  
Video projection

“Endless Potential”; uses rice grains and rice bags to explore cultural ties between Thailand and Vietnam and the balance of peace and struggle. Inspired by an ancient story of a king and sage, the installation begins with a single rice grain frozen in ice, symbolizing small actions with big impacts. As visitors move through the space, they encounter rice in different forms, growing in quantity to reflect themes of abundance and scarcity. With its simple, minimal setup “Endless Potential”; invites quiet reflection. Proceeds support SOS Thailand, aiding communities affected by Typhoon Yagi, and connecting art with real-world care.



*Endless Potential, 2024, Installation view*



# How are you these days? The world is on fire, but we have each other

Detroit Dream, Milan, Italy  
2024  
2500 handmade heart-shaped  
soft sculptures

My 2,500-piece heart installation How Are You These Days? continues its journey, and in this new presentation at Detroit Dream it takes on fresh meaning. Shown in their street-facing transparent gallery, the work is completely open to anyone passing by — mirroring its core message of connection over division.

The title, “The world is on fire, but we have each other,” shifts the focus from critique toward solidarity, offering a quiet protest against overconsumption right in the middle of one of Milan’s busiest shopping streets.

As the curator of the show states, “What happened is, we grew lonely, living among the things, behind the borders we set against each other. And we hope this installation serves as a reminder that even in these politically and environmentally challenging times — when the world is on fire — we still have each other.”



How are you these days?, 2024, Installation view

# How are you these days? Love is all

“FITE – Biennale Textile”, Musée d’Art Roger Quilliot, Clermont-Ferrand, France  
2024  
2500 handmade heart-shaped soft sculptures, cardboard boxes

“Love is All” features 2,500 handmade heart-shaped cushions, creating a soft, welcoming space that celebrates a future filled with joy and love instead of competition and consumerism. Each cushion is made by Vietnamese artisans, highlighting Vietnam’s role in textile production and questioning fast fashion’s impact on global consumption. Arranged like a “pool of love,” the cushions echo the Olympic spirit of peace and human strength. By using repurposed construction boxes, I suggest that with a playful approach, we can imagine a world beyond overconsumption. This traveling installation invites viewers to see life with more simplicity and connection.



*How are you these days?, 2023, Installation view*

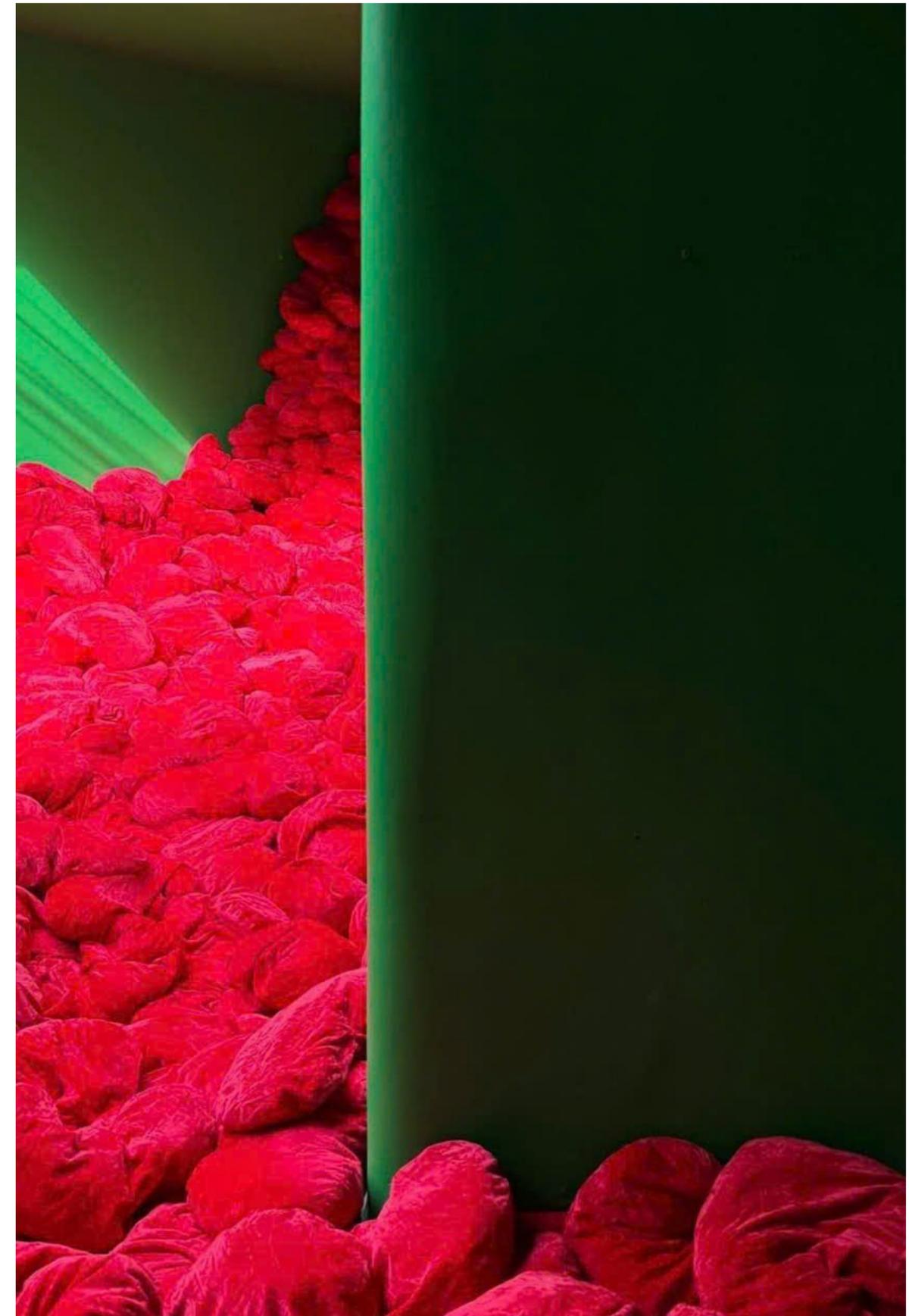
# How are you these days?

The Green Room, Amsterdam, Netherlands  
2024  
Installation, 2500 handmade heart-shaped  
soft sculptures

The installation comprising 2500 handmade heart-shaped soft sculptures within a Chroma Key green room. Questioning what is the essence of intimacy and love in our hyper connected digital age? The entire installation is transported from Saigon to Amsterdam by ship, a journey that takes more than 50 days across the ocean to reach The Green Room. The journey itself indicates the purposeful connection requires action, commitment, courage, and time.



*How are you these days?, 2023, Installation view*



# How are you these days? Love is all

Toong Minh Khai, HCMC, Vietnam  
2024

Installation, 2500 handmade heart-shaped  
soft sculptures, mirrors



“Love is All”; is an immersive installation in an infinity room with mirrors and red heart-shaped pillows, symbolizing the endlessness of love. The pillows, like tiny blood cells, capture the essence of humanity—filled with love, passion, and the dual potential for tenderness and conflict.

As visitors walk through, they’re invited to reflect on this duality: our power to harm and our desire for compassion. Donations from the exhibition support *Operation Smile*, funding surgeries for children with cleft conditions in Vietnam, extending the message of love and care to those in need.

*How are you these days?*, 2023, Installation view

# How are you these days? All is illusion

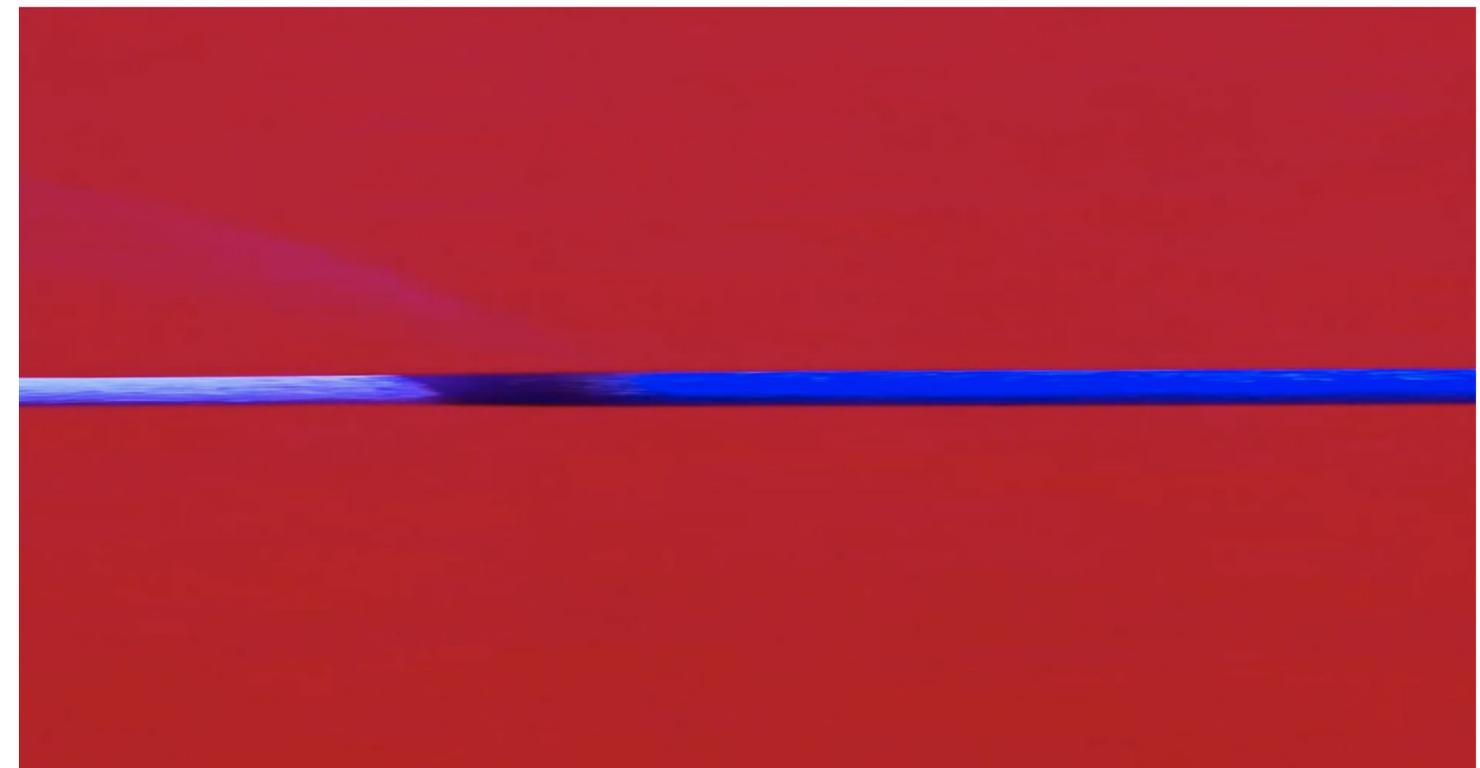
2024

Video, 2.30 min.

“Where is the time?  
We talk about it,  
but we don't see it.  
we created it,  
or it created us.

Time is all,  
or all is illusion,  
or illusion is all.”

I take a simple approach and use sensory experiences in my video art to represent time. I use an incense stick burning, the sound of a heartbeat, and a church bell. Together, these elements create a multisensory experience that makes you think about time passing. The incense stick represents how time is fleeting and doesn't last long. As it burns, it turns into smoke, showing how time disappears. The church bell ringing breaks the silence and marks important moments in time. The sound of the heartbeat reminds us that time is limited. When the heartbeat stops, we wonder if time still exists without us. Through my artwork, I want people to think about how time is not always what it seems. I want them to question its impact on our lives. Time has its own journey, and this moment right now is both short and long in our journey.



*All is Illusion*, 2023, Video stills, 2.30 minutes.

# How are you these days? Love is all

Saigon, HCMC, Vietnam

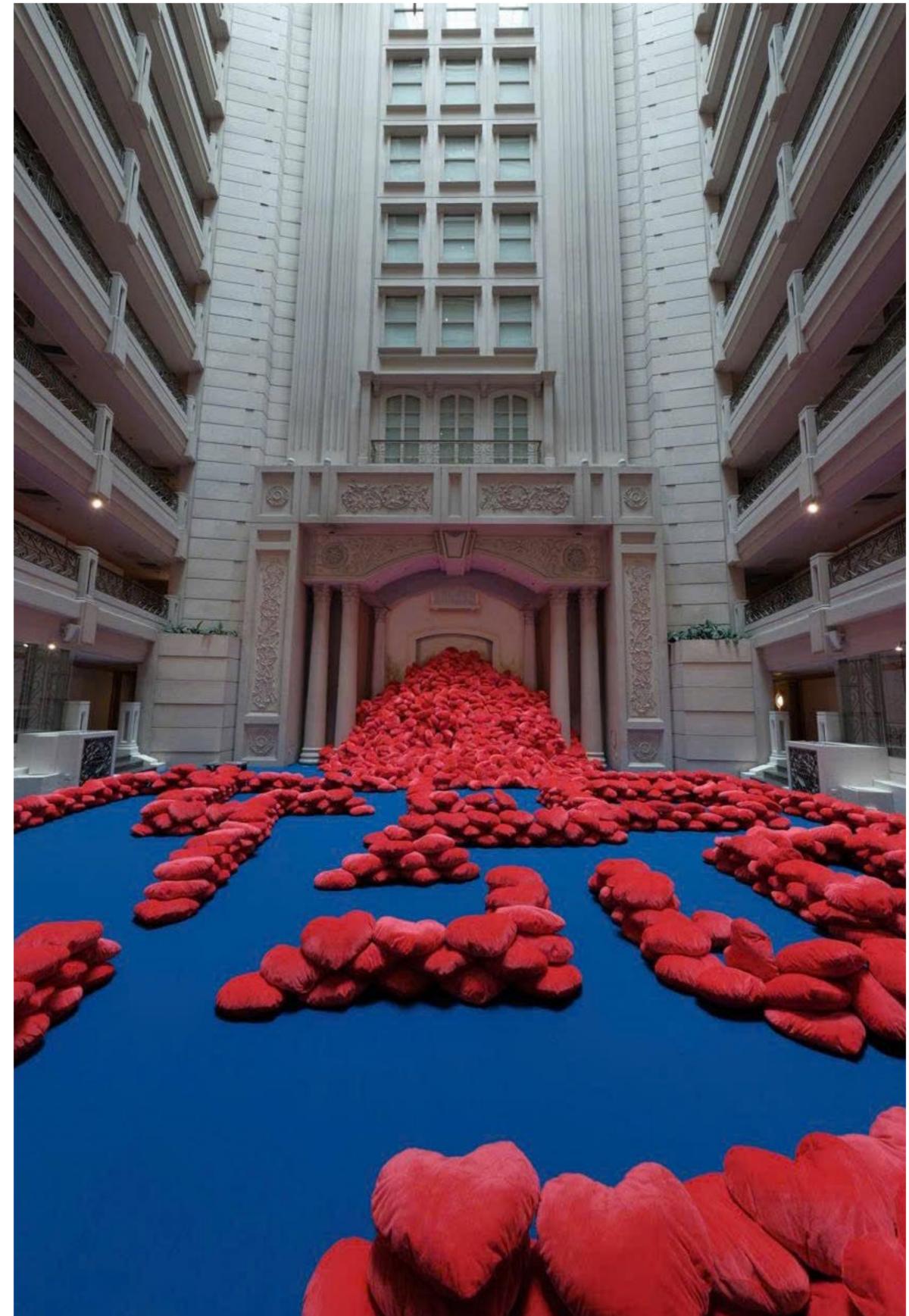
2023

Installation, 8800 handmade heart-shaped soft sculptures, participatory elements

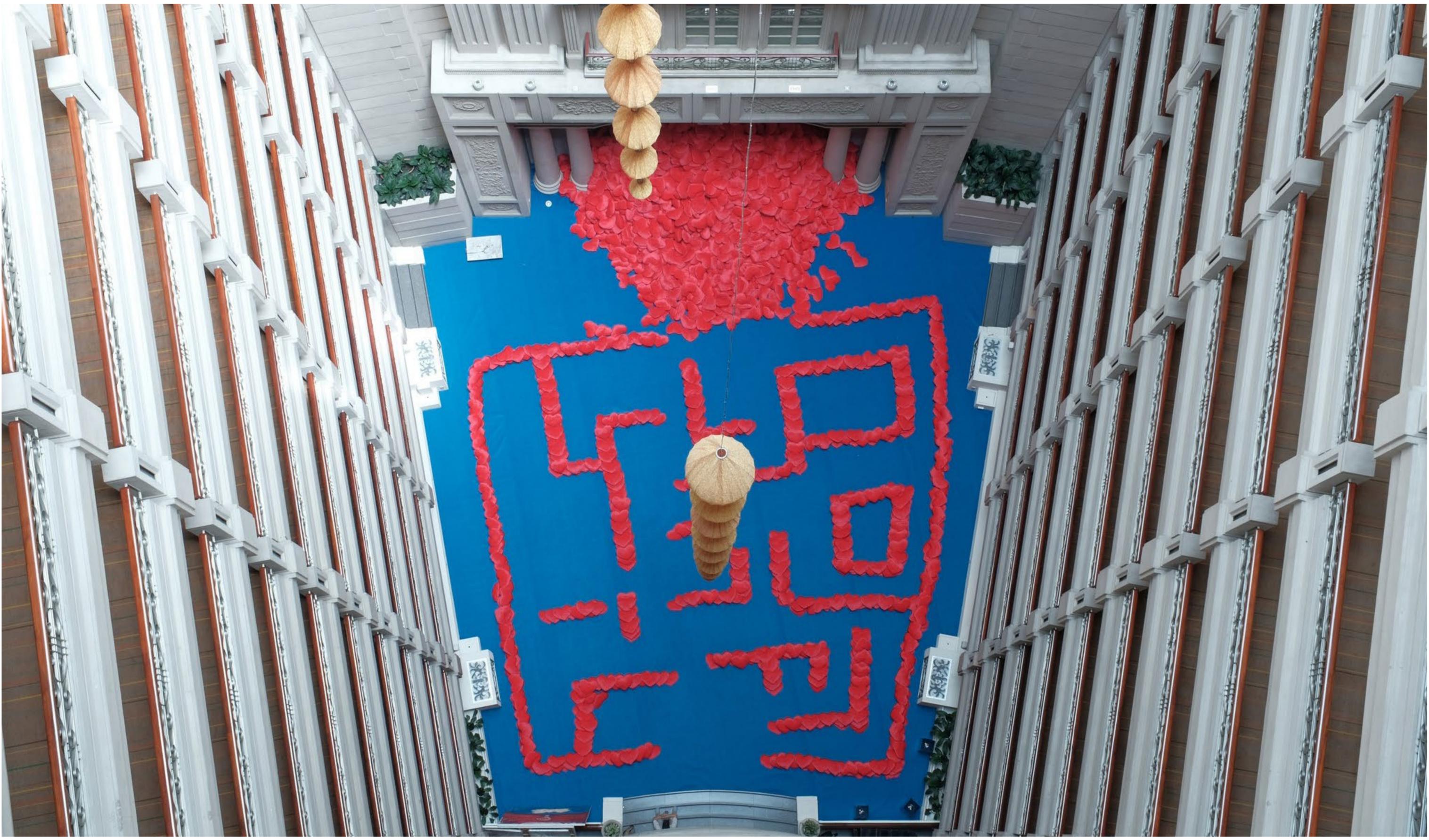
“Love is All” is inspired by the life-giving warmth of blood and explores the meaning of love in today’s world. Drawing from Vietnam’s ancient Co Loa Citadel, built in the 3rd century BCE as a symbol of resilience, this installation reimagines history in a modern form. Velvet heart-shaped pillows are arranged in a maze, representing both the strength and softness of love, inviting visitors to walk through and connect Vietnam’s past with the present. Proceeds also go to Operation Smile, funding surgeries for children with cleft conditions in Vietnam. Through this, “Love is All” spreads love beyond the art itself.

The soft velvet pillows invite touch, creating a feeling of warmth and closeness. Each heart pillow, part of the whole installation, will be sold individually to support an NGO.

This idea questions what makes art: is it the concept, the object, or the experience?



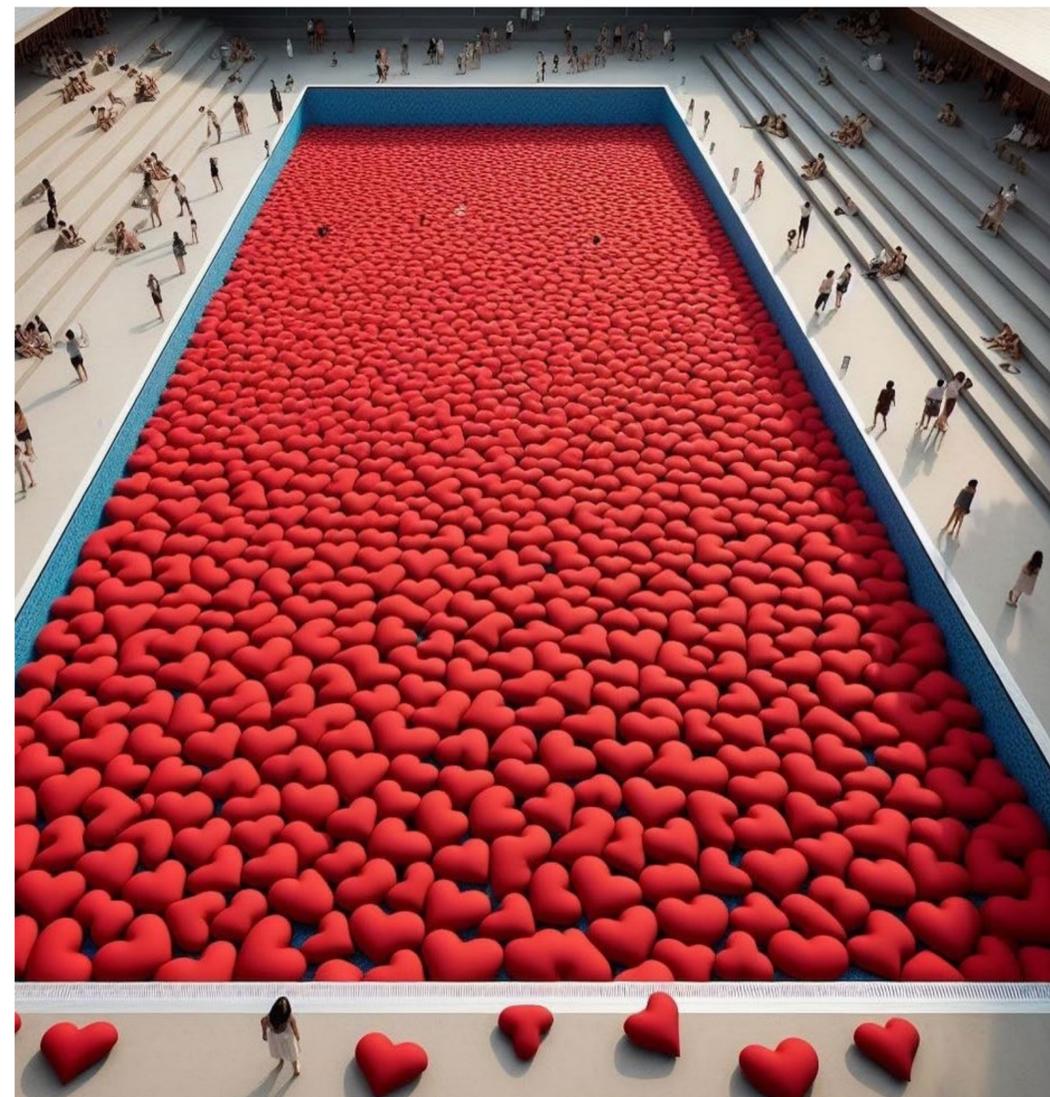
*How are you these days?, 2023, Installation view*



PROCESS DOCUMENTATION & RESEARCH



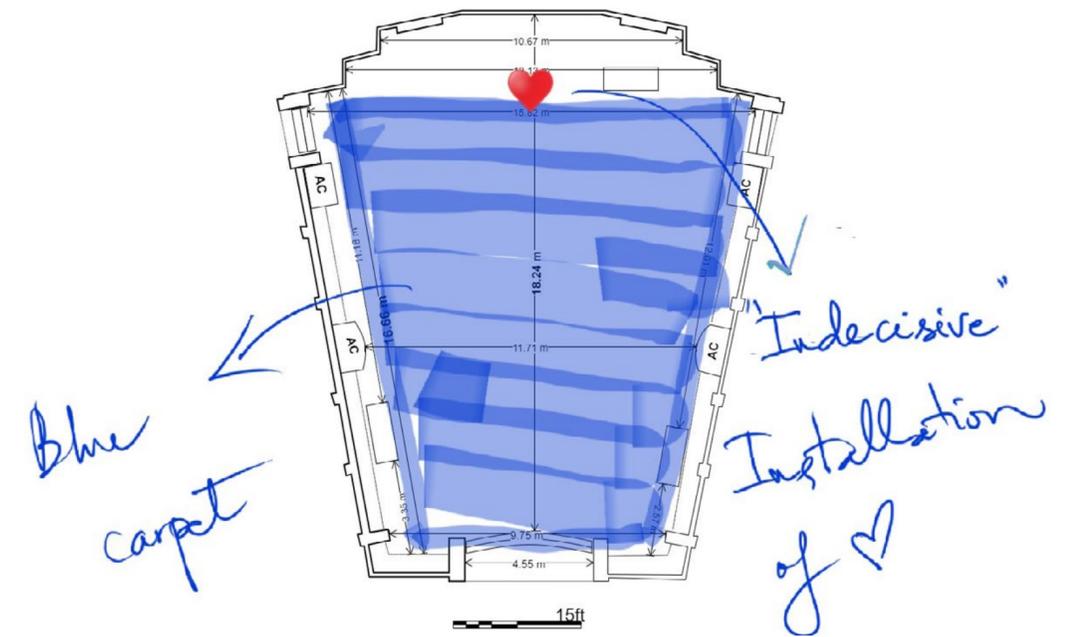
Study of Cổ Loa Citadel, Vietnam



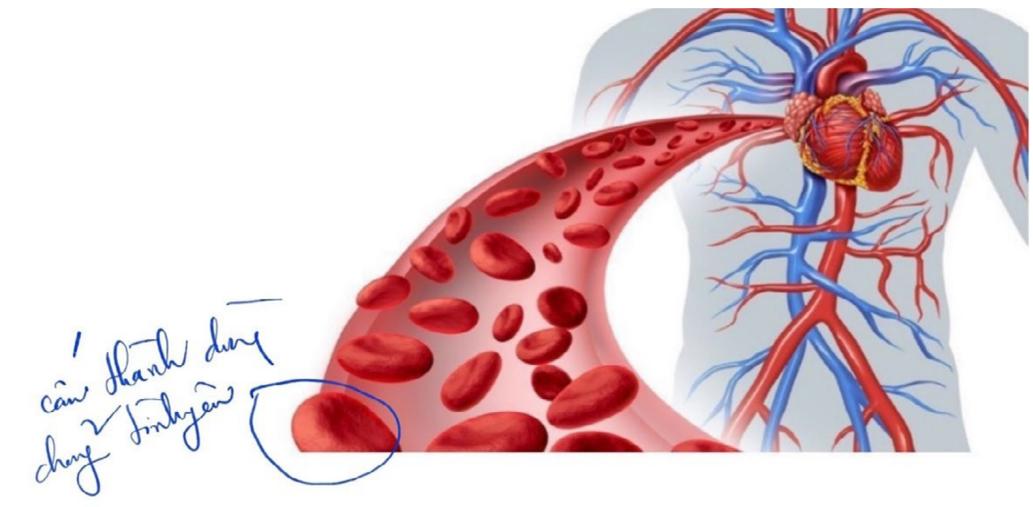
3D prototype



Silver coin from Knossos with Labyrinth, c. 400 BC



Draft for installation at Saigon, HCMC, Vietnam



Conceptual sketch

# How are you these days? The Journey

Paris, Vienna, Munich

2023

1m x 0.6m x 0.1m, fiberglass, composite,  
lacquered, hand finished sculpture

“How Are You These Days?” is an installation exploring identity and self-connection, traveling from Ho Chi Minh City to Munich, Vienna, Paris, and Bangkok. Inspired by a childhood memory of sculpting identical turtles in varied shades, dismissed by judges as a lack of imagination, the project reflects on the multidimensionality of identity and the resilience of the inner child.

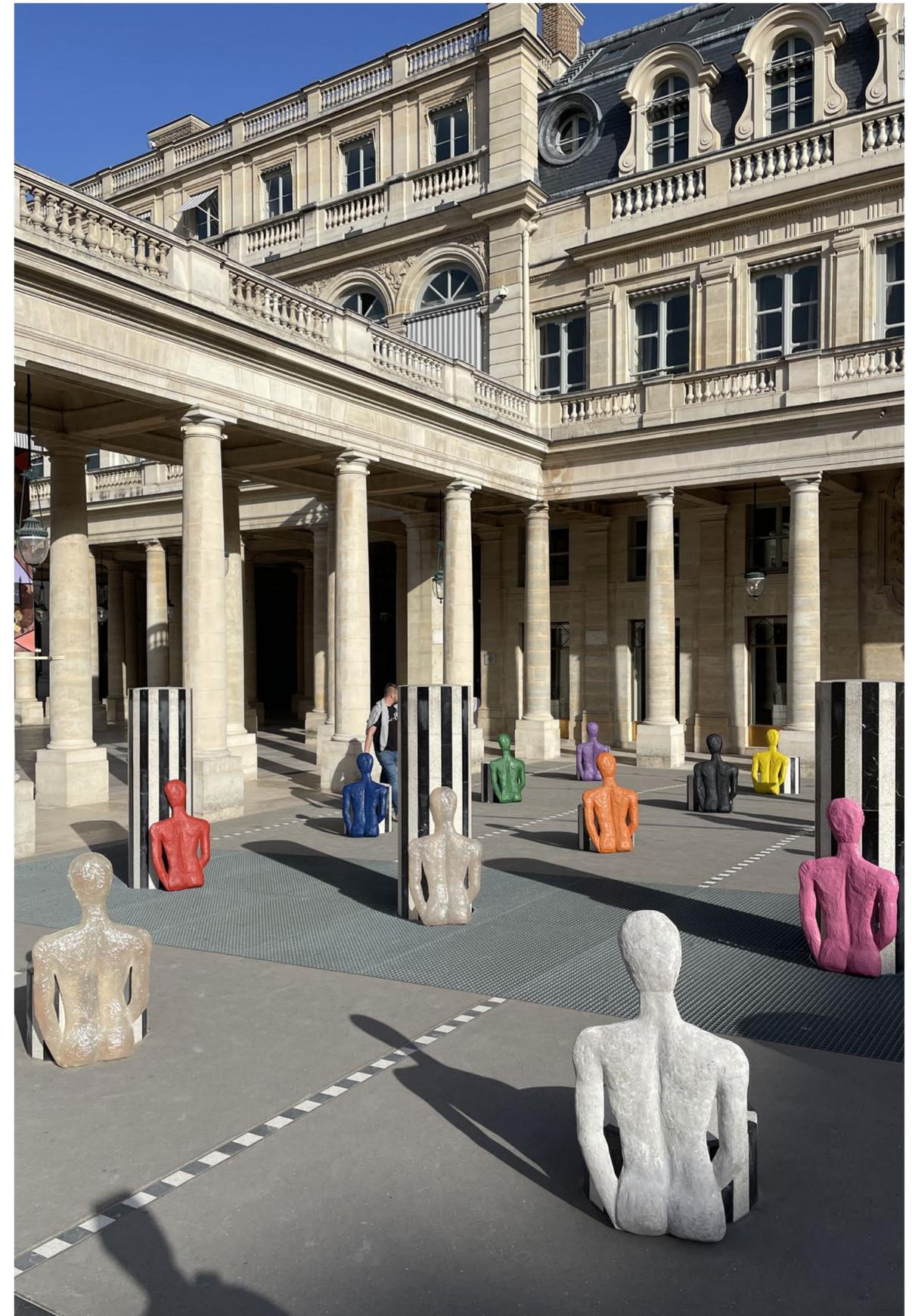
As it moves across cities, the installation becomes a meditation on how far dreams can take us. It is a reminder to live authentically in the present, carrying the dreams and uniqueness of your inner child wherever life takes you.



Vienna



Munich



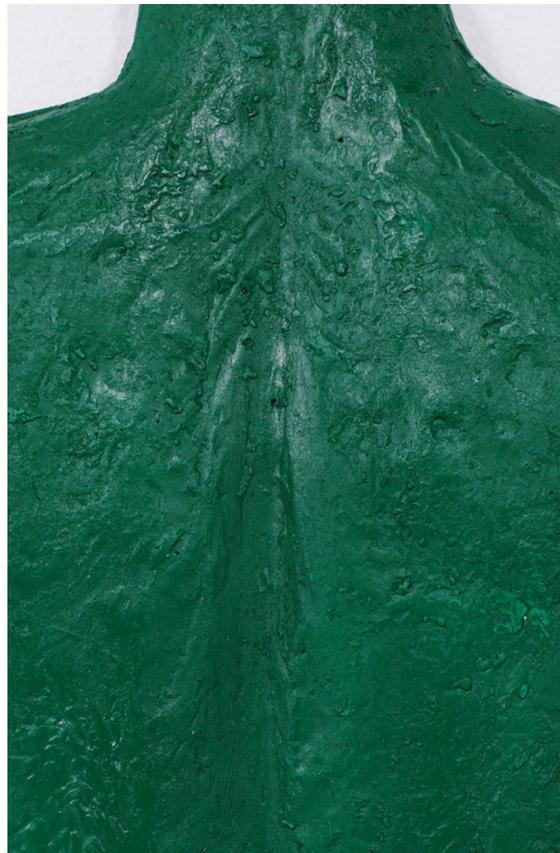
Paris

# How are you these days? A lack of imagination

Palais-Royal, Paris, France,  
2023  
1m x 0.6m x 0.1m, fiberglass, composite,  
lacquered, hand finished sculpture

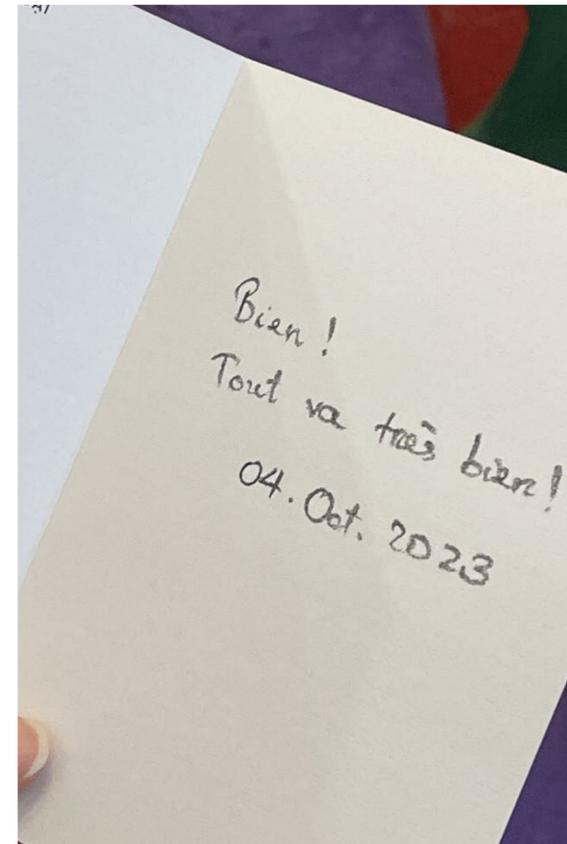
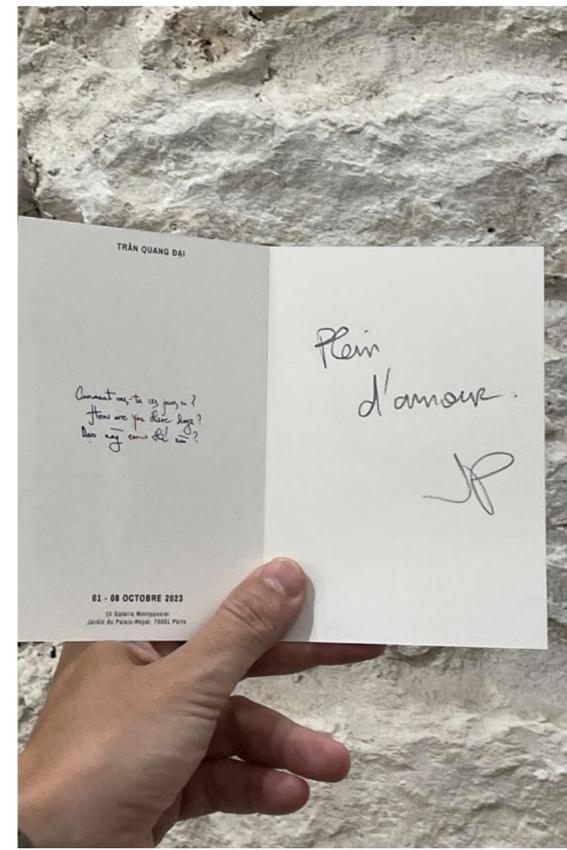
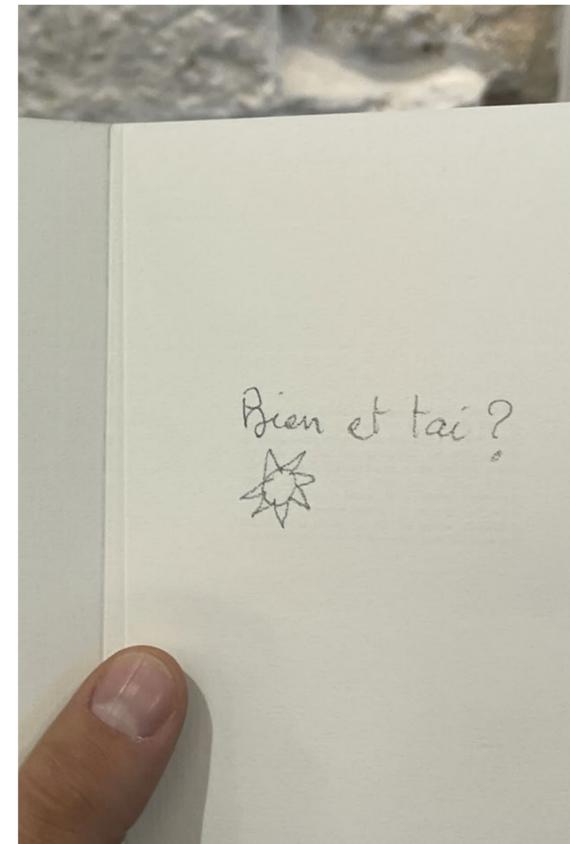
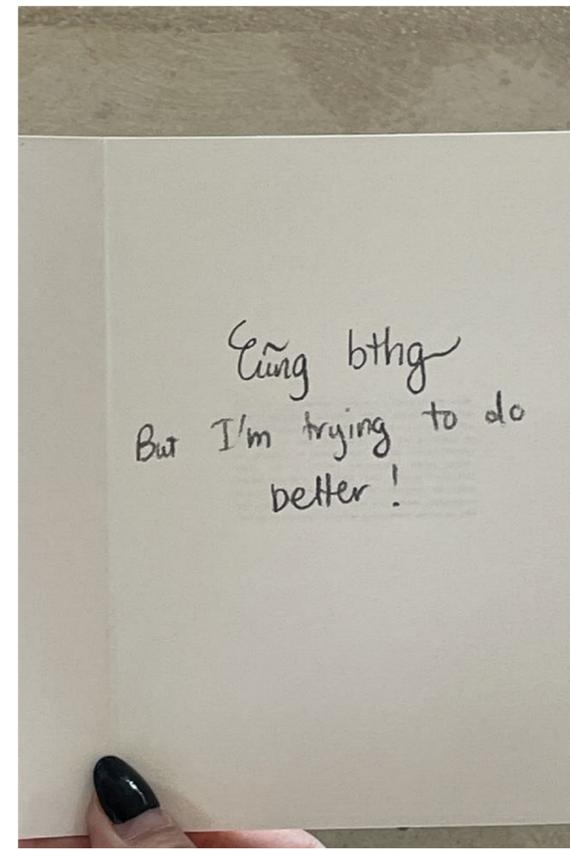
The installation, “How Are You These Days?”, invites people to explore identity and self-connection. Hosted at La Montpensier in Paris, the work features sculptures that look alike but differ in color, representing the layered nature of identity. Inspired by a childhood memory of creating identical turtles in varied shades, I encourage visitors to question expectations and embrace imperfections.

In an interactive dialogue, I ask viewers to help rearrange the sculptures while repeatedly posing one question: “How are you these days?” Psychological studies, including research from the *Journal of Personality and Social Psychology*, suggest that repeated questioning can deepen responses, as people shift from surface answers to more personal reflections. This technique, akin to motivational interviewing, invites viewers to turn inward, sparking a dialogue with their inner self. The process becomes a form of self-therapy, as participants reflect on their “these days” state and connect with their own emotions within a shared space.





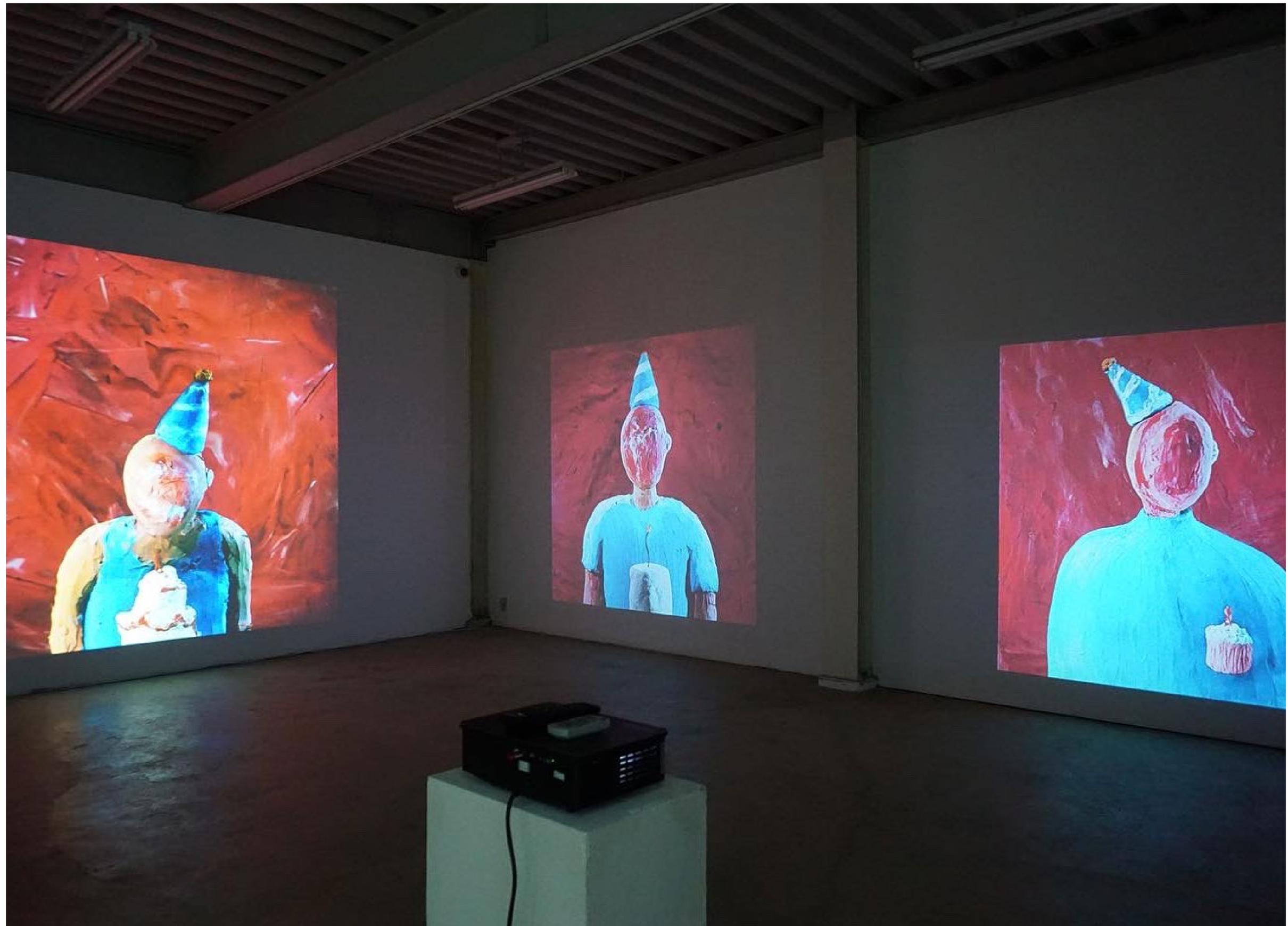
Installation view showcasing multiple configurations of the sculptures



# How are you these days? Figures 2023

CiCa Museum, Seoul, Korea  
2023  
Stop-motion video, modelling clay

The stop-motion series, "How Are You These Days?", captures birthdays at ages 10, 20, and 30 to reflect how our joy changes over time. Each scene is crafted frame-by-frame, requiring patience to position tiny props and characters for each small movement. This detailed process brings back the wonder of childhood birthdays, encouraging viewers to slow down and celebrate each stage of life. Through the careful setup and playfulness of stop-motion, I hope to remind people of the simple joy in life's moments, even as we grow older.



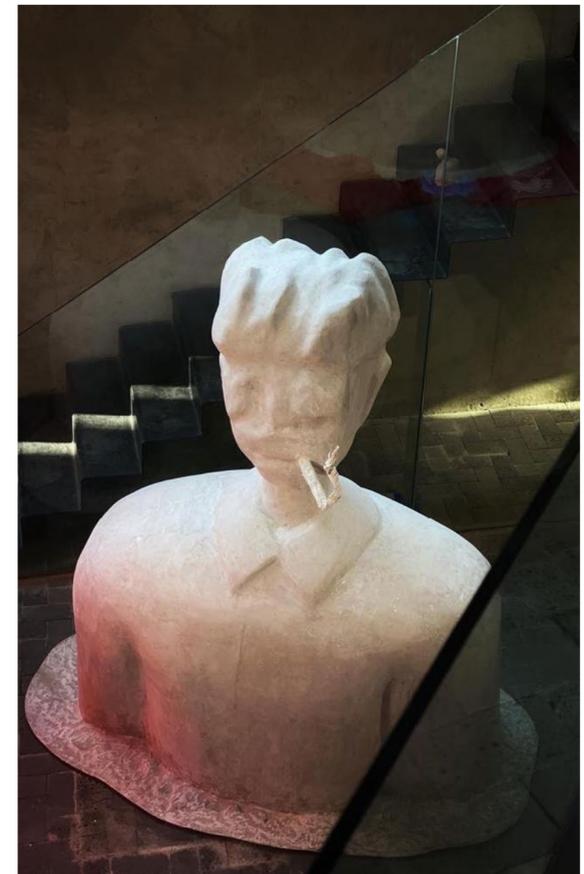
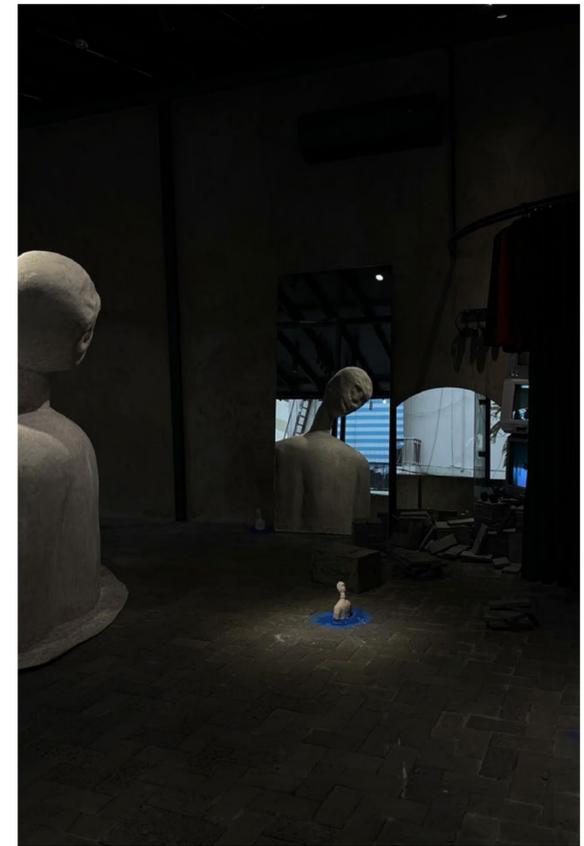
CiCa Museum, Seoul, Installation view



# How are you these days?

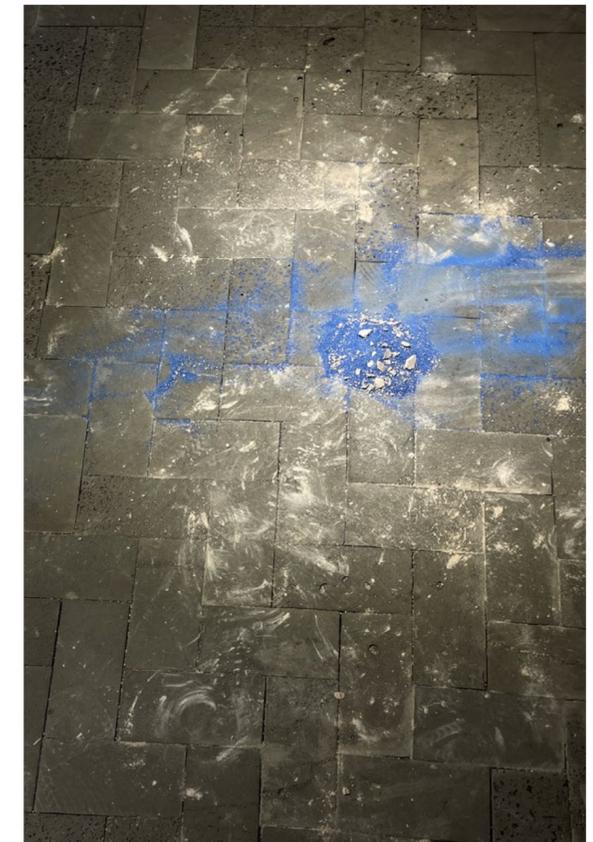
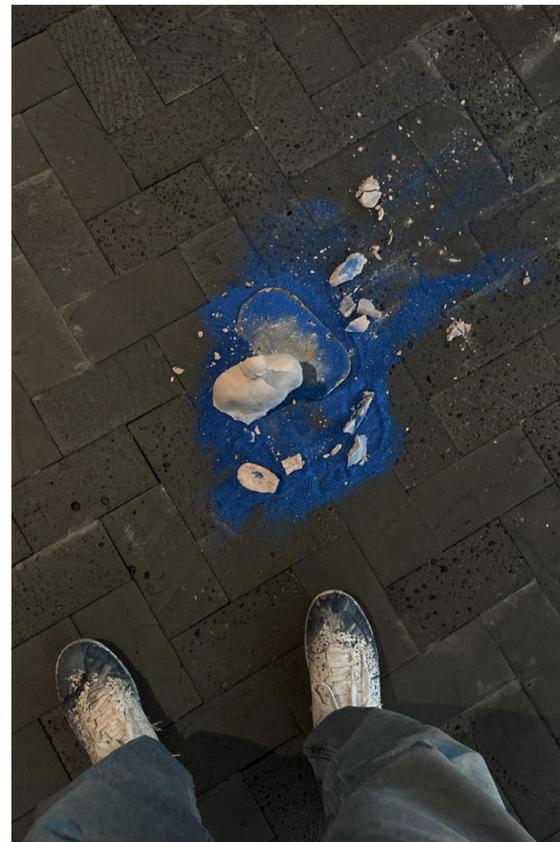
Phieu Studio, HCMC, Vietnam  
2022  
1m x 2m x 2m, fiberglass, composite,  
lacquer, white clay

Fiberglass, composite, lacquered, hand-finished with white clay sculpture merges Vietnam's ancient Champa heritage with modern art. Using durable fiberglass, it reimagines Hindu-Buddhist influences from the 2nd-15th centuries in bold 3D form. Hand-finished, it feels both ancient and futuristic, connecting Vietnam's cultural legacy to contemporary art.



# How are you these days? Coexistence

Phieu Studio, HCMC, Vietnam  
2022  
44 Pieces, 22 × 11 × 11 cm, clay, sand



“Coexistence” explores the interconnectedness of life and the impermanence of existence through fragile, human-like clay sculptures. Made from locally sourced materials, the sculptures gradually decay over time, transforming into dust and sand. Visitors engage freely with the pieces, witnessing their transformation as a reflection of life’s fleeting nature. By the exhibition’s end, only remnants remain, which are wiped away during deinstallation, symbolizing the cycle of creation and return to nothingness.

The exhibition invites viewers to reflect on art’s essence—is it the object, the idea, or the process? Like life, Coexistence highlights art as a temporary, ever-changing journey.

Gradual decay of the sculptures

# How are you these days? Coexistence

Linea space, HCMC, Vietnam

2022

coexistence

60 x 90cm, 365 paintings water mixable  
oil color on raw canvas daily unconsumed  
emotions

This 365 abstract painting series is a reflection of the artist's emotions captured in vivid, washable oil colors on canvas. It evokes a sense of zen and minimalism, like a sculptural diary, where the artist paints every morning like a ritual, immersing himself in the moment and picking the colors to represent his emotions for the day. At the end of the day, when the painting is washed, it serves as a reminder of the passing of time and the changing of emotions that shape us into the current versions of our selves. Through moments and years, leaving behind a lasting impression.



Installation view



# How are you these days?

Thinker&Dreamer Space, HCMC, Vietnam  
2022  
Handwritten-style print on plastic  
12m x 4m/5m x 4m

“How Are You These Days?” transformed city billboards into spaces for self-reflection and mental health awareness over four months in 2022. Featuring handwritten typography printed on durable plastic, it blurred the line between art and advertising, inviting viewers to pause and consider: “How are you these days?”

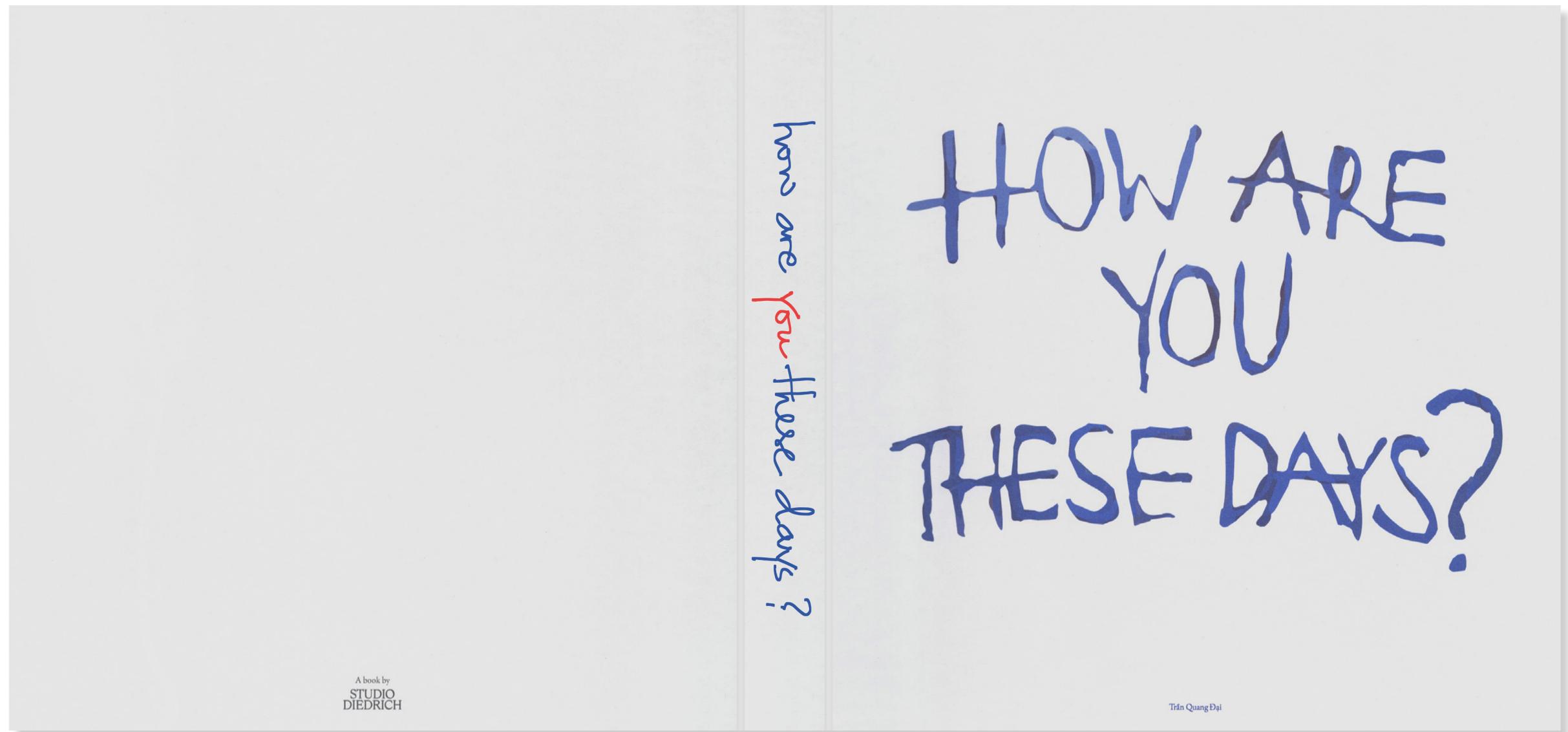


How Are You These Days?, HCMC, 2022, Installation view, 12m x 4m



# How are you these days?

Book project  
2024  
Designed by Studio Diedrich,  
Selfpublished



This book encapsulates the essence of the first solo exhibition at the Museum of Contemporary Art (MoCA Bangkok, August 2022). The book delves into the depths of human emotions and connections through a collection of 44 paintings and profound thoughts. The title, “How Are You These Days?”, serves as a gateway to explore the complexities of human existence. It challenges the superficiality of casual conversations, inviting readers to dive deeper into the question and ponder the extent to which we truly understand one another. Like two mirrors reflecting endlessly, the book explores the interplay between reality and perception.

How Are You These Days?, 2024, book cover

I can  
you  
sing

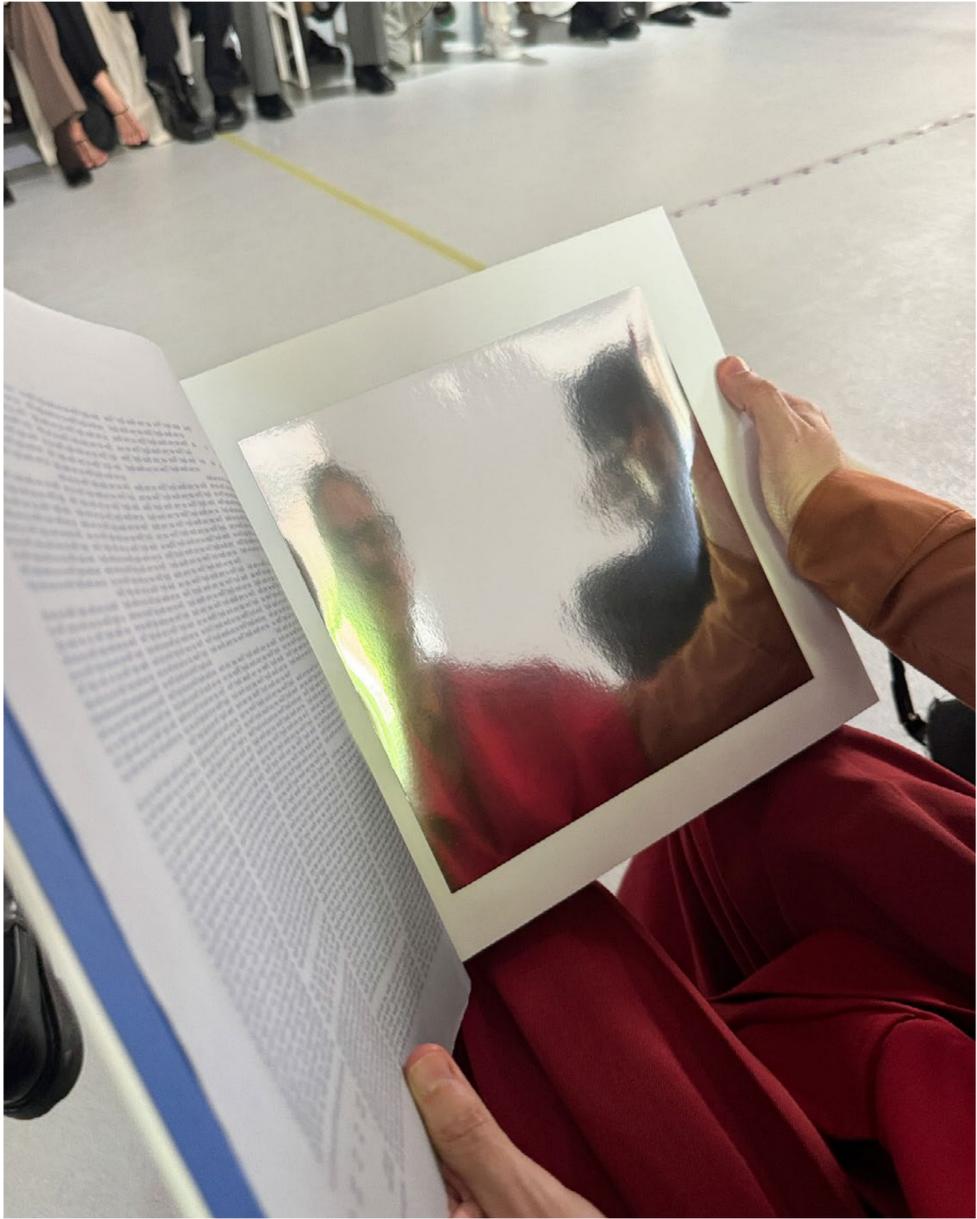


I  
LITTLE  
CARE



Isn't  
isn't





Readers interacting with the book and the maquette

# How are you these days?

MOCA Museum of Contemporary Art,  
Bangkok, Thailand  
2022  
Mixed media & oil on canvas

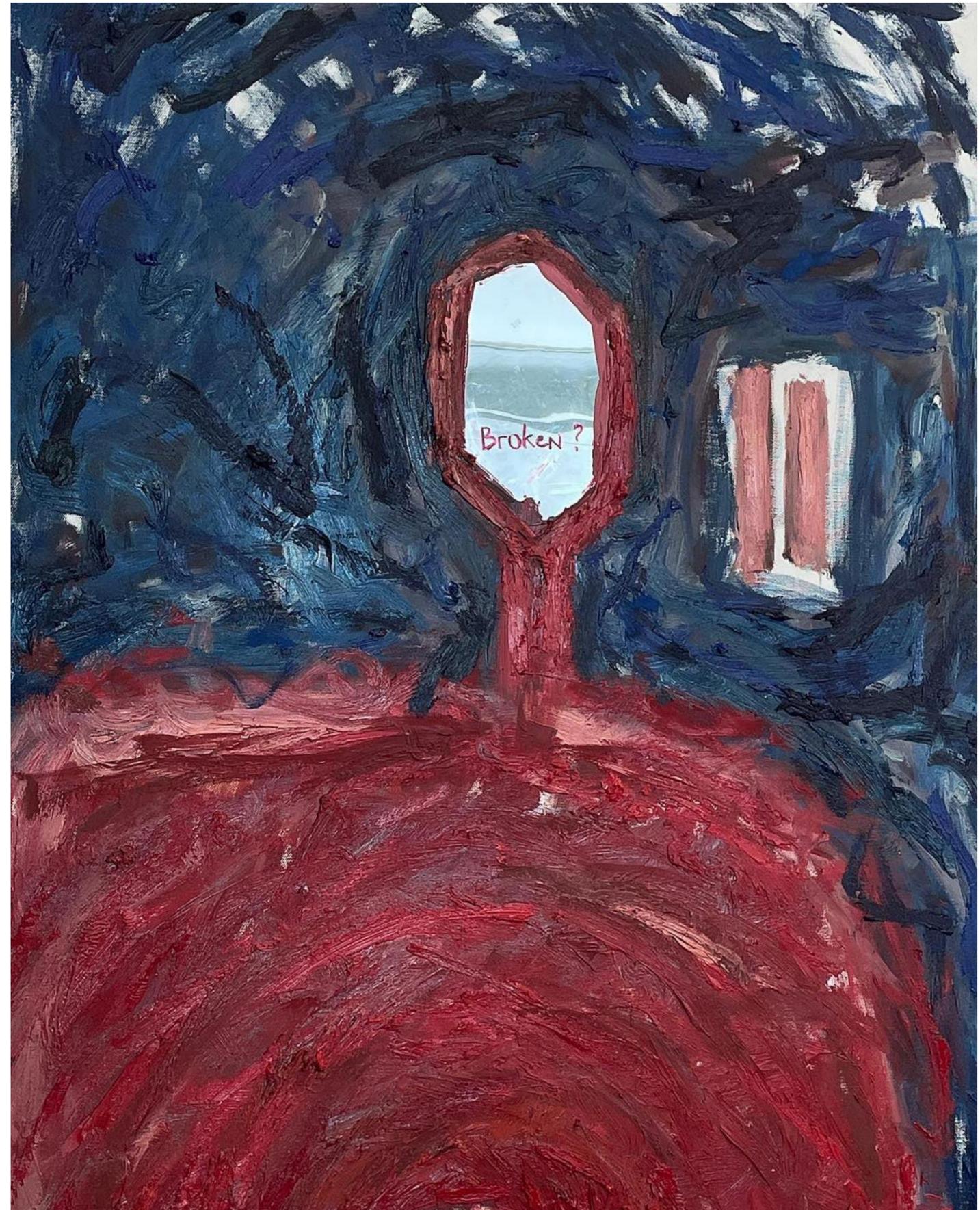


“How Are You These Days?” explores our need for connection after the pandemic through faceless, textured portraits. Using thick oil paints in intense reds and blues, I create surfaces that invite touch and reflection. The lack of facial features speaks to the idea that identity is always shifting—faces reveal too much yet not enough. By leaving the faces undefined, the portraits encourage viewers to see beyond appearances and reflect on the ever-changing nature of who we are. This work blends color and form to express the powerful, raw emotions of human connection.

# How are you these days? Inhale/Exhale

“FEAR Experimental”, MOCA Museum of Contemporary Art, Bangkok, Thailand  
2023  
2 × 2m × 1m, oil on canvas

In support of a noble cause, the artwork will be donated to APID (Association for Parents with Intellectual Disabilities of Thailand). Together, let's make a difference and support their incredible work! Through this artwork, I challenge our perception of reality, inviting you to question whether we are truly real or mere projections of an illusory world. “Inhale/Exhale” serves as a reflection of my personal fears — the fear of losing connection with others and one's self. Let's delve into the depths of our own fears and self-identities.

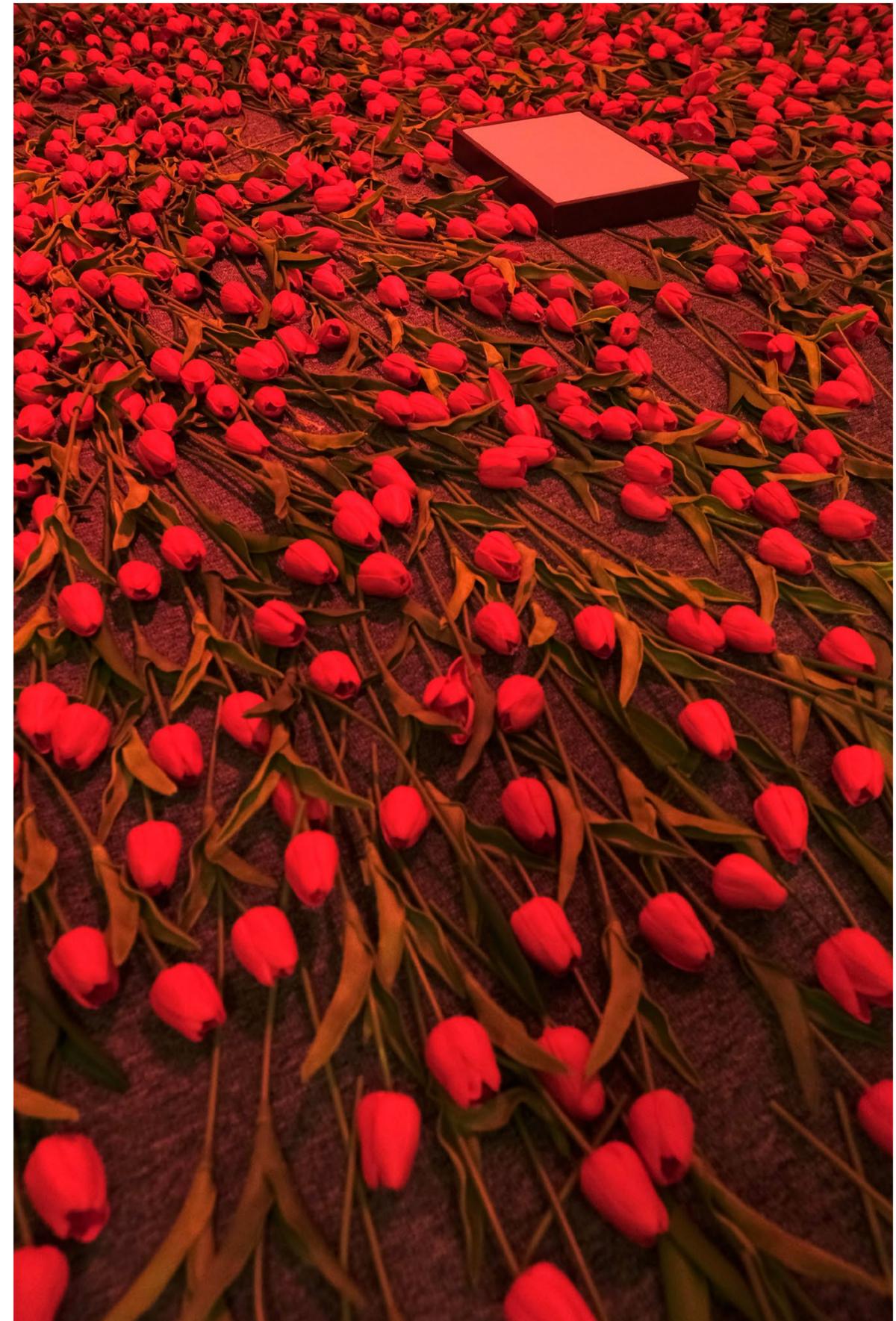


# How are you these days?

Toong IPH, Hanoi, Vietnam  
2022  
Neon signs, tulips, oil on canvas

How Are You These Days? is a meditative space designed to promote mental health in the workplace. Created during the pandemic, the untitled works explore themes of distance, emptiness, and connection, inviting quiet reflection and emotional awareness.

Amid the busyness of work, this space encourages mindfulness and self-care, offering a moment to pause and ask: Am I truly happy and at peace? By fostering stillness and introspection, it highlights the importance of mental well-being in a productive environment.



# How are you these days? Bystander

SC Vivo City, HCMC, Vietnam  
2022  
Neon signs, tulips, oil on canvas

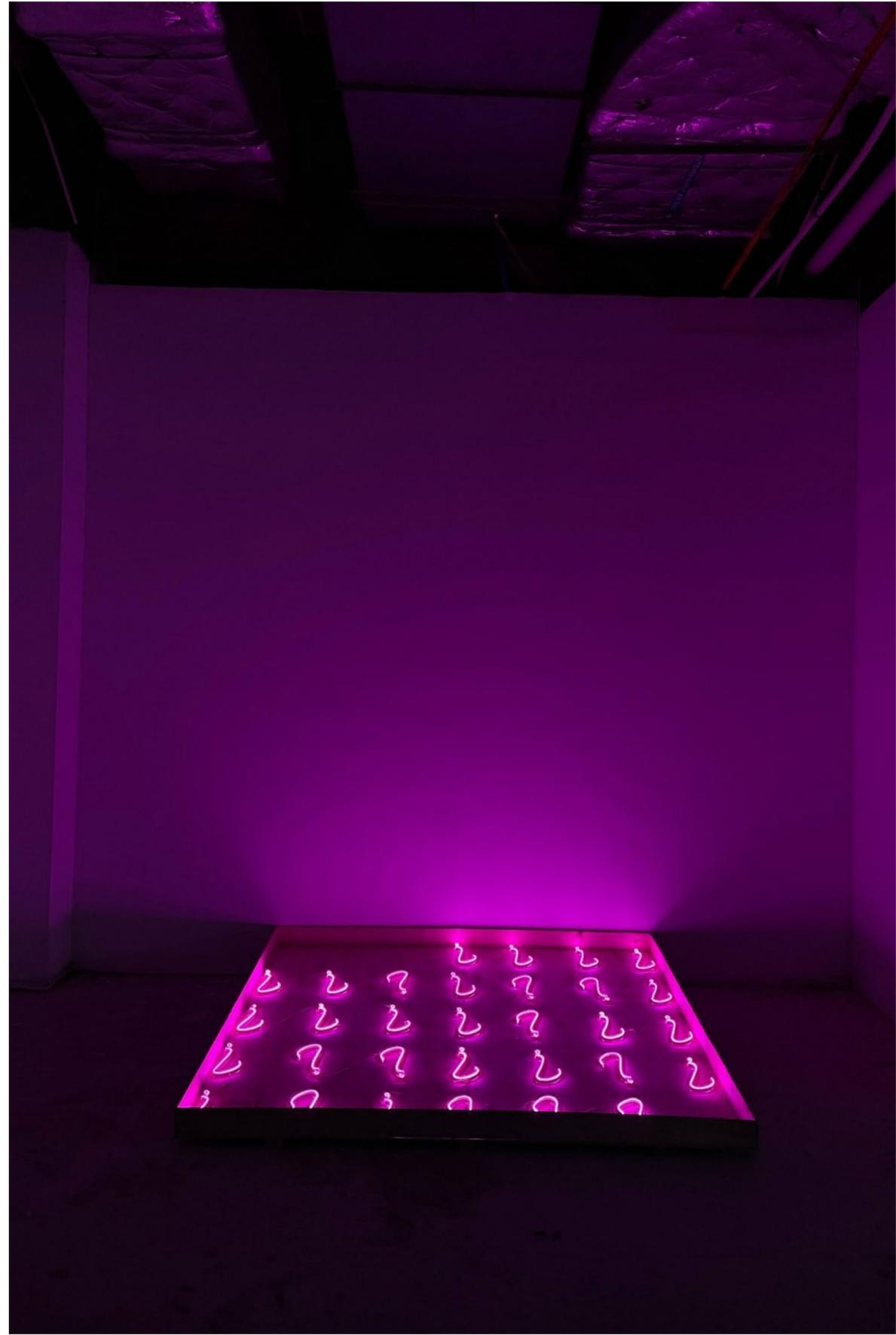
The artist's installations, featuring handwritten "How are you these days?", continued the exhibition-performance journey in 2022, pressing for genuine connection in a world where everyone appears connected but often feels disconnected.

In the vibrant atmosphere of the mall, where art meets toys and consumerism, individuals' choices and connections are highlighted. Some stand apart, seeking peace or escaping reality, while others engage with the social scene. When someone asks, "How are you these days?" it becomes an invitation to connect and support one another amid the distractions of consumerism. This colorful space encourages reflection on the true meaning of shopping and ownership, promoting mindful consumption.

As visitors navigate their thoughts and feelings, they are invited to consider the value of being present and engaged. By blending art and playfulness, this exhibition uncovers the essence of human connection and inspires a more thoughtful approach to consumption in a material-driven world.







# How are you these days?

Mo Art Space, Hanoi, Vietnam  
2022  
Neon signs, tulips, oil on canvas



featuring handwritten “How are you these days?”, continued the exhibition-performance journey in 2022, pressing for genuine connection in a world where everyone appears connected but often feels disconnected.



# How are you these days?

8Eight Gallery and 22 public spaces  
throughout HCMC, Vietnam  
2022  
Mixed media, tulips, oil on canvas

The work is a public performative exhibition that invites viewers to reflect on identity and connection. Using bold, dynamic visuals and distorted imagery, it challenges traditional aesthetics while drawing audiences into a deeper, introspective experience.

“How are you these days?” engages with the psychological impact of repeated questioning, prompting evolving responses over time. As layers of thought and emotion are uncovered, the work highlights the fluidity of human experience and fosters a dialogue between the artwork and its audience.



