

# Tanja Líf Traustadóttir

Actress







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Actress

**Date of Birth:** 27.04.1998

**Height:** 168 cm

**Hair Color:** Light brown

**Eye Color:** Blue

**Playing Age:** 18 – 30

**Voice Type:** Strong, warm, clear, and classic

**Languages:** Icelandic, Spanish, English, French, and German

## *Education*

### **Musical Theatre Department (2023-2025)**

SINGING SCHOOL OF REYKJAVÍK

- Diploma for advanced study
- Mid- level exam
- Aural skills and harmony at level 7

### **BA in Acting(2021)**

INSTITUTE OF THE ARTS BARCELONA

- First class honours

### **Matriculation Exam (2017)**

MENNTASKÓLINN VIÐ HAMRAHLÍÐ

- With distinction in languages
- Awarded for outstanding achievement in drama

### **Compulsory Education (2014)**

IES ICHASAGUA

- Valedictorian

## Skills & Attributes

- Positive
- Punctual
- Open-minded
- Energetic
- Reliable
- Good team player
- Highly social
- Quick learner
- Linguistic aptitude
- Theatrical creativity
- Improvisation

## Languages & accents

- Icelandic: Native
- English: Fluent – spoken, written, and read
- Spanish: Fluent – spoken, written, and read
- French: Conversational
- German: Conversational
- Accents- RP, Irish, London, American

## Music & Dance

- Cello\*
- Singing\*
- Harmony & Theory\*
- Piano
- Ballroom
- Contemporary
- Jazz Ballet
- Hip Hop
- Musical Theatre Dance

(\* indicates high level of proficiency)

## Teaching Experience

### Leynileikhúsið (2022 - 2024)

Drama teaching

### Hlíðaskóli (2023)

Drama teaching

### Húsaskóli (2022 - 2023)

Drama teaching

### Dalskóli (2020 - 2023)

Drama teaching

## Notable Awards

### Outstanding Performance in Acting

LAMDA - 2018

### Outstanding Musical Theatre Achievement

LAMDA - 2018

### Honorary Award for Excellence in Acting

Menntaskólinn við Hamrahlíð - 2017

### First Class Honours

Institute of the Arts Barcelona - 2021

### Valedictorian

IES ICHASAGUA - 2014

## Training

### 2023

Drama in Education – Rúnar Guðbrandsson

### 2022

Acting Workshop - Lucinda Syson

### 2018

LAMDA- Silver Acting and Musical Theatre

### 2013-2014

Acting courses - Tenerife

### 2007

Acting Courses – Leynileikhúsið  
Singing & Acting – Sönglist



## 2022- 2025

Oliver! | Tjarnarbíó 2025  
Magdalena | Audiobook on Storytel 2025  
Greenland 2 | Movie - Premiering 2025  
Ormstunga | Iceland University of the Arts 2024  
Bugsy Malone | National Theatre of Iceland 2024  
Fear | Movie- Premiering 2025  
La Ferpection | 2022  
Heart of Stone | 2022

## 2019-2021

Balko | 2021  
The Flight Attendant | 2021  
New Year's Comedy | 2021  
Eurogarðurinn | 2020  
The Minister | 2019

## 2006-2018

Beauty and the Beast | 2018  
A Midsummer Night's Dream | 2016  
A Midsummer Night's Dream | 2013  
La casa encantada | 2013  
Serrano Circus | 2007  
Sitji Guðs Englar | 2006 National Theatre of Iceland  
New Year's Comedy Special | 2006

*Student theatre*  
*Institute of the Arts Barcelona*

## 2021

Pinocchio's Adventure  
Yerma

## 2020

The Wolves  
Doctor Faustus  
12 ANGRY MEN  
The Bacchae

## 2019

Julius Caesar  
Devising Pieces "To one in sorrow"  
Picnic  
Time and the Conways  
Hedda Gabler





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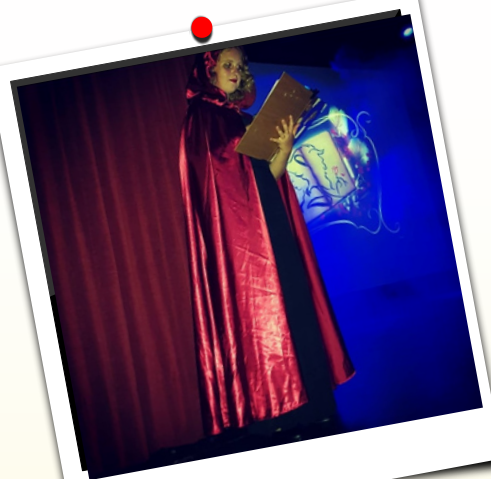
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Tanja Líf is an exemplary student. She approaches her studies wholeheartedly, is extremely dedicated, and takes direction very well. Her progress throughout the year has exceeded expectations. Always open to feedback, she is highly organized and a role model to fellow students.

She recently starred in the school's 50th anniversary production (Bugsy Malone) at the National Theatre. Her interpretation was well thought-out and clean, bringing her character vividly to life on stage.

As mentioned, Tanja is a truly outstanding student. In the short time she's been with us, she has shown remarkable growth. Her talent in both acting and singing is unquestionable. I recommend her wholeheartedly.



Garðar Thor Cortes



Tanja Líf is musical, has a beautiful voice and a wide vocal range. She is a remarkable actress and played the lead role in the school's 50th anniversary musical Buggy Malone at the National Theatre. She delivered an exceptional performance.

Tanja is consistently proactive, diligent, and conscientious, and she excels in every task given to her. She is also a joy to work with in all collaborations. I give her my highest recommendation.

Valgerður Guðrún Guðnadóttir