

Manos Cížek

Height: 5' 10"

Weight: 156 lbs

Hair: Brown

Eyes: Brown

FILM

Don't Read This on a Plane	Darius	McBrat TV/ Dir. Stuart James McBratney
Dengler: Fremde Wasser	Greek Police Officer	ZDF & Bavarian Fiction/ Dir. Rick Ostermann
Myelin	Marios	Ownstuff Productions/ Dir. Michalis Tigkiris
A Good Dream	Bar Patron	Doe-eyed Pictures/ Dir. Mahum Jamal
The Winter	Giannis	Melancholy Star/ Dir. Konstantinos Koutsoliotas
1968	Constable	Feelgood Entertainment/ Dir. Tasos Boulmetis
Vril	Vasilis	Mix Productions/ Dir. Michael Mavromoustakos
Poker Face	Chip runner	N-orasis/ Dir. Christos Dimas

THEATRE

Metamorphosis	Father	Apo Michanis Theatre, Athens/ Dir. Tasos Sagris
Plutus	Carion/ Penia	Aegean Theatrical Exodus, Athens/ Dir. Electra Parikou
Antigone	Aemon/ Messenger	Hofstra University, New York/ Dir. Lefteris Giovanidis
The Birds	Meton/ Poet/ Chorus	Aegean Theatrical Exodus, Athens/ Dir. Nikos Parikos
Seafaring	Seafarer	American Theatre of Actors, New York/ Dir. Jeff Dailey
Kaston	Him	Manhattan Repertory Theatre, New York/ Dir. Ruby Rees
The Bull of Heaven	Soldier	Workshop Theatre, New York/ Dir. Jeff Dailey
Cut Project: DE-FENCES	Multiple roles	Entropia Theatre, Athens/ Dir. Marilli Mastrantoni
Dreamshop	Allen Ginsberg	Art Gallery Cafe/ Athens/ Dir. Alexander Raptotasios
Neverwhere	Varney	The Nuffield Theatre, Lancaster/ Dir. Peter Slaney
Our Country's Good	Aborigene/ Caesar/ Tench	The Dukes Theatre, Lancaster/ Dir. Hannah Colin

TRAINING

Bogdan Muresanu & Lydia Georgana, Acting for Film seminar, Bijoux de kant, Athens
Kimon Fioretos, Meisner Technique Workshop, Meisner Technique in Athens Studio, Athens
Eleni Skoti, Summer Seminar of Automatic Improvisation, Studio NAMA, Epi Kolono Theater, Athens
Lydia Georgana, Audition tapes workshop/ research documentary for acting in film, Bijoux de kant, Athens
Sophia Spyratou, Ancient Drama, Daily seminar/ research documentary on the play "Thesmophoriazousae" by Aristophanes, Athens
Constantine Markoulakis, Ancient Drama, Daily seminar/ documentary on the play "Oedipus Rex" by Sophocles, Athens
Andreas Manolikakis, Masterclass on the Method and the Stanislavski System, Actors Studio Drama School, New York
Steven Cosson, Masterclass on Staging Non-Traditional Text, Mark Morris Dance Group, New York
John Pallotta, The Art of the Audition, The Producers Club, New York
Paul Caister, Acting workshop, The Poor School, London
Jason Carl, Scareactor Talent Training, Atmosfear, Athens
Stephanie Street, Masterclass on the Stanislavski System, The Nuffield Theatre, Lancaster
BSc Hons in Physics with Theoretical Physics, The University of Lancaster, Lancaster

SKILLS

Languages: English (fluent), Greek (mother tongue)
Music & dance: Guitar, Singing, Contact, Butoh
Sports: Boxing, Cycling, Swimming, Swordplay
Other skills: Film directing, Editing, Screenwriting