

Veronica Carlsten



Actress



Age	44
Playing age	37-47
Based in	Stockholm, Sweden
Height	169 cm
Eyes	Green
Hair	Light brown
Languages	Swedish (native), English (fluent)
Accents & dialects	Stockholm Dialect, General American

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

Credits

TV	
Vilken historia! SE2 Dir. Kristian Dahl · UR	2025
Ture Sventon och jakten på ungdomens källa Dir. Gustav Åkerblom · Jarowskij · TV4	2023
Miniagenterna – Professor Teed Baluba · SVT	2022
Labyrint - Monstrets hjärta – Heidi Paquette SVT Barnkanalen	2022
Mäklarna – Apotekare Dir. Patrik Eklund · Art&Bob · Discovery+	2022
Mer panik i tomteverksatan – Rimnissen Dir. Fredde Granberg, Thomas Claesson · Jarowskij · SVT	2021
Agenterna – Giesela Bolle Dir. Tord Danielsson · Baluba · SVT	2021
Mirakel – Alex i elbutiken Dir. Carl Åstrand · Jarowskij · SVT	2020
Luuk och Hallberg – Anna Dir. Jonas Modin · FLX	2020
Ture Sventon och Bermudatriangelns hemlighet Dir. Per Simonsson, Stefan Roos · Nordisk Film och TV · TV4	2020
Finaste familjen – Läraren Dir. Carl Åstrand · Jarowskij · TV4	2019
Unicefgalan/Världens viktigaste kväll – Försäkringskassan (sketch) Jarowskij	2019
Inte OK – Olika sketchroller (ca 15 st) Dir. Jon Holmberg, Gustav Åkerblom · FLX · TV3	2015
Torpederna – Cassandra Dir. Felix Herngren, Jakob Ström · FLX · TV4	2014

Familjen Holstein Gottorp – Jessica Månsson
Dir. Ola Norén · Jarowskij · TV4

2014

SHORT FILM

Finito – Marit

Dir. Patrik Eklund · Salmonfox

2021

THEATRE

Improvised Ingemar Bergman

Bergmanveckan på Fårö

2023

Page 1 – Improvised longform

Dir. Josh Lenn · International Theater Stockholm

2023

Scriptease – Improvised longform

Dir. Josh Lenn · International Theater Stockholm

2020

Immigrant Stories – Improvised longform

Dir. Josh Lenn · International Theater Stockholm

2019

Lost in Translation – Improvised longform

Dir. Josh Lenn · International Theater Stockholm · Boulevardteatern

2018

The World's First Improvised TED Talk

TEDx Stockholm / Södra Teatern

2015

Improvised Bergman – Improvised longform

Dramatiska · Stockholms Improvisationsteater · People's Improv Theater New York

2013

My's Fredag – Improvised shortform

Improvisation&Co · Presens Nöjen

2013

Eventuellt – Improvised shortform

Improvisation&Co

2013

Epic Win Win – Improvised shortform

Improvisation&Co

2013

Skills

Improv (professional), Voice Over, Running, Violin

Education

Writing a TV Season, Stockholm University of the Arts, 2025

Writing TV Episodes, Stockholm University of the Arts, 2023

Acting for Film and TV, Robert Bengtsson/The Film Attic, 2018

Clown and Neutral Mask (advanced), Karin Bergstrand/Dotterbolaget, 2011

Mime, Ika Nord, 2011

Stage fighting, Niklas Hansson and Seth Ericson/Svenska Stuntgruppen, 2011

Physical Theatre (advanced), Kefas Berlin/Vårdinge Folk High School, 2011

Clown, Karin Bergstrand/Dotterbolaget, 2010

Physical Theatre, Kulturama, 2008

Improvisational Theatre, Stockholms Improvisationsteater, 2002-2010

Writing for Film, Stage, TV and Radio, Nordens Författarskola Biskops-Arnö, 2009-2011

Master's Degree in Speech-Language Pathology, Karolinska Institutet, 2003-2007

Awards

Winner, Audience Award for 'Lost in Translation', Svenska Scenkonstgalan 2018

About

Veronica Carlsten is a Swedish actress with over two decades of experience in improvisational theatre and screen acting. Her extensive background in improvisation has deeply influenced her craft, shaping her approach to storytelling, collaboration, and listening without expectations. She thrives on being fully present in the moment, embracing the surprises and spontaneity that come with every scene.

She is passionate about character-driven narratives and believes that the relationship between characters is the heart of any story, regardless of genre. For more than a decade, she has been a key performer with International Theater Stockholm, where she co-created and starred in the award-winning longform improv show 'Lost in Translation' (2012-2019), which explored the experiences of foreigners in Sweden and earned accolades at Svenska Scenkonstgalan. On screen, Veronica has appeared in numerous TV series such as 'Ture Sventon och Bermudatriangelns hemlighet', 'Mäklarna', and 'Mer panik i tomteverkstan', as well as the short film 'Finito' directed by Patrik Eklund.

Showreels and profiles

Full profile: swedishactors.se/actors/veronica-carlsten

Showreel: <https://vimeo.com/1124218005?share=copy&fl=sv&fe=ci>

IMDb: <https://www.imdb.com/name/nm7006858/>