

## „CONTRASTS”

Contrasts as a conscious element in the art. The main assumption of the work include considering finding my own creative path as an actress at the film and theatre. My method of creative work with regard to art contrast. What is most important for the actor while working on the role and on himself as a human being and an artist at the same time. Questions about the truth. What improvisation mean? The mystery of existence. What is the meaning of contrast in an artistic work and how it relates to the contrast between good and evil in the script. Contrast as the main element of expression in comedy and drama. The contrast of passion and empathy. Creativity versus intellect. Sacrum versus profanum. Classical art versus contemporary art and professional theater and theater with actors with intellectual disabilities. Two diverse worlds in two distinct spaces s theaters. Combining two spaces in the meeting between opera and drama, based on plays written by Aleksander Fredro and Stanisław Moniuszko, „Night in Apennines" directed by Roberto Skolmowski and "My case" written by Radosław Paczocha, directed by Iwona Siekierzyńska The creative process carried out by an actor is the essence of many elements, a mixture of history, content, characters and beings, talent and creativity, commitment and workload. Most of them are contrasting, contradictory and always in constant conflict. If we try to put them all together and go through the next stages in the creative process, then we need to find SIMPLICITY, because the simplest solutions are the most meaningful in art.