

## STATISTICS

Playing Age	25 to 35
Place of Residency	Helsinki, Finland
Hair	Dark Brown
Eyes	Green
Weight	52 kg
Height	160 cm
Mother Tongue	Russian
Other Languages	English, Finnish German (basics)

## CONTACT DETAILS

Phone	FIN +358 45 353 1441
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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

