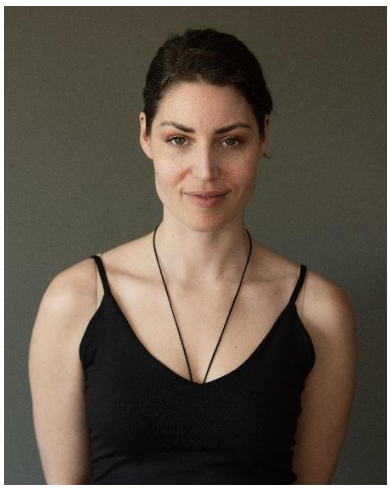
Sarah Efrieda





ACTOR | COMEDIAN

FILM & TV		ROLE	DIRECTOR / CHANNEL
2021	American Monster	Kira Simonian	Trilogy
2021	The Fate of Doctor Jones	Advocate Helly	Wormwood Pictures
2016	Bring It On	Matre D	Robert Adetuyi
2016	Black Sails	Posh Lady	Neil Marshall
2015	Kleingeld	Support Role	Zenn van Zyl

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		

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