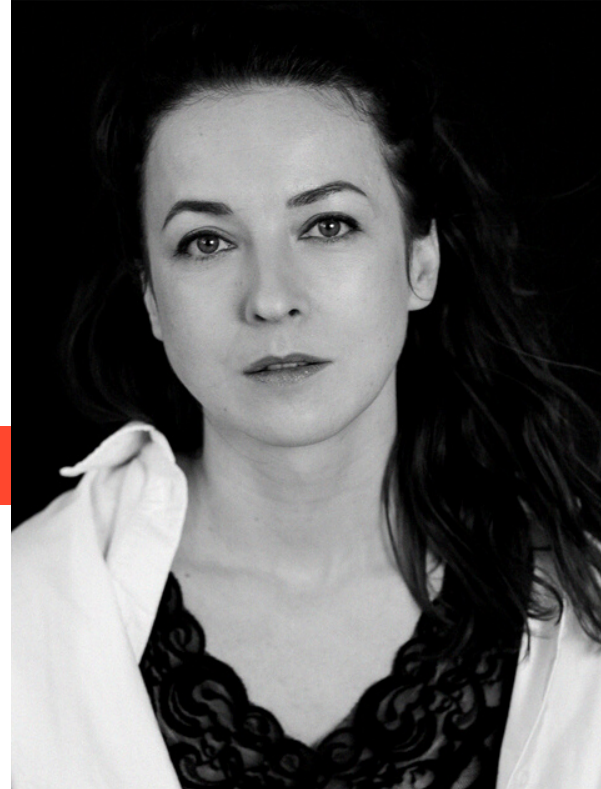


## STATISTICS

Playing Age 28 to 38  
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)  
Swedish (basics)

## CONTACT DETAILS

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Member of Union of Actors in Finland,  
Actors in Helsinki, Dramatic  
Combat Finland, Nordic  
Stage Fight Society



## ACTOR, SINGER, FIGHT PERFORMER

# 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 projects, independent theatre, film and dance companies, various musicians and bands.

## ACTING EXPERIENCE (THEATRE)

### As a freelance actor

#### Ronja Rövardotter (2023-2024)

Directed by David Sandqvist, Svenska Teatern

#### Sivullinen / Stranger (2021-2023)

Drama, music and physical theatre. Directed by Davide Giovanzana for Teatteri Metamorfoosi & New Theatre Helsinki

#### Cleaners (2020-2021)

Documentary based dance theatre performance. Directed by David Kozma for Post theatre collective & Alexander Theatre

#### Insulted. Belarus(sia) (2021)

By Andrei Kureichik. Directed by Dan Henriksson, Klockriketeatern

#### Countess Amalie's Drama Tour (2014-2023)

Solo-performance, Alexander Theatre

#### Kirje äidiltä (2018-2019)

Bilingual drama performance. Directed 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, Pori Dance Company / Ground Zero Project (South Korea)

#### Ronja the Robber's Daughter (2014)

Directed by Marjo Kuusela in Pori Theatre. Starred as Loviisa

#### West Side Story (2006, 2013)

Directed by Alexander Petrov, State Musical Theatre Zazerkalie

## ACTING EXPERIENCE (FILM AND TV)

### Principal / Leading Role

#### Sovitus (2022) short film

Starred as Nainen, directed by Tapio Antere

#### 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

#### Sorsapaisti (2023) short film

Starred as Jelica. Sons of Lumière, directed by Jelica Jerinić

#### This Passing Summer (2022) short film

Aamu Film Company, directed by Uzair Amjad

#### Stringer (in post-production) feature film

Outlines Studios, directed by Mara Jelinko

#### Roba, Season 5 (2021) TV Series

Yellow Films & TV Oy, directed by Reetta Aalto

#### 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

## DIRECTING EXPERIENCE

### **The State of Things (2023)**

Sight specific sound installation for New Theatre Helsinki Festival at Svenska Teatern

### **Simple Stories (2019)**

Documentary based theatre performance for Lastenkulttuurikeskus Musikanitit

### **Dividual (2018)**

Sight-specific dance theatre performance for Pori Dance Company

### **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

## EDUCATION

### **MA in Acting at the Russian State Institute of Performing Arts**

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

### **Stage, Screen Combat and Stunt Training**

Dramatic Combat Finland / Nordic Stage Fight Society

- Certified Intermediate Fighter: Unarmed, Broadsword, Rapier, Sword & Shield, Rapier & Dagger, Quarterstaff, Knife, Theatrical Martial Arts, Small Sword
- Other Training: Fire Arms, High falls & Body burns, Horseback archery

### **Music Education**

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

## AWARDED GRANTS

### **The Finnish Cultural Foundation (2021-2022)**

Artistic grant

### **The Arts Promotion Centre Finland (2017, 2021, 2022)**

Artistic grant, Work group grant

### **Helsinki City, Artistic Grant (2020)**

Amalie Goes Online digital performance

### **Juhlarahasto, Cultura-foundation (2018)**

Unohdettu Omenatarha theatre project

### **Kone Foundation (2016-2017)**

Eve's Ribs project, artistic and producing work

### **Helsinki City (2016)**

Cultural grant for personal artistic work

## STUNT WORK

### **Jukka Lindströmin Sivuhistoria (2022), TV Series, YLE**

Fight performer, Stunt Coordinator Mikko Löppönen

### **What Remains (in post-production) feature film**

Stunt double for Andrea Riseborough, Director Huang Ran, Stunt Coordinator Oula Kitti

### **Next of Kin (2022) TV-series, Bufo Oy**

Fight performer, Stunt Coordinator Oula Kitti

### **Until You Shine Again (2021), music video, Happy Boy Records**

Lead actor and stunt performer, Fight and Stunt Coordinator Oula Kitti

### **Fejd (2019) short film**

Stunt double, Director Marlon Saares  
Arcada University of Applied Sciences

### **Fight choreography shorts (2019-2021)**

Directed and choreographed by Mikko Löppönen

## VOICE ACTING

### **Talo Horjahti, YLE Radio (2022)**

Finnish language Radio play, written by Elli Salo

### **Ponjatna 4-6, Otava (2022)**

Russian language audio exams

### **Helsinki University (2012-2022)**

Russian language audio exams

### **Heureka museum (2019)**

Russian language audio-guide and animation voice-over

### **National Gallery Ateneum (2013, 2018)**

Russian language audio-guide

### **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

### **I Hear Music, Anita O'Day Tribute (2021-2022)**

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 Sarmanto, Pekka Sarras, Valeri Nikitin

### **Guest vocalist (2010-)**

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

