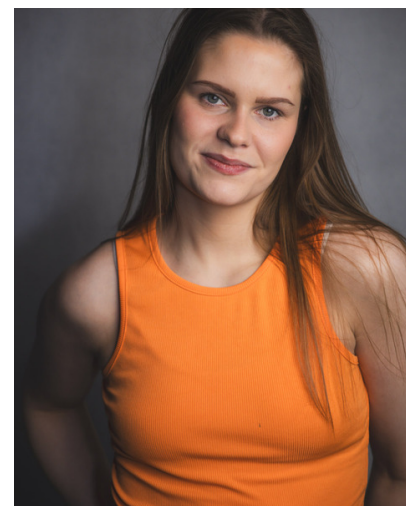




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Karítas Sif

Location	Reykjavík, Iceland, Southend-on-Sea, Greater London	Eye colour	Blue-Grey
Height	173 cm	Hair colour	Light/Mid Brown
Playing age	18 - 30	Hair length	Mid Length
Appearance	White, Scandinavian, Eastern European		

Karítas Sif is a talented Icelandic actress, she has been studying acting since 2012 and graduated with a BA in World Performance in 2021. More recently she has been playing the lead in the new short-film, Extraction. You can see her on every bus stop and on TV in Iceland for the newest commercial Elskum Öll - NOVA. She has a European passport.

Television

Year	Role	Title	Company	Director
2024	Kennari	ICE GUYS 2	Atlavik	Hannes Þór
2024	Sports anchor	BRJÁNN		Sigurjón Kjartansson
2023	Employee of the Embassy	THE MINISTER 2	SagaFilm	Arnór Pálmi Arnarson
2023	Student	AS LONG AS WE LIVE	Glassriver	Katrín Björgvinsdóttir
2023	Deit 2	KANARÍ 2	Kanarí	Kanarí

Short Film

Year	Role	Title	Company	Director
2023	Scarlett	EXTRACTION	Asoca Productions	Rúnar Vilberg
2023	Hanna Hrafnisdóttir	MORÐFJÖRDUR	Fólk Films	Haukur Kaaber
2022	Kúnni	ÖLVUÐ Í ÖÐRUM GÍR	Helluland	Gabriel Elí
2021	Singer	DISKÓEYJAN	Helluland	Gabriel Elí

Feature Film

Year	Role	Title	Company	Director
2023	Stewardess	OPERATION NAPOLEON	Saga Film	Óskar Thór Axelsson

Stage

Year	Role	Title	Company	Director
2021	Elizabeth	FALLEN LEAVES	East15	Yuxuan Liu
2021	Madge Conway	TIME AND THE CONWAYS	East15	Almiro Andrade
2019	Doctor	THE GOVERNMENT INSPECTOR	East15	Ramiro Silveira
2017	No name	FLÓTINN	Ungleikur	Ingunn Lára Kristjánsdóttir
2016	No name	HINN BLÓÐUGI MÁNI	Ungleikur	Reginn Tumi Kolbeinsson
2016	Liane Cartman	SOUTHPARK	Verðandi	Agnar Jón

Pantomime

Year	Role	Title	Company	Director
2022	Tin Man	THE WIZARD OF OZ	Lapland	

Commercial

Year	Role	Title	Company	Director
2025	Lead	HÓTEL HÚSAFELL	Chili	Daði Daníelsson
2023		NOVA	Skot Productions	Póra Hilmarsdóttir

Music Video

Year	Role	Title	Company	Director
2023		THE NEW HORIZON	Damnation Plan	Jarkko Lunnas

Online Commercial

Year	Role	Title	Company	Director
2023	Costumer	INDI ROCK	Indi Rock	Bianca Chibu

Accents	RP, Icelandic*, American-Standard
Languages	Icelandic*, English
Music & dance	Jazz Dancing, Ukulele, Hip Hop Dance, Soprano, Pole Dance, Bharatnatyam Dance, Guitar, Singing (general), Balinese Dance-Drama
Performance skills	Skin Work, Story Telling, Actor-Singer, Comedy Improv, Actor-Musician, Presenting, Comedy, Mask
Sports	Badminton, Pole Fitness, Basketball, Rollerblading, Ice Skating, Snowboarding, Running, Football, Horse-riding, Handball, Skiing, Swimming
Licences	Car Driving Licence
Other skills	Crochet, Knitting

(* = highly skilled)

Training	East 15 Acting School, World Performance, 3 years, 2018-2021 Fjölbrautarskólinn í Garðabæ (Iceland), Acting major, 4 years, 2012-2016
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