SÓNIA BALACÓ

CINEMA

- "Lovefool", Directed by Hermano Moreira, Paramount Pictures.
- "Amelia's Children", Directed by Gabriel Abrantes, Artificial Humors, Winner of the Jury Prize at the Gérardmer International Fantastic Film Festival, 2024.
- "We Are on Air", Directed by Diogo Costa Amarante, Verde do Jardim. In competition at the International Film Festival Rotterdam, 2024.
- "Moral Order (Ordem Moral)", Directed by Mário Barroso, Leopardo Filmes.
- "Variações – Guardian Angel", Directed by João Maia, David&Golias.
- "Here in Lisbon", Directed by Gabriel Abrantes, Denis Côté and Dominga Sotomayor.
- "I Against I", Directed by Dave Ellison and Mark Cripps, Stray Dogs.
- "What's New About Love?", Directed by Hugo Alves, Rosa Filmes, Winner of Best Portuguese Feature at IndieLisboa International Film Festival, 2008.
- "Corrupção", Directed by João Botelho, Utopia Filmes, Alternadeira.
- "Fragile(s)", Directed by Martin Valente, Elia Films.
- "Shadows", Directed by João Trabulo, Periferia Filmes.



CONTACTS

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LANGUAGES

English, Spanish, Portuguese, French

CHARACTERISTICS

Eyes: blue
Hair: Brown
Height: 1,74 cm

SÓNIA BALACÓ

CINEMA (SHORT)

- "Red Cloud Blue Heaven", Directed by Gonçalo Almeida.
- "Abrigo", Directed by Teresa Baião, Incubadora.
- "Atlantida", Directed by Francisco Moura Relvas, Filmesdamente.
- "The Gardner", Directed by John Filipe, 78films.
- "Boca Cava Terra", Directed by Luís Campos, BRO Cinema.
- "Adaptation", Directed by Ngima Gelu Sherpa, Kino Eyes. In competition at the Reykjavík International Film Festival, 2021.
- "The Journey", Directed by Mário Oliveira, Ubi.
- "The End of the World", Directed by Julião Sarmento.
- "Freud and Friends", Directed by Gabriel Abrantes, IndieLisboa. In competition at the Berlinale, 2016.
- "The Last Nazi Hunter", Directed by Bernardo Mendonça. In competition at MotelX International Horror Film Festival, 2015.

TELEVISION

. • "Porta Premium", Directed by Tota Alves, Wonder Maria/RTP.

- "The Color of Love", Created by Maria João Mira, Prime Video/TVI.
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- "Vikings: Valhalla", Created by Jeb Stuart, MGM/Netflix.
- "Prisma", Directed by Sónia Balacó and Zé Bernardino, RTP.
- "Serpentina", Directed by Laura Seixas, Ukbar/RTP.
- "Moral Order", Directed by Mário Barroso, Leopardo Filmes/RTP.
- "5Starz", Directed by Justin Amorim, Promenade Films/RTP.
- "Wild Land", Directed by Jorge Cardoso, SIC.
- "Conta-me Como Foi", Directed by Hugo Xavier, RTP.
- "Férias em Família", Directed by Pablo Uranga, Multishow.
- "Idiotas, Ponto", Directed by Diogo Lopes, RTP.

SÓNIA BALACÓ

TELEVISION

- "Women Like This", Directed by José António Loureiro, RTP.
- "Aqui Tão Longe", Directed by Ricardo Inácio, RTP.
- "The Ministry of Time", Directed by Abigail Schaaff, TVE/Netflix.
- "Sea Water", Directed by Carlos Dante, RTP.
- "Casualty", Directed by Reza Moradi, BBC1.
- "Women of April", Directed by Henrique Oliveira, RTP.
- "Sons of Rock'n'Roll", Directed by Pedro Varela, RTP.
- "The Scorpion's Kiss", Directed by Hugo de Sousa, TVI.
- "Cry for Me", Directed by John Lindquist, Channel 4.
- "Then I Killed Him", Directed by Lourenço Mello, RTP. Winner of the Prix Italia 2013 for Best Fiction for TV.
- "Maternity", Directed by Sérgio Graciano, RTP.
- "The Last to Leave", Created by Bruno Nogueira, RTP.
- "The Couple of the Year", Directed by Artur Ribeiro, TVI.
- "Triangle J", Directed by Artur Ribeiro, RTP.
- "Inspector Max", Directed by Atílio Riccó, RTP.
- "Ana and the Seven", Directed by Gonçalo Mourão, TVI.
- "The Serpent's Eye", Directed by Alvaro Fugulin, SIC.
- "O Bairro da Fonte", Directed by António Ferreira.
- "Journalists", Directed by Wilson Solon, SIC.

SÓNIA BALACÓ

THEATER

- "No Title", Directed by Nuno M. Cardoso.
- "Romeo and Juliet", Directed by Joana Linda.
- "Wild Realism", Collective Creation.
- "How She Made It to 30", Collective Creation.
- "Who Will Carry the Word?", Directed by Natasha Pryce, Courtyard Theatre, London.
- "Snapshots of Death", Directed by Joana Craveiro.
- "Work in Progress", Collective Creation.
- "Attempts on Her Life", Directed by Ricardo Gageiro.

AWARDS AND NOMINATIONS

- Best Supporting Actress Nominee for "Here in Lisbon" at the CinEuphoria Awards.
- Best Ensemble Nominee for "Moral Order" at the CinEuphoria Awards.
- "Amelia's Children", Winner of the Jury Prize at the Gérardmer International Fantastic Film Festival, 2024.
- "We Are on Air", In competition at the International Film Festival Rotterdam, 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 Reykjavík International Film Festival, 2021.
- "Freud and Friends", In competition at the Berlinale, 2016.
- "Sons of Rock'n'Roll", Winner of the Autores Award for Best Fiction for TV, 2014.
- "The Last Nazi Hunter", In competition at MotelX International Horror Film Festival, 2015.
- "Then I Killed Him", Winner of Best Fiction for TV at the 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 International Film Festival, 2008.

SÓNIA BALACÓ

TRAINING

- BA in Performing Arts Studies, Faculty of Letters, University of Lisbon, Lisbon.
- The Method workshops with Marcia Haufrecht, at Trindade Theatre, Lisbon, across various years.
- Voice and Accents with Rebecca Cuthbertson, London.
- General American Accent with Marina Tyndal, London.