

Asta Rentola

Actor (FIA)

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Showreel: <https://vimeo.com/astarentola>

Height 5'6" / 168 cm

Eyes Green

Hair Long, mid-brown

Acting age 35-45

I am a Finnish actor trained at Guildford School of Acting, England. I enjoy challenges and pushing myself to find tangible realness to characters. I love taking risks and bringing raw honesty to my work. Working together with others is one of the great sparks of performing arts.

TRAINING

2019 Master of Fine Arts in Acting (MFA), Guildford School of Acting (GSA), University of Surrey, UK

2016 Physical Theatre and Acting, Theatre Academy Open University, Helsinki

2016 Acting Foundation, Theatre Academy Open University, Helsinki

2015 Acting and Creative Writing, Theatre Academy Open University, Helsinki



LANGUAGES

Finnish (native)

English (fluent)

Swedish (good)

German, Spanish, French (beginner)

ACCENTS

Finnish / Nordic / Scandinavian

English RP & Standard American

SKILLS

- Violin (basics), Guitar (beginner), Singing (good, mezzo soprano)
- Contact Improvisation (good), Yoga (basics), Dance (contemporary, show, latin, all basics)
- Stage Combat (APC Intermediate; Staff, Knife & Rope, Single Sword and Unarmed)
- Horseback Riding (beginner)

SOME WORKSHOPS I'VE ATTENDED

2019 Voice acting, Mia Renwall

2019 Movie fighting, Oula Kitti, Actors' Union Finland

2019 Mime, Tomas Kasprzyk, Dance Theatre Auraco, Helsinki

2019 Dash Arts, Young Vic Theatre, London

2019 Meisner, Satu Mikkelinen, Helsinki

2019 Intimacy on Set Guidelines, Ita O'Brien, Guildford School of Acting

RECENT WORK

<i>FILM / TV / COMMERCIAL</i>	<i>DIRECTOR / COMPANY</i>	<i>ROLE</i>
2021 POHJOLAN LAKI (tv)	Teppo Airaksinen / Yellow Film	<i>Prosecutor</i>
2020 VERISURE (commercial)	Michael Sauer / Pegasus Productions	<i>Woman (lead)</i>
2020 ALANVAIHTO (short film)	Eemeli Kelokorpi / Indie	<i>Lydia Bäck (lead)</i>
2020 LAKIPYKÄLÄ 999 (short film)	Jarkko Lehtiranta / Hilpeät pojat	<i>Woman</i>
2020 PALVELUKSIA (pilot episode)	Maria Valkama / Keuda	<i>Mara (lead)</i>
2019 TASTE (short film)	Hywel Williams / GSA	<i>Miia (lead)</i>
2019 ARLA (commercial)	Jappe Päivinen / TBWA	<i>Woman (lead)</i>
2018 KARPPI (tv), season 1	Rike Jokela / Dionysos Films / Netflix	<i>Nurse</i>
2018 KIRJE (short film)	Tuomas Aho / Giant Owl Films	<i>Adela (lead)</i>
2018 RADIO NOVA (commercial)	Miikka Lommi / SEK	<i>Woman (lead)</i>
2018 HOLIDAY CLUB (commercial)	JP Siili / Drama Moving Pictures	<i>Mother</i>
2017 THICK LASHES OF LAURI MÄNTYVAARA (feature film)	Hannaleena Hauru / Aamu Film Company	<i>Viki</i>
2017 PRESIDENTTI (tv)	Lauri Nurkse / Zodiak Finland	<i>Tiina</i>
2017 MOBILE PAY (commercial)	Markus Kontiainen / Woodpecker Films	<i>Woman (lead)</i>
2016 LUOTTOMIES (tv)	Lauri Nurkse / YLE	<i>Receptionist</i>
2016 MAAGINEN MARLA (short film)	Laura Palanne / YLE Folk	<i>Eeva</i>
2016 TAHDON (short film)	Jarkko Lehtiranta / Hilpeät Pojat	<i>Noora (lead)</i>
2016 TERVEYSTALO (commercial)	Miikka Lommi / Kennel Helsinki	<i>Woman</i>
<i>STAGE</i>	<i>DIRECTOR / THEATRE</i>	<i>ROLE</i>
2023 MENUTEATTERI	Samu Stenberg / Kemi City Theatre	<i>Ensemble</i>
21-23 IMPROV CLUBS	Kemi City Theatre	<i>Ensemble</i>
21-23 UNE SEMAINE... PAS PLUS!	Petri Jäärni / Kemi City Theatre	<i>Sophie</i>
2021 PETTSON AND FINDUS	Kimmo Hirvenmäki / Kemi City Theatre	<i>Findus</i>
2021 ELLING	Petri Jäärni / Kemi City Theatre	<i>Several</i>
20-21 AMSTERDAM	Heikki Häkkä / Valtimo Theatre	<i>Ensemble</i>
2020 NAKED (one person show)	Kari Rentola / Valtimo Theatre	<i>Aino Virta</i>
2019 L'ACCIDENT DE BERTRAND	Aino Kivi / Stage Club, National Theatre	<i>Several</i>
2018 THE GRIMM TALES	Jaq Bessell / GSA	<i>Several</i>
2018 THE GATHERING	Grainne Byrne / GSA	<i>Lydia Miller</i>
2018 THE SUICIDE	Katarzyna Deszez / GSA	<i>Cleopatra Maximovna</i>
2018 A VIEW FROM THE BRIDGE	Jaq Bessell / GSA	<i>Beatrice</i>
2018 LOVERS ANONYMOUS	Emma Bernard / GSA	<i>Ensemble</i>
2017 ANTONY AND CLEOPATRA	Jaq Bessell / GSA	<i>Cleopatra</i>
2017 ORLANDO	Ishwar Maharaj / Theatre Vertigo	<i>Several</i>
2017 VERONIKA DECIDES TO DIE	Kaisa Jaatinen / Theatre Metropolia	<i>Mari</i>