



MANAGEMENT

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Karítas Sif

Location	Reading, Greater London, Reykjavík, Iceland	Eye colour	Blue-Grey
Height	173 cm	Hair colour	Light/Mid Brown
Weight	70.00 kg	Hair length	Mid Length
Playing age	25 - 35		
Appearance	Scandinavian, Eastern European, White		

Karítas Sif is an Icelandic actress based between Reading, UK, and Iceland. Her recent work spans theatre, film, and television, including Legally Blonde: The Musical, the lead role in the short film Extraction, and appearing in a television miniseries due for release in 2026. She is passionate about creating truthful, engaging performances and enjoys working across both drama and comedy. Karítas holds a European passport and is available to work across the UK, Europe, and internationally.

Television

Year	Role	Title	Company	Director
2026	Alma	THE AVALANCHE	Glassriver	Thordur Pálsson
2025	Servant	KING AND CONQUEROR	RVK Studios	Baltasar Kormákur
2024	Kennari	ICE GUYS 2	Atlavik	Hannes Þór
2025	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 Hrafnadóttir	MORÐFJÖRÐUR	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
2025		BRÚÐUBÍLLINN (THE PUPPET CAR)	Brúðubíllinn	Hörður Bent
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

Musical

Year	Role	Title	Company	Director
2026	Ensemble	LEGALLY BLONDE	Sainsbury singers	Gareth

Online Commercial

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

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