

SÓNIA BALACÓ

Represented by João Louro at Hit Management

Playing age: 29-39 **Height:** 1,74 **Eyes:** Blue **Hair:** Brown **Languages:** English, Spanish, Portuguese, French

TV

2024 – *Vikings: Valhalla*, created by Jeb Stuart, NETFLIX
2023 – *PRISMA*, dir. Sónia Balacó & Zé Bernardino, RTP
2023 – *Serpentina*, dir. Laura Seixas, RTP1 (TV Movie)
2021 – *Ordem Moral*, dir. Mário Barroso, RTP1
2021 – *5starz*, dir. Justin Amorim, RTP
2019/2020 – *Terra Brava*, SIC
2019 – *Conta-me Como Foi*, RTP1
2019 – *Férias em Família*, Multishow
2018 – *Idiotas, Ponto*, RTP2
2017 – *Mulheres Assim*, RTP1
2016 – *Aqui Tão Longe*, RTP1
2014/2015 – *Água de Mar*, RTP1
2015 – *El Ministerio del Tiempo*, TVE/Netflix (ES)
2014 – *Casualty*, BBC1 (UK)
2014 – *Mulheres de Abril*, RTP1
2014 – *Os Filhos do Rock*, RTP1 (TV series, winner of the Prémio Autores 2015 for Best Fiction for TV)
2012 – *E Depois Matei-o*, RTP1 (TV Movie, winner of PRIX ITALIA 2013 for Best Fiction for TV)
2011 – *Último a Sair*, RTP1 (TV series, winner of Prémio Autores 2012 for Best Fiction for TV)
2008 – *O Casal do Ano*, TVI (TV movie)
2005 – *Triângulo Jota*, RTP1
2004 – *Ana e os Sete*, TVI
2002 – *O Olhar da Serpente*, SIC
1999/2000 – *Jornalistas*, SIC

THEATRE

2015 – *Sem Título*, wri. Patrícia Portela, dir. Nuno M. Cardoso. Festival END, Coimbra, PT
2014 – *Romeo and Juliet*, wri. W. Shakespeare, dir. Joana Linda. Festival Temps D'Images, Lisboa, PT
2013 – *2013: Realismo Selvagem*, devised theatre. Espaço HQDL, Lisboa, PT
2012 – *Como Ela Chegou aos 30*, devised theatre. Taberna das Almas, Lisboa, PT
2009 – *Who Will Carry The Word?*, wri. C. Delbo, dir. Natasha Pryce. The Courtyard Theatre, Londres, UK.
2007 – *Instantâneos da Morte*, devised theatre, dir. Joana Craveiro. Júlio de Matos, Lisboa, PT
2006 – *Work in Progress*, devised theatre. Museu do Teatro, Lisboa, PT
2005 – *Attempts on her life*, wri. Martin Crimp, dir. Ricardo Gageiro. CCF, Lisboa, PT

FILM

2023 – *Amelia's Children*, dir. Gabriel Abrantes
2023 – *SAFE ONLY*, dir. Diogo Costa Amarante
2023 – *Amo-te Imenso*, dir. Hermano Moreira
2022 – *Boca Cava Terra*, dir. Luís Campos (shortfilm)
2021 – *Ordem Moral*, dir. Mário Barroso
2020 – *Variações*, dir. João Maia
2020 – *A Viagem*, dir. Mário Oliveira (shortfilm)
2015 – *O Fim do Mundo*, dir. Julião Sarmento (shortfilm)
2015 – *Here In Lisbon*, dir. Gabriel Abrantes
2015 – *Freud und Friends*, dir. Gabriel Abrantes (shortfilm in competition at the Berlinale 2016)
2014 – *The Last Nazi Hunter II*, dir. Carlos Silva (shortfilm in competition at MOTELX 2015)
2013 – *Cry For Me*, dir. John Lindquist (shortfilm)
2013 – *Le Sireneuse*, dir. Poppy de Villeneuve (shortfilm)
2012 – *I Against I*, dir. Dave Ellison, Mark Cripps
2011 – *What's New About Love?*, dir. Hugo Alves
2007 – *Corrupção*, dir. João Botelho
2007 – *Fragile(s)*, dir. Martin Valente
2007 – *Sombras – Um Filme Sonâmbulo*, dir. João Trabuolo

PERFORMANCE ART

2022 – *The Poet is Present*, Amadora Municipal Library (author and performer)
2019 – *The Poet is Present*, SUSPENSO (author and performer)
2018 – *The Poet is Present*, IMINENTE Festival (author and performer)
2018 – *The Poet is Present*, The Switch Gallery (author and performer)
2016 – *Letter to Future Generations*, Portugal 2016, Pavilhão do Conhecimento

TRAINING

BA Performing Arts Studies at the University of Lisbon
The Method workshops, in various years, with Marcia Haufrecht at Trindade Theatre (Lisbon)
Meisner Technique 1 year Course at City Lit (London)
Performance Workshop, with Miguel Moreira (Almada)
Voice and Accents, with Rebecca Cuthbertson (London)
General American Accent, with Marina Tyndal (London)

CONTACT joao.louro@hitmanagement.pt