STATISTICS

Playing Age 25 to 35
Place of Residency Helsinki, Finland Dark Brown
Eyes Green
Weight 52 kg

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Height 160 cm
Mother Tongue Russian
Other Languages English,

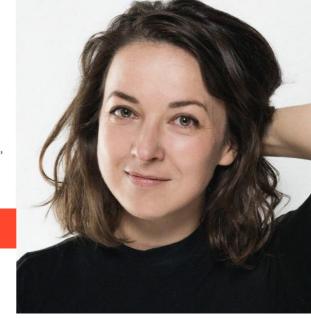
English, Finnish German (basics)

CONTACT DETAILS

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Member of Union of Actors in Finland,

Actors in Helsinki, Women in Film & Television Finland, Dramatic Combat Finland, Nordic Stage Fight Society



ACTOR, SINGER, FIGHT PERFORMER, DIRECTOR

Anastasia Trizna

PERSONAL PROFILE

I'm an experienced professional actor who has appeared in various stage plays, short films and TV Series. I often work with cross-disciplinary and sight-specific projects, independent theatre and dance companies, various musicians and bands.

ACTING EXPERIENCE (THEATRE)

As a freelance actor

Cleaners (2020)

Documentary based dance theatre performance, European theatre collective for Alexander Theatre

Countess Amalie's Drama Tour (2014-2021)

Solo-performance in Alexander Theatre, Helsinki

Kirje äidiltä (2018-2019)

Bilingual drama performance by Evgeni Zimin, HIT Helsinki theatre

Dividual (2018)

Sight-specific dance theatre performance, Pori Dance Company

John The Baptist (2016-2018)

Jazz oratorio by Heikki Sarmanto. Starred as Salome

Karavaani 2017 (2017)

Musical and community theatre performance, directed by Jemina Sillanpää for Finnish National Theatre

Pathless Wood (2016-2017)

Dance theatre performance by Geon Hyauk-Jin for Pori Dance Company / Ground Zero Project (South Korea)

Ronja the Robber's Daughter (2014)

Directed by Marjo Kuusela in Pori Theatre. Starred as Loviisa

Westside Story (2008, 2013)

Directed by Alexander Petrov, State Musical Theatre Zazerkalie

As a full-time employee

State Musical Theatre Zazerkalie (2004-2008)

Lead and ensemble roles in various musical, opera, drama and children productions

ACTING EXPERIENCE (FILM AND TV)

Principal / Leading Role

Talk to Me, Dance With Me, Let Me Be (2020) short film

Starred as Flora, directed by Saara Hasan for Academy of Moving People & Images

Jackpot (2018) short film

Starred as the Winner, directed by Kim Saarinen for Modomo Films

Murskattu unelma (2017) short film

Starred as Elena, directed by Joonas Berghäll, Oktober Oy Production Company for YLE broadcasting company

Sound from the Deep (2017) short film

Starred as Sofia, directed by Joonas Allonen and Antti Laakso for Twisted Films Oy

Supporting Role

Ivalo (Arctic Circle) (2018) TV Series

Starred as Evgenia Belova, Yellow Films & TV Oy for Elisa Vihde, directed by Hannu Salonen

Sorjonen (Border Town) (2018) TV Series

Season 2, Fisher King Production, created by Miikko Oikkonen, directed by Jyri Kähönen

EDUCATION

MA in Acting at the Russian State Institute of Performing Arts

Qualification: music and drama theatre actress St. Petersburg, Russia, 2003-2008

Stage and Screen Combat Training

Dramatic Combat Finland / Nordic Stage Fight Society

- Certificates: Unarmed, Broadsword, Rapier, Sword & Shield
- Other Training: Gun Handling, Knife, Theatrical Martial Arts, Rapier & Dagger, Cloak & Sword

Music Education

Piano, flute, singing, music theory and history St. Petersburg Music School №11, 1991 - 2002

DIRECTING EXPERIENCE (THEATRE)

Simple Stories (2019)

Documentary based theatre performance for Lastenkulttuurikeskus Musikantit

Dividual (2018)

Sight-specific dance theatre performance for Pori Dance Company, choreographer Mikko Lampinen, playwright Veera Tyhtilä

Voices of "F" (2016-2017)

Documentary theatre performance for Eve's Ribs Festival. Co-directing with Petra Haapio

Body As A Conflict Zone (2016)

Sight-specific performance at Kulttuurikeskus Caisa, with David Kozma and Davide Giovanzana

Observations of the Earth (2015)

Dance Theatre performance for Pori Dance Company, choreographer Mikko Lampinen

Countess Amalie drama tour (2014)

Solo-performance for Alexander Theatre



STUNT WORK

Next of Kin (2020) TV-series

Fight performer, Bufo Oy for Elisa Vihde

Fejd (2019) short film

Stunt double, directed by Marlon Saares for Arcada University of Applied Sciences

Fight choreography shorts (2019-2020)

Practice films by Mikko Löppönen

VOICE ACTING

Heureka museum (2019)

Russian language audio-guide and animation voice-over

National Gallery Ateneum (2013, 2018)

Russian language audio-guide

Helsinki University (2012-2020)

Russian language audio exams

Radio Sputnik, Finland (2011-2015)

Guest voice actress, historical radio play Zakulisie

Laatokan soutajat - YLE Radio (2013)

Radio play, written and directed by Elli Salo

LEAD VOCALIST EXPERIENCE

Anita O'Day Tribute (2020-2021)

Anastasia Trizna & Mosabacka Big Band

Valoisaa joulua! (2019)

Jazz Christmas concert with Helena Lindgren and Jorma Uotinen

Aretha Franklin Tribute (2019)

Mosabacka Big Band for Caisa Cultural Centre

Espoo Jazz Trio (2012-2015)

Lead vocalist with Pekka Sarrmanto, Pekka Sarras, Valeri Nikitin

Guest vocalist (2010-)

Rajaton Jazz Quintet, Barbeque Jazz Band, Niki's Four Jazzmen and other bands

AWARDED GRANTS

Helsinki City, Artistic Grant (2020)

Amalie Goes Online digital performance

Juhlarahasto, Cultura-foundation (2018)

Unohdettu Omenatarha theatre project

The Arts Promotion Centre Finland (Taike) (2017)

Highway Stars music play, Folk Extreme Oy

Kone Foundation (2016-2017)

Eve's Ribs project, artistic and producing work

Helsinki City (2016)

Cultural grant for personal artistic work

