

LENA CASTRUP

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SEDCARD

Born	1988
Age	30
Age range	27-33
Place of birth	Haltern (today Haltern am See)
Natonality	german
Hight	162 cm
Hair color	blond
Eye color	blue green
Figure	slightly-built, sportive
Dress size	XS/ 34 (EU)
1st Seat of residence	Berlin
To be booked from	Tel Aviv, Berlin, Hamburg, Cologne, Frankfurt, Stuttgart, Munich
Awards	“Upcoming Young Actors” 2016, Cameri Theater Tel Aviv
Website	lenacastrup.de
E-mail	schauspiel@lenacastrup.de
Agency	ZAV Berlin Bühne
Education	2018 Training Meisner Technique, André Bolouri Studio Berlin
	2017 Camera Acting & Marketing, Coaching Company Berlin
	2015-16 Vocal Training, private
	2015 Acting & Directing, Udi Ben Moshe
	2012-15 Acting Studies, Kibbutzim College Tel Aviv
	2008-12 BA Social & Cultural Anthropology, Freie Universität Berlin



SKILLS

Languages	German (native) Hebrew (native level) English (advanced) French (adv., update required)	Sports	movement culture (trained) acrobatics (trained) yoga (trained) horse riding (basics) unicycle (basics)
Instruments	flute (7 y., update required) piano (3 y., update required)	Dance	Contact Improvisation (trained) Jazz & Modern/ Contemp. (trained) Latin & Ballroom (advanced)
Vocals	Soul, Blues, Singer-Songwriter, Rock-Pop (trained)	Other	Mime (basics) 10-Finger-Typing
Voice pitch	soprano		
Licence	EU: B (including M, L, T/S)		

I am most willing to arrive at castings as an acting partner for my colleagues.



FILM/ TV

2019	FOREST SOUL. D: Charlotte Paulsen. MOTION PICTURES Darmstadt. SR
2018	Tennis CORTONA OTTO-living. D: Joschka Laukeninks. German TV & Internet. LR
2018	CALL FOR NATURE. D: Katharina Jung. Metropolis Cinema Hamburg. LR
2017	END OF THE ORANGE SEASON. D: Alon Levy. Cinematheque Tel Aviv. LR
2017	RED. D: Inbal Rokah. Cinematheque Tel Aviv. LR
2017	KALI. D: Shimrit Malul. Cinematheque Tel Aviv. LR
2016	FULL MOON. D: Yoav & Doron Paz. HOT TV Israel. SR
2016	RUTH. D: Jehonatan Haver. LR
2016	YOLA; D: Hila Suchoy. LR
2014	ME'UHAR BALEYLA/ LATE AT NIGHT. D: Eyal Sibi. LR. Cinematheque Tel Aviv

STAGE

2019	CHALLENGE MY FANTASY – MORE. A DIGITAL LABORATORY FESTIVAL. Theater a. d. Parkaue Berlin
2016-17	The Secretary in MEPHISTO. D: Omri Nitzan. Cameri-Theater Tel Aviv
2015-17	Johanna in AL HA'ESH/ ON THE FIRE. D: Dror Keren. Cameri-Theater Tel Aviv
2015-17	Hamlet's Voice in HAMLET. D: Maor Zaguri. Habima National Theater Tel Aviv
2015	Mary in AHAVATI HA'RISHONA/ MY FIRST LOVE. D: Galia Fradkin. Habima NT Tel Aviv
2015	German-Hebrew Theater Improvisation. 50th anniversary of diplomatic relations between Israel and Germany. Goethe-Institut Tel Aviv

SCENE STUDIES 2012-15 (SELECTION)

ROLE	PLAY/ MOVIE	AUTHOR/ SCRIPT	TUTOR
Kym	Rachel's Wedding	Jenny Lumet	Ram Nehari
Paulina	Death And The Maiden	Ariel Dorfman	Hava Ortman
Juliet	Romeo And Juliet	William Shakespeare	Noam Ben Azar