



# Sarah Efrieda



ACTOR | COMEDIAN

## FILM & TV

	ROLE	DIRECTOR / CHANNEL
2021	American Monster	Kira Simonian
2021	The Fate of Doctor Jones	Advocate Helly
2016	Bring It On	Matre D
2016	Black Sails	Posh Lady
2015	Kleingeld	Support Role

## COMMERCIAL

	ROLE	TERRITORIES	
2024	Confused.com	Featured	UK
2024	Renault Dacia	Featured	Europe
2023	Spar Tops	Lead	South Africa
2023	S-Market	Featured	Finland
2023	Evergreen	Lead	Europe, UK, Nordic Market
2022	Bonitas	Featured	South Africa
2022	Venus	Lead	Europe, UK
2022	Flonase	Lead	North America
2022	Evergreen	Featured	Europe, UK
2022	UPS	Featured	Germany
2022	ABI	Featured	Russia
2022	Curly	Featured	France & Dom Tom
2022	Warka	Featured	Poland

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**COMMERCIAL** **ROLE** **TERRITORIES**

2021 Lowics Jam Featured Central Europe  
2021 BNP Positive Banking Featured South Africa

**MUSIC VIDEO** **ROLE** **ARTIST**

2016 Kiss the ground Girlfriend Last One Alive  
2016 Crawling King Snake Silhouette George van der Spuy  
2016 Ek weet nie Steadford Housewife Francois van Coke ft. Arno Carstens

**TRAINING**

**ACT Cape Town**  
Acting for Film

**AWARDS**

2016 Best Video, Crawling King Snake – Metal Music Africa

**FUTHER DETAILS**

**Appearance** **Hair:** Brown **Eyes:** Green **Clothing Size Top:** M  
**Height:** 177cm **Shoe:** 6UK **Clothing Size Bottom:** M

**Accents** American (Standard), British (RP)

**Languages** English, Afrikaans

**Dance** Burlesque, Choreography, Pop, Rave

**Licenses** Driving Code 8

**Singing** Choir, Mezzo-Soprano

**Sports** Cross Country, Cross-fit, Cycling, Dancing, Functional Training, Gym, Hiking, Pilates, Pool/ Snooker, Roller-skating, Running, Scooter-bike, Swimming, Trail Running, Yoga