

G ACTORS AGENCY

AGENT: Sara Zommorodi

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Helen Silvander

 [View Showreel](#)



APPEARANCE | African-American, Black-other regions, Black-Caribbean, Black-African, Caribbean, Central South American, Creole, East African, Latin American, Mixed Race, North African, North American, West African

PLAYING AGE | 30 - 40

HEIGHT | 170

PHYSIQUE | Curvy

EYE COLOUR | Brown

CREDITS

TELEVISION

24/7	Recurring	SVT Barn / Ayla Karlsson
LIKEA	Guest Star	FLX / Eddie Åhgren
LIMBO	Guest Star	Warner Bros / Rakel Wärmländer
SOMMAREN MED SLÄKTEN	Guest Star	Art & Bob / Staffan Lindberg
SKITSAMMA	Guest Star	Creative Society / Nour El Refai
LUUK & HALLBERG - SPANDIDOS	Guest Star	FLX / Jonas Wallerström
ALLA UTOM VI	Guest Star	Warner / Erik "Jerka" Johansson
HELT PERFEKT	Guest Star	ITV / Sofia Jupither
SPIKEN	Recurring	Mag5 / Johan Wiman
AGENTERNA	Guest Star	Baluba / Staffan Kihlbom Thor

FILM

REGNMANNEN	Supporting	Unlimited Stories / Hannes Holm
TJUGONDE	Lead	KFH / Olivia Engvall
CURL	Lead	Pixiply / Helen Silvander
IBLAND ÄR DU ETT SÅNT JÄVLA ÄGG	Lead	Stockholms Konstnärliga Högskola / Sophie Säter Mahfouf
TV-KAOS	Lead	FHSK / Hanna Kaijser
OM DEJ	Lead	Runda Bordet Film / Ellinor Olinder
NADISH	Supporting	Subkult / Willy Fermelin
SILVIANA DELUX 250	Lead	Garagefilm / Frida Elmström
THE AWAKENING	Lead	FHSK / Julia Ammouri
HILMA	Supporting	Viaplay / Lasse Hallström
MÖTET	Lead	Stockholms Filmskola / Arvid Sand
MONOGAMI	Lead	FHSK / Anna Norén
SISTA DAGEN	Supporting	Stockholms Filmskola / Olle Freszals
MITT LIV I REPRIS	Supporting	On Nox Production / David Martinez
KUSUNDA	Supporting	Fasad Film / Felix Gaedtke, Gayatri Parameswaran

STAGE

BLÅTT BLOD	Lead	Wall & Vivien Kulturproduktioner / David Wall
TOMTELAND	Starring	Santaworld AB / Andersson/Collett

OTHER

HJÄRNKANALEN	Guest Star	Populate / Populate
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EDUCATION

2026-07-25

Helen Silvander - G Actors Agency

1/5

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TV-SÄSONG
FILMISK GESTALTNING
MESINER-TEKNIK
STRASBERG, THE METHOD
STANISLAVSKIJ

Stockholms Konstnärliga Hö Alexander Skantze
HDK Valand Tommy Spaaheden
My Simone Lorenzo Carlsson My Simone Lorenzo Carlsson
Calle Flygares Teaterskola Casper Andreas
Kulturama

SKILLS

LANGUAGES	Native:	Swedish, English, Romanian
	High Standard:	Spanish, French
ACCENTS & DIALECTS	Native:	American english, British, Stockholmska, Rikssvenska, Småländska
	High Standard:	Skånska
MUSIC	Skilled:	Ballad, Jazz, Modern, Musical, Pop, R&B, Soul
DANCE	Highly Skilled:	Ballroom, Contemporary dance, Disco, zumba
ACTING TECHNIQUES	Native:	Improvisation, Stanislavski, Strasberg Technique, Chubbuck, Method Acting
	High Standard:	Comedy Improv, Meisner Technique
OTHER SKILLS	High Standard:	Cooking, Drawing/Painting, Sculpting, Journalist, Graphic Design
DRIVING LICENCES		Driver's licence car (automatic), Driver's licence car (stick)

Helen Silvander





Helen Silvander - Biography

Helen Silvander is a Swedish/Romanian/Nigerian actress and dedicated storyteller. Her comedic talent has landed her roles in several Swedish comedy series, as well as larger international drama productions. With her passion in drama and comedy she hopes to help spread great stories to the world and unite people across both social and physical borders.