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RESUME



ABOUT ME

I am a multilingual actress with experience in film, TV series and stage. I am trained on Method Acting by Lee Strasberg's institute teacher, Andre Landzaat, and on the Meisner Technique. My diverse life experiences – from researcher, waitress to marketeer – allow me to bring depth and to connect authentically with a wide range of characters.

APPEARANCE

Hair: natural dark brown/ black

Eyes: brown Height: 1.58m (5'2) Playing age: 28–38

LANGUAGES

Portuguese (native), English (fluent), Dutch and Spanish (intermediate)

SKILLS

Sports | Swimming, cycling, body combat, boxing, yoga, surfing

Others | Improvisation, Method acting, Meisner technique, clear diction, singing, experience in public speaking, events organisation and in corporate jobs. Full clean driving license.

CAMERA

2024 Shower Thoughts | Short film Jane (lead) | SAE Institute

2024 Echoes of Redemption | Short film Mother (lead) | Breda University

2023 Mooier Als Je Lacht | music video Bar woman (lead) | Sophie Straat

2021 Books of a Kind | Short film Cafe owner (supporting) | SAE Institute

2010 Mar de Paixão | TV series NGO worker (supporting) | Plural Entertainment

2006 Fala-me de Amor | TV series Barmaid (recurring featured) | Plural Entertainment

MAIN TRAINING

2023 Acting for Camera Advanced | Mulholland Academy (NL)

2020-2021 one year professional acting programme | Mulholland Academy (NL)

2021 Comedy | Mulholland Academy (NL)

2020 Meisner Technique | Mulholland Academy (NL)

2020 Scene Study | Mulholland Academy (NL)

2020 Advanced Strasberg Method | Mulholland Academy (NL)

2003-2005 Art of Acting programme | APOIARTE - Artist's House

LATEST STAGE

2022 Womberang Mrs. Cornwallis | Downstage Left

2021 Masochist Tango Barbara | Mulholland Academy

2020 The Actress Nina | Mulholland Academy

2020 Girl Interrupted Lisa | Mulholland Academy

2019 Beaches CC Bloom | Mulholland Academy

2010 The lack of a Hug... Women | Teatro de Areia

2008 Theory of Husbands Various | Teatro de Areia

2007 Rise of Five Desires Various | Teatro de Areia

2006 20 Years and then... Various | Teatro de Areia

2005 The Actor's Nightmare Sara | Apoiarte

2005 Tales and Pancakes Storyteller | Teatro de Areia

2004 The Blue House Various | Teatro de Areia

2004 After the Murderers President | Cena Multipla

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