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Biography

Sina Martens

Actress

Sina Martens was born in Cologne, the daughter of a specialized medical technician and a high school teacher. She grew up in northern Germany. At the age of 18, she joined an independent theater group at the Monsun Theater in Hamburg. Immediately after graduation, she applied to and was accepted at the Hochschule for Musik and Theater 'Felix Mendelssohn Bartholdy' in Leipzig. Her acting teachers Antje Weber and Olaf Hilliger encouraged her to reach beyond her boundaries and helped to train her special singing voice with lessons. Already during this time, she made her first films, and in her third year at school, during a scene study of Anton Chekhov's 'The Seagull', was discovered by director Sebastian Hartmann and dramaturge Michael Billenkamp and hired at the Centraltheater in Leipzig. Collaborations quickly followed with directors who have significantly influenced contemporary theater today such as Armin Petras, Rainald Grebe and Ulrich Rasche. At the same time, she worked on various, select film projects. Her encounters with Hans-Werner Kroesinger, one of the most important representatives of documentary theater in the German-speaking world, fascinated and made an enormous impact on her. She followed him to the HAU Berlin where they worked together many times. His approach of using acting as a socially relevant means of art is something that she has made her own.

At the same time, Oliver Reese became aware of Sina Martens and, right at her audition, hired her at the Frankfurt Theater and following this, the Berliner Ensemble. The intendant and director recognized and encouraged the special power of the actress and her will to vividly and truthfully create characters across genres. Sina Martens is constantly refining his approach of telling stories with an emotional accessibility together with Kroesinger's idea of tackling themes with the intellect, and connecting this with her versatile and sensitive acting in film and theater. This arc of tension facilitates a vibrant way of working and an emotional clarity with which she succeeds in forging a special connection with her audience. The Bonn Generalanzeiger writes: 'Sina Martens can, in Steinbeck's words, set 'her world in a painful and bewildering uproar'.'

Sina Martens works as an actress in the German-speaking world and lives in Berlin.

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Press Reviews | Selection

'Sina Martens is her manipulative, amoral young alter ego. She can, in Steinbeck's words, set 'her world in a painful and bewildering uproar'.'

Bonner Generalanzeiger, Germany

'Sina Martens: outstanding.'

Deutsche Bühne, Germany

'Among all of these stars, I find one actress especially notable: Sina Martens.'

Deutschlandradio Kultur, Germany

'Sina Martens' presence, her dedication and her talent can be seen immediately to those watching her during rehearsals. Timid, then fighting again, she moves and gives everything. Sensitive, alert, well-read. She wants everything, plays everything, gives everything.'

Focus, Germany

'Sina Martens is a delightfully nimble actress. And she convincingly maneuvers the difficult course through changing emotional states.'

Leipziger Volkszeitung, Germany

'Sina Martens acts with a beautiful spark in her voice and courage in her eyes.'

Nachtkritik, Germany

'Effortlessly, Sina Martens stands absolutely front and center. The enjoyment in performing, the naturalness of her movements, but also the dramatic precision are what captivate.'

Opernnetz, Germany

'Sina Martens' fantastic voice powerfully fills the songs with a lot of soul and yet, is still fragile and imperfect enough to let all the breaks, cracks and uncertainties, on the search for what life is, resonate.'

Reihesiebenmitte, Germany

'A great power is released that seems to burst out of Sina Martens in a very natural way. Her characters seem to only reach peak performance in a crisis, without ever turning off.'

Süddeutsche Zeitung, Germany

'Is there such a thing, actually: to face someone while looking away? Such a moment when the head turns away and the eyes focus on the side of the window. The gaze is entranced, as the saying goes. But the head is completely there. Sina Martens speaks and thinks and looks as if she is looking outside behind the window toward a greater accuracy, toward a clarification of her words, and then turns back again. And there is not a moment along the way when she loses the connection to her counterpart. A face that can trace such movement is virtually made for cinematic images. For close-ups that merge distance and immediacy. Sina Martens is touching when she looks this banal reality in the eye. That is surely another point where Hollywood and the language of German theater meet.'

Theater heute, Germany

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Film

(Cinema | Television)

2025	Bone Palace Lennart Ruff and Philipp Leinemann Germany
	Delicious Nele Mueller-Stöfe Germany
	Oderbruch - II. Season Adolfo Kolmerer Germany
2024	Die geschützten Männer 'The Protected Men' Irene von Alberti Germany
	Die Toten und das Meer - der Ruf der Meerjungfrau 'The Dead And The Sea - The Call Of The Mermaid' Andreas Senn Germany
	In Liebe, Eure Hilde 'With love, Hilde' Andreas Dresen Germany
	Landesverräter 'Traitors' Michael Krummenacher Switzerland
	Trunk - Locked In Marc Schießler Germany
2023	2052 - Nachrichten aus der Zukunft '2052 - News From The Future' Erika von Möller Germany
	Hochamt für Toni - Tatort 'High Mass For Toni - Tatort' Michael Krummenacher Germany
	I don't work here Arman T. Riahi Germany
2022	Das Vermächtnis - Helen Dorn 'The Legacy' - Helen Dorn Friedemann Fromm Germany
	Der Parfumeur 'The Perfumer' Nils Willbrandt Germany
	Die Ruhe vor dem Sturm - Nachtschicht The Calm Before The Storm - Night Shift Lars Becker Germany
	Du sollst hören 'You Should Listen' Petra K.Wagner Germany
2021	Blondes Gift - SOKO Hamburg 'Blonde Poison' - SOKO Hamburg Jan Bauer Germany
	Schwerelos 'Weightless' Alexej Hermann and Eike Weinreich Germany
2020	Die Pest 'The Plague' Bert Zander Germany

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| 2019 | IAF - Lügen und andere Geheimnisse 'IAF - Lies and Other Secrets'
Susanne Boing Germany |
| 2018 | Call of Comfort
Brenda Lien Germany

Michael
Samuel Schwarz Germany |
| 2017 | Grace Chapters
Lene Vollhardt Germany
Einmal Immer 'Once Always'
Susanne Boeing Germany |
| 2016 | Der Kanal - Soko Leipzig 'The Canal - Soko Leipzig'
Oren Schmuckler Germany

Ketapan
David Helmut Germany

Umzugschaos - Tierärztin Dr. Mertens 'Moving Chaos -
Veterinarian Dr. Mertens'
Thomas Nennstiel Germany |
| 2015 | Wo willst du hin, Habibi? 'Where Do You Want to Go, Habibi?'
Tor Iben Germany |
| 2014 | Kleine Geheimnisse - Soko Leipzig 'Little Secrets - Soko Leipzig'
Robert-Adrian Pejo Germany

Türkischer Honig - Tatort 'Turkish Honey - Tatort'
Christine Hartmann Germany |
| 2013 | Der Klotz - Soko Leipzig 'The Klutz - Soko Leipzig'
Michel Bielawa Germany

Treu bis ins Grab - Heiter bis tödlich - Akte Ex 'Faithful to the Grave
- Cheerful to Lethal - X File'
Wilhelm Engelhardt Germany |
| 2012 | Hitverdächtig - Alles Klara 'Bound to Be a Hit - All Klara'
Jakob Schäuffelen Germany |
| 2011 | Liebe im Mittelalter - Die Skandale des echten Tannhäuser -
Die Geschichte Mitteldeutschlands 'Love in the Middle Ages -
The Scandal of the Real Tannhäuser'
Dirk Otto and Pepe Pippig Germany |

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Theater

* - 2024	Spielerfrauen 'Players' Wives' - Lena Brasch and Sina Martens as Player Lena Brasch Berliner Ensemble Germany
* - 2022	It's Britney, Bitch! - Lena Brasch and Sina Martens as Player Lena Brasch Berliner Ensemble Germany
* - 2022	Lonely People - Felicia Zeller after Gerhart Hauptmann as Marie Bettina Bruinier Berliner Ensemble Germany
* - 2021	Fabian or Going to the Dogs - Erich Kästner as Erich Kästner, Miss Hohlfeld and Irene Moll Frank Castorf Berliner Ensemble Germany
2024 - 2019	Felix Krull - Thomas Mann as Player Alexander Eisenach Berliner Ensemble Germany
2024 - 2018	A Streetcar Named Desire - Tennessee Williams as Stella Kowalski Michael Thalheimer Berliner Ensemble Germany
2023 - 2021	Anatomy of a Suicide - Alice Birch as Bonnie Nanouk Leopold Berliner Ensemble Germany
2022 - 2019	The Possibility Of An Island - Michel Houellebecq as Artist Robert Borgmann Berliner Ensemble Germany
2022 - 2017	The Caucasian Chalk Circle - Bertolt Brecht as Natella Abaschwilli Michael Thalheimer Berliner Ensemble Germany
2021 - 2016	Bonnie ohne Kleid 'Bonnie without a Dress' - Sina Martens as Bonnie Sina Martens Berliner Ensemble and Schauspiel Leipzig Germany
2020 - 2019	Othello - William Shakespeare as Desdemona Michael Thalheimer Berliner Ensemble Germany
2019	Galileo Galilei - Das Theater und die Pest 'Galileo Galilei / The Theater and The Plague' - Bertolt Brecht as Virginia Frank Castorf Berliner Ensemble Germany

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2019 - 2018	Die Parallelwelt 'The Parallel World' - Alexander Kerlin, Eva Verena Müller and Kay Voges as Player David Bösch Berliner Ensemble Germany
2019 - 2018	The Damned - Luchino Visconti as Baroness Elisabeth Thalmann-von Essenbeck David Bösch Berliner Ensemble Germany
2019 - 2018	People, Places and Things - Duncan Macmillan as Emma, Lisa, Nina and Sarah Bernadette Sonnenbichler Berliner Ensemble Germany
2018 - 2017	Les Misérables - Victor Hugo as Player Frank Castorf Berliner Ensemble Germany
2018 - 2017	Evening at the Talk House - Wallace Shawn as Jane Johanna Wehner Berliner Ensemble und Schauspiel Frankfurt Germany
2018 - 2016	Der kalte Hauch des Geldes 'The Cold Breath of Money' - Alexander Eisenach as Nomoney Alexander Eisenach Schauspiel Frankfurt Germany
2017 - 2015	Zauberer der Smaragdenstadt 'The Wizard of Emerald City' - Alexander Wolkow as Elli Stefan Beer Schauspiel Leipzig Germany
2017	Macbeth - William Shakespeare as Malcolm Dave St. Pierre Schauspiel Frankfurt Germany
2017	Willkommen in Germany 'Welcome to Germany' - Tony Kushner as Annabella Gotschling Katrin Plötner Schauspiel Frankfurt Germany
2017	Ich, ein Anfang 'Me, A Beginning' - Sasha Marianna Salzmann as Re Bernadette Sonnenbichler Schauspiel Frankfurt Germany
2016	Bonnie ohne Kleid 'Bonnie Without a Dress' - Sina Martens as Bonnie Sina Martens Schauspiel Leipzig Germany
2016	Graecomania 200 Years - Hans-Werner Kroesinger as Player Hans-Werner Kroesinger - HAU Berlin Germany
2016	Iphigenia - Euripides as Player Ersan Mondtag Schauspiel Frankfurt Germany

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| 2016 | Peter Pan - James Mathew Barrie
as Wendy
Michael Schweighöfer Schauspiel Frankfurt Germany |
| 2016 | Seine Braut war das Meer 'His Bride Was the Sea' - Andreas
Marber
as She
Laura Schuller Löffl Leipzig Germany |
| 2015 | Jenseits von Eden 'East of Eden' - John Steinbeck
as Abra and Cathy
Alice Buddeberg Theater Bonn Germany |
| 2015 | Sturmhöhe 'Wuthering Heights' - Emily Jane Brontë
as Isabella
Lily Sykes Theater Oberhausen Germany |
| 2015 | Sweat Shop - Geheimagentur
as Player
Geheimagentur Theater Oberhausen Germany |
| 2014 | Fasching 'Carnival' - Gerhard Fritsch
as Pia
Eva Lange Schauspiel Leipzig Germany |
| 2014 | Fräulein Else - Arthur Schnitzler
as Fräulein Else
Leo Skverer Schauspiel Leipzig Germany |
| 2014 | Zu jung zu alt zu deutsch 'Too Young Too Old Too German' - Dirk
Laucke
as Lydia
Nick Hartnagel Schauspiel Hannover Germany |
| 2014 | Wahlverwandtschaften 'Elective Affinities' - Johann Wolfgang von
Goethe
and Nis-Momme Stockmann
as She
Ulrich Rasche Schauspiel Leipzig Germany |
| 2013 | Der große Marsch 'The Great March' - Wolfram Lotz
as Michail Alexandrowitsch Bakunin, Actress, Sister of Patrick S
Sebastian Hartmann Centraltheater Leipzig Germany |
| 2013 | Frontex Security - Hans-Werner Kroesinger
as Player
Hans-Werner Kroesinger HAU Berlin Germany |
| 2013 | Highway to Hellas - Frank Raschke
as Cyclops
Frank Raschke Centraltheater Leipzig Germany |
| 2013 | Ion - Euripides
as Chorus
Armin Petras Centraltheater Leipzig Germany |

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| 2013 | Tag der offenen Tür 'Open House' - Rainald Grebe
as Player
Rainald Grebe Centraltheater Leipzig Germany |
| 2013 | Umdreharbeiten 'Turnaround Work' - Edgar Eckert
as Player
Edgar Eckert Centraltheater Leipzig Germany |
| 2012 | Der gestiefelte Kater 'Puss in Boots' - The Brothers Grimm
as Puss
Martina Eitner-Acheampong Centraltheater Leipzig Germany |
| 2012 | Mein Faust 'My Faust' - Johann Wolfgang von Goethe
as Gretchen
Sebastian Hartmann Centraltheater Leipzig Germany |
| 2012 | Dinner for One - The Last - Manuel Harder
as Player
Manuel Harder Centraltheater Leipzig Germany |
| 2012 | Sonnenallee - Thomas Brussig
as Sabrina
Olaf Hilliger Freilichtbühne Grassi Museum Leipzig Germany |
| 2012 | Hamlet und der 11. September 'Hamlet and September 11th' - William Shakespeare
as Ophelia
Gabriela Gilliert Centraltheater Leipzig Germany |
| 2012 | Idomeneus - Roland Schimmelpfennig
as Chorus
Julia von Sell Black Box Leipzig Germany |

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Awards

2023	Best Actress (Nomination) at the Nightmares Film Festival for 'Trunk'
2019	Opus - German Stage Award for 'The Parallel World'
2018	Daphne-Award for Outstanding Acting Performances German Short Film Award for 'Call Of Comfort'
2017	'Theater heute' Prize as Young Actress of the Year for 'Der kalte Hauch des Geldes' 'The Cold Breath of Money', 'Evening at the Talkhouse', 'Ich, ein Anfang' 'Me, A Beginning' and 'Willkommen in Deutschland' Welcome to Germany'
2016	Fellowship of the International Forum of the Berlin Theatertreffen Theater Festival
2013	Award of the German Federal Ministry for Education and Research for 'Der Große Marsch' The Great March' Fellowship of the German National Academic Foundation