

# SÓNIA BALACÓ

12.02.1984  
Playing Age 29-39

## TV / STREAMING

2024 **VIKINGS: VALHALLA**  
2023 **PRISMA**  
2023 **SERPENTINA**  
2021 **MORAL ORDER**  
2021 **5STARZ**  
2020 **TERRA BRAVA**  
2019 **CONTA-ME COMO FOI**  
2019 **FÉRIAS EM FAMÍLIA**  
2018 **IDIOTAS, PONTO**  
2017 **MULHERES ASSIM**  
2016 **AQUI TÃO LONGE**  
2015 **EL MINISTERIO DEL TIEMPO**  
2015 **ÁGUA DE MAR**  
2014 **CASUALTY**  
2014 **MULHERES DE ABRIL**  
2014 **OS FILHOS DO ROCK**  
2012 **E DEPOIS MATEI-O**  
2012 **MATERNIDADE**  
2011 **ÚLTIMO A SAIR**  
2008 **O CASAL DO ANO**  
2005 **TRIÂNGULO JOTA**  
2005 **INSPECTOR MAX**  
2004 **ANA E OS SETE**  
2002 **O OLHAR DA SERPENTE**  
2002 **O BAIRRO DA FONTE**  
1999 **JORNALISTAS**

Jeb Stuart, NETFLIX/MGM  
Sónia Balacó & Zé Bernardino  
Laura Seixas  
Mário Barroso  
Justin Amorim  
Jorge Cardoso  
Hugo Xavier  
Pablo Uranga  
Diogo Lopes  
José António Loureiro  
Ricardo Inácio  
NETFLIX/TVE  
Carlos Dante  
Reza Moradi, BBC1  
Henrique Oliveira  
Pedro Varela  
Lourenço Mello  
Sérgio Graciano  
Sérgio Graciano  
Artur Ribeiro  
Artur Ribeiro  
Atilio Ricco  
Gonçalo Mourão  
Álvaro Fugulin  
António Borges Ferreira  
Wilson Solon

## FILM

2023 **AMO-TE IMENSO**  
2023 **AMELIA'S CHILDREN**  
2023 **SAFE ONLY**  
2022 **BOCA CAVA TERRA**  
2021 **MORAL ORDER**  
2020 **VARIAÇÕES**  
2020 **ADAPTATION**  
2020 **A VIAGEM**  
2015 **HERE IN LISBON**  
2015 **THE END OF THE WORLD**  
2015 **FREUD AND FRIENDS**  
2015 **THE LAST NAZI HUNTER II**  
2013 **CRY FOR ME**  
2013 **LE SIRENEUSE**  
2012 **I AGAINST I**  
2011 **WHAT'S NEW ABOUT LOVE?**  
2007 **CORRUPÇÃO**  
2007 **FRAGILE(S)**  
2007 **SOMBRAS**

Hermano Moreira  
Gabriel Abrantes  
Diogo Costa Amarante  
Luís Campos  
Mário Barroso  
João Maia  
Ngima Gelu Sherpa  
Mário Oliveira  
Gabriel Abrantes  
Julião Sarmento  
Gabriel Abrantes  
Carlos Silva  
John Lindquist  
Poppy de Villeneuve  
Dave Ellison & Mark Cripps  
Hugo Alves  
João Botelho  
Martin Valente  
João Trábulo



### AGENT

HIT Management - PORTUGAL  
joao.louro@hitmanagement.com  
+351 911 074 050

MC Artistas - SPAIN  
+34 619567572  
info@mcartistas.com

HEIGHT 1,74  
EYES Blue  
HAIR Brown

### LANGUAGES

Portuguese - Native  
English - Fluent  
Spanish - Fluent  
French - Intermediate

### SKILLS

Yoga, Swimming, Roller-skating,  
Bike riding, Singing, Voice over and  
dubbing, Reciting, Improvisation,  
Devising, Performance Art, Writing  
(poetry, theatre and for the screen),  
Directing.



**PASSA  
PORTE**  
LISBOA

## THEATRE

2015	<b>SEM TITULO</b>	Nuno M. Cardoso
2014	<b>ROMEO AND JULIET</b>	Joana Linda
2013	<b>2013: REALISMO SELVAGEM</b>	collective creation
2012	<b>COMO ELA CHEGOU AOS TRINTA</b>	collective creation
2009	<b>WHO WILL CARRY THE WORD?</b>	Courtyard Theatre, London
2007	<b>INSTANTANEOS DA MORTE</b>	Joana Craveiro
2006	<b>WORK IN PROGRESS</b>	collective creation
2005	<b>ATTEMPTS ON HER LIFE</b>	Ricardo Gageiro

## TRAINING

BA Performing Arts Studies	University of Lisbon
The Method workshops (in various years)	Marcia Haufrecht
Meisner Technique One Year Course	City Lit (London)
Performance Workshop	Miguel Moreira
Voice and Accents	Rebecca Cuthnertson
General American Accent	Marina Tyndall
Spanish	ICLE

## AWARDS AND NOMINATIONS

Best Supporting Actress nominee at CinEuphoria Awards for "Here in Lisbon"  
Best Ensemble nominee at CinEuphoria Awards for "Moral Order"

### MORAL ORDER

Winner of the Autores Awards for Best Film  
Nominated for Best Film at the Portuguese Film Academy Sophia Awards

### FREUD AND FRIENDS

Golden Berlin Bear nominee at the BERLINALE

### OS FILHOS DO ROCK

Winner of the Autores Awards for Best Fiction for TV

### E DEPOIS, MATEI-O

Winner of Best TV Drama (TV movie and mini-series) at PRIX ITALIA

### ÚLTIMO A SAIR

Winner of the Autores Awards for Best Fiction for TV

### WHAT'S NEW ABOUT LOVE?

Winner of Best Portuguese Feature at IndieLisboa International Film Festival



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