



SOPHIE JOANS

Hair: Blonde, curly, short

Eyes: Green

Height: 157cm

Training: 2024 Bonnie Rodini Course in Auditions & Self tapes
2021 Course in Stand-Up at Comedy Cellar
2021 Sustaining Theatre & Dance Foundation Leadership Course
2020-2021 BA Theatre & Performance at University of the Witwatersrand
2020 Sustaining Theatre & Dance Foundation Women in Standup
2020 Solo Storytelling by Jess Mitolo, Director at 2nd City
2016-2018 BA Theatre & Performance, University of Cape Town
2016 The Royal Academy of Dramatic Art (London) Short Course in Clowning

Language: English, French (fluent), Afrikaans

Accents: SA English, French, British RP, American, French, Spanish, Afrikaans, Kugel, German

Special Skills: Dancing (Contemporary/Physical Theatre), Guitar, Ukulele, Singing (Alto), Juggling, Basic Magic, Puppeteering, Mime, Swimming, Roller skating, Cycling/Mountain biking, Running, Soccer, Paddle, Yoga, Burlesque, Clown

FILM EXPERIENCE:

2024 AI Love You - 48HFP	Role: Puppeteer	Dir. Michal Malek
2022 Top 6 - 48HFP	Role: Waitress	Dir. Hloni Coleman
2022 Low Battery Short	Role: Jess	Dir. Nelson de Gouveia
2009 Free Willy	Role: Double for Bindi Irwin	Dir. Will Geiger

THEATRE EXPERIENCE:

2023-2025 Dog Rose	Role: Nina (lead)	Dir. Jemma Kahn
2024 Ka-Boom	Role: (Writer, Multiple Roles/Puppets)	UNIMA Incubation Fund
2024 ÜÜÜ Clown show	Role: (Lead, Solo Show)	Dir. Rob Van Vuuren
2023 Summer Night's Dream	Role: Rooster	Dir. Brett Bailey
2024 Summer Night's Dream	Role: Imp	Dir. Brett Bailey
2023-2024 Aïo Clown show	Role: (Lead, Solo Show)	Dir. Aldo Brincat
2022-2024 ÎLE	Role: (Lead, as herself)	Dir. Rob Van Vuuren
202 Midsummer Night's Dream	Role: Puck,	Dir. Geoffrey Highland
2023 Aci, Galatea e Polifemo	Role: Puppeteer	Janni Younge Productions
2019-2021 The Flower Hunters	Role: Writer/Multiple Characters	

COMMERCIAL EXPERIENCE:

2021 Cape Rooibos Influencer

COMEDY EXPERIENCE:

2023 The Wall Comedy - Berlin
2022 Alan Committie's Comedy Carousel
2020 STAND's 7 Young Female Stand-ups
2020 Flight of the Wrong Chords with Phil De Lange on Cape Town Comedy TV - Co-host
2019 Baxter's Mother City Comedy Festival
2019 Comedy Cartel's Showdown (Third place)
2019 FrizzPop Productions
2018 Very Big Comedy Show (National Arts Festival)

AWARDS:

2022 Gold Standard Bank Ovation Award for ÎLE at National Arts Festival (Writer & Performer)
2023 Nominated for Filipa Bragança Award for Top Solo Female Performer at Edinburgh Fringe for ÎLE.
2023 Best Script for ÎLE at BiteSize Fest Riverside Studios, London in 2023 (Writer & Performer)
2022 Nominated for Best Actress in ÎLE at Woordfees (Performer)
2023 Nominated for Best Performance in a One-Person Show in ÎLE (Fleur de Cap)
2021 Silver Standard Bank Ovation Award for Verloren at National Arts Festival (Co-director & Animator)
2021 Standard Bank Ovation Award for Flower Hunters at National Arts Festival (Co-writer & Performer)
2020 Top 3 for STAND Foundation's Satirical Sketch Writing (Writer)
2017 Innovation Award for Do you Dream in Colour at Zabalaza Festival, Baxter Theatre (Co-director, Puppeteer)