



ADRIANA MONIZ

height 1,63 | jacket 36 | shirt 36
pants 40 | shoes EU 39

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ADRIANA MONIZ

Actress

TRAINING

2023 | Biographical Character Creation Residency O Monstro Sou Eu. Directed by Pedro Saavedra. Largo Residências.

2023 | Workshop/audition for the show Dirty Shoes Don't Go to Heaven, with David Pereira Bastos – Escola de Mulheres.

2019 | Workcenter of Jerzy Grotowski and Thomas Richards, Workshop Internacional Comportamento Orgânico e Acção, with Mario Biagini – ACT.

2018 | Workshop *Corpo Inconsciente*, with João Garcia Miguel – IFICT.

2017 | Workshop Internacional de Formação Contínua Michael Chekhov Technique, with Lenard Petit – ACT.

2012 | Masterclasse Michael Chekhov Technique para Actores, with Lenard Petit – Tell To Joy Art Theatre, Open Workspace 2012.

2011 | Advanced Training in Theater of the Oppressed with GTO LX – Grupo de Teatro do Oprimido de Lisboa.

2011 | Workshop Reencontro com Tchekhov, with José Peixoto, Teatro dos Aloés.

2010 | Initial Training in Theater of the Oppressed with GTO LX – Grupo de Teatro do Oprimido de Lisboa.

2008-2009 | Acting Workshop with Carla Galvão and José Carlos Garcia, Espaço Sou – Movimento e Arte.

2006 | Workshop A Personagem Intermédia with João Brites, Teatro O Bando.

2001-2004 | Acting for Theater, Three Year Program at Escola Profissional de Teatro de Cascais.

1999-2001 | Pano de Ferro Theater Workshop, with Luísa Ortigoso.

AWARDS AND NOMINATIONS

2021 | Winner - Best Actress, for A Herança, Shortcutz (Viseu)

2020 | Winner - Best Actress, for Calipso, Shortcutz (Viseu)

2020 | Nomination - Best Actress, for A Herança, CinEuphoria

2020 | Honorable Mention - Best Acting Duo, for Red Queen, Independent Short Awards (Los Angeles)

2019 | Winner - Best Actress, for Red Queen, Catfish Shorts (London)

2018 | Winner - Best Actress, for Calipso, Hrizantema Festival (Serbia)

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TELEVISION

2026 | Cara a Cara, Fernando Vendrell/RTP
2025 | Vitória, SP/SIC
2025 | A Fazenda, Plural/TVI
2025 | *O Grito*, Leonel Vieira/RTP
2024 | Vizinhos Para Sempre, Plural/TVI
2016 | Mulheres Assim, Coral Europa/RTP
2016 | A Única Mulher, Plural/TVI
2014 | Sol de Inverno, SP/SIC
2013 | Dancin' Days, SP/SIC
2012 | Heresia, pilot
2011 | Rosa Fogo, SP/SIC
2008-2009 | Feitiço de Amor, NBP/TVI
2008 | Casos da Vida: Passo em Falso, NBP/TVI
2007-2008 | Deixa-me Amar, NBP/TVI
2007 | Ilha dos Amores, NBP/TVI
2005-2006 | Dei-te Quase Tudo, NBP/TVI

FILM

2020 | Submissão, directed by Leonardo António
2020 | Não te Estou a Bater – Lado B, directed by Andreia Albernaz
2019 | *Häuschen* - A Herança, directed by Pedro Martins and Paulo A. M. Oliveira
2018 | Calipso, directed by Pedro Martins and Paulo A. M. Oliveira
2018 | Red Queen, directed by Pedro Martins and Adriana Martins da Silva
2014 | Agora Que Sou Grande, directed by Leonardo António
2013 | O Antropomorfo, directed by Miguel Aguiar and Vítor Alves
2013 | Perto de Mais, directed by Filipe Lima Barbosa
2011 | A New Page, directed by Francisco Neffe
2011 | A Espiral da Morte dos Operários-Formiga, directed by Ana Cabaça and Francisca Marvão
2011 | Tejo, directed by Henrique Pina
2010 | O Cerejal, directed by José Pais
2010 | Kaput, directed by Patrícia Brásia
2007 | Fim-De-Semana, directed by Cláudia Varejão

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THEATER

2026 | *Memorial do Convento*, by José Saramago. Adapt. Filomena Oliveira e Miguel Real, directed by Filomena Oliveira. Éter Produção Cultural.

2025 | *Trauma*, by Michel Simeão. Directed by Michel Simeão. Teatro Reflexo.

2017 | *O Internato*, by Michel Simeão. Directed by Michel Simeão. Sintra, Teatro Reflexo.

2016 | *Crime na Casa Museu*, by Michel Simeão. Directed by Michel Simeão. Casa Museu Leal da Câmara, Sintra. Teatro Reflexo.

2015 | *Caverna Digital*, by Michel Simeão. Directed by Michel Simeão. Teatro Reflexo.

2014 | *Noite de Guerra no Museu do Prado*, by Rafael Alberti. Directed by José Peixoto. Teatro Nacional de S. João, Recreios da Amadora, Mostra Internacional de Teatro de Santo André. Co-production Teatro dos Aloés / TNSJ.

2013 | *Os Juramentos Indiscretos*, by Marivaux. Directed by José Peixoto. Teatro Nacional D. Maria II, Lisbon.

2012 | *Os Juramentos Indiscretos*, by Marivaux. Directed by José Peixoto. Teatro Carlos Alberto (Porto), Recreios da Amadora, Teatro Municipal de Almada, Mostra Internacional de Teatro de Santo André. Co-production Teatro dos Aloés / TNSJ.

2010 | *Circo Borzói*, a PROTO – Intensive Art Care production. Recreios da Amadora, Amadora.

2010 | *O Homem da Lua*, by Manuel Cintra. Directed by Manuel Cintra, Teatro Turim, Lisbon.

2009 | *Um, Nenhum e Cem Mil*, from Luigi Pirandello's novel. Directed by Mário Redondo, Teatro Taborda.

2009 | *Masterclasse Cerejal*, based on *O Cerejal*, by Anton Tchekhov. Directed by Pedro Saavedra at Quinta da Côca, Gavião.

2009 | *A Casa de Bernarda Alba*, by Federico García Lorca. Directed by Maria João Luís at Teatro da Terra, Ponte de Sôr.

2005 | *A Casa De Bernarda Alba*, by Federico García Lorca. Directed by Diogo Infante and Ana Luísa Guimarães, at T.M. S. Luiz.

2005 | *The Beggar's Opera*, by John Gay / Benjamin Britten. Directed by João Lourenço, at Teatro Aberto.

2004 | *O Percevejo*, by Vladimir Maiakovsky. Directed by Carlos Avilez, at T. M. Mirita Casimiro (TEC).

PERFORMANCE

2017 | *e-Fabulação II*, by Adriana Moniz. Trampolim Gerador. Palácio Laguardes, Campolide.

2017 | *e-Fabulação*, by Adriana Moniz. Ignição Gerador. Lusitano Clube, Alfama.

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VIDEOCLIPS

2014 | This Time, This Broken Thing. Directed by Leonardo António.

2013 | Oh, Night, Nicotine's Orchestra. Directed by Joana Linda.

RADIO

2024 | Hotel Chronos, by Andreia Galvão and Bárbara Soares. Directed by Pedro Saavedra. Radar 97.8 FM.

ADVERTISING

2024 | Lays

2018 | Yes! Diet (Wells)

2014 | Flora

2011 | Worten

2009 | VMA Vodafone

VOICE ACTING

Adriana has a very strong presence in the portuguese dubbing scene, being the voice of countless animated characters. Her debut is in Cars in 2006, followed by many other animation movies like G Force, Tinkerbell, Sofia the First, Tangled, Coco, Ralph vs Internet, Paw Patrol, Luca, and TV series such as Ben 10, Sonic Boom, Strawberry Shortcake, Hotel Transylvania, Austin and Ally, Elena of Avalor, Bunk'd, Gravity Falls, Star vs The Forces of Evil, Owl House, Scooby-Doo, Star Wars, and videogames like The Last of Us, God of War, Ghost of Tsushima, Ratchet & Clank, and many more.

VOICE OVER FOR ADVERTISING

Adriana's voice can also be heard in commercial voice overs for clients such as Multicare, Mercedes-Benz, Citroën, Worten, Go Natural, Continente, Pingo Doce, Turismo de Portugal, Vulcano, Président, Compal, Nespresso, Bankinter, Santander, Millennium BCP, Huawei, Oceanário, AXN, Hollywood Channel, Mimosa, Nestlé, among many others. One of her most significant clients is the insurance company Fidelidade, which has been represented by her voice since 2012.

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