

KRYSSTINA FREMPONG

She/Her

Height: 5'6" **Eyes:** Dark Brown
Hair: Brown/Dark Brown **Voice:** Soprano D#3 – A7 [Belt to A6]

Eligible to work in the UK



LAMDA

Alice Young Woman	<i>Alice</i> <i>a profoundly affectionate, passionate devotion to someone (noun)</i>	Gemma Tomlin Karen Tomlin
Isabella / Mrs Overdone Masha Claire Zachanassian Ruth / Mama Helen of Troy	<i>Measure For Measure</i> <i>Three Sisters</i> <i>The Visit</i> <i>A Raisin in The Sun</i> <i>The Trojan Women</i>	Richard Neale Matt Peover Lyndsey Turner Anna Barkan Micaela Miranda & Ioli Filippakopoulou

Professional Theatre, TV, Film & Radio

[Lucinda] Witch/Murderer Tiyah Cynthia [Lead] Student Civilian School Girl	<i>Macbeth</i> <i>Essex Girls</i> <i>Idle Interactions</i> <i>TORR</i> <i>Depth of Field</i> <i>Bulletproof</i>	Ben May, Theatre Peckham Yero Timi-Biu, BFI/MONEGRAM Joshua Black, J Black Media Kate Cox, BFI Moe Alatawi, UAL Sarmad Masud, Sky/Vertigo Films
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Professional Other

Teenage Girl [Lead] Younger Sister The Queen Kate Injured Girl	<i>Little Mix: No Time For Tears</i> , Music Video <i>Black Dog: Arlo Parks</i> , Music Video <i>When We Were Hooligans: Louis Dunford</i> <i>Smart Planet</i> <i>Mental Health Campaign</i>	Troy Roscoe, Mastermind Media Molly Burdett, Oskar Brockbank Milo Blake, EM Films, Music Video Max Vana, Cambridge University Press Alex Cantouris, The Children's Society
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Other Experience

Performer Zainab Performer Presenter/Interviewer	'Yes, it isn't' - <i>Space to create</i> <i>FGM Case Study</i> – Training Film <i>Sketch: Soho Youth Company: Comedy Lab</i> <i>Get Into Film</i> – <i>Young Reporter Programme</i>	National Theatre Virtual College Soho Theatre Into Film
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SKILLS

Accents	London [native], Essex [native], MLE, Estuary, RP, General American*, African American, Southern American, Caribbean (Jamaican)*, Manchester/Mancunian*, Birmingham, Northern Irish *certified to Native Standard by Louise Jones
Dance	Tap, Street Dance, Lindy Hop
Stage Combat	Rapier and Dagger, Unarmed, Katana, Single Sword and Knife
Sport	Cycling, Netball, Running, Hula Hoop, Skiing, Badminton, Table Tennis, Krav Maga (Basic)
Music	Singing, Clarinet [Grade 1], Piano
Driving	Full Clean Driving Licence
Other	Experienced Presenter/Interviewer

TRAINING & AWARDS

LAMDA [BA (Hons) Professional Acting, 2021-2024]
Anna Scher Theatre
The Elizabeth May Florence Mills Fund Award

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