



SILVIA NAVAL

- Actress -

TRAINING

- Master in Art Direction. Barreira Arte + Diseño. 2025 – 2026.
- Gospel Choir with Dani Reus at Música Creativa. 2025.
- Singing with Edgar Martínez at Broadway House. 2024.
- Urban dance with Lohi at Escuela de Danza 180. 2022 – 2023.
- Jazz with Ángela Feijoo at Escuela de Danza 180. 2022 – 2023.
- Training with La Joven. 2022.
- Acting on Camera with Javier Taboada. LAPU-LAPU Estudio. 2020.
- Action and crime acting with Chema García. Action scenes. 2020.
- International casting with Luci Lenox & Camilla-Valentine Isola. LAPU-LAPU Study. 2019.
- BA Hons Acting. Institute of the Arts Barcelon (Liverpool John Moores University). 2016 – 2019.

Workshops:

- “The Voice of the Actor” with Kate Firth. 2019.
- “Meisner” with Vipin Sharma. 2018.
- “Point of View” with Kellie Hughes. 2018.
- “Acting through sensory memory” with Cosmin Chivu. 2017.
- “Hull Truck Theater Performance Style” with John & Jane Godber. 2017.
- “Performance Anxiety” with Liam O’Sullivan. 2016.
- Drama. Escuela de Actores de Canarias (EAC). 2010 – 2014.
- Performing arts. Auditorio de Tenerife. 2012 – 2016.
- Choral singing. Escuela municipal de Música de Tenerife. 2014 – 2015.
- Dance techniques. Latin Salsa. 2013 – 2015.
- Jazz. MMDanza. 2012 – 2015.

PROFESSIONAL EXPERIENCE

FILM

- “THE RETREAT”. Garajonay Producciones. Dir. Carlos Velasco y Kate Hu. 2026.
- “TRÁNSITO”. Pirubi Producciones. Dir. Kiko Prada. 2026.
- “EL GUSTO DEL CLORO”. Eterno Island Pictures. Dir. Álvaro Congosto. 2025.
- “IN THE GREY”. Black Bear Pictures. Dir. Guy Ritchie. 2023.



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T A L E N T

TELEVISION

- "TRAZOS OCULTOS". Buendía Estudios Canarias. Dir. Javier Pulido. 2026.
- "CALDAS: EL ÚLTIMO BARCO". Secuoya Studios / Disney Plus. Dir. Jorge Saavedra. 2025.
- "LA AGENCIA". The Good Mood Productions. Dir. David Molina. 2025.
- "CAMINO A ARCADIA". Secuoya Studios. Dir. Jorge Saavedra. 2024.
- "MEMENTO MORI" T3. Zebra Producciones. Dir. Marco A. Castillo. 2024.
- "LA ENCRUCIJADA". Secuoya Studios. Dir. Alexandra Graf. 2024.
- "UNA VIDA MENOS EN CANARIAS" Dir. Moises Ramos e Inma Torrent. 2023.
- "THE RINGS OF POWER" S2. Amazon Studios. Dir. J. A. Bayona. 2023.
- "HIT" T3. Grupo Ganga. Dir. Joaquín Oristrell y Luis Arribas. 2022.

THEATRE

- "TEATRO PARA FAMILIAS". Trémola Teatro. 2023.
- "DANTON 1794". Dir. Gonzalo Gómez. Alquimistas Producciones. 2020
- "MENTIRAS AMARILLAS". Identidades Teatro. 2019.
- "ALICE IN WONDERLAND", devising project lead by Valentina Ricci, 2019.
- "OH, WHAT A LOVELY WAR!", musical directed by Michael Howcroft, 2019.
- "13", Dir. Rob Watt, 2018.
- "THE SEAGULL", Dir. Drew Mulligan, 2018.
- "PAINS OF YOUTH", Dir. Jonny Floyd, 2018.
- "ANTIGONE", Dir. Sophie James, 2018.
- "KING LEAR", Dir. Drew Mulligan, 2017.
- "MUSICAL.IES", Dir. Roxana Schmunk, 2012 – 2016.

SHORTFILMS

- "ARDERÉIS EN EL INFIERNO", Dir. Iván López, 2023.
- "QUE ME LO EXPLIQUE ELLA", Dir. Pablo Fuentes, 2021.
- "EL DESTINO DEL SANTA TERESA", Dir. Miren Saenz, 2020.
- "DEATHROAD", Dir. M. José Capéans, 2020.
- "EL DOPPELGÄNGER", Dir. Miquel Sierra, 2019.
- "LA LADRONA", Dir. Rob Miquel Sierra, 2019.
- "CACAO", Dir. Joan Casasolas, 2018.

SKILLS

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TALENT

- Native Spanish (canarian, neutral and andaluz accents).
- Bilingual English (RP, American and Cockney accents).
- Medium level Catalan and Valencian, written and spoken.
- Beginner level French, spoken.
- Beginner level LSE (Spanish sign language).
- Armed combat.
- Singing.
- Choir singing.
- Dance (contemporary, social dance, cabaret and jazz).
- Guitar.
- Volleyball.
- Basketball.
- Rollerskating.
- Driving license.

OFFICIAL LINKS

- IMDB: <https://www.imdb.com/name/nm14871736/>
- Página web: <https://silvianaval.com/>
- Vimeo: <https://vimeo.com/user89225595>
- Instagram: <https://www.instagram.com/silvianaval/>
- Spotlight: <https://www.spotlight.com/interactive/cv/5814-1209-5884>