Vita - Stand: 03.09.2026

Mette Lysdahl

Actress

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Overview

Nationality	Denmark
Languages	Danish (mother tongue), English (mother tongue), English – American (fluent), English – British (fluent), German (fluent), French (basic), Norwegian (basic), Swedish (basic)
Born	Denmark, Denmark
Age range	27 - 40
Height	168 cm
Ethnic types	Middle Europe, Northern European / Scandinavian
Place of residence	Copenhagen - Hovedstaden (Denmark)
Possible accommodation	Berlin - Berlin (Germany), London - England (United Kingdom of Great Britain and Northern Ireland), Århus - Midtjylland (Denmark), Prague - Praha, Hlavni mesto (Czechia)
Memberships	Danish Actors' Association - Dansk Skuespillerforbund (Denmark)

Skills/Talents

Languages	Danish (mother tongue), English (mother tongue), English – American (fluent), English – British (fluent), German (fluent), French (basic), Norwegian (basic), Swedish (basic)
Dialects	German (Northern) (fluent), Berlin (good), Central European lowlands (good), Finland (East) (good), Finland (South) (good), Finland (West) (good), Greater London (good), Hamburg (basic), Lolland (basic), Norway (Central) (basic), Norway (West) (basic)
Accents	Danish (native accent), Scandinavian (native accent), British (very good), Dutch (very good), English (very good), German (very good), German (Northern) (very good), American (good), Czech (good), East European (good), New York (good), Norwegian (good), Polish (good), Russian (good), Swedish (good)
Dance	Ballroom (very good), Dance competition (very good), Latin American dance (very good), Standard dance (very good), Tango (very good), Waltz (very good), Dance theatre (good), Disco (good), Hip hop (good), Salsa (good), Show dance (good), Argentinian tango (basic), Musical (basic), Rock 'n' roll (basic)
Singing	Choral Singing (good)
Vocal pitch / Dubbing voice	Soprano
Musical instruments	Drums (very good), Harmonica (basic)
Sports	Scuba Diving (very good), Skiing (very good), Stage fighting (good), Swimming (good), Yoga (good), Fencing (basic), Horseback Riding (basic), Jiu-Jitsu (basic)
Driving licences / Other permits	Driver's licence van/truck, Driver's licence car (very good)
Other Skills	First Aid, Improvisation, Journalist, Storytelling

Appearance

Gender	Female
Age range	27 - 40
Height	168 cm
Build	Slender
Colour of eyes	Blue
Colour of hair	Blonde
Hair style	wavy long

Special physical characteristics	Dimples
Nudity	Yes, completely
Ethnic types	Middle Europe, Northern European / Scandinavian

Training and Awards

2014	Nicole Rutenbeck (deutscher Akzent - fortlaufend)
2010 - 2015	Klanggewinn von Nathalie Claude (deutscher und englischer Akzent - fortlaufend)
2010	Ophelia (Meisner-Technik)
2008	Lambs Dramasociety, Hong Kong
2005	Melbourne Acting School (Meisner-Technik) Australien

2017	Oscar - Nominierung mit dem dänischen Spielfilm "Unter dem Sand" in der Kategorie - Bester fremdsprachiger Film, Regie: Martin Zandvliet - Nomination
2016	Ernennung zum Berlinale NORTHERN LIGHTS Talent - Nomination
2015	Best Feature Film für "37", Los Angeles Independent Film Festival Awards, Regie: Chris Brügge - Nomination
2013	Montreux Comedy Festival Gewinner in der Kategorie Best Non Verbal mit "The Stunt Comedy Show" - Nomination
2013	Nominierung für den Digital Emmy in der Kategorie Best fiction mit "The Spiral" - Nomination
2011	BAFTA-Gewinner in der Kategorie Best international mit "The Killing" - Nomination
2008	Nominierung für den Emmy in der Kategorie Beste Drama Serie mit "The Killing" - Nomination
2007	Nominierung für Danish Critics in der Kategorie Best chlidren's film mit "The Gold of Valhalla" - Nomination

CV

CV - Television & Streaming

Year	Title / Production Company	Role	Directed by
2026	**Dr. Nice - Mark und Bein** dreamtool GmbH Network/Distributor: ZDF Television series	Silke Stehen	Bettina Braun
2025	**Nord Nord Mord - Die Tote auf der Fähre** Network Movie Network/Distributor: ZDF Television series	Eva Arhus Star of Episode	Sven Nagel
2023	**Those who kill** Miso Film Streaming - series	Hannah Ongoing Supporting Actor	Jesper W. Nielsen
2021- 2023	**THEN YOU RUN** MadeForFilm Network/Distributor: SkyShowtime Streaming - series	Supporting Actor	Paul Walker
2020	**Border Land** Danish Broadcasting Network/Distributor: Danish Broadcasting (DR) Television series	Sofia	Johannes Pico
2019	**Tsokos - Zerschunden und Zerbrochen** Ninety-Minute Film	Mutter von Fred Abel Supporting Actor	Hansjörg Thun
2019	**DNA** Nordisk Film Production Network/Distributor: TV2 / ARTE Television series	Stine Supporting Actor	Henrik Genz
2019	**Zerschunden** BE-films Network/Distributor: Sat1 Television series	Wiebke Abel	Hans -Jörg Thurn
2018	**Der fliegende Dinosaurier** Bavaria Film Network/Distributor: ARD Television series	Lisa Karlström Star of Episode	Patrick Winczewski
2017- 2018	**Familienbande** UFA Network/Distributor: ZDF Television series	Jette Andersen Star of Episode	Martin Kinkel
2016- 2017	**The Story About Denmark** Danish Broadcasting Network/Distributor: Danish Broadcasting (DR) Television series	Margrete, 1. Lars Mikkelsen ist in der Hauptrolle zu sehen. Star of Episode	Mariella Harpelunde

2016	**Schuld und Söhne** Network Movie Network/Distributor: ZDF Television series	Marlene Sartorius	Anno Saul
2014	**The Stunt Comedy Show** Eyelight Network/Distributor: Danish Broadcasting (DR) Television series		Kasper Kristensen
2013	**Rød Gul Grøn** OakMedia Network/Distributor: Danish Broadcasting (DR)	Grøn	Kristian Foldager
2013	**Schnitzel und Dolmades** Eastart Pictures Television series		Dennis Todorovic
2013	**Der böse Mann** Network Movie Network/Distributor: ZDF		Anno Saul
2012	**Neues Ich** Norddeutscher Rundfunk (NDR) Network/Distributor: ARD	Helle	Till Franzen

CV - Film

Year	Title / Production Company	Role	Directed by
2022- 2024	**Boundless** Nordisk Film Feature film (cinema)	Wanda Supporting Actor	Ole Christian Madsen
2018- 2019	**Suicide Tourist** Snowglobe Feature film (cinema)	Kirstine Supporting Actor	Jonas Arnby
2018- 2019	**Deutschstunde** Network Movie Feature film (cinema)	Hilde Isenbüttel Supporting Actor	Christian Schwochow
2017- 2018	**All I want for Christmas** Deluca Film Feature film (cinema)	Vibe Supporting Actor	Christian Dyekjær
2014- 2018	**37** FreiFilm Feature film (cinema)	Vivien Lead	Chris Brügge
2016- 2016	**Land of Mine** Nordisk Film Feature film (cinema)	Lone Supporting Actor	Martin Zandvliet
2014	**Klassefesten - begravelsen / The Reunion 2** Nordisk Film Feature film (cinema)	Heidi Supporting Actor	Mikkel Serup
2013	**Sheol**		Daniel Mühlendorph Jensen
2013	**Blodbrødr**		Stefan Kjær Olsen
2009	**Violet Red**		Matthew Dyman
2009	**Løgnen / The Lie**		William Von Bülow
2007	**Anja and Viktor - Burning love**		Niels Nørløv
2007	**The Golden Horns** Cosmo Film		Martin Schmidt
2001	**Guds Børn**		Klaus Klok und Karsten Bogø

CV - Theatre

Year	Title / Production Company/Theatre	Role	Directed by

2010	**Tilgivelse** Forumteater	Lotte Arnsbjerg
2010	**Vangsaa**	Thomas Levin / Sarah Boberg
2008	**My Children, My Hong Kong**	Julian Lamb
2004	**Først bli'r man jo født**	Annette Højlund
2004	**Dødskarusellen**	Annette Højlund
2001	**Romeo und Julia**	Peter Grell

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