

## STATISTICS

**Playing Age** 28 to 38  
**Place of Residency** Helsinki, Finland  
**Hair** Dark Brown  
**Eyes** Green  
**Weight** 52 kg  
**Height** 160 cm  
**Languages** Russian (native)  
Finnish (fluent)  
English (fluent)  
Swedish (basics)  
German (basics)

## CONTACT DETAILS

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

## ACTOR, SINGER, STUNT & FIGHT PERFORMER

# Anastasia Trizna

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.

Currently I'm also studying to become a stage fight instructor with Nordic Stage Fight Society and intimacy coordinator with Nordic Intimacy Coordinators.



## ACTING EXPERIENCE (THEATRE)

### Ronja Rövardotter (2023-2024), Svenska Teatern

Directed by David Sandqvist

### Sivullinen / Stranger (2021-2023), Teatteri Metamorfoosi

Drama, music and physical theatre. Directed by Davide Giovanzana. Part of New Theatre Helsinki project

### Cleaners (2020-2021), Post theatre collective

Documentary theatre performance. Directed by David Kozma

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

By Andrei Kureichik. Directed by Dan Henriksson

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

Solo-performance

### Kirje äidiltä (2018-2019), HIT Helsinki theatre

Bilingual drama performance. Directed by Evgeni Zimin

### Dividual (2018), Pori Dance Company

Sight-specific dance theatre performance

### John The Baptist (2016-2018)

Jazz oratorio by Heikki Sarmanto. Starred as Salome

### Karavaani 2017 (2017), Finnish National Theatre

Musical and community theatre, directed by Jemina Sillanpää

### Pathless Wood (2016-2017), Pori Dance Company

Dance theatre performance, Ground Zero Project (South Korea)

### Observations of the Earth (2015), Pori Dance Company

Dance theatre performance

### Ronja the Robber's Daughter (2014), Pori Theatre

Directed and choreographed by Marjo Kuusela. Starred as Loviisa

### West Side Story (2006, 2013), State Musical Theatre Zazerkalie

Directed by Alexander Petrov

### Muistojen polku (2012), HIT Helsinki

Poetry and music performance, Russian Nights Festival

### Full time employment (2004-2009), State Musical Theatre Zazerkalie

## ACTING EXPERIENCE (FILM AND TV)

### Principal / Leading Role

#### Solace (2022) short film

Starred as Nainen, directed by Tapio Antere. Best actress award, Sipontum Arthouse International Film Festival.

#### 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

#### To Thy Rest (2023) feature film

Polymath House Productions, Starred as Sister Marie.

#### Duck Roast (2023) short film

Sons of Lumière, Starred as Jelica. 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

Yellow Films & TV Oy / Elisa Vihde, starred as Evgenia Belova, directed by Hannu Salonen

#### Sorjonen (Border Town) (2018) TV Series

Fisher King Production, starred as Sonja Harkola  
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, 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, Martial Arts

### **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 (2022) 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 (2019-2023)**

Directed and choreographed by Mikko Löppönen, Oula Kitti

## VOICE ACTING

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

Finnish language Radio play, written by Elli Salo

### **Ponjatna 4-6, Otava (2022-2023)**

Russian language audio exams

### **Helsinki University (2012-2023)**

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

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

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

### **Valoisaa joulua! (2011, 2013, 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



