



# DESPOINA BONOU

ACTRESS | SINGER | HORSEBACK ARCHER

## MEDIA LINKS



[https://www.instagram.com/despoina\\_bonou/](https://www.instagram.com/despoina_bonou/)



<https://www.imdb.com/name/nm14945106/>



<https://www.e-talenta.eu/members/profile/despoina-bonou>

## PROFILE/MEASUREMENTS

- Nationality: Greek & American
- Height: 1,58cm
- Build: Slim/ Athletic
- Eyes: dark brown
- Hair: black/long natural curls
- Playing Age: 17-35
- Shirt Size: XS/S or 34
- Trouser/Skirt Size: 34-36
- Dress Size: XS/S or 34
- Shoe Size: 37
- Boot Size: 37
- Cup Size: 75B

## FILMS

- Cassandra**  
Alexander Manolides Production Greece 2023
  - Helena/ Supporting Role
  - Medium Length Film
- Horseback Archery: From War to Sport**  
Vincent McLean Production Greece/ Coming soon
  - Documentary Film

## SHORT FILMS

- Wars of Faith**  
Alexander Manolides Production Coming soon
- Refraction**  
By Koralia Maritinou Greece/2021
- Home**  
By Michael Trochanis Greece/2021
- Orizuru 折鶴**  
By Michael Trochanis Greece/2021
- Fish Out of Water**  
By Elena Markopoulou Greece/2020
- Pxo1**  
By Despoina Bonou Greece/2019

## SKILLS

- Traditional Horse Riding
- Traditional Archery Practice
- Modern Archery practice
- Mounted Archery
- Swimming
- Cabaret Dancing
- Physical Theatre
- Piano Player
- Singing styles: Musical, Pop, Rock, Traditional Greek, Acapella
- Music Sheet Reader
- Soprano
- Car Driving License
- Greek & American Passport

## LANGUAGES

- English (Fluent)
- Greek (Fluent)
- Japanese (Intermediate, N5 certificate)
- Italian (Basics)

### The Mysterious Lab of Dr. Alchemy

By Despoina Bonou

Greece/2018

### Oh My Sweetness!

By Despoina Bonou

Greece/2018

### The Adventures of Memo the Mime

By Despoina Bonou

Greece/2018

### Talk to Him

By Alejandro Caicedo Yusti

NYC/2015

### Transparent Knowledge

By Christos Godas & Eugenides Foundation

Greece/2014

## VOICE ACTING

### TOWA Shut up and Eat

By Committente Olivier Paul Morandini

Voice in Greek

Rome/2024

### TAG

By Mikaela Kakaridi Deligianni

Award winning in Annecy Festival 2018

Greece/2018

## TV / ONLINE PLATFORM

### Wednesday

Netflix

Background extra

### Orkos

ANT1 TV & Arcadia Media Productions

Background extra

Romania/2022

## THEATRE

Greece/2022

### Cabaret Showcase

Sia Koskina & PMTP School

Greece/ Summer 2023

- Mamma Mia Tribute
- Burlesque
- Nine (Saragina)

### **The Bride of the Four Seasons**

Greece/ 2019

By Zen Nihon Konrei Biyoka Kyokai & Athens City Concert Hall

- Ensemble Dancer

### **Blood Orange**

Greece/ 2019

By Michael Trochanis

- Persephone / Lead

### **In Limbo**

Greece/ 2019

By Themelis Glynatsis

- Eliza Day / Ensemble

### **9 Echoes**

By Eryfili Drakopoulou

Greece/ Summer 2019

- Ensemble dancer
- Ensemble singer

### **The Waiting Table**

Greece/ 2019

By Trinidad Avalos Gayan

- Elektra / Lead

### **Seven to the Seventh**

Greece/ Summer 2019

By Ana Sanchez Colberg-Theatre En Corps/ Stavros  
Niarxos Foundation Cultural Center

- Ensemble dancer

### **Before I Wake**

Greece/ 2019

By Alkistis Pitsaki

- Anonymous Lead

### **IX:VI**

Greece/ 2019

By Iony Moschovakou

- The Creature / Lead

### **Unlocking our Inner Selves**

Greece/ 2018

By Konstantinos Michail

- Teresina / Lead

### **The Responsibility of the Poli**

Greece/ Summer 2018

By Grifon Dance Company  
& Athens and Epidaurus Festival

- Ensemble Member

#### **4.48 Psychosis**

Greece/ 2018

By Emma Avedissian

- Sarah Kane / Lead

#### **The Effect of Eros**

Greece/ Summer 2018

By Konstantinos Michail

- Faedra / Supporting

#### **Pin-ion(s)**

Greece/ 2018

By Iony Moschovakou

- Fritha & The Snowgoose / Lead

#### **Mother Courage and her Children**

Greece/ 2018

By Andreas Zakas & Estia Neas Smyrnis Theatre

- Katerina/ Supporting

#### **Under Milkwood: A Play for Voices**

Greece/ 2017

By Ana Sanchez Colberg

- Various Roles

#### **Who is the Stranger Now**

Greece/ 2017

By Barbara Doukas

- Ensemble member

#### **8 Femmes**

Greece/ 2016-2017

By Andreas Zakas & Estia Neas Smyrnis Theatre

- Lousia, the Maid

#### **Mamma Mia (Highschool performance)**

Greece/ 2016

Created by me

- Rosie

#### **The House of Bernarda Alba**

Greece/ 2016

By Andreas Zakas & Estia Neas Smyrnis Theatre

- Adela

#### **Prometheus Bound**

Greece/ 2015

George Foteinos

- Oceanida/ Chorus Member

## CREATOR

### **"Margaritarenia": A Lullaby from Smyrni**

Italy/ 2024

Live music performance about the history of the 1920s Greeks of Asia Minor created for the ColabArt Event

- Creator & Main singer

### **Call for the Amazons**

Italy/ 2024

A live narrative performance regarding the lives of the Amazons

- Creator, writer, narrator & dancer

### **Horseback Archery Photoshoot**

Greece/ 2022

For photographer: Ilias Apostolopoulos

- Concept creator & Model

### **Michail Maroulos Tarchaniotis**

Greece/ 2021

An Equestrian Theatre Performance

- Director & performer

### **Orpheus & Erydice**

Greece/ 2020

A Physical theatre site-specific performance  
Thoricos Ancient/Open Air Theatre

- Creator & Director

## MODELING

### **Pharmacy Make-up Model**

Greece/ 2023

For MUA A Eleni Agallou at Maria Markakis' Pharmacy Events

### **Catwalk Model**

Switzerland/2022

For "Μορφώ [Morpho]" a collection by designer Myrtia Roumpati

### **Horseback Archery Photography Model**

Greece/ 2022

For photographer: Ilias Apostolopoulos

### **Violence against women campaign Photography Model**

Greece/ 2018

For Myrtia Roumpati's campaign

## EDUCATION

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- **International Master in Arts & Culture Management** Italy/ 2023-Present  
Rome Business School
- **Musical Theatre Performance & Voice Acting** Greece/ 2022-2023  
PMTP by Sia Koskina
- **Archery for Actors Workshop** Greece/ 2022  
Lars Andersen & the Makings of the Actor
- **Bachelor Degree in Theatre Arts** Greece/ 2016-2021  
Deree, the American College of Greece
  - BA Thesis on Equestrian Theatre
  - Minor in Communication (emphasis on TV & Film studies)
  - Graduate of the International Honors Program (Honors Thesis on the theatrical interpretation of ancient Greek myths)
  - Graduated with Summa Cum Laude & First Honors Class
- **Greek Mythology** Online Degree/ Summer 2021  
University of Oxford
- **Japanese N5** Greece/ 2016-2018  
Siountris School of Language
- **Advanced Acting for Film** NYC/ 2015  
New York Film Academy