



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	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. As well as playing roles in new comedy shows. She has a European passport.

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	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
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