

# G ACTORS AGENCY



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## Palmira Koukkari Mbenga

 [Intro Language Video 1](#)

 [Intro Language Video 2](#)

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

**PLAYING AGE** | 30 - 42

**HEIGHT** | 164

**PHYSIQUE** | Medium build

**EYE COLOUR** | Brown

## CREDITS

### FILM

|                   |            |                                                  |
|-------------------|------------|--------------------------------------------------|
| ETT LJUDLÖST NEJ  | Supporting | RAMA Filmproduktion / Ronja Riobo Larsson        |
| SJUNG OM AMINA    | Supporting | Stockholm Film School / Alys Hewitt              |
| SOM VI HAR ÄLSKAT | Supporting | Stockholm University of the Arts / EE Kihlstrand |
| BOYGAME           | Supporting | Två Ljus Film / Anna Nolskog                     |

### STAGE

|                           |                      |                                                             |
|---------------------------|----------------------|-------------------------------------------------------------|
| HÖGT I TAK (EUREKA DAY)   | Supporting           | Playhouse Teater / Dennis Sandin                            |
| A MIDSUMMER NIGHT'S DREAM | Titania / Hippolyta  | Balettakademien / Erik Ehn                                  |
| GOLDEN GAYTIME            | Reading              | Ö2 / Stolt Scenkonst / Maria Nilsson                        |
| TITUBA                    | Monologue            | Balettakademien / Simona Holmström Escanilla                |
| BLÄCK                     | Actor & writer       | Kulturhuset Stadsteatern (Fri Scen) / Miriam Andersson Sise |
| THE CHERRY TORTURED       | Reading              | Playhouse Teater / Aaron Posner                             |
| I MOHAMMEDS VÄRLD         | Reading              | Riksteatern / Chantale Hannouch                             |
| WORKSHOPS                 | Actor                | Riksteatern / Chantale Hannouch                             |
| BLACK MEMORY              | Monologue            | National Black Theatre of Sweden / Josette Bushell-Mingo    |
| VÄNTRUMMET                | Reading              | National Black Theatre of Sweden / Josette Bushell-Mingo    |
| KALITY                    | Reading / supporting | Riksteatern / Chantale Hannouch                             |
| SINBAD SJÖFARAREN         | Supporting           | Act Stockholm / Catherine Fallenius                         |
| MEN JAG DÅ?               | Various roles        | Studio Meisner / Emelie Nyman                               |

### AUDIO

|                          |          |                    |
|--------------------------|----------|--------------------|
| BITTER HONEY             | Narrator | Bloomsbury Pbl / - |
| EVERYTHING IS NOT ENOUGH | Narrator | Harper Audio / -   |

### OTHER

|                   |             |                                             |
|-------------------|-------------|---------------------------------------------|
| THE QUEER GAZE    | Performance | Kulturhuset Oceanen / Self + Anna Adeniji   |
| M/S GLÖMSKANS HAV | Performance | Tjörnedela Konsthall / Self + Oméya Simbizi |

## EDUCATION

|                        |                            |                            |
|------------------------|----------------------------|----------------------------|
| INTUITION IN ACTION    | Teateralliansen            | Stephen Rappaport          |
| STAGE COMBAT (KATANA)  | Action Lab Sweden          | Robert Bengtsson           |
| SINGING                | Private lessons            | Anna Berglund              |
| ACTING PROGRAM, 2ND YR | Balettakademien            | M Poppe, Catherine Hansson |
| THEATRE OF DIFFERENCE  | Royal Central School of Sp | Topher Campbell            |
| SARA AHMED'S POINTS OF | Stockholm uni of the arts  | Nasim Aghili               |
| 2026-07-25             |                            |                            |

Palmira Koukkari Mbenga - G Actors Agency

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YOUR SILENCE WILL NOT  
ACTING AND PLAYWRITING  
DRAMA STUDIES

Women's college Gbg  
Studio Meisner  
Södertörn university

K Timgren, F Mulinari  
Emelie Nyman, Eva Brise  
Ola Holmgren, Sara Granath

SKILLS

|                    |                 |                                                                                                        |
|--------------------|-----------------|--------------------------------------------------------------------------------------------------------|
| LANGUAGES          | Native:         | Swedish                                                                                                |
|                    | High Standard:  | English                                                                                                |
| ACCENTS & DIALECTS | Native:         | Stockholmska, Rikssvenska                                                                              |
|                    | High Standard:  | American standard, British standard                                                                    |
| MUSIC              | Skilled:        | Choral Singing, Gospel                                                                                 |
| DANCE              | Skilled:        | Dance (general), Ballet, Jazz dance, Dancehall, Choreography                                           |
| SPORTS             | Highly Skilled: | Basketball, Thai boxing                                                                                |
|                    | Skilled:        | Athletics, Rollerskating, Figure skating                                                               |
| ACTING TECHNIQUES  | Native:         | Meisner, Classical Acting, Improv, Stage Combat, Viewpoints, Voice Acting                              |
|                    | High Standard:  | clown                                                                                                  |
| OTHER SKILLS       | Native:         | Stage Combat, Narration, Voice acting, Story telling, Scriptwriter (professional), Writing, Journalist |
| DRIVING LICENCES   |                 | Driver's licence car (automatic), Driver's licence car (stick)                                         |

AWARDS and NOMINATIONS

Top 10 audiobooks of 2025, by Audible UK: Bitter Honey by Lolá Akínmádé (narrator)  
NAACP Image Award 2024 nomination: Everything is not enough by Lolá Akínmádé (narrated audiobook version)

# Palmira Koukkari Mbenga



# Palmira Koukkari Mbenga - Biography

Palmira Koukkari Mbenga is an actor, based in Stockholm, Sweden. She has experience acting both on stage and in front of the camera, as well as a special interest in audio storytelling.

She has a supporting role in the upcoming independent feature film "Ett ljudlöst nej" ("A silent no"), which is shooting in 2026.

During the fall of 2025 she could be seen in the Pulitzer prize winning play "Högt i tak" (original title Eureka Day) by Jonathan Spector, at the Playhouse Teater in Stockholm, Sweden. She was also one of two narrators of the celebrated novel Bitter Honey, by Lola Akinmade, which recieved praise for the audio book narration, and was subsequently named one of the 10 best fiction audiobooks of 2025 by Audible UK.

To add to her skills and range as an actor, she is training stage combat, with a special focus on sword fighting (mainly katana). She also trains Thai boxing in her spare time. Apart from physical training she also takes singing lessons and sings in a gospel choir.

In addition to acting, Palmira is a published playwright. She also has a bachelor's degree and ten years work experience as a journalist. Palmira is of Gambian and in Finnish decent.