

Maria Norgren



Actress



Age	66
Playing age	55-70
Based in	Stockholm, Sweden
Height	165 cm
Eyes	Blue
Hair	Grey
Languages	Swedish (native), English (intermediate), German (intermediate), French (beginner)
Accents & dialects	Dalarna Dialect, Stockholm Dialect, Norrland Dialect, Scanian Dialect, General American

Represented by Swedish Actors. Casting enquiries go directly to Maria:
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Profile updated by Maria, October 2025

Credits

FILM

Äkta skräck Dir. Daniel Di Grado · FLX	2023
Motståndaren Dir. Milad Alami · Tangy AB	2021
Knackningar Dir. Frida Kempff · Läsk Film	2019
Hallåhallå Dir. Maria Blom · Memfis Film	2014
Losers Dir. Skoglund, Marcetic · Inland Film	2014
Nattbuss 807 Dir. David Flamholc · Sonet Film	1997

TV

Genombrottet Dir. Lisa Siwe · FLX · Netflix	2023
Lust Dir. Ella Lemhagen · Miso Film · HBO Max	2021
Hassel Dir. Amir Chamdin · Nice Drama · Viasat	2017
Modus 2 Dir. Lisa Siwe · Miso Film · C More	2017
Rebecka Martinsson Dir. Fredrik Edfeldt · Yellow Bird · TV4	2017
Tunna väggar Dir. Willey, Ritsgard · Nutopia Produktion	2004

SHORT FILM

I de lugnaste vatten Dir. Helen Engdahl · Högskolan Dalarna	2015
Estrid Dir. John Tornblad · Affekt Film	2012

THEATRE

O-rätt-vist Dir. Martin Lindberg · Teater Sörmland · Frilansteatern	2023
Jag hörde en sång på en stjärna en gång Musikteatergruppen Pajso	2022
Farbror Dan Musikteatergruppen Pajso	2022
Gamla stugan berättar / Kraken / Tyra och Myra Egenproducerat	2019
Tant Meier, koltrasten Dir. Åsa Ekberg · Estrad Norr · Frilansteatern	2016
Vart tar alla tårar vägen Dir. Nora Nilsson · Dalateatern	2012
Gåvan Dir. Martin Lindberg · Västerbottensteatern	2006
Din stund på jorden Dir. Stellan Olsson · Västerbottensteatern	1997
Första steget Dir. Göran Stangertz · Helsingborgs Stadsteater	1995
Cirkus Tigerbrand Dir. Ulf Fredriksson · Helsingborgs Stadsteater	1994
Höst och vinter Dir. Thomas Müller · Helsingborgs Stadsteater	1994
Blodsbröder Dir. Ronny Danielsson · Helsingborgs Stadsteater	1993
Köpmannen i Venedig – Jessica Dir. Göran Stangertz · Helsingborgs Stadsteater	1993
Häxjakten Dir. Håkan Lindhé · Helsingborgs Stadsteater	1992
Hustruskolan – Agnès Dir. Hans Polster · Helsingborgs Stadsteater	1992
Hämndaria Dir. Christian Tomner · Uppsala Stadsteater	1990
Det är något bortom bergen Dir. Åke Lundqvist · Uppsala Stadsteater	1990
Kung Lear – Regan Dir. Anita Blom · Helsingborgs Stadsteater	1988
Kom igen Charlie Dir. Lars Svenson · Helsingborgs Stadsteater	1988
Ifigenia i Aulis – Ifigenia Dir. Anita Blom · Helsingborgs Stadsteater	1986
Samlaren Dir. Runar Martholm · Helsingborgs Stadsteater	1986
Burning Love Dir. Staffan Olzon · Helsingborgs Stadsteater	1985

Ormens väg på hälleberget Dir. Henning Mankell · Västerbottensteatern	1985
Hjälten på den gröna ön Dir. Ronny Danielsson · Norrbottensteatern	1982
God morgon min sköna Dir. Carl Magnus Dellow · Norrbottensteatern	1982
De dödas ö Dir. Bernard Krook · Strindbergsmuseet	1980
VOICE	
Brunnens fånge Dir. Linnea Dahlgren · Visuellt Ljud	2020
Zombiefieber Dir. Kristina Ohlsson · Visuellt Ljud	2016

Skills

Improv (professional), Voice Over, Dubbing, Audiobook Narration, Clowning, Skiing (intermediate), Dog Training (intermediate), Animal Handling (intermediate), Manual Transmission (professional)

Education

Malmö Theatre Academy – Bachelor of Fine Arts in Acting, 1980–1983
Lee Strasberg Theatre & Film Institute, New York – Acting Studies, 1989

Awards

Björkmanska kulturpriset - Ludvika kommun (2020)
Dalarnas Byggnadsvårdspris 2019 för Gamla Stugan på Gonäsheden
Helsingborgs kulturstipendium (1988)
Anders Sandrews Stiftelse (1986)
Fritiof Billquist Stipendiet (1986)

About

Maria Norgren is a Swedish actress from Dalarna whose imagination and playfulness first drew her to the stage. After graduating from Malmö Theatre Academy, she joined Helsingborg City Theatre, where she performed in numerous major productions over ten years before continuing her career as a freelance actress. Her work has taken her across Sweden to theatres, schools and film locations, and between 2006 and 2025 she has been employed by TeaterAlliansen, a unique collective for freelance actors.

Maria is passionate about writing and producing her own performances for both children and adults and collaborates with groups such as Frilanstatern, Musikteatergruppen Pajso and Frilanstatern. Her more than forty years of experience have given her a grounded and versatile approach to acting, and she continues to find joy in every meeting with an audience or a camera.

Showreels and profiles

Full profile: swedishactors.se/actors/maria-norgren
Showreel: <https://vimeo.com/598743833?share=copy>
IMDb: <https://www.imdb.com/name/nm0635312/>