



# ANNA IDA DYMNA

## actress

high: 168 cm | eyes: green-brown | hair: brown  
english - C1 | polish - mother tongue | italian - i'm learning  
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## EDUCATION

- Building the world of a created character with Agata Duda-Gracz | Warsztatowa5 | 2025
- Casting workshop | Caitlin Joseph | 2025
- Casting workshop | Lucy Jordan | 2025
- How to effectively play a scene with high emotions | Joanna Ślesicka | 2025
- Screen acting and self taping for UK standards | Chubbuck Studio Polska | 2025
- Script as a source of inspiration | W Punkt! | 2024
- Casting workshop with Paulina Grabowska | W Punkt! | 2024
- Body, movement and improvisation as tools in role building with Agata Duda-Gracz, Part II | Warsztatowa5 | 2024
- Film Workshop with Marcin Koszalka | W Punkt! | 2024
- Body, movement and improvisation as tools in role building with Agata Duda-Gracz, Part I | Warsztatowa5 | 2024
- "Unleash your voice" vocal workshop | Egosing Academy of Voice Emission | 2024
- "Know-How" acting workshop | Studio IP | 2024
- Casting workshop | Acting Agency "Zgrani" | 2024
- Theatre Laboratory | Poznan Academy of Performing Arts | 2023
- Screen acting workshop | Chubbuck Studio Poland | 2023
- Dubbing workshop | Sing and Voice Laboratory | 2023
- Introduction to Chubbuck Technic | Chubbuck Studio Poland | 2023
- Audition Technique | London Academy of Music and Dramatic Art | 2019
- Summer Conservatory | Stella Adler Studio of Acting, New York | 2015
- English Skills Through Drama | London Academy of Music and Dramatic Art | 2014
- Full year acting course | Poznan Academy of Performing Arts | 2013/14; 2016/17
- Full year acting course | Studio Body Art Fusion Poznan 2011/12; 2012/13

## EXPERIENCE

### TV

- St. Anna's Hospital | guest star | TVN | directed by Marcin Solarz | 2026
- Shadow Play | day player | TVP | directed by Kinga Dębska | 2026

### movie

- Ahead of us | Helena | directed by Julia Jurkiewicz, Zuzanna Siera | 2025
- Point | Sara's mother | directed by Daria Barcewicz, Dawid Zynk | 2025
- Noon | Ludmila | directed by Natan Przytarski | 2025
- Ciao Varsavia | Nurse | directed by Diletta Di Nicolantonio | 2025
- Trapped | Catrina | directed by Raghib Hamed | 2025
- Make it before Christmas | Wioletta | directed by Kamil Mrozowski | 2025
- Roots | Mother | directed by Maisie Emuemukoro and Megan Emuemukoro | 2025
- Kleptomania | Maria | directed by Anahit Afrikan | 2025
- Tradition | Mother | directed by Maja Jankowiak | 2024
- Brainrot | Girl | directed by Maja Jankowiak | 2024
- All apple flavours | Michalina | Kasper Szwaja | 2024
- Lights of Poznan | Nicholas's mother | Maksymilian Świątkowski | 2024

### theater

- Sen[s] | Parrot | Dopamine Theater Group
- The Suicide | Serafima | PAPA Theater, Poznan
- The House of Bernarda Alba | Maria Josefa | PAPA Theater, Poznan
- Dybuk | Menasses mother/Jewish woman | PAPA Theater, Poznan
- Five Women Wearing the Same Dress | Mindy | New Theater Poznan
- A Midsummer Night's Dream | Peaseblossom | short course diploma LAMDA
- Antigone | Theban Girl | PAPA Theater, Poznan
- Forefathers' Eve | Woman in chapel/Demon | PAPA Theater, Poznan
- Maria's Struggle with the Angels | Maria/Spy | PAPA Theater, Poznan