



HELENA GEREZ

- Actress -

TRAINING

- University degree in Primary Education specializing in English at UIC
- Acting training with Marc Martinez at Coaching Self-Service in Barcelona, 2023 and 2024
- Acting training with Adrián de Nuñez at Estudi Laura Jou in Barcelona, 2023
- Intensive training in Character and Music with Lorena Garcia de Bayonas at El Centro del Actor in Madrid, 2022
- Regular course at Estudio Corazza for actors in Madrid, 2022
- Meditation and Acting Workshop with David Victori in Barcelona, 2021
- Acting in English with Luci Lenox at Frankstein Studio Barcelona, 2021
- Intensive Online Course on the Meisner Technique with Yolanda Vega at Actores Madrid, 2020
- Acting in Front of the Camera at EÒLIA Barcelona, 2018-2019

PROFESSIONAL EXPERIENCE

FILM

- "GUTE ZEITEN SCHLECHTE ZEITEN - SPECIAL". Dir. Christian Singh. 2024

TELEVISION

- "GUTE ZEITEN SCHLECHTE ZEITEN". UFA Production. 2025
- "HOTEL BARCELONA". Heroes 101. 2023
- "TODAS LAS VECES QUE NOS ENAMORAMOS". El Desorden Crea. 2023
- "LA QUE SE AVECINA", episode directed by Alberto Caballero for Mediaset and Prime video, 2022.

THEATRE

- "ECO GUARDIÁN" (ECO GUARDIAN), microtheater directed by Nicolás Teté for the ANESVAD Foundation, at Microteatro Madrid, 2025
- "RULETA RUSA" (RUSSIAN ROULETTE) Dir. Jose Luis Berzal. Teatro de las Aguas and El pasillo verde in Madrid, 2022

SHORTFILMS

- "GRACIAS POR NADA". Dir. Laura Zurrón y Roberto Mora. 2025
- "VALENTINA". Dir. Jessica Lafrance. 2025
- "IRREPLACEBLE" Dir. Lucas Snijder. 2024



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TALENT

- "MIRANDO A LA NADA". Dir. Jeremías Lambuley. 2023
- "AFTER LIFE" Dir. Alex Rios. 2022
- "AMBIVALENTE" Dir. Nil Aren. 2021. * Screening at the Girona cinemas in Barcelona
- "LA BRECHA" Dir Alex Comas. 2020

AWARDS

- Best Actress Award at the 8th Concorso Internazionale Chivasso, TCC- Cortocinema 'u30' 2025 (Italy)

SKILLS

- Fluent level of English.
- Native level of Spanish and Catalan.
- Hight level of German.
- Yoga and aerial yoga.
- Swimming.

OFFICIAL LINKS

- IMDb: <https://www.imdb.com/es-es/name/nm12480044/>
- Instagram: <https://www.instagram.com/helena.gerez/>