

SÓNIA BALACÓ

PLAYING AGE: 30-39

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

LANGUAGES: English, French, Spanish, Portuguese

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

AGENT: João Louro - HIT Management

CONTACT: joao.louro@hitmanagement.pt



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 VARIACÕES - GUARDIAN ANGEL, dir. João Maia, David&Golias, Jornalist, 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 Trabulo, Periferia Filmes, Fairy, supporting

SHORT FILM

- 2025 ATLANTIDA, dir. Francisco Moura Relvas, Filmesdamente, Susan, 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 Sarmiento, 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

TELEVISION

- 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

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)

