

SÓNIA BALACÓ

AGENT: João Louro - HIT Management - joao.louro@hitmanagement.pt

PLAYING AGE: 30-39

HEIGHT: 1,74 cm **EYES:** blue **HAIR:** brown

LANGUAGES: English, French, Spanish, Portuguese

SKILLS: pilates, bike riding, swimming, roller-skating, stage combat, improvisation, devising, voice over, reciting, screenwriting, directing



TELEVISION

- 2025 PORTA PREMIUM, dir. Tota Alves, Wonder Maria/RTP, Marisa Natário, lead
- 2025 THE COLOR OF LOVE, created by Maria João Mira, PRIME VIDEO/TVI, Svetlana, supporting
- 2024 VIKINGS: VALHALLA, created by Jeb Stuart, MGM/NETFLIX, Tamar, supporting
- 2024 PRISMA, dir. Sónia Balacó & Zé Bernardino, RTP, Vera Mendes, lead
- 2023 SERPENTINA, dir. Laura Seixas, Ukbar/RTP, Violeta, leading ensemble
- 2021 MORAL ORDER, dir. Mário Barroso, Leopardo Filmes/RTP, Etelvina, supporting
- 2021 5STARZ, dir. Justin Amorim, Promenade Films/RTP, Sónia, special guest
- 2020 WILD LAND, dir. Jorge Cardoso, SIC, Sandra, supporting
- 2019 CONTA-ME COMO FOI, dir. Hugo Xavier, RTP, Maria, supporting
- 2019 FÉRIAS EM FAMÍLIA, dir. Pablo Uranga, Multishow, Funcionária, supporting
- 2018 IDIOTAS, PONTO, dir. Diogo Lopes, RTP, Mónica, supporting
- 2017 WOMEN LIKE THIS, dir. José António Loureiro, RTP, Cristina, leading ensemble
- 2016 AQUI TÃO LONGE, dir. Ricardo Inácio, RTP, Cláudia, supporting
- 2015 THE MINISTRY OF TIME, dir. Abigail Schaaff, TVE/NETFLIX, Hija del Gallego, supporting
- 2015 SEA WATER, dir. Carlos Dante, RTP, Ariana Mendonça, lead
- 2014 CASUALTY, dir. Reza Moradi, BBC1, Maria Alvarido, guest star
- 2014 WOMEN OF APRIL, dir. Henrique Oliveira, RTP, Maria, supporting
- 2014 SONS OF ROCKNROLL, dir. Pedro Varela, RTP, Lena, supporting
- 2014 THE SCORPION'S KISS, dir. Hugo de Sousa, TVI, Zulmira Dias, supporting
- 2013 CRY FOR ME, dir. John Lindquist, Channel 4, Sonia, leading ensemble
- 2012 THEN I KILLED HIM, dir. Lourenço Mello, RTP, Susana, lead
- *winner of the PRIX ITALIA 2013 for Best Fiction for TV
- 2012 MATERNITY, dir. Sérgio Graciano, RTP, Alexandra, guest star
- 2011 THE LAST TO LEAVE, created by Bruno Nogueira, RTP, Sónia, leading ensemble
- 2008 THE COUPLE OF THE YEAR, dir. Artur Ribeiro, TVI, Paula, supporting
- 2006 TRIANGLE J, dir. Artur Ribeiro, RTP, Natacha, guest star
- 2005 INSPECTOR MAX, dir. Atílio Riccò, RTP, Diana, supporting
- 2004 ANA AND THE SEVEN, dir. Gonçalo Mourão, TVI, Andreia, supporting
- 2002 THE SERPENT'S EYE, dir. Alvaro Fugulin, SIC, Lucia, supporting
- 2002 O BAIRRO DA FONTE, dir. António Ferreira, SIC, supporting
- 2000 JOURNALISTS, dir. Wilson Solon, SIC, Madalena, leading ensemble

CINEMA

FEATURE FILM

- 2024 LOVEFOOL, dir. Hermano Moreira, PARAMOUNT PICTURES,, Julie, leading ensemble
2024 AMELIA'S CHILDREN, dir. Gabriel Abrantes, Artificial Humors, Lawyer, supporting
*winner of the Jury Prize at the Gerardmer IFF 2024
2024 WE ARE ON AIR, dir. Diogo Costa Amarante, Verde do Jardim, Produtora, supporting
*in competition at Rotterdam IFF 2024
2021 MORAL ORDER, dir. Mário Barroso, Leopardo Filmes, Etelvina, supporting
2020 VARIAÇÕES - GUARDIAN ANGEL, dir. João Maia, David&Golias, Journalist, supporting
2015 HERE IN LISBON, dir. Gabriel Abrantes, Denis Côté, Dominga Sotomayor, Matilde, lead
2012 I AGAINST I, dir. Dave Ellison&Mark Cripps, Stray Dogs, Sophia Carmichael, lead
2007 WHAT'S NEW ABOUT LOVE?, dir. Hugo Alves, Rosa Filmes, Bárbara, supporting
*winner of Best Portuguese Feature at IndieLisboa IFF 2008
2007 CORRUPÇÃO, dir. João Botelho, Utopia Filmes, Alternadeira, supporting
2007 FRAGILE(S), dir. Martin Valente, Elia Films, French Actress, supporting
2007 SHADOWS, dir. João Trábalo, Periferia Filmes, Fairy, supporting

SHORT FILM

- 2025 ABRIGO, dir. Teresa Baião, Incubadora, Vera, lead
2025 ATLANTIDA, dir. Francisco Moura Relvas, Filmesdamente, Susan, lead
2024 THE GARDNER, dir. John Filipe, 78films, The Gardner, lead
2022 BOCA CAVA TERRA, dir. Luís Campos, BRO Cinema, Regina, lead
2020 ADAPTATION, dir. Ngima Gelu Sherpa, Kino Eyes, Maria, lead
*in competition at the Reykjavik IFF 2021
2020 THE JOURNEY, dir. Mário Oliveira, Ubi, Sónia, lead
2015 THE END OF THE WORLD, dir. Julião Sarmento, Infante Dom Henrique, lead
2015 FREUD AND FRIENDS, dir. Gabriel Abrantes, IndieLisboa, Matilde, lead
*in competition at the Berlinale 2016
2014 THE LAST NAZI HUNTER, dir. Bernardo Mendonça, Brigitte, lead
*in competition at MotelX IFF 2015

THEATRE

- 2015 NO TITLE, dir. Nuno M. Cardoso, lead
2014 ROMEO AND JULIET, dir. Joana Linda, Paris, supporting
2013 WILD REALISM, collective creation, lead
2012 HOW SHE MADE IT TO 30, collective creation, lead
2009 WHO WILL CARRY THE WORD?, dir. Natasha Pryce (Courtyard Theatre, London), lead
2007 SNAPSHOTS OF DEATH, dir. Joana Craveiro, leading ensemble
2006 WORK IN PROGRESS, collective creation, lead
2005 ATTEMPTS ON HER LIFE, dir. Ricardo Gageiro, leading ensemble

AWARDS AND NOMINATIONS

2016 BEST SUPPORTING ACTRESS NOMINEE for HERE IN LISBON at CinEuphoria Awards

2021 BEST ENSEMBLE NOMINEE for MORAL ORDER at CinEuphoria Awards

AMELIA'S CHILDREN

Winner of the Jury Prize at the Gerardmer IFF 2024

WE ARE ON AIR

In competition at the Rotterdam IFF 2024

MORAL ORDER

Winner of the Autores Award for Best Film 2021

Nominated for Best Film at the Portuguese Film Academy Sophia Awards 2021

ADAPTATION

In competition at the Reykjavik IFF 2021

FREUD AND FRIENDS

In competition at the Berlinale 2016

SONS OF ROCKNROLL

Winner of the Autores Award for Best Fiction for TV 2014

THE LAST NAZI HUNTER

In competition at MotelX IFF 2015

THEN I KILLED HIM

Winner of Best Fiction for TV at PRIX ITALIA 2013

THE LAST TO LEAVE

Winner of the Autores Award for Best Fiction for TV 2012

WHAT'S NEW ABOUT LOVE?

Winner of Best Portuguese Feature at IndieLisboa IFF 2008

TRAINING

BA Performing Arts Studies at Faculdade de Letras, University of Lisbon (Lisbon)

The Method workshops, in various years, with Marcia Haufrecht, at Trindade Theatre (Lisbon)

Voice and Accents, with Rebecca Cuthbertson (London)

General American Accent, with Marina Tyndal (London)