Mārtiņš Upenieks

Actor · Film Director
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EDUCATION

2002–2008	Jelgava State Gymnasium
2009–2013	Latvian Academy of Culture — B.A. in Dramatic Theatre Acting
2024–2026	Latvian Academy of Culture — M.A. in Film Directing

PROFESSIONAL EXPERIENCE

2017/2018 — Spēlmaņu nakts nomination — Young Stage Artists of the Year

Nominated for performances as Harold in Harold and Maude, Paul in Celebration, and Johnny Dowd in Being Kay Gonda.

DAILE THEATRE

2026	Alan	Dream Novel — D. Ragett
2023	Role	The Caucasian Chalk Circle — D. Tavadze
2023	Jānis Rudums	Where Did the State Go? — T. Treinis
2022	Jesus of Nazareth	Midnight Show with Judas Iscariot — M. Eihe
2022	Jack Smith	ROTHKO — A. Herbuta
2022	Inspector Carter	The Play That Goes Wrong — A. Marchant
2022	Visaks	Spring
2021	Jake	Consent — N. Reina
2020	Pēteris	Fire in the Rain — R. Ezera
2020	Oskars	Silver Liquid — J. Kļava
2020	Reddington	The Talented Mr. Ripley — F. Nadj / P. Highsmith
2019	Old Year concert performance	Star Thieves
2019	Adam	Shakespeare in Love — M. Norman, T. Stoppard, M. Hall
2019	Bobby Franklin	Impossible Mission — R. Cooney
2019	Chevalier Danceny	Dangerous Liaisons — C. Hampton
2019	Stepan Arkadyevich	Karenin — V. Sigarev
2019	Ezekiel Cheever	The Crucible — A. Miller
2018	Matthew	The Dreamers — G. Adair
2018	Schwarz / Doctor	Lulu — F. Wedekind
2018	Yegorushka	Ivanov! — A. Chekhov

Mikhail Chekhov Riga Russian Theatre — Teacher, The Visit of the Old Lady (I. Roga, 2023)

OratoriO — Jason, The Stone Slips Past (R. Kalniņa, 2023)

Gertrude Street Theatre — He, Rondo (A. Yarovoy, 2015); Deputy, Nothing Special (A. Yarovoy, 2021)

FILM — ACTING CREDITS

2026	Renārs	Ikigai — M. Upenieks
2026	Jāzeps	Rokāde — M. Dambrauskas
2024	Edijs	A Slice of Paradise Pizza — K. Lesiņš
2024	Valters	Temple — M. Bezmers

2024	Police Officer Braun	SISI, Season 4 — S. Bohse
2023	Interfront Deputy / Dainis Īvāns	My Freedom — I. K. Melgaile
2023	Marks	Nemiletie — R. Vitkaitis
2022	Armands	Cockroaches in Your Head — A. Ēķis
2021	Young Deputy	January — V. Kairišs
2021	Vilhelms Munters	Emily. Queen of the Latvian Press — A. Mizišs
2021	Kārlis	Don't Be Afraid of Anything — A. Ēķis
2020	Master Builder	Terra X — S. Loads
2020	Kaspars Balodis	The Avenger — A. Mizišs, G. Ungurs
2015	Jēcis	The Broken Cup — I. Gorodecka

FILM — DIRECTING CREDITS

2026 Ikigai — diploma film, director, screenwriter, producer, actor

2026 Salna — adaptation based on Rudolf Blaumanis' Salna pavasarī; screenwriter, director, editor

2025 Pēc klusuma — short film; director, editor, screenwriter

2025 Trauki un sapņi — one-shot short film; director, screenwriter

2025 Divpadsmit — short film; director, editor

2025 Nezāle — documentary short film; director, editor

CV updated: 29 July 2026