

CV/2024 Helena Puska Actor (FIA)

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Showreel: <https://youtu.be/Ro5148n9Iy8> Finnish introduction: <https://youtu.be/uKRiNshKFuU>

Playing age: 33-43 **Height:** 170 cm / 5' 7" **Hair:** Blonde, long
Build: slim **Eyes:** Greenish blue
Languages: Finnish (native), English (fluent), Swedish (basics)
English accents: Finnish, American standard, British standard



CREDITS:

Positions: **August 2015 – July 2018** Actor in Kokkola City Theatre (repertoire)
August 2019 – July 2020 Actor in Ahaa Theatre (touring)

Television / Commercial:

2022 Lidl (commercial, TV) - Star Material: **Singing Mother** / producer Mjöljk, director Tobias Bergman
2020 Verisure (commercial, TV) - Holidays: **Wife** / producer Pegasus Production, director Michael Sauer Christensen
2018 Radio Rock (commercial, still/TV): **Rocker's wife** / producer Lucy Loves Stories Oy, director Johannes Salonen
2011-2012 Pirunpelto (television): **Olga Petrovski** / producer YLE, director Jukka Mäkinen
2010-2013 Uusi Päivä (television): **Librarian** / producer YLE, multiple directors
2010 Suomen Urheiluliitto (commercial, TV): **main role** / producer and director Dimedia-yhtiöt
2010 Lune Group Oy Ltd (a set of commercials): **main role** / producer TAMK - taide ja viestintä, multiple directors
2004 NDA (television): **Receptionist** / producer Sveng.com, director Anders Engström

Selected Theatre credits:

2023 Paula!-musical: **Marke, multiple roles** / Rauma Theatre, directed by Otto Kanerva
2022 Perinnönjakajat (Legacy share): **Riikka Kangasperko** / Rauma Theatre, directed by Tero Heinämäki
2022 Patruunatehdas (Cartridge factory): **Elina, Salla, Journalist** / Seinäjoki City Theatre, directed by Panu Raipia
2019 Hattaraa ja Pelkotiloja: **multiple roles** / Ahaa Theatre, directed by Miika Muranen
2019 Bette D: **Kukka, Inka** / Ahaa Theatre, directed by Marika Vapaavuori
2018 Vertigo: **Madeleine (Renée)** / Kokkola City Theatre, directed by Aleksander Anria
2017 Lymyilevä Kokkola Revue: **multiple roles** / Kokkola City Theatre, directed by Kimmo Virtanen
2017 Pala Palalta Pois – Mother, Daughter and Alzheimer: **The Daughter** / Kokkola City Theatre (dir. ensemble)
2016 Iltatähti (musical): **Olga** / Kokkola City Theatre, directed by Tero Heinämäki
2016 Niskavuoren Heta: **The Winged, mistress Nikkilä** / Kokkola City Theatre, directed by Miisa Lindén
2016 Puluboi (musical): **Pony (a girl called Mai)** / Kokkola City Theatre, directed by Juha Vuorinen
*** in addition to the role had the responsibility of being the **choreographer**
2015 Peer Gynt: **Button-moulder, Brat, ensemble** / Cockpit Theatre (London), director Simon Usher
2014 The Firebird: **Firebird** / Corbett Theatre (London), directed by Vicky Ireland
2014 Macbeth: **Witch** / Shakespeare's Globe – Sam Wanamaker Playhouse (London), dir. Ben Crystal
2014 Titus Andronicus: **Alarbus, Nurse, Second Goth** / Cockpit Theatre (London), directed by Russell Lucas
2013 Lumikit: **Mirja Kaarin Tyynelä** / Tampere Comedy Theatre, directed by Heikki Vihinen
2012 Annie (musical): **Mrs Pugh, Francis Perkins** / Tampere Hall, directed by Panu Raipia

DEGREES AND TRAINING:

- MFA in Acting, East 15 Acting School, London (University of Essex) – graduated in 2015
- One month residency in The Russian University of Theatre Arts (GITIS, Moscow) – 2014

Other studies and classes:

- over 20 years of dance classes (classical ballet/modern)
- Firearms and tactical movement-workshop / "Fight like an action hero!" (Dramatic Combat Finland ry 2019)
- Actor and the camera (intensive summer workshop, Ilmaisuverstas 2018)
- Fighting in film acting (Easter workshop, Finnish Stage Fight Society 2016)
- singing: ongoing studies in Estill Voice Training

SKILLS: Singing, flute, contemporary dance and ballet, Pilates, volleyball, animation and puppetry

CV in full, film material, voice clips etc: www.helenapuska.com