

Sara Nygren



Actress



Age	54
Playing age	45-55
Based in	Stockholm, Sweden
Height	169 cm
Eyes	Green
Hair	Middleblond
Languages	Swedish (native), English (fluent)

Represented by Swedish Actors. Casting enquiries go directly to Sara:
nygren72@hotmail.com · +46 705-88 78 28.

Credits

FILM

Iakttagen – the mother Dir. John F. Lindquist	2021
Inte alla hästar i stallet – Jenny Dir. Richard Jarnhed	2007
Skenbart - En film om tåg – the mother Dir. Peter Dalle	2003
Hundtricket – Iza Dir. Christian Eklöv, Cristopher Panov	2002

TV

Dolt under ytan – Linda (the mother) Jarowskij	2022
Håll andan – Irene Dir. Molly Nutley · C More	2022
Heder Säsong 2 – the mother Dir. Olof Spaak · Viaplay	2021
Kommissarien och havet – Liv Hansson Dir. Miguel Alexandre · Network Movie	2020
Helt perfekt – Maria Dir. Sofia Jupiter · ITV Studios · TV5	2019
Den inre cirkeln – Mette Dir. Anders Hazelius, Håkan Lindhé · Fundament Film · Viaplay	2018
Solsidan – Real estate broker Dir. Måns Herngren · C More	2015
Andra Avenyn – Sigrid Niklasson SVT Göteborg	2008
Detta har hänt – Katarina Von Breda SVT	1997
Skilda världar – Natalie Grundy Production · TV4	1996

SHORT FILM

Plastburken – Lena Dir. Samuel Lindén	2022
Nattfjärilen – the mother Dir. Emilie Fahlstedt Lindquist	2017
Pojkarna Åklagaren Dir. Isabella Carbonell	2015
Falsk trygghet – Lisa Dir. Gustaf Boman	2015
Har den äran – the mother Dir. Anders Köhler, Timmy Sundin	2014

THEATRE

Under hallonbusken – Hedda Dir. Franciska Löfgren · Sommarsteater Hågelby	2013
Tartuffe – Natalie Dir. Fredrik Hiller · Sommarsteater Hågelby	2012
Bernardas hus – Martirio Dir. Sunil Munshi · Sommarsteater Hågelby	2010
Plaza svit – Fröken Gormack Dir. Jan De Laval · Nöjeshunden · Intiman	2009
Måsen – Nina Dir. Ulf Pilov · Sommarsteater i Vaxholm	2007
Hej syster – System Dir. Mats-Arne Larsson · Teater Martin Mutter	2006
Zapp Teater Teater Martin Mutter	2006
I taket lyser stjärnorna Dir. Anders Alnemark · Teater Fredag	2006
Hanna & Hanna Dir. Anders Alnemark · Teater Fredag	2005
Pite 55 Dir. Staffan Westerberg · Norrbottensteatern	2001

Skills

Dubbing (intermediate)

Education

Luleå Theatre Academy (1999-2003)
Studio Lederman, Stockholm
Marilyn Fried and Ava Petrides, New York (1989-1991)

Awards

Bästa skådespelare Sveriges kortfilmsfestival 2014 för filmen Har Den äran

About

Sara Nygren is a Swedish actress. She has worked extensively in television, film, and theatre, with a career spanning over two decades. Known for her naturalistic acting and emotional depth, she has portrayed a range of characters from complex mothers to strong dramatic leads.

She trained at Luleå Theatre Academy and has furthered her craft through studies in both Stockholm and New York. In addition to her screen and stage work, she has contributed her voice to numerous dubbing projects and was awarded Best Actress at Sveriges Kortfilmsfestival in 2014 for her role in *Har Den äran*.

Showreels and profiles

Full profile: swedishactors.se/actors/sara-nygren

Showreel: <https://vimeo.com/720947734?share=copy&fl=sv&fe=ci>

IMDb: <https://www.imdb.com/name/nm0638656/>