

Curriculum Vitae

Hans-Helge Holst



Hans-Helge Holst grows up near the coast of the Baltic Sea. General qualification for university entrance (2002) at an arts- and culture orientated School follows an adventurous journey to becoming a state certified actor (2015).

His path leads accross an apprenticeship as a locksmith, Educations at Universities of applied sciences at Agricultural science and Chemical-Engineering, student jobs, catering, to becoming self-employed as a Sales-Promoter working Europe-wide (GB, Fr, Be, NL, CH, Au,Bg, Ro, De). During this journey he lives in Schleswig-Holstein, North Rhine-Westphalia, Saxony, Thuringa und Baden-Wuerttemberg.

While his widely spread interests also serve him for writing screenplays, he loves to embrace being a polymath or multipotentialite in adaptability and his expression as an actor.

Name:	Hans-Helge Holst
Born:	April 15, 1982
Age:	24 – 36
Height:	1,81 m/ 5'11"
body type:	lean, sporty, athletic
Hair color:	dark brown
Eye color:	grey-green
Language:	German – native Speaker English – fluent / business fluent Russian – Primary school level
Accents:	Hamburg (home accent), Standard English (Stage & Film), many english accents (with time to prepare or native speaker advice on set)
Sport, Hobbies/skills:	Bouldern, Wing-Tsun (Basics), Home improovement / Horse riding (Western & English -10 years experience), Inline-Skating, Fencing (Basics), Handyman, Driving motorcycle
Dance:	Tango Argentino
Instruments:	Guitar, Bass guitar
Vehicle licenses:	Car, Caravan, Motorcycle
Adresses:	Colditz (Saxony), Treffurt (Thuringa), Kiel (Schleswig-Holstein)
Optional staying:	GB: London, Glasgow, Ger: Berlin, Hamburg, Munich, Stuttgart, Kiel, Leipzig, Dresden, Chemnitz, Mainz, Giessen, Heidelberg, Switzerland: Winterthur
Commitment to travel:	Worldwide (also staying over weeks or month)
Contact details:	
Telefon:	+49152 / 339 222 02
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Homepage:	hanshelgeholst.com (yet in progress)
Facebook:	Hans-Helge Holst
Whatsapp:	Helge Holst

Education:

2012 - 2015 International Acting Academy CreArte: "Staatlich anerkannter Schauspieler" (State certified Actor)
2012 - 2014 Meisner Training with Lena- Marie Seifert
2012 - 2015 Screenwriting (SGD)

Theatre: Year - Play / Role / Director / Production

2015 "Nada A Pehuaje" / Franco / Nanni Fornis / Crearte
2014 "Don Juan or the Love of Geometry" / Padre Diego / Nanny Fornis / Crearte
2014 One act by Anton Tschechow: "the Anniversary" / Sipucin Andrevic / Walter Becker / Crearte
2013 Tango show: "100 Years of Passion" / Dance & Monologue: "Diebin" (Cuckold) / Walter Becker / Teatro Ayelen Argentina
2013 One act by Thornton Wilder:
"Pullman Car Hiawatha" / Philip Milbury, Eleven o'clock / Walter Becker / Crearte
"The Long Christmas Dinner" / Charles Bayard / Walter Becker / Crearte

Film: Year - Play / Role / Director / Production**Feature:**

2017 "Brüder Teil 2" / German Convert / Züli Aladağ / ARD
2016 "One last call" / Voice over: Co-Operator (Main Antagonist) / Jens Achert / KREATV

Short:

2020 "Die Anderen" / Komitee-Mitglied / Susanne Aßmann / Independend Project
2019 "Rewinders" / Ben (Lead) / Jannis Lippisch / 48 h-Filmfestival
2018 "Analog" / John (Lead) / Sascha Muschke / Lazi Akademie & HolNik Productions (Post)
2016 „Overcoming“ (english short) / Andreas (huband) / Anna Janzen / Lazi Akademie
2015 „Das kleine Dreimal eins“ / Dr. Bernd (Psychiatrist) / Selina Stiegler / Selina Stiegler
2015 „Gesinnung“ / Pascal (Lead) / Nikos Gutmann / Shutdownify Films
2015 „Die Trommel“ / Christian Lange (Police officer) / Elisa Scholobnjuk / University - Rhein-Main
2015 „Resistenz“ - interaktive short / Gang member / Leon Kobzik / University of Applied Sciences Kiel

Extra:

2013 „George“ (Doku-Drama) / Concentration Camp Inmate
2012 „Soko Stuttgart“ (Episode: Sechs Richtige) / Corpse for Autopsy
2012 „Die Holzbaronin“ (Feature) / Student

Event hosting/Interviews:

2017 "Residues in foods" - Bayer Crop / Interviewer / MYND
2015 „Tag der Kulturen 2015“ / Event-host / VHS Stuttgart
2014 „Tag der Kulturen 2014“ / Event-host / VHS Stuttgart
2013 „Tag der Kulturen 2013“ / Event-host / VHS Stuttgart

Youtube:

2018 Channel: HolNik Productions

Characterised:

Adventurer, Action hero, Backpack-Traveller, Assistance - Doctor, Care worker, Therapist, Police Officer, Secret Service Agent, Firefighter, Soldier, Ex-Soldier, Psychopath, Husband, Familyman / Father of young children, Craftsman, Young Attorney, Student, young Engineer, Lab worker, Techie... Jedi... and more.