

ANIA NOVA

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Height: 5' 9" (1m 76cm)

Size: 8 (38)

Hair: Blond

Eyes: Blue/Green

TELEVISION

Headhunters	Recurring / Tanya	Yellow Bird
Wisting, Season 2	Guest-star / Regina	ITV Studios Norway
Occupied, Season 2	Co-star	Yellow Bird

FILM

Hysteria	Supporting	Ivan I. Tverdovskiy, dir.
Deny	Lead	MetFilm Production, Independent
Mortal	Day Player	André Øvredal, dir.
A Brixton Tale	Day Player	Darragh Carey and Bertrand Desrochers, dir.

THEATRE

Three Sisters	Olga	Oslo Community Theatre, Norway
Dante Reloaded	Mask performer	T-Werk Performing Arts Theater, Germany

COMMERCIALS

Conflict Upon Request

TRAINING

Six Months Acting For Film, MetFilm School, London:

Meisner and Stanislavski Technique, Script Analysis, Acting for Multicam, Audition, Arkie Reece
Stage combat, David Cheung | Voice & Accent, Caitlin Stegemoller, Nancy Wigglesworth, Nina Zendejas |
Movement, Matthew Gordon-Martin | Motion Capture, the Imaginarium Studios, Ealing Studios
Meisner and Method Acting, Kirk Baltz
BA in Drama and Theatre, OsloMet: Stanislavski, Leqoc, Improv, Acting with Masks, Clown Techniques
The Chubbuck Technique | Vera Holte, Oslo

AWARDS

Grand Prix - Sentimental Value: Cannes Film Festival, 2025
Best Supporting Actress: Independent Shorts Awards, LA 2019

SPECIAL SKILLS

English, Norwegian, Russian, French (basic), German (basic), Firearms, Body Combat, Mocap, Ice Skating,
Cross-country Skiing, Canoeing, Rafting, Stand-up Paddling, Swimming, Tennis, Cycling, Volleyball, Yoga &
Pilates, Belly Dance, Pole Dance, Latin Dance, Mask Performance, Physical Theater, Poetry Reading, Voiceover,
Driving license.