



PAULA SÓ

height 154cm | jacket M | shirt M
pants 38 | shoes EU37

PAULA SÓ

Actress

TRAINING

2011 | Postgraduate degree in Performing Arts from the Escola Superior de Teatro e Cinema

2004 | Theatre workshop based on the play A Midsummer Night's Dream by William Shakespeare – Luísa Costa Gomes' version, directed by Bruce Mayer

1999 | Street theatre techniques workshop focused on the “non-sense” style, directed by the Natural Theatre Company

1994-1996 | Reflective theatre internships with Teatro O Bando

1983 | Workshop of mime by “Teatro Laboratório de Faro”

1980 | Drama expression course directed by Jean Luc Montech – Lyon

1978 | 2nd year of the acting course at the Escola Superior de Teatro do Conservatório Nacional

1967 | 2nd year of the Engraving and Lithography Designer course at the António Arroio School of Decorative Arts

TV

2025 | “Adónis”, series, artistic direction by Ruben do Valle – Santa Rita Filmes

2024 | “Salto de Fé”, series, artistic direction by Jorge Queiroga – SP Televisão/RTP

2024 | “A Promessa”, soap opera – SP Televisão/SIC

2024 | “Ninguém Como Tu”, series, created by Rui Vilhena – See My Dreams

2024 | “Vizinhos Para Sempre”, series – See My Dreams

2024 | “Rabo de Peixe”, series – directed by Augusto Fraga – RB Filmes/Netflix

2023 | “Flor sem Tempo”, soap opera – SP Televisão/SIC

2023 | “Morangos com Açúcar”, series – See My Dreams

2023 | “A Casa da Aurora”, series – SP Televisão/SIC

2022 | “O Crime do Padre Amaro” by Eça de Queiróz – series – directed by Leonel Vieira – RTP

2022 | “Malmequer”, series – directed by Pedro Mira – “ABA” – Associação Beneficiente de Ajuda

2022 | “Projecto Delta” – series – produced by “Costa do Castelo Filmes”

2021 | “A Generala” – series – created by Patrícia Müller – produced by “Coral Europa”

2020 | “Quer o Destino” – soap opera – created by Maria João Mira – prod. “Plural Entertainment”

2017 | “Amor Maior” – soap opera – created by Inês Gomes – prod. “SPTV.”.

2017 | “Ouro Verde” – soap opera – created by Maria João Costa – Prod. “Plural Entertainment”.

2017 | “Ministério do Tempo” – series – produced by Bruno Cerveira – “Just Up”.

2017 | “Sim Chefe” – series – directed by Francisco Antunez – prod. Patrícia Louro.

2017 | “Filha da Lei” – series – created by Pedro Varela – directed by Sérgio Graciano.

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TV

- 2016 | “Rainha das Flores” – soap opera – created by Alexandre Castro – Prod. “SPTV.”
- 2016 | “A Impostora” – soap opera – created by António Barreira – “Plural Entertainment”.
- 2016 | “Dentro” – series – created by Lara Morgado – prod. “Hop”.
- 2016 | “Aqui tão Longe” – series – created by Filipe Homem Fonseca – “SPTV.”
- 2015 | “Poderosas” – soap opera – directed by Telma Meira – prod. “SPTV.”.

FILM

- 2024 | “O Procedimento”, short film – directed by Francisco Noras – 50 Cuts Associação Cinematográfica
- 2024 | “Projecto Global”, feature film – directed by Ivo Ferreira – O Som e a Fúria
- 2022 | “Caiu” – short film – directed by Edgar Medina – prod. “Arquipélago Filmes”.
- 2022 | “Cidade Rabat” – feature film - directed by Susana Nobre – prod. “Terratrema”
- 2021 | “A Pedra Espera dar Flor” – based on Raul Brandão - short film – directed by Rodrigo Areias – prod. “Bando à Parte”.
- 2021 | “Por um Punhado de Trocos” – short film - directed by Chico Noras – prod. Chico Noras and Suzana Piegas.
- 2018 | “As Horas de Luz” – feature film – directed by António Borges Correia – Prod. “Keep Eyes Open”.

THEATER

- 2024 | “Os Dias Felizes da Paula Só”, Based on Happy Days by Samuel Beckett and the autobiography of Paula Só – created and directed by Ana Ribeiro and António Duarte.
- 2024 | “A Liberdade é uma Maluca” – created and directed by Hugo Mestre Amaro – “Teatro do Bairro”.
- 2023 | “Incrível Tasca Móvel” – Museu de Almada.
- 2022 | “Tartuffe” by Molière – directed by Carlos Pessoa – Teatro da Garagem
- 2022 | “Ti-Miséria” – based on “Nós de Um Segredo” – Monologue of the character – created by Paula Só – artistic direction by João Brites – “O Bando.”
- 2021 | “Um Pouco Mais à Frente”, dialogues based on the characters from Antes do Mar by Hélia Correia – created and artistically directed by João Neca.

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THEATER

2021 | "Dias Inteiros nas Árvores" by Marguerite Duras – staged reading – dir. Filipa Abreu and Miguel Maia.

2021 | "A Comédia de Rubena" by Gil Vicente – radio theatre – artistic dir. Miguel Sopas.

2020 | "Antes do Mar" by Hélia Correia – dir. Miguel Jesus – "O Bando" theatre

2020 | "Madalena" – collective creation – dir. Sara de Castro – "Teatro Viriato" - Viseu

2019 | "A Pior Comédia do Mundo" – dir. Fernando Gomes – Teatro São Luís

2018 | Lear – version and dir. Bruno Bravo, from King Lear by William Shakespeare – National Theatre "Dona Maria II".

2017 | Hamlet – from Hamlet by William Shakespeare – dir. Hugo Franco – "Comuna" Theatre.

2017 | "João D" by Javier Tomeo – dir. António Jorge – "Carlos Paredes" Auditorium.

2015 | "The Three Sisters" – based on the play by Anton Chekhov The Three Sisters – dir. Martim Pedroso – National Theatre "Dona Maria II".

2015 | "O Grande Salão" – revival at the "Rivoli" theatre

STAGE DIRECTION

2004 | "Dona Estrela" – text and stage direction by Paula Só – based on legends and myths of the Indigenous peoples of South America – actress Ana Figueiredo – Chapitô

2003 | "Eu Lusitano d'Aquém e d'Além Mar" – scenic adaptation and stage direction by Paula Só – based on the play "Viagens de Henrique Lusitano" by Norberto Ávila – "Teatro Experimental de Lagos"

2002 | "Jaques and His Master" by Milan Kundera – scenic adaptation and stage direction by Paula Só – based on the play "Jacques the Fatalist" by Diderot – "Novo Núcleo de Teatro" of the Faculty of Science and Technology, Universidade Nova de Lisboa

2001 | "Ti Miséria" – monologue creation and performance by Paula Só – part of the show "Personagens em Fuga" – artistic direction João Brites – "O Bando" theatre

2000 | "Relvas Associação" – street performance – creation and performance – "Parque das Nações"

TOURING OF PERFORMANCES

Mainland Portugal and Azores Archipelago, Spain, France, England, Netherlands, Belgium, Switzerland, Austria, Luxembourg, Italy, Lithuania, Slovenia, Czech Republic, Brazil, Colombia, and the Republic of São Tomé and Príncipe.

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TEACHING

2013 | “Summer Holidays at Culturgest” – drama expression workshops for children aged 8 to 12 and 5 to 7 years old

2010 | “O Bando” Theatre – drama expression workshops for school groups of adolescents and children

2010 | “Coopescola” – optional drama expression class for adolescents and children

2010 | “For children who can’t yet reach the door handle” – project of drama expression workshops for preschool children – author and coordinator Bibi Gomes – production by “Extremo” Theatre

2009 | “Toy Fair” – project of drama expression and socio-cultural activities for high school students – author and coordinator Bibi Gomes – co-production by “Extremo” Theatre and Seixal City Council

2009 | “Coopescola” – optional drama expression class for adolescents and children

2009 | “For children who can’t yet reach the door handle” – project of drama expression workshops for preschool children – author and coordinator Bibi Gomes – production by “Extremo” Theatre

2008 | “Christmas Smile” – project of drama expression workshops for children in the Almada Municipality – co-production by “Extremo” Theatre and Almada City Council

2004 | “UNEAS” – National Union of Writers and Artists of São Tomé and Príncipe – theatre workshop for young students

2003 | “Doing Theatre is Good” – theatre workshop – “CAL” – Lisbon Arts Centre

2002 | “Doing Theatre is Good” – theatre workshop – “Sétima Posição” space

1998-1999 | “Al Faces” – theatre workshop – “Palco Oriental” theatre