



Sylvaine Strike

Actress | Voice Artist | Theatre Director

Trained at the University of Cape Town Drama School and going on to specialize at the world-renowned Ecole Jacques Lecoq, Paris; Sylvaine's career has always sustained a balance between theatre, television and film.

A versatile actress, equally comfortable in both comedic and dramatic genres, Sylvaine Strike's television career was launched in 1995, when she played teenager Frankie Dwyer in the sensationally progressive South African sitcom *Suburban Bliss*. Parallel to shooting the 104 episode series, her stage career became equally exciting, with her breakthrough role earning her a Best Actress VITA Award in *Shopping and Fu***ing* by Mark Ravenhill, directed by Yaël Farber for the Market Theatre in 1998.

Now spanning an impressive career of over 25 years, Sylvaine has become an iconic character actress across all mediums, garnering a following for her unique theatre creations, both as an actress and highly sought after director. She has featured in memorable feature films such as *District 9*, *An Act of Defiance* and *Red Dust* and was awarded the 2017 SAFTA (SA Film and Television Award) as Best Supporting Actress in a Comedy for her portrayal as Agatha Borg in the off-the-wall television series, *Those Who Cant*.

Performance Resume

Sylvaine Strike

TRAINING:

1998 – 2000 Ecole Jacques Lecoq (France)
1991 – 1994 University of Cape Town

1990 Pro Arte Ballet Art Music & Drama

Diploma in Movement Analysis, Theatre Making & Physical Theatre
BA Drama UCT Specialization:
Performer's Diploma in Speech & Drama
Diploma Cum Laude

FILM EXPERIENCE:

2021 Resort To Love
2017 Bram Fischer
2011 Winnie Mandela
2011 Jock the Hero Dog
2010 Spud
2010 Liefing
2009 District 9
2008 Swop!
2004 Red Dust
2004 Gums & Noses
2003 Hey Boy
2002 Pavement (TV Movie)
2001 Askari
2001 Ali
2000 Angels in a Cage (Short)

Role: Claire
Role: Hilda Bernstein
Role: Jan Hofmeyer Woman
Role: Polly (Voice)
Role: San Sister
Role: Katryn von Staden
Role: Dr Katrina McKenzie
Role: Inspector
Role: Woman at House
Role: Dr. Rob
Role: Maggie
Role: Sylvia
Role: Susan Hughes
Role: ORTF Interviewer
Role: Nina

Netflix | Blue Ice Africa
Spier Films
Ironwood Films, Equinoxe Films
Jock Animation
Rogue Star Films
Hartiwood Films
TriStar Pictures
Dark Continent Pictures
BBC, Distant Horizon
Freemouth Films, T.O.M. Pictures
Brave Films
Film Afrika
Peakviewing Productions
Columbia Pictures
More & More Pictures

TELEVISION EXPERIENCE:

2023 Donkerbos (Mini-Series)
2021 Ferine & Ferase (TV Movie)
2019 The Hot Zone
2016 Black Sails
2016 Those Who Can't
2013 Mad Dogs
2013 Flight of the Storks
2005 Charlie Jade
1996 Suburban Bliss
1995 Die Laksman

Role: Mrs. Archer
Role: Ferine
Role: Sister Elise
Role: Netta
Role: Agatha
Role: Christiane
Role: Catherine Warel
Role: Tara Threnody
Role: Frankie Dwyer
Role: Liefie Swanepoel

Nagvlug Films | Showmax
Woordfees TV-Produksie
Fox 21 Television Studios
Film Afrika
Quizzical Pictures
Left Bank Pictures
BE-Films
The Imaginarium, ZenHQ Films
Dapple Films, Endemol, SABC
Scholtz Films

THEATRE EXPERIENCE:

2022 Firefly
2015 Black & Blue

2008 Coupé
2004 Yerma

2004 Black & Blue
2002 Phaedra

Role: Mrs. Swart

Role: Felicite Strasbourg
Role: Yerma

Role: Mrs. Swart
Role: Phaedra

Market Theatre, dir. Helen Iskander,
James Cunningham
Market Theatre
Garcia Lorca, Actors Centre dir.
Ashley Dowds
Market Theatre, dir. Helen Iskander,
Dance Factory Johannesburg dir.
Sophie Loucashepsky
James Cunningham

OSM

OWEN S. MANAGEMENT



Hair: Dark Brown
Eyes: Light Brown
Height: 1,68cm / 5'51"
Languages: English, French & Afrikaans

[**IMBD PROFILE LINK**](#)

Performance Resume

Sylvaine Strike

THEATRE EXPERIENCE CONTINUED:

1998 Shopping and F***ing

Role: Lulu

Market Theatre, dir. Yael Farber

MUSICALS:

Spring Awakening

THEATRE DIRECTOR HIGHLIGHTS EXPERIENCE:

2023	The Promise	
2022	Firefly	
2022	Who's Afraid of Virginia Woolf	
2021	Kiss of the Spider Woman	
2019	Eclipsed by Sylvaine Strike	Collaboration with: The Market Theatre Laboratory
2019	Plunge/Avatar by Sylvaine Strike	Collaboration with: Wiliam Kentridge's Centre for the Less Good Idea
2018	Endgame by Samuel Beckett	Collaboration with: Baxter Theatre, Cape Town
2018	Curse of the Starving Class by Sam Shepard	Collaboration with: Baxter Theatre, Cape Town
2018	Cottonwood Kid by Sylvaine Strike & Tony Morkel	Collaboration with: Pop Art Theatre Centre
2017	Tartuffe by Molière	Collaboration with: Soweto Theatre, Joburg Theatre, Baxter Theatre
2016	Dop by Retief Scholtz	Collaboration with: Market Theatre
2015 – 2017	Tobacco by Fortune Cookie Theatre	Collaboration with: 2015 – Market Theatre, 2016 – Amsterdam Fringe 2017 – Edinburg Festival Assembly Rooms
2014	Cargo: Precious by Sylvaine Strike	Collaboration with: Forgotten Angle Theatre Collaborative, Dance Umbrella
2012	The Miser by Molière	Collaboration with: Market Theatre & Baxter Theatre
2011	The Table by Fortune Cookie Theatre	Collaboration with: Market Theatre
2010	Tales of 1001 Nights by Mary Zimmerman	Collaboration with: University of Johannesburg (UJ) Arts Academy
2009	A Midsummer Night's Dream by William Shakespeare	Collaboration with: University of Johannesburg (UJ) Arts Academy
2005 – 2006	The Travelers by Fortune Cookie Theatre	Collaboration with: 2005 – Market Theatre, 2006 – Adelaide Fringe, 2006 – Baxter Theatre
2002 – 2003	Baobabs don't grow Here	Collaboration with: 2003 – Edinburg Fringe, 2002 – Baxter Theatre

AWARDS:

2025	Fleur du Cap	Best Director	Spring Awakening
2019	Chevalier des Arts et des Lettres (French - Knight in the order of Arts and Letters)		
2018	Fleur du Cap	Best Director	Endgame
2017	SAFTA	Best Supporting Actress	Those Who Can't (TV Series)
2018	Naledi Awards	Best Ensemble	Tartuffe
2014	National Arts Festival	Featured Artist of the Year	
2012	Naledi Awards	Best Director	The Miser
2006	Standard Bank Young Artist Award	Winner	
2005	Naledi Awards	Best Actress in a Comedy	Black and Blue
2010	Mail and Guardian Top 100 Women		
2004	Rosalie van der Gucht	Best New Director	
1998	Vita	Best Actress	Shopping and F***ing

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