

Carolina Amaral

(1993) Actress and artist.

Graduated in Drama at the Superior School of Music and Performative Arts in Oporto (ESMAE). She also studied at the Superior School of Theatre and Cinema in Lisbon (ESTC) and then pursued her studies at the Conservatoire National Supérieur d'Art Dramatique (CNSAD) in Paris.

In theatre she collaborated with Nuno Cardoso, Marco Martins, Angélica Liddell, Gus Van Sant, Anne Thérón, Beatriz Batarda, Miguel Loureiro, João Pedro Vaz, Fernanda Lapa, Maria Inês Marques, Sara Carinhas, Carlos J. Pessoa, Nuno Preto and Marcos Barbosa.

In cinema and tv she worked with Tiago Guedes, João Canijo, Fanny Ardant, Margarida Gil, Edgar Pêra, Rodrigo Areias, José Filipe Costa, Edgard Miranda, António Pinhão Botelho, Sérgio Graciano, Vicente Alves do Ó, Joaquim Leitão and Fernando Vendrell.

In her artistic training she highlights the encounters with Lydia Koniordou, Meg Stuart, Christiane Jatahy, Claudia Castellucci, Gisèle Vienne, Tatiana Frolova, Nada Strancar, Thomas Ostermeier and Wajdi Mouawad.

Cinema

Upcoming - "Ela Olhava Sem Nada Ver", Fanny Ardant

Upcoming - "Encenação", João Canijo

2025 - "O Presidente do Conselho", José Filipe Costa

2024 - "Os Papéis do Inglês", Sérgio Graciano

2023 - "Viver Mal", João Canijo

2023 - "Mal Viver", João Canijo

2023 - "Amadeo", Vicente Alves do Ó

2021 - "All Cosmologies", Vasco Mendes

2016 - "O Espectador Espantado", Edgar Pêra

2015 - "Ornamento e Crime", Rodrigo Areias

2013 - "Cinesapiens", Edgar Pêra

2012 - "O Fantasma do Novais", Margarida Gil

TV

2025 - Daqui Houve Resistência, series, RTP1

2024 - "Hotel do Rio", series, RTP1

2024 - "Cacau", soap opera, TVI

2023 - "#SemFiltro", pilot, OPTO

2021 - "Glória", series, Netflix

2021 - "Encarregados de Educação", series, RTP2

2019 - "O Tesouro", tv movie, RTP1

2018 - "Terra Nova", series, RTP1

2018 - "Três Mulheres", series, RTP1

2017 - "Sara", series, RTP

2016 - "Vidago Palace", series, RTP1 and TV Galicia

Theatre

2025 - "The Secretaries", The Five Lesbian Brothers, direction: Maria Inês Marques, Teatro Municipal Rivoli and TNDMII

2023 - "The Crucible", Arthur Miller, direction: Nuno Cardoso, Teatro Nacional São João

2022 – “Iphigénie”, Tiago Rodrigues, direction: Anne Théron, Théâtre National de Strasbourg, Festival d’Avignon

2021 – “Trouble”, Gus Van Sant, TNDMII

2020 – “Sem Flores Nem Coroas”, Orlando da Costa, direction: Fernanda Lapa, São Luiz Teatro Nacional

2019 – “Il Trattamento delle Onde”, Claudia Castellucci, Claustro do Museu da Marioneta

2019 – “Frei Luís de Sousa”, Almeida Garrett, direction: Miguel Loureiro, TNDMII

2019 – “The Scarlett Letter”, Angélica Liddell, TNDMII

2019 – “Limbo”, Sara Carinhas, São Luiz Teatro Nacional

2018 – “Moving People”, direction: Christiane Jatahy, Museu da Cidade

2018 – “Retábulo”, direction: Nuno Preto and João Pedro Vaz, Teatro Oficina

2018 – “The Art of Comedy”, Eduardo de Fillippo, direction: João Pedro Vaz, Teatro Oficina

2018 – “Actors”, Marco Martins, São Luiz Teatro Municipal, TNSJ

2017 – “Todo o Mundo é Um Palco”, Beatriz Batarda and Marco Martins, Teatro da Trindade

2017 – “Summerfolks”, Maksim Gorki, direction: Nuno Cardoso, TNSJ and TNDMII

2016 – “O Mundo é Redondo”, Regina Guimarães and Pedro Cardoso, direction: Nuno Cardoso

2016 – “Winter’s Tale”, William Shakespeare, direction: Marcos Barbosa, Teatro Oficina

2016 – “Antigone”, direction: Lydia Koniordou, Greece National Theatre

2016 – “The Misanthrope”, Molière, direction: Nuno Cardoso, TNSJ and São Luiz Teatro Nacional

2016 – “Um pontinho entre os olhos”, Jacinto Lucas Pires, direction: Marco Barbosa, Teatro Oficina

2014 – “The Return of Odysseus”, direction: Carlos J. Pessoa, CCB

2013 – “Alice”, Lewis Carroll, direction: Carlos J. Pessoa, Teatro da Garagem and TNSJ

2013 – “Rosencrantz e Guildenstern Are Dead”, Tom Stoppard, direction: Marco Martins, TNSJ

Awards and Nominations

2025 - Nominated in the category “Best Supporting Actress”, Sophia Portuguese Academy Awards

2022 - Nominated in the category “Revelation”, Portuguese Golden Globes

Artistic training

2019 – Workshop “Il Trattamento delle Onde”, Claudia Castellucci

2018 – Workshop “Relação. Reação. Criação”, Christiane Jatahy

2016 – Workshop “Imagination, Mind and Body of a Performer”, Polina Klimovitskava

2016 – Masterclass with Lydia Koniordou

2016 – Workshop of Dramaturgy with the Lark Foundation and Jacinto Lucas Pires

2015 – Dance Workshop “O Corpo das Palavras” with Victor Hugo Pontes

2015 – Workshop “Travelling Inside”, Meg Stuart

2015 – Labo I – French Song Course with Olivier Hussenet and Serge Hureau

2014 – Conservatoire Nationale Supérieur d’Art Dramatique, Paris

2014 – Workshop “Embodied Knowledge and Devising” with Teresa Brayshaw

2013 – Workshop “Corpo, Voz, Ensemble, uma prática de Teatro Físico” with Ewan Downie and Anna Porubcansky

2012 – Work in Progress with Gisèle Vienne and Dominique Brun, “Le Sacre du Printemps”

2012 – Workshop with Footsbarn Traveling Theatre

2011/13 – Graduated in Drama at the Superior School of Music and Performing Arts,
(ESMAE), studying one semester at the Superior School of Theatre and Cinema, (ESTC)
2011 – Workshop with Pascal-Emmanuel Luneau