

Henrik Plau

www.henrikplau.com 



Information

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|------------------------|--|-------------|---|
| Acting age | 23 - 33 years | Nationality | Norwegian |
| Height (cm) | 176 | Languages | Danish: medium |
| Weight (in kg) | 79 | | English: native-language |
| Eye color | brown | | Norwegian: native-language |
| Hair color | Black | | Swedish: medium |
| Hair length | Short | | French: medium |
| Stature | athletic / training | Dialects | Norden |
| Place of residence | Oslo | | Black American |
| Cities I could work in | Prag, Stockholm, Oslo, Paris, Berlin, Wien, Moskau, Brüssel, Berlin, Glasgow, Cork, Manchester, Budapest, Bukarest, Reykjavík, Helsinki | | London (English) |
| | | | English |
| | | | African-English |
| | | | Australian English |
| | | | American |
| | | Sport | Acrobatics, Archery, Athletics, Billiards, Bowling, Canoe/Kayak, Climb, Racer, Frisbee, Gymnastics, Horse riding, Ice skating, Rowing, skiing, Swim, Table tennis, Trampolineing |
| | | | Swing: basic |
| | | | Hip hop: basic |
| | | | Standard: basic |
| | | | Afro Dance: medium |
| | | | Modern Dance: basic |
| | | | Rock & roll: basic |
| | | | Contact Improvisation: medium |
| | | Profession | Actor, Comedian, Dubbing actor |
| | | Singing | Jazz: medium |
| | | | Musical: professional |
| | | | folk song: basic |
| | | | A cappella: medium |
| | | | Choir: professional |
| | | Pitch | Tenor |

Other Education & Training

- 2009 –... **Nancy Mannes Acting Studio**
Classes and coaching with Nancy Mannes, 4 years
- 2013 **True Acting Institute**
Meisner Training Program W/Larry Silverberg
- 2004 –... **Hartvig Nissen Theatre School**
3 year full time program

Film

- 2016 **Benjamin Falck and The Ghost Dagger**
Role: Jonas (SR) **Director:** Martin Sofiedal **Producer:** Julie Sofiedal **Distribution:** Creative Lads Films
- 2015 **Happily Ever Afer**
Role: Patrick (LR) **Director:** Eirik Moe **Producer:** Tinderbox Production **Distribution:** Tinderbox Production
- 2013 –... **Clowne**
Role: Gary Clowne (LR) **Director:** Jarand Herdal **Producer:** Jarand Herdal **Distribution:** Tinderbox Productions
- 2014 **Mad Love**
Role: Blake (LR) **Director:** Matt Loughlin **Producer:** Matt Loughlin
- 2014 **Insomnia**
Role: Paul (LR) **Director:** Rudy Carpio **Producer:** Rudy Carpio **Distribution:** Drart Film
- 2014 **The Last Drawing**
Role: Dario (SR) **Director:** Rudy Carpio **Producer:** Rudy Carpio **Distribution:** Drart Film
- 2014 **Alone**
Role: Man (LR) **Director:** Eirik Moe **Distribution:** Tinderbox Production
- 2010 **The Homecoming**
Role: Charlie Gray (SR) **Director:** Anders Pedersen **Producer:** Anders Pedersen **Distribution:** Westerdals
- 2008 **Lost Picture Found**
Role: Bam Bam (SR) **Director:** Kash Khazai **Producer:** Axel Mustad **Distribution:** Grimstad Film Festival

Television

- 2015 –... **Jonah's Standoff**
Role: Jonah (LR) **Director:** Martin Sofiedal **Producer:** Martin Sofiedal **TV Channel:** Creative Lads Films Mini Series
- 2015 **All My Men**
Role: Postman (SR) **Director:** Jon Carlstedt **Producer:** Anton Hanson **TV Channel:** The Norwegian Film School TV Pilot
- 2015 **Recipe for Success**
Role: Daniel (SR) **Director:** Ole Sebastian Kåss **Producer:** Eliza Fernanda Pirir **TV Channel:** The Norwegian Film School
- 2009 –... **Hotel Caesar**
Role: Henrik Nilsen (SR) **Director:** Various directors **Producer:** Tom Sterri **TV Channel:** Metronome Spartacus/Shine Nordics

Theatre

- 2014 **Afternoon**
Role: Asle (LR) **Director:** Martin Lotherington **Producer:** The Norwegian Theatre **Theatre:** The Norwegian Theatre
- 2013

UNG 2013

Role: 'The Director' (LR) **Director:** Morten Krogh **Producer:** The Norwegian Theatre **Theatre:** The Norwegian Theatre

2012 The Woolgatherer

Role: Cliff (LR) **Director:** Nancy Mannes **Producer:** The Norwegian Theatre Center **Theatre:** Nancy Mannes Acting Studio

2012 Sexual Pervercity in Chicago

Role: Danny (LR) **Director:** Elisabet Sevholt **Theatre:** Schou's Cultural Brewery

2011 All My Sons

Role: Chris Keller (LR) **Director:** Nancy Mannes **Producer:** The Norwegian Theatre Center **Theatre:** Nancy Mannes Acting Studio

2010 Shivaree

Role: Chandler (LR) **Director:** Nancy Mannes **Producer:** The Norwegian Theatre Center **Theatre:** Nancy Mannes Acting Studio

2007 As You Like It

Role: Jaques (SR) **Director:** Anne Thomte **Theatre:** Hartvig Nissen Theatre School

Audio**2012 –... Ultimate Spider-Man (Norway dub)**

Role: Luke Cage/Power-Man (SR) **Director:** Otto Hovd **Producer:** Disney Channel **Audio:** DisneyXD

2014 Disney Infinity 2 (Norway dub)

Role: Power-Man/Mysterio/Luke Cage (SR) **Director:** Scott Maurstad **Producer:** Disney Interactive Studios **Audio:** Avalanche Software

2014 Cloud 9 (Norway dub)

Role: Sam **Director:** Fredrik Paasche **Producer:** Disney Channel **Audio:** Disney Channel

2011 –... Austin & Ally (Norway dub)

Role: Trent (SR) **Director:** Scott Maurstad **Producer:** Disney Channel **Audio:** Disney Channel

2011 –... Good Luck Charlie (Norway dub)

Role: Justin (SR) **Director:** Scott Maurstad **Producer:** Disney Channel **Audio:** Disney Channel

2011 Megamind (Norway dub)

Role: Various voices (OR) **Director:** Stig Krogstad **Audio:** DreamWorks Animation

2011 Good Luck Charlie - TV Movie (Norway dub)

Role: Various voices (OR) **Director:** Scott Maurstad **Producer:** Disney Channel **Audio:** Disney Channel

