



# Paula Benu

Filmmaker, Animator and Multimedia Artist

*Portfolio 2026*



From: Nora (2024, 19'14'')

- Director, Producer, Writer, Animator, Editor, Cinematographer, Set Designer, Sound Designer

A narrative **fiction** short film that combines live-action with animation techniques. It follows the story of a teenage witch named Nora, who navigates through uncertainty with her friends.

Nominations for Best Director  
Tianjin Film Festival (CHN)  
Directed by Women Istanbul

Best Editing & The Director  
Award International Teen  
Film Festival Shanghai  
Best Main Actress KOSO  
Film Fest Berlin

*From:  
Nora*  
THE SHORT FILM





From: Nora (2024)

# Live-action stills





From: Nora (2024)

# Stills from my animation work



Techniques used

- mixed media
- stop-motion
- paper cut-outs



**TIAFF** 25' Tianjin  
International  
Academic  
Film Festival  
天津國際電影學術聯展  
- OFFICIAL SELECTION -







The production of From:Nora (2024) lasted one year and it was entirely made by an independent group of Romanian teenagers from all over the country. No school or adult guidance were involved.

Find out more about us on our instagram and site



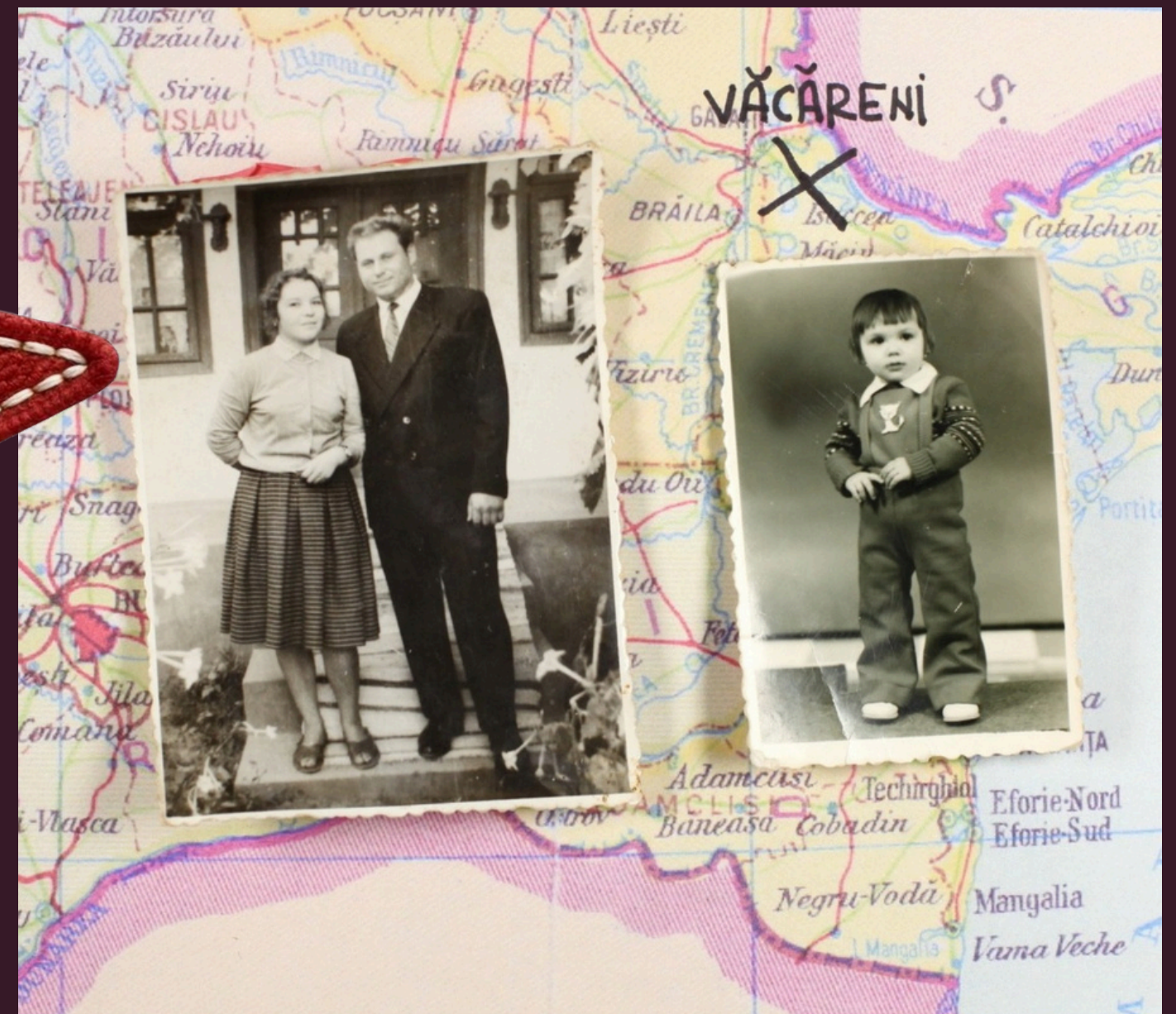
## Benu, I Love You (2026, 9')

- Director, writer, animator

A **documentary** combining interviews and animations made using photo archives. As one of my most personal projects, it explores my upbringing and family history through my mother's eyes.

This was my first semester project at National University of Theatre and Film "I.L. Caragiale Bucharest"

[Watch here](#)



*Benu, I love you*  
THE SHORT FILM



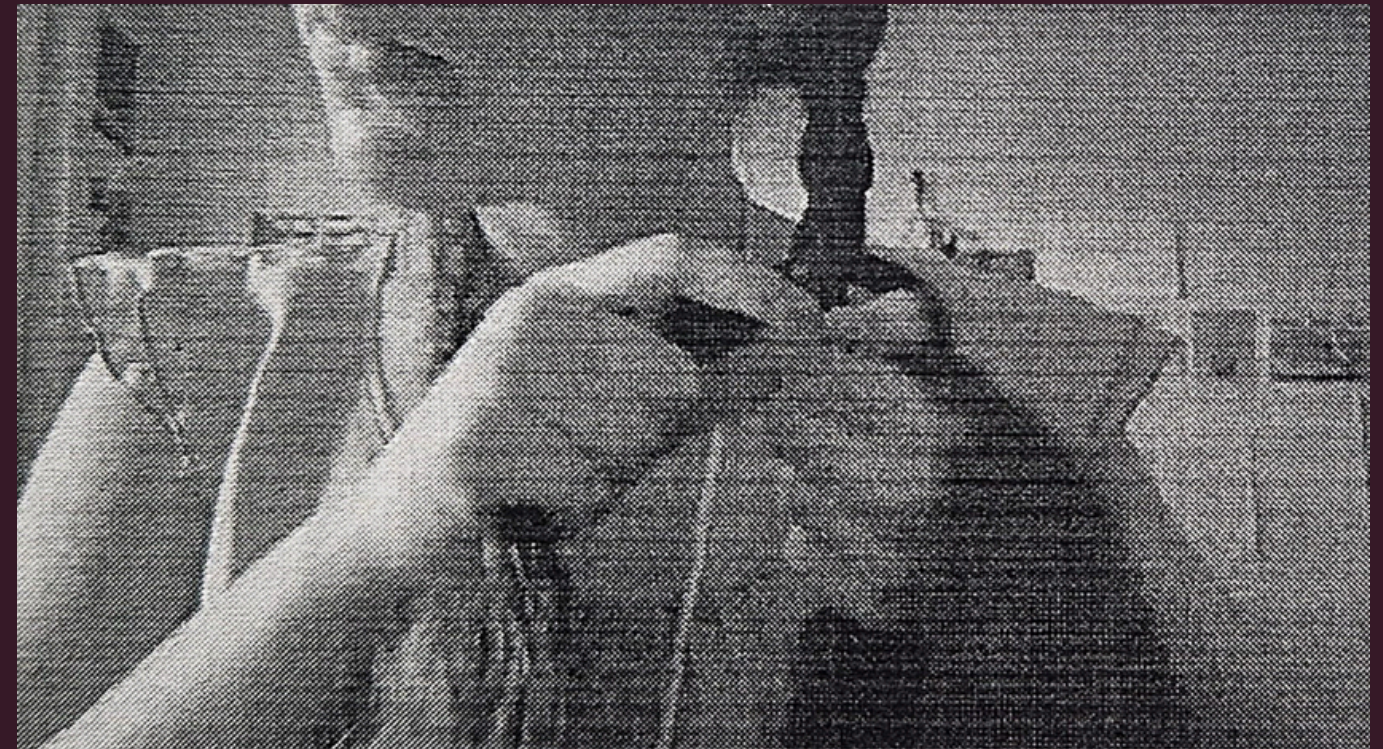
## Self-portrait II (2024, 1'30")

- Director, Writer, Animator

A **mixed media animation** self-portrait, a video-poem on my motivation to do film.

Award: Best Animation  
VAFI&RAFI IFF (HR)

Nominations: Best Film REELpoetry (US)  
Best Film Young Hearts Film Festival (PL)



SELF-PORTRAIT (II)  
a film by Paula Benu





## A vessel that stores tales.



UN VAS CARE STOCHEAZĂ POVEȘTI

Techniques used



- embroidery animation
- mixed media
- paper cut-outs

Self-portrait II (2024)

Animation stills

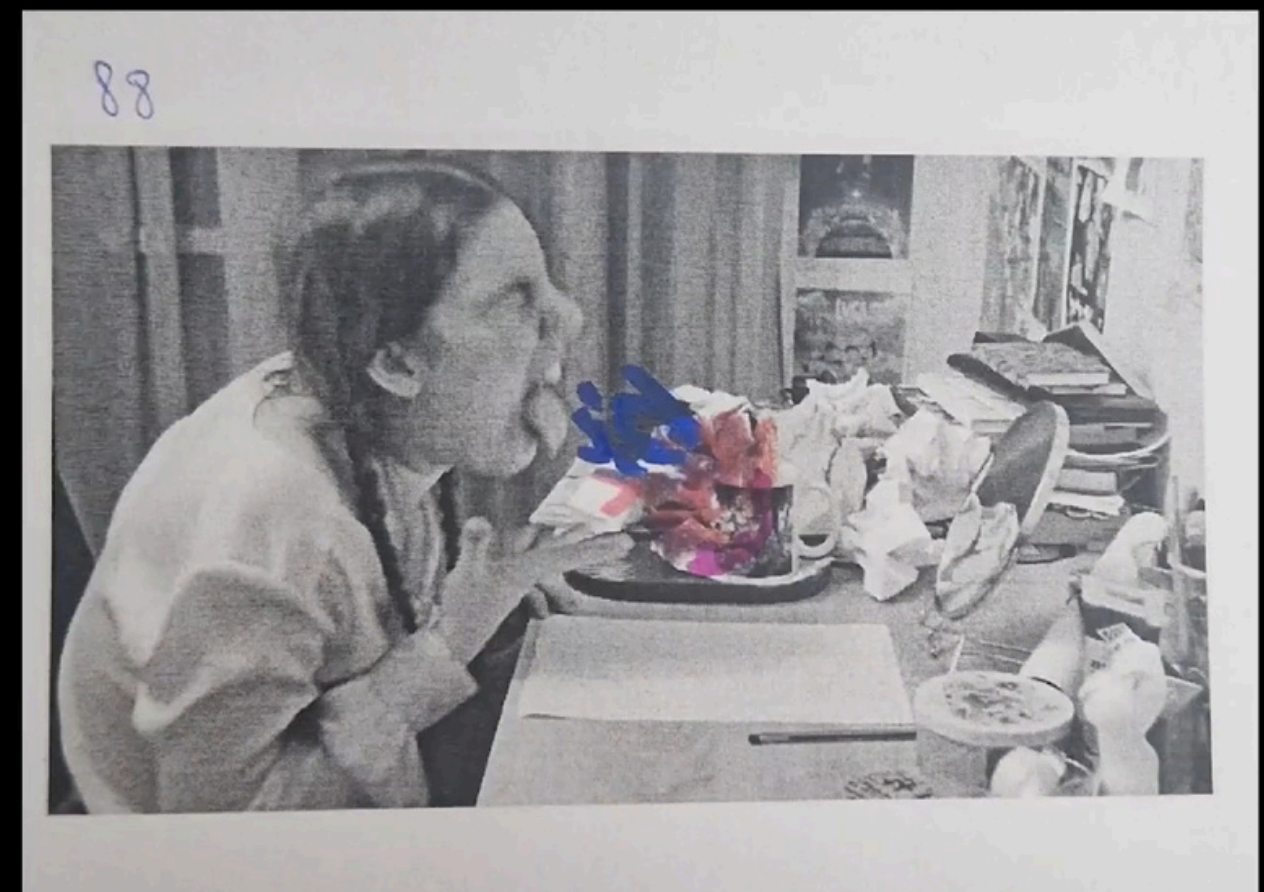










Photo narrative sequence

Malboro Horse (2025)

Creative Director,  
Photographer and Set Designer









Fragments (2025, 1') dir. Iris Rotărescu

- Sound Designer

A visually intriguing  
animation portrait of a  
person during the  
creative process.

146017







About me



Full CV  
here

Paula BENU (b. 2006) is an emerging Romanian filmmaker and multimedia artist known for her interdisciplinary approach to visual storytelling. Currently studying Film Directing at the National University of Theatre and Film "I.L. Caragiale" (UNATC) in Bucharest, she has quickly established a distinctive voice characterized by deep curiosity and playfulness.

She spent her childhood in the rural Danubian region of Romania. This upbringing heavily shaped her artistic foundation, weaving the rich textures of local folklore and mythology into her contemporary visual works. This deep connection to her roots provides a grounded, authentic undertone to her highly experimental projects.





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