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Shana Mans



© Rob Smith

Location	England, Cape Town, South Africa	Eye colour	Hazel
Height	168 cm	Hair colour	Dark Brown
Weight	56.00 kg	Hair length	Short
Playing age	25 - 30		
Ethnicity	Scandinavian, White		

I am your relatable girl next door come aspiring action adventurist. With a strong belief that acting is a continual learning craft, I spend loads of time watching people and mimicking accents, gestures and emotions. With a great love for history filmmaking and a desire to tell stories of women's strength - I seek out experiences that will challenge, broaden and strengthen my performance abilities.

Accents	American-Standard, English-Standard, South African
Languages	Afrikaans*, English*
Music & dance	Aerobics, Dance (general), Pole Dance, Singing (general)
Performance skills	Actor-Singer, Audio Drama, Dubbing
Sports	Athletics, Gymnastics, Quad Biking*, Running, Surfing, Swimming, Trampoline
Licences	Car Driving Licence, Motorcycle Licence
Other skills	Make Up Artist (professional), Production Assistant (experienced)

(* = highly skilled)

Training	AFDA Film School Cape Town South Africa, BA Motion Picture Medium, 3 years, 2011-2013 Manuel Puro Self Tape Workshop 2018 AMAW Actors Workshop 2020-2022
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Feature Film

2020, DUST, PG Du Plessis, Local Motion Pictures
2019, THE KISSING BOOTH 2, Vince Marcello, Komixx Entertainment
2012, THE GIRL, Julian Jarrold, Moonlighting

Television

2021, NERENS, NOORD-KAAP, Nico Scheepers & Johan Cronje, Nagvlug Films
2019, SUIDOOSTER, Shirley Ellis
2018, WHAT LIES BENEATH, Richard Turley, Arrow Media

Commercial

2022, CONDOR AIRLINES WORLDWIDE
2022, ESSILOR SUN RX WORLDWIDE
2022, FINN REISE NORWAY
2022, ZYWIEC POLAND
2021, DENTEK UK

2021, TYMBARK POLAND
2021, OPERA WEB BROWSER SPAIN & POLAND
2021, NANDOS USA
2020, LIPTON ICED TEA WORLDWIDE
2020, LOTUS BELGIUM
2020, ASICS WORLDWIDE
2020, THATCHERS UK
2019, COCA-COLA MEXICO
2019, DEICHMANN EUROPE
2019, BOSE WORLDWIDE
2019, NEXA SOUTH AFRICA
2019, ALWAYS SOUTH AFRICA
2019, COOP SWITZERLAND
2019, BEBAT BELGIUM
2018, LATTA GERMANY
2018, BIRDSEYE GERMANY
2018, FIVERR USA
2018, HANSA SOUTH AFRICA
2018, TANGERINE CANADA
2018, 3 MOBILE SWEDEN

Web Series

2019, FIN, Kyle Da Fonseca, SAE