

SARA CARINHAS

CINEMA

- 2026, “O Meu Nome é Luiza de Jesus”, Directed by Frederico Serra
- 2024, “Banzo”, directed by Margarida Cardoso, Baldr Film
- 2023, “Amadeo”, directed by Vicente Alves do Ó, Ukbar Filmes.
- 2022, “Campo de Sangue”, directed by João Mário Grilo, Ana Pinhão Moura Produções
- 2020, “Bem Bom”, directed by Patrícia Sequeira, Santa Rita Filmes
- 2018, “Snu” by Cláudia Clemente and Patrícia Sequeira, directed by Patrícia Sequeira, Skydreams.
- 2017, “Ramiro” by Telmo Churro and Mariana Ricardo, directed by Manual Mozos, O Som e a Fúria
- 2011, “As Linhas de Torres” by Raul Ruiz, directed by Valeria Sarmiento, Paulo Branco
- 2010, “O estranho caso de Angélica” , directed by Manoel de Oliveira, Filmes do Tejo
- 2009, “E o tempo passa”, directed by Alberto Seixas Santos, TAKE 2000, José Mazedo
- 2007, “Efeitos Secundários”, directed by Paulo Rebelo, C.R.I.M
- 2007, “O senso dos desatinados”, short, r directed by Paulo Guilherme
- 2007, “Eu, Luto” , short, directed by Pedro Marques
- 2004, “Coisa Ruim”, by Rodrigo Guedes de Carvalho, directed by Tiago Guedes and Frederico Serra, Clapfilmes
- 2003, “Os meus espelhos”, short, directed by Rui Simões, Real Ficção



CONTACT

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LANGUAGES

Portuguese, English (fluent), French (basic)

FEATURES

Eyes: Brown

Hair: Brown

Height: 1,64m

SARA CARINHAS

TELEVISION

- 2025, "NR2513 - O Número Que Deu Voz Às Mulheres", realização de Joana Brandão, Plural
- 2025, "Mulheres às Armas", directed by Patrícia Sequeira, Santa Rita Filmes, TVI
- 2024, "Erro 404", directed by Patrícia Sequeira, Santa Rita Filmes
- 2024, "Matilha", directed by João Maia, Arquipélago Filmes
- 2018, "Três Mulheres", directed by Fernando Vendrell, RTP
- 2017, "Sara", directed by Marco Martins, RTP
- 2017, "Madre Paula", directed by Rita Nunes e Tiago Marques, RTP
- 2016, "Mulheres Assim", by Filipa Leal and Claudia Lucas Chéu, directed by José António Loureiro, RTP
- 2013, "Beirais", SP Televisão, RTP
- 2011, "As Linhas de Torres", by Raúl Ruiz, directed by Valeria Sarmiento

THEATER (ACTRESS)

- 2024, "Somos o que não podemos perder", staged reading, CCB - Festival of Happiness
- 2024, "Última Memória", END Festival - Encontros de Novas Dramaturgias, at Teatro Académico Gil Vicente (Coimbra) and World Theater Day - at Teatro Sá da Bandeira (Santarém)
- 2023, "Última Memória", directed by Sara Carinhas, São Luiz Teatro Municipal
- 2021, "Top Girls", directed by Cristina Carvalhal, Teatro Nacional D. Maria II
- 2020, "Comédia de Bastidores", by Alan Ayckbourn, directed by Nuno Carinhas, Teatro Nacional São João National Theatre
- 2016, "The Maids", by Jean Genet, directed by Marco Martins, Teatro Nacional D. Maria II
- 2015, "Baile", co-creator with Carla Maciel, Teatro Municipal S. Luiz (tour: Rivoli Teatro Porto)
- 2015, "Orlando", co-creator, based on the homonymous work by Virginia Woolf, in partnership with Victor Hugo Pontes, Espaço do Tempo (Montemor-o-Novo), Rivoli Teatro Municipal (Porto), (tour: Centro Cultural de Belém (Black Box); Plataforma das Artes - Guimarães)
- 2015, "Cyrano", de Edmond Rostand, encenação de João Mota, Teatro Nacional D. Maria II
- 2014, "A Farsa" baseada na obra homónima de Raúl Brandão, encenação de Luís Castro, Teatro Nacional D. Maria II
- 2014, "O olhar inabitado das manhãs", de Cátia Terrinca, baseado na obra de Sophia de Mello Breyner, encenação de Daniel Gorjão, Jardim botânico de Lisboa
- 2013, "Como Queiram", de William Shakespeare, encenação de Beatriz Batarda, Teatro Municipal S. Luiz, (digressão: Teatro Viriato (Viseu), Teatro Carlos Alberto (Porto); Centro Cultural Vila Flor (Guimarães), Theatro-Circo (Braga))
- 2013, "I.B.S.E.N.", de Miguel Castro Caldas, encenação de Cristina Carvalhal, Teatro da Trindade

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THEATER (ACTRESS)

- 2012, “The Merchant of Venice”, by William Shakespeare, directed by Ricardo Pais, Teatro Nacional S. João
- 2012, “Medida por Medida”, by William Shakespeare, directed by Nuno Cardoso, Centro Cultural Vila Flor (Guimarães), tour: Teatro Nacional S. João (Porto), Teatro Municipal S. Luiz (Lisbon)
- 2012, “Medida por Medida”, by William Shakespeare, directed by Nuno Cardoso, Centro Cultural Vila Flor (Guimarães), tour: Teatro Nacional S. João (Porto), Teatro Municipal S. Luiz (Lisbon)
- 2011, “A Paixão Segundo Eurico”, collective creation by Ana Vaz, Cristina Carvalhal, Graça Corrêa, Inês Rosado, Sara Carinhas and Pedro Marques, based on “Eurico, o Presbítero” by Alexandre Herculano, Teatro Nacional D. Maria II
- 2011, “Humusarte”, by Luis Castro, with texts by Raul Brandão, based on the show “Húmus”, Galeria Monumental
- 2011, “A Pedra”, by Marius von Myenburg, directed by Cristina Carvalhal, Estúdio Zero
- 2011, “As Três Irmãs”, de Anton Chèckov, encenação de Nuno Cardoso, Teatro Nacional D. Maria II
- 2010, “Húmus”, baseado em textos de Raul Brandão, encenação de Luís Castro, Galerias Monumental
- 2009, “Tambores na Noite”, de Berthold Brecht, encenação de Nuno Carinhas, Teatro Nacional S. João
- 2009, “Baal”, de Berthold Brecht, leitura encenada, encenação de Nuno M. Cardoso, Teatro Nacional S. João
- 2008, “O Mercador de Veneza”, de William Shakespeare, encenação de Ricardo Pais, Teatro Nacional S. João
- 2008, “Leôncio e Lena de Georg Büchner”, encenação de Ricardo Aibéo, Teatro da Cornucópia
- 2008, “A Noite Árabe”, de Roland Schimmelpfennig, encenação de Paulo Felipe Monteiro, Teatro da Politécnica
- 2007, “Paraíso”, de Olga Roriz, Teatro Camões, digressão: Teatro José Lúcio da Silva (Leiria), Teatro S. Carlos (Lisboa)
- 2007, “Fedra”, de Jean Racine, encenação de Ana Tamen, Teatro Maria Matos
- 2006, “Medeia”, de Eurípidés, encenação de Fernanda Lapa, Teatro Nacional D. Maria II
- 2005, “Cabeças no ar”, musical de Carlos Tê, encenação de Adriano Luz, São Luiz Teatro Municipal

SARA CARINHAS

THEATER (DIRECTING AND DRAMATURGY)

- 2023, “Última Memória”, São Luiz Teatro Municipal (Sala Mário Viegas), directing and dramaturgy
- 2020/21, “Um quarto que seja delas”, Cycle of staged readings with texts by Ana Hatherly, Ana Luísa Amaral, Lídia Jorge, Patrícia Portela and Sónia Baptista
- 2019, “Nós como futuro”, created by Daniel Gorjão for the Companhia Nacional de Bailado, Teatro Camões, dramaturgy support
- 2019, “Odon von Hórvath's Day of Judgment”, directed by Cristina Carvalhal, São Luiz Teatro Municipal, assistant director
- 2019, “Limbo”, Causas Comuns Production, tour: Voz do Operário (Lisbon), Rivoli Teatro Municipal (Porto), Vault Festival (London) and Teatro de Vila Real, artistic direction and staging
- 2018, “Exemplary Girls”, staged reading of texts by Maria Velho da Costa. São João National Theatre João National Theatre, tour: Guarda and São Mamede Church (Lisbon)
- 2016, “Cycle of Staged Readings”, texts by José Tolentino Mendonça, Maria Velho da Costas, Luisa Costa Gomes, Herberto Hélder and Matilde Campilho, São Luiz Teatro Municipal and Teatro Nacional D.Maria II
- 2015, “Baile”, Teatro Municipal S.Luiz (Lisbon) and Rivoli Teatro Municipal (Oporto), co-creator and performer with with Carla Maciel
- 2015, “A Fada Oriana”, as part of the Companhia Nacional de Bailado nas Escolas project, in creation with Annabelle Barnes, Catarina Lourenço, Mário Franco and Paulina Santos, Tour of schools in Lisbon, Alfragide and Montemor-o-Novo
- 2015, “Orlando”, based on the homonymous work by Virginia Woolf, in partnership with Victor Hugo Pontes, Espaço do Tempo (Montemor-o-Novo), Rivoli Teatro Municipal (Porto), Tour: Centro Cultural de Belém (Black Box) and Plataforma das Artes (Guimarães), co-creator and performer
- 2013/15, “The Waves”, based on the work of the same name by Virginia Woolf, Espaço Ribeira of the theater group Primeiros Sintomas (Lisbon), Tour: Teatro de Vila Real, Teatro Virgínia (Torres Novas), Festival Santiago a Mil (Santiago de Chile), Teatro Municipal S. Luiz (Lisbon), Teatro de la ciudad (Monterrey, Mexico)
- 2011, “A Paixão Segundo Eurico”, collective creation by Ana Vaz, Cristina Carvalhal, Graça Corrêa, Inês Rosado, Sara Carinhas and Pedro Marques, based on “Eurico, o Presbítero” by Alexandre Herculano, Teatro Nacional D. Maria II, assistant director
- 2010, “Antes de ser”, created and performed by Beatriz Batarda, texts by William Shakespeare, BES ARTE e FINANÇAS (Lisbon)
- 2006, “Ódio”, by Jorge Humberto Pereira, directed by Francisco Camacho, with Fernanda Lapa, Galeria Graça Brandão, assistant director
- 2005, “As Marcas de Sangue”, by Judy Upton, counter-recording, directed by Isabel Medina, Teatro da Comuna

SARA CARINHAS

TRAINING

- 2018, Master's Degree in Theater Studies, Faculty of Letters, University of Lisbon
- 2016, Workshop at Annabel Arden's Complicité Company (London)
- 2016, Degree in Artistic Studies, Faculty of Letters, University of Lisbon
- 2010, Polina Klimovitskaya (New York), Michael Howard Studio
- 2010, Workshop "Degree of Consciousness" with Beatriz Batarda, ACT - Actors School
- 2010, Workshop as part of the project "The Permanent Actor" with Polina Klimovitskaya (Lisbon)
- 2009, International Laboratory - Performer's Physicality in the Methods of Meyerhold, M.Chekhov, Stanislavsky with Sergei Ostrenko, (Massa, Italy)
- 2009, Workshop "The Permanent Actor" with Polina Klimovitskaya, Deb Margolin and Renato Ferracini (Évora)
- 2005, Music and Singing Course at the Portuguese Musical Youth
- 1993/95, Ballet, with Mestra Margarida de Abreu

MUSIC

- 2019, "Limbo" with Madalena Palmeirim on her album "Right as Rain"
- 2017, Participates with Rita Redshoes and Jorge Benvinda in the 25th anniversary of the Noites Ritual Festival. Gardensdo Palácio de Cristal (Porto)
- 2017, Participates with António Zambujo in the concerts of the album "Até pensei que fosse minha", at Teatro das Figuras Theater (Faro) and the Galicia Auditorium (Santiago de Compostela)
- 2016, Performs the music for the final credits of the series "Os Boys", directed by Tiago Guedes and Stjepan Klein with arrangements by Hélder Gonçalves (Clã) based on the song "Boys, boys, boys" by Sabrina Salerno

WRITING

- 2024, "Expiação", short story published by Amora Livros, Brazil
- 2023, Author's book "Imprudente Luto", PareiasParias Edições
- 2023, Poetry published in Eufeme Magazine de Poesia
- 2022, Essay "Última memória - The world ends all the time", published in the 5th edition of New Dramaturgies Encounters [END]
- 2022, Monthly chronicles for Gargantas Soltas by Gerador
- 2022, Article "Ser atriz, ali" in the book InstPerfinst by Karnart

SARA CARINHAS

CASTING DIRECTOR / ACTING DIRECTOR

- 2022. “Causa Própria” by Rui Cardoso Martins and Edgar Medina, directed by João Nuno Pinto, Arquipélago Filmes
- 2018, “Snu”, by Cláudia Clemente and Patrícia Sequeira, directed by Patrícia Sequeira, Skydreams
- 2016, “Therapy”, directed by Patrícia Sequeira, SP Televisão

AWARDS

- 2022, Sophia Award nomination for “Doce”
- 2015, Portuguese Society of Authors Award for Best Theater Actress for the play “A farsa”, by Raúl Brandão, directed by Luís Castro
- 2015, Golden Globe for Best Theatre Actress, for the play “A farsa” by Raúl Brandão, directed by Luís Castro
- 2015, Honorable Mention from the Portuguese Association of Theatre Critics for the play “A farsa” by Raúl Brandão, directed by Luís Castro
- 2008, L'Oreal Paris Young Talent Award from the Estoril Film Festival for her performance in the film “Coisa Ruim”