



INÊS M DIAS

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Atriz

TRAINING

B.A in Acting at the Lisbon Theatre and Film School

(former National Conservatory)

Workshop with casting director Maurilio Mangano, Act School, Lisbon

Workshop with casting director Jo Monteiro - "Tips for the tapes"

Intensive Screen Acting Course with James Larkin and Nathan Caselton, Actors Studio, London

ERROR - Acting Workshop with Marco Medeiros

Meisner Technique with Mike Bernardin, Schaubühne - FIND Festival, Berlin

Michael Chekhov meets Lucid Body with Monika Gossman, Schaubühne - FIND Festival, Berlin

Real Escuela Superior de Arte Dramática (RESAD) Madrid, Specialization in physical theatre

Workshop Acting for Cinema and TV with Sofia de Portugal – ACT Escola de Actores

THEATRE

2026 Love and Information by Caryl Churchill, directed by MRNT, TAGV - Teatro Académico Gil Vicente

2025 Behind Happiness, directed by Mário Montenegro, Theatre Cerca de São Bernardo

2024/2025 Portable Democracy, directed by José Leite, Culturproject

2023 The Virtuoso, directed by Mário Montenegro, TAGV - Teatro Académico Gil Vicente

2022 My Victory as a high competition gymnast, directed by Lúcia Soares, Teatro Circo

2022/2023 Pour que les vents se lèvent: Une Orestie, directed by Catherine Marnas and Nuno Cardoso,

Théâtre National de Bordeaux and **National Theatre São João**

2023 Ibéria - Sector 5, directed by Carlota Castro, FITEI - International Festival of Iberian Expression

2023 IMACULATE, directed by Mário Montenegro, TAGV/ Convento de São Francisco

2022 Far Away, directed by Teresa Coutinho, **National Theatre Dona Maria II**

2022 Aquarius, directed by Marlene Barreto, Comuna Theatre

2021 Feeling Blue, directed by Inês Dias, Gustavo Rebelo and Joana Petiz, Mala Voadora (winning show of LOBBY 2020)

2019/2020 Another End for Miss Julie, written and directed by Tiago Rodrigues, **National Theatre Dona Maria II**

2019 Alice in Wonderland, directed by Ricardo Neves-Neves and Maria João Luís, **National Theatre Dona Maria II and National Theatre São João**.

2019 The spot, directed by Lúcia Soares, **National Theatre Dona Maria II**

2019 Kingdom of the bottom, directed by Tiago Guedes, **National Theatre Dona Maria II**

2019 OPUS, directed by Jean Paul Bucchieri, Teatro da Comuna

FILM

2024 Pill, short-film directed by Tiago Cerveira

2022 The queen, short-film directed by Lúcia Pires

LANGUAGES

Portuguese **native** | English **fluent** | French **fluent** | Spanish **fluent** | Italian **intermediate**

SKILLS

Singing (mezzo-soprano)

Dancing (Contemporary, Hip-hop)

Instruments (Ukelele, Piano)

Sports (Squash, Hiking, Tennis)

Stage fight