Maria Norgren

Actress

Swedish Actors

Photo: Tommy Jansson

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

Represented by Swedish Actors. Casting enquiries go directly to Maria: maria@pajso.se · +46 70 452 83 17.

Profile updated by Maria, November 2026

Credits

TV

Retorik & tal, Selma Lagerlöfs nobeltal – Huvudroll — 2026
UR

Genombrottet — 2023
Dir. Lisa Siwe · FLX · Netflix

Lust — 2021
Dir. Ella Lemhagen · Miso Film · HBO Max

Hassel — 2017
Dir. Amir Chamdin · Nice Drama · Viasat

Modus 2 — 2017
Dir. Lisa Siwe · Miso Film · C More

Rebecka Martinsson — 2017
Dir. Fredrik Edfeldt · Yellow Bird · TV4

Tunna väggar — 2004
Dir. Willey, Ritsgard · Nutopia Produktion

FILM

Leksaksmannen – Biroll — 2026
Dir. Jens Östberg

Äkta skräck — 2023
Dir. Daniel Di Grado · FLX

Motståndaren — 2021
Dir. Milad Alami · Tangy AB

Knackningar — 2019
Dir. Frida Kempff · Läsk Film

Hallåhallå 2014
Dir. Maria Blom · Memfis Film

Losers 2014
Dir. Skoglund, Marcetic · Inland Film

Nattbuss 807 1997
Dir. David Flamholc · Sonet Film

SHORT FILM

I de lugnaste vatten 2015
Dir. Helen Engdahl · Högskolan Dalarna

Estrid 2012
Dir. John Tornblad · Affekt Film

THEATRE

Förlåt ett stänk av bitter fröjd – Huvudroll 2025
Dir. Maria Norgren · Musikteatergruppen Pajso

Monologen En anonym efter en novell av Karel Capek – Huvudroll 2023
Dir. Ester Holmén · Teater Tribunalen

O-rätt-vist 2023
Dir. Martin Lindberg · Teater Sörmland · Frilansteatern

Jag hörde en sång på en stjärna en gång 2022
Musikteatergruppen Pajso

Farbror Dan 2022
Musikteatergruppen Pajso

Gamla stugan berättar / Kraken / Tyra och Myra 2019
Egenproducerat

Tant Meier, koltrasten 2016
Dir. Åsa Ekberg · Estrad Norr · Frilansteatern

Vart tar alla tårar vägen 2012
Dir. Nora Nilsson · Dalateatern

Gåvan 2006
Dir. Martin Lindberg · Västerbottensteatern

Din stund på jorden 1997
Dir. Stellan Olsson · Västerbottensteatern

Första steget 1995
Dir. Göran Stangertz · Helsingborgs Stadsteater

Cirkus Tigerbrand 1994
Dir. Ulf Fredriksson · Helsingborgs Stadsteater

Höst och vinter 1994
Dir. Thomas Müller · Helsingborgs Stadsteater

Blodsbröder 1993
Dir. Ronny Danielsson · Helsingborgs Stadsteater

Köpmannen i Venedig – Jessica 1993
Dir. Göran Stangertz · Helsingborgs Stadsteater

Häxjakten 1992
Dir. Håkan Lindhé · Helsingborgs Stadsteater

Hustruskolan – Agnès 1992
Dir. Hans Polster · Helsingborgs Stadsteater

Hämndaria 1990
Dir. Christian Tomner · Uppsala Stadsteater

Det är något bortom bergen 1990
Dir. Åke Lundqvist · Uppsala Stadsteater

Kung Lear – Regan 1988
Dir. Anita Blom · Helsingborgs Stadsteater

Kom igen Charlie 1988
Dir. Lars Svenson · Helsingborgs Stadsteater

Ifigenia i Aulis – Ifigenia 1986
Dir. Anita Blom · Helsingborgs Stadsteater

Samlaren 1986
Dir. Runar Martholm · Helsingborgs Stadsteater

Burning Love 1985
Dir. Staffan Olzon · Helsingborgs Stadsteater

Ormens väg på hälleberget 1985
Dir. Henning Mankell · Västerbottensteatern

Hjälten på den gröna ön 1982
Dir. Ronny Danielsson · Norrbottensteatern

God morgon min sköna 1982
Dir. Carl Magnus Dellow · Norrbottensteatern

De dödas ö 1980
Dir. Bernard Krook · Strindbergsmuseet

VOICE

Brunnens fånge 2020
Dir. Linnea Dahlgren · Visuellt Ljud

Zombiefeber 2016
Dir. Kristina Ohlsson · Visuellt Ljud

Skills

Improv (professional), Voice Over (professional), Dubbing (professional), Audiobook Narration (professional), Clowning (professional), Skiing (intermediate), Dog Training (intermediate), Animal Handling (intermediate), Manual Transmission (professional), Singing Alto (intermediate), Cycling (intermediate), Ice Skating (intermediate), Violin (beginner), Puppetry (intermediate)

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 Municipality, 2020

Dalarnas Byggnadsvårdspris (building conservation award), 2019 – for Gamla Stugan at Gonäsheden

City of Helsingborg Cultural Scholarship, 1988

Anders Sandrew Foundation Scholarship, 1986

Fritiof Billquist Scholarship, 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 Frilansteatern, Musikteatergruppen Pajso and Frilansteatern. 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/