

Henrik Plau

www.henrikplau.com 



Information

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
Type/Ethnicity	African American, Black-African, Black-caribbean, Mix white & black, Scandinavian	Dialects	Norden
Stature	athletic / training		Black American
Place of residence	Oslo		London (English)
Cities I could work in	Prag, Stockholm, Oslo, Paris, Berlin, Wien, Moskau, Brüssel, Berlin, Glasgow, Cork, Manchester, Budapest, Bukarest, Reykjavík, Helsinki	Sport	English
			African-English
			Australian English
			American
			Acrobatics, Archery, Athletics, Billiards, Bowling, Canoe/Kayak, Climb, Racer, Frisbee, Gymnastics, Horse riding, Ice skating, Rowing, skiing, Swim, Table tennis, Trampolineing
		Dance	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

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

