

# T A B L E O F C O N T E N T S

PHOTOGRAPHY - 4

FASHION - 12

PACKAGING - 18

ILLUSTRATION - 24

INFOGRAPHICS/MISC. - 32



# Sonya Adelman

Graphic and Web Designer

## Profile

Young, extroverted and open-minded designer with an upbeat attitude and a niche interest in fashion, brand identity and color scheming. I am a very curious, talkative and sociable person, and would love to work in an environment where I could regularly share ideas with my peers.

## Abilities

Visual Design  
Graphic Design  
Wireframes & Mock-ups  
Branding & Development  
Illustration  
Photography  
Videography  
UI/UX  
HTML  
CSS

## Education

DEC - Graphic and Web Design  
JOHN ABBOTT COLLEGE  
2017 - 2020

COLLEGE SAINTE ANNE  
DE LACHINE  
2011 - 2016

## Work Experience

Sales Associate  
AERIE MONTREAL  
Summer 2018

Waitress  
MCKIBBINS IRISH PUB  
Summer 2019-Current

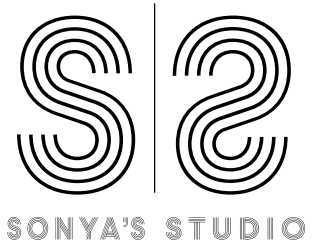
## Specialized Software

Adobe Photoshop  
Adobe Illustrator  
Adobe Dreamweaver  
Adobe Dimensions  
Adobe Animate  
Adobe Indesign  
Adobe XD

## Hobbies

“Art Jams” with friends or  
painting/drawing on my own  
Creating specialized playlists  
Thrift Shopping  
Sewing  
Editing videos or making  
collages for instagram stories  
Sometimes I go outside

- 
- Routine pre-shift meetings to improve sales and marketing skills.
  - Maintaining order and appearance to keep the store as attractive as possible
  - Greeting clients with uplifting energy
- 
- Catering to the needs of clients while maintaining a positive attitude
  - Quick response to ensure quality service
- 



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H9S 5M8



@sonyas.studio

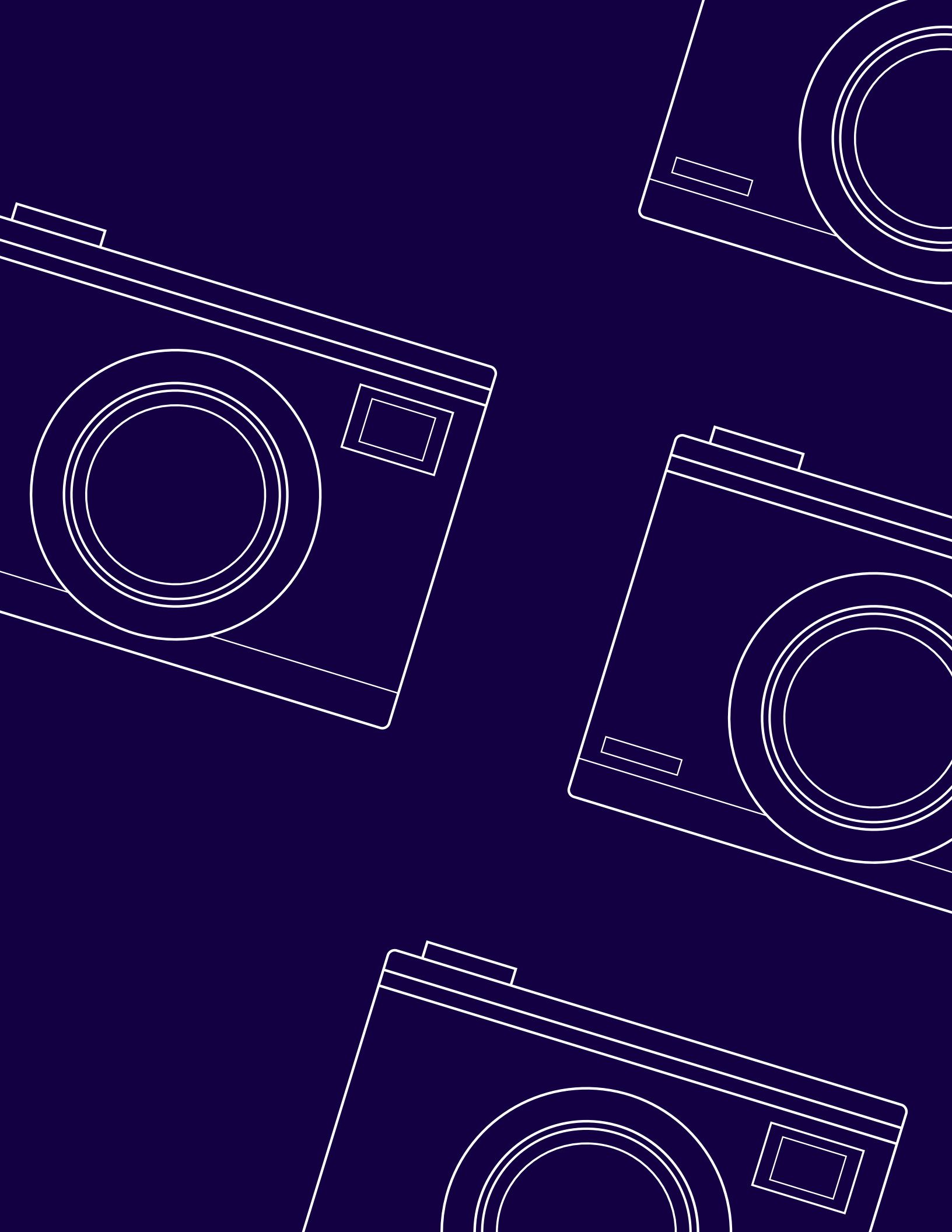
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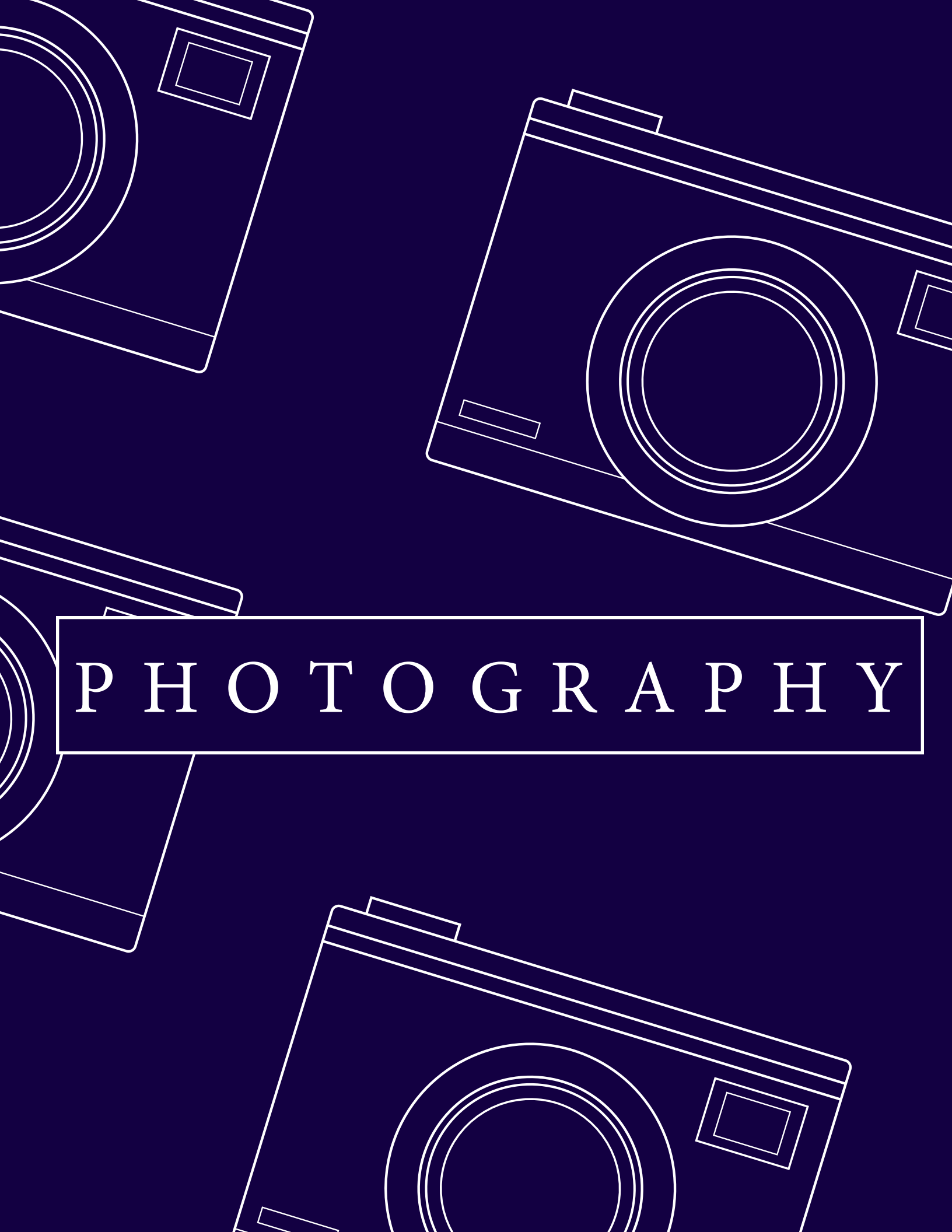


## ABOUT ME

My name is Sonya Adelman and I am an online savvy aspiring graphic designer! I am a really big fan of illustration and print work, as well as packaging, which is something i was always attracted to even as a little kid. I mostly work from the adobe suite if i'm not just doing projects on the side.

My plan is to learn as much as I can during stage so I can built my skills and study design at university! I aspire to take more time to travel and get inspiration from all over, and I hope I can find work in a firm that suits my interests, where i can thrive and design as much content im proud of as I can! I'm not entirely sure what the future holds but i'm open minded and optimistic. Cheers to life!

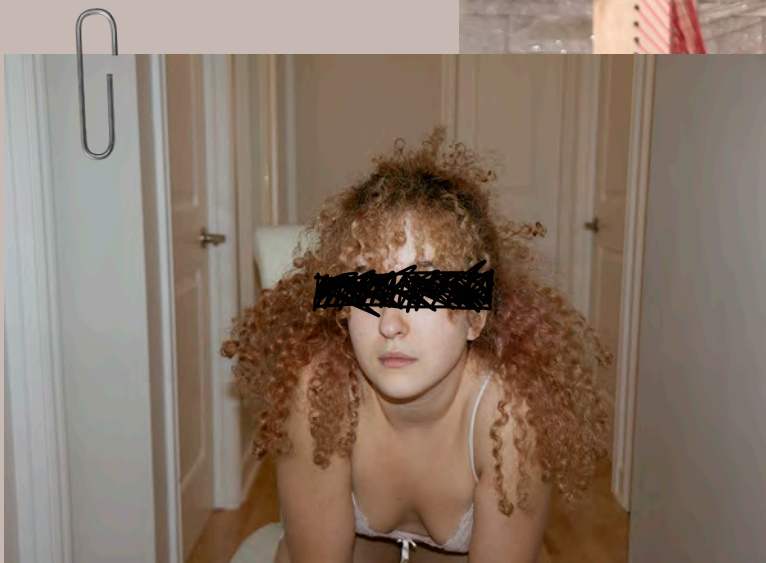




PHOTOGRAPHY

# THE LOCK-IN PROJECT: A Tale of Isolation

These next three page spreads are photos I took to tell the story of different characters living alone in complete isolation within their households. The first subject is a ghost, confined to her habitat by spiritual ties, the other is a modern day witch who was cast away from society, happily making a living off of spell lessons online and other internet content. And the other one is simply lonely and tired. I tried to captivate their feelings in the pictures; the ghost bored and sorrowful, the lonely boy and the sexually charged witch. It was very fun to shoot.

















# FASHION



# LOST YOUTH

I wanted to create an interesting tee-shirt design with artwork on it, since I find that to be something I really like to wear personally. As a bonus, handmade artwork on outfits is really coming back in style. So I first drew the desert scene and thought using a PANTONE colour as the frame would be an interesting aesthetic. I looked up the PANTONE colour that most closely matched the colour of the shirt I would print my design on; a pale pink. I figured depending on the colour of the shirt, I could just change the pantone code on the AI file. I really like the concept and intend on making more. I wear mine very often.





*lost youth*

**PANTONE®**

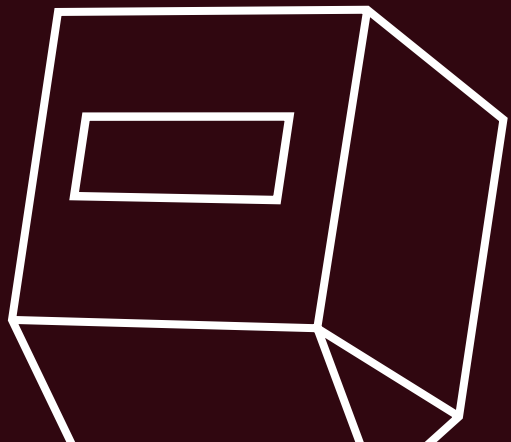
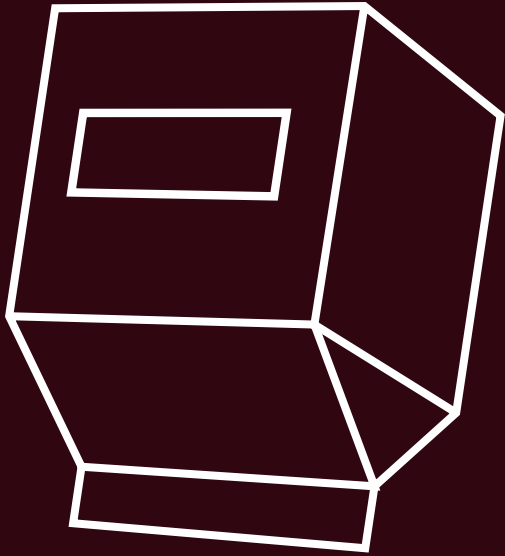
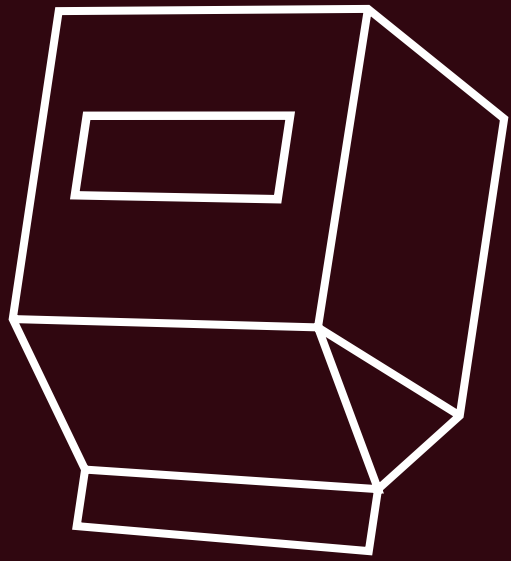
**706 C**





# I ALSO DESIGNED SOME TOTE BAGS







PACKAGING

# CAN DESIGN

This was a super fun project to work on. It was my first official attempt at packaging. I inspired myself from the drinks I see in niche coffee shops or corean bbq places. Currently Kombucha is one of the most popular drinks on the market, and I've noticed most companies selling kombucha put a lot of emphasis on the actual design and aesthetic. My theory is that it's taste is not the selling point, and so creativity is the only way. But that is a debate i am not interested in having at this time. I used my friend's Ipad pro to draw the mascot and illustrator to create the flower and other embellishments. Once i completed the design layout, I tried it on a mockup to see how it would look in the real world, and these are the results! Personally I would buy it, although I may be biased.





santrix©

SNAPPY SNAKS

collations biologiques

santrix©

# SNAPPY SNAKS

collations biologiques



100g

saveurs naturelles



**ingrédients:**  
syrop de tapioca, sucre de canne biologique, jus concentrés (raisin, poire, fraise, cerise, grenade), pectin, acide citrique, vitamine C, vitamine D, saveurs naturelles, couleur (carotte biologique), cire de carnuba.

**ingrédients:**  
tapioca syrup, organic cane sugar, juice concentrate (grape, pear, strawberry, cherry, pomegranate), pectin, citric acid, vitamin C, D, natural flavours, colour (organic black carrot), carnuba wax.



| Nutrition Facts           |      | Valeur nutritive     |  |
|---------------------------|------|----------------------|--|
| Per 100g / par 100g       |      | % Daily Value        |  |
| Amount                    |      | % valeur quotidienne |  |
| Calories / Calories       | 110  |                      |  |
| Fat / Lipides             | 0 g  | 0 %                  |  |
| Saturated / saturés       | 0 g  | 0 %                  |  |
| + Trans / trans           | 0 g  |                      |  |
| Cholesterol / Cholestérol | 0 mg |                      |  |
| Sodium / Sodium           | 0 mg | 0 %                  |  |
| Carbohydrate / Glucides   | 26 g | 9 %                  |  |
| Fibre / Fibres            | 0 g  | 0 %                  |  |
| Sugars / Sucres           | 22 g |                      |  |
| Protein / Protéines       | 2 g  |                      |  |
| Vitamin A / Vitamine A    |      | 0 %                  |  |
| Vitamin C / Vitamine C    |      | 120 %                |  |
| Calcium / Calcium         |      | 2 %                  |  |
| Iron / Fer                |      | 0 %                  |  |



# ILLUSTRATION



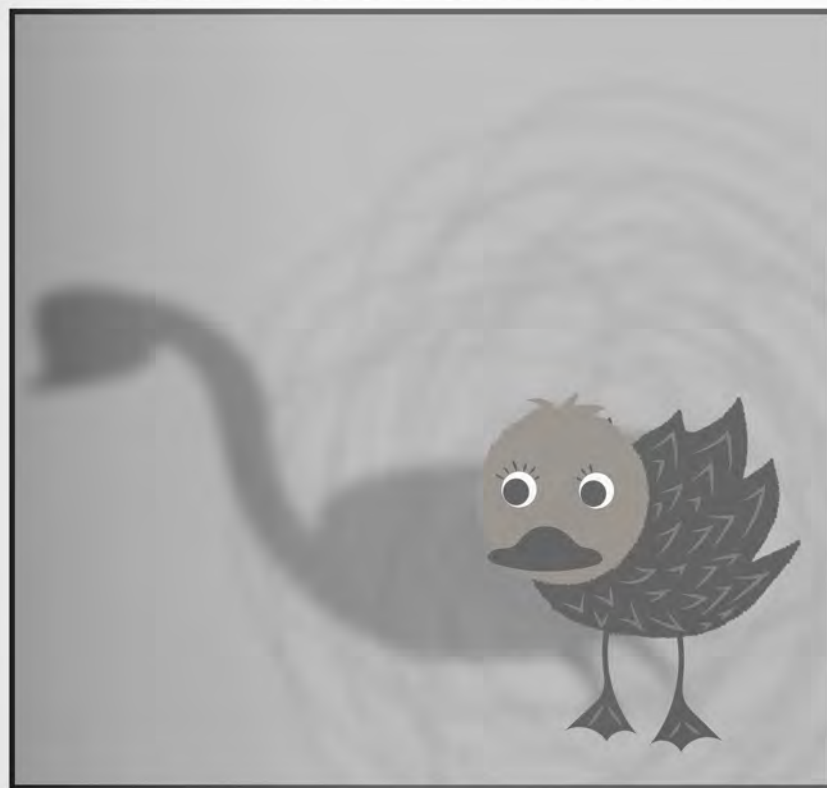




# THE UGLY DUCKLING

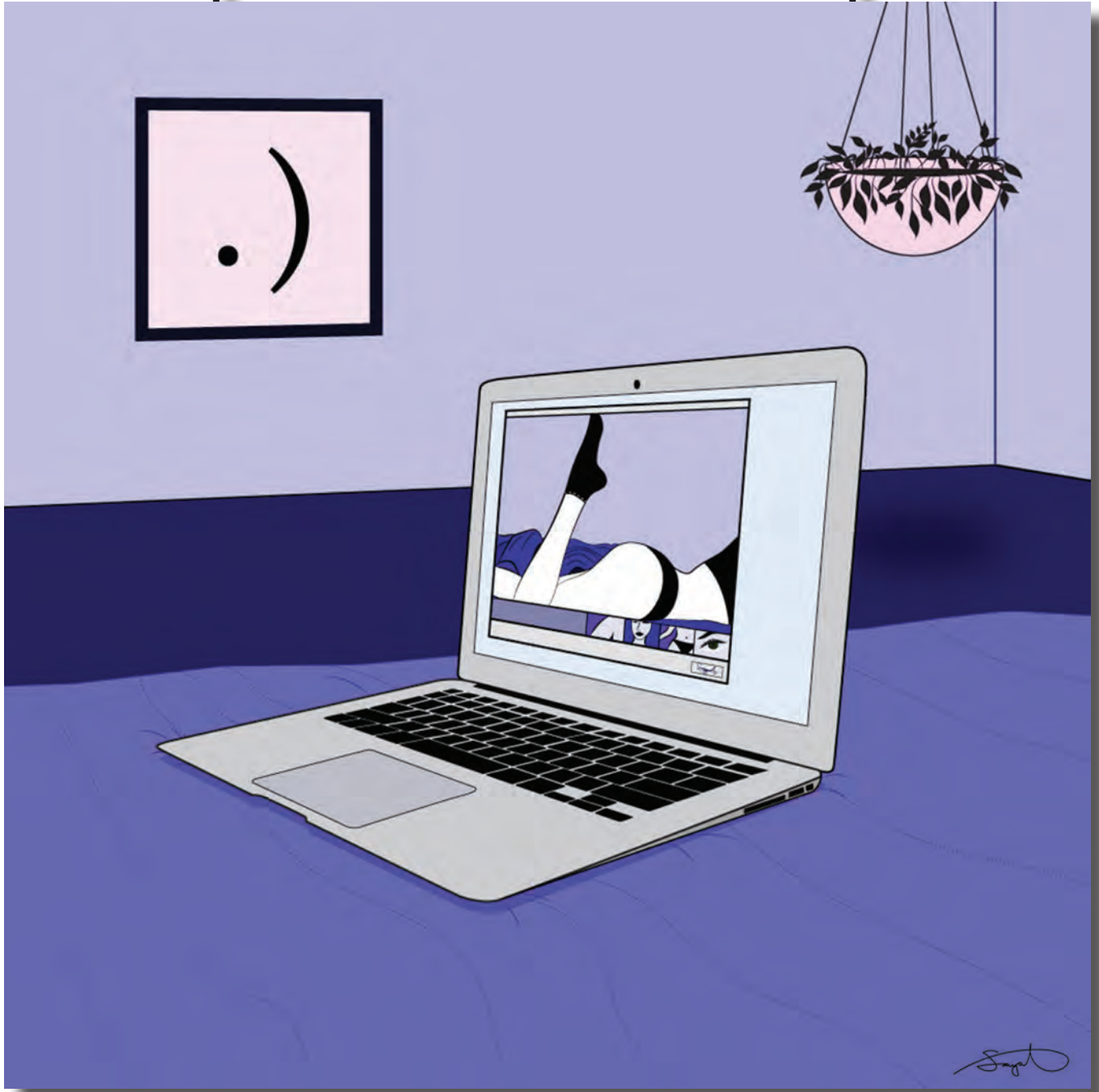


ONCE UPON A TIME™ PRESENTS  
**THE UGLY DUCKLING**



WRITTEN BY: HANS CHRISTIAN ANDERSEN  
ILLUSTRATIONS BY SONYA ADELMAN







SONYA'S STUDIO



Concept

# INFO



## HOW TO SELL YOURSELF (ACCORDING TO CBC'S TERRY O' RILEY)

### SHAME CORNER

- NO OVERUSED WORDS**: IF YOU HAVE NO SOCIAL MEDIA, WHAT ARE YOU HIDING?  
*CRAZYHUNNEY420@HOTMAIL.COM*  
NOVELTY EMAIL?...PATHETIC
- VIOLENCE? YOU KNOW BETTER**
- NO BAD VOICEMAILS**
- NO SUNGLASSES IN PHOTOS**
- THEY DONT WANT TO KNOW YOU PARTY**

# GRAPHICS



# VENUES THAT OFFER MORE UNIQUE EXPERIENCES ARE WINNING OVER CONSUMERS



Say they are visiting more Breweries



Enjoy trying out new drinks



Agree that more bars should offer activities



## SPIRITS RANKED BY POPULARITY 2018



VODKA - 41.4 M LITERS



RUM - 28.8 M LITERS



WHISKEY - 8.1 M LITERS



GIN - 7.2 M LITERS



BRANDY  
3.6 M LITERS



TEQUILA  
2.7 M LITERS

# M I S C .

A FICTIONAL BROCHURE FOR AN EXHIBITION I WOULD ABSOLUTELY LOVE TO ATTEND. EVELYN AXELL IS AN ICON, ORIGINAL FEMINIST AND ARTIST WHO WAS WAY AHEAD OF HER TIME. I TRIED TO DO HER WORK JUSTICE AS WELL AS I POSSIBLY COULD.

*Erutomobile* was painted in 1966 on a blue background, not unlike *la femme au serpent*. This is one of Evelyn Axell's most simplistic paintings, using only white, black, and two primary colours; red and blue to send a powerful shockwave nonetheless. Evelyn was a feminist who celebrated sexuality and sexual confidence in women. She often depicted scenes of women having sexual encounters with other women, which was fitting for the period, the 1960s, when feminism was peaking and the protests were arising for women's and LGBT rights. It also signified that the pursuit of sexual happiness and satisfaction was more important than who one chose to pursue it with. The title of the paintings is a play on the words "erotic" and "automobile", which suggests a car sex scene, as shown by the tire surrounding the passionate encounter between the two subjects.

"She was, one might say, the star in her own movie, and it is funny and biting, filled with hot and cool colors." -John Yau on Axell for *Hyperallergic*

Evelyn Axell was born in Namur, Belgium, in 1935. She started doing art in a boarding school in Brussels where nuns encouraged her to pursue her talent. She studied at the Namur School of Art before switching to drama school and pursuing an acting career. In 1956 she met filmmaker Jean Antoine and left her fiancé to marry him. She starred in many of his films and even wrote her own before pursuing a project introducing avant-garde Belgian Painters. In 1964, Axell quit her acting career to pursue painting. She became René Magritte's apprentice and prodigy, and went on to release award winning paintings. *Erutomobile* won her the Young Belgian painter's prize, which was unique for a female artist at the time. Her painting career was cut short when she passed away in a tragic car accident in 1972.

Evelyn Axell - *Erutomobile*

Evelyn Axell



Evelyn Axell - *La Conductrice et Son Double ou Les DS*



Evelyn Axell - *Ethereal Edge*

BOZAR



*La Femme au Serpent* was painted with enamel on plexiglass. Evelyn Axell's signature medium, in the 1960s. It depicts a young woman laying in a comfortable position, holding onto and kissing the snake that is wrapped around her body. It is an interesting painting because it depicts feminine beauty and sexual confidence, as shown by the seemingly unfazed look on the subject's face, and manages to hide the female body while still leaving it uncensored. It is a little bit ironic that Evelyn chose not to paint the subject's entire figure, but still painted the breasts, in a way protesting against the still quite conservative period of her time. If one were to carefully analyze this painting, it would almost seem as though the woman could be biting down on the snake's tongue which is symbolic in itself; snakes are often depicted as deceiving, manipulative and dangerous creatures, and this woman holds a firm grip on the snake's neck and holds it near her face, showing strength and courage. With her other art in consideration, it could also be interpreted that the snake's head symbolizes a phallus, and that the piece depicts an underlying sex act. Axell's use of colour in this painting is appealing as it is quite simplistic blue taking up the majority and allowing the painting to be less overwhelming to the viewer, with the snake, in contrast, popping with colour and energy. Evelyn's paintings often give out a psychedelic and sexual essence, and this one is no exception.

"There's no pleasure like the joy of being a sexual woman" -Fiona Thrust

Evelyn Axell - *La Femme Au Serpent*



Evelyn Axell - *Cercle Vieux Rouge*

*Cercle Vieux Rouge* was painted in 1968 with enamel on plexiglass. It measures a little bit more than one meter in diameter; 110 centimeters to be exact. Not many colours are used, with shades of beige and peach on a rich, bright red background. The medium allows for texture resembling a sort of grain. The piece itself is a clear depiction of a bottom, and although it isn't specified anywhere whether the buttocks in question are male or female, the figure seems to be more inching towards the feminine side, correlating with Evelyn Axell's common theme. The piece has been exposed before in an exhibition entitled "what people do for money", which suggests that this nudity without an accompanying face, and showing the back instead of the front, could have something to do with solicitation or exhibitionism, potentially to make ends meet. Subjects such as solicitation are still to this day slightly taboo, and Evelyn is all about pushing limits and boundaries. It should also be noted that art includes flaws, and it is interesting—and quite refreshing considering today's impossible standards—to see that the legs and cheeks that Axell painted are not at all as perfect as the ones women often pressure themselves to acquire, but that the stance still depicts an air of confidence, with one hip nonchalantly letting loose and one leg slightly bending, placing the woman in a seated, seductive position.



EXPO  
4 March - 27 April '18  
BOZAR/  
Centre for Fine Arts  
Rue Ravensteinstraat 23  
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tickets@bozar.be

BOZAR

Self.



Come visit me on instagram :)

@sonyas.studio

...

Or you can check out my work online!



SONYA'S STUDIO