Paula Anta's work combines photography with installation. She usually works in series based on themes that she develops on site, most often in the form of staged scenes. The relationship between nature and the artificiality, together with history and voyage, form the core of her work which, from a conceptual point of view, is focused on depicting the significance of each landscape as a cultural fact in itself.

She has received major photography awards in Spain, including the Community of Madrid Culture Award and the Pilar Citoler International Photography Award, among others. In the field of installation art, she has received the 2nd Flora Festival Award.

Her work has been exhibited both nationally and internationally at major museums and institutions such as Tabacalera in Madrid, CCCB in Barcelona, the Sa Nostra Cultural Center in Palma de Mallorca, the Niemeyer Center in Avilés, and the DA2 in Salamanca, among others. Internationally, her work has been shown at the Nirox Foundation (South Africa), Donwahi Foundation (Ivory Coast), Dakar Biennale (Senegal), White Space Black Box Foundation (Switzerland), Nobel Prize Museum (Sweden).