

Inês Dias

Phone Number: 07387372376

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Height: 4 ' 1 1

Eye Colour: Green

Hair Colour: Light Brown

Hair Length : Mid Length

Playing Age: 15-23

Driving Licence: Yes

Nationality: Portuguese

Appearance: Hispanic,
White Latin American,
Mediterranean

Languages: Portuguese
(Nativa), English (Fluente),
Spanish (Basic).

Voice: Estill Voice
Training: Level 1 and 2,
Voice Acting and Radio.

ABOUT ME:

I'm a hardworking creative and organized person. After several years of investing in my training, I feel that I'm ready to take on new challenges and projects in my field.

TRAINING

- 2016-2019- Visões Úteis Theater and Performance Company- Ana Luísa Azevedo
- 2021- Finding your voice Workshop- Barbara Houseman
- 2021-2022- Estill Voice Training- Gemma Boaden
- 2022-2023- Gonsalves Method (Inspired by Meisner Acting Technique)- Aileen Gonsalves
- 2021-2024- BA Acting- University of Northampton, UK

TV

- 2024- "Underwear for Life" Lindex - (Emma)- short film/ commercial directed by Fiona Burges

CINEMA

- 2021- "Clear"- (Madison)- short film directed by Catarina Guerra
- 2021- "Undercover"- (Astrid)- short film directed by Nora Gjura
- 2022- "Trapped", short film directed by Wiktoria Szymanska
- 2023- "One Apple a day", short film directed by Andrew Collins
- 2024- "From Darkness to Light"- (Kayla)- short film directed by Charissa Xuan
- 2024- "Oblivian Call"- (Sophia)- short film directed by Wiktoria Szymanska

THEATER

- 2022- The Love of the Nightingale – (Philomele)- Owain Rose- UON Theatre
- 2023- The Erpingham Camp- (Lou)- Emmett Tams- UON Theatre
- 2023- The Tempest- (Miranda)- Tobias Deacon- Apethorpe Palace
- 2023- The Canterbury Tales- (Summoner, Hag, Melanie, Old man, Apothecary)- Tobias Deacon- UON Theatre
- 2024- Nell Gwynn- (John Dryden, Queen Catherine of Braganza)- Erica Martin- Royal & Derngate

- **DANCE/ MOVEMENT:** Contact Improvisation, Contemporary Dance, Dance (general), Ballet (basic), Pilates and Yoga.

- **SPORTS:** Swimming, Cycling, RollerSkating and Running.

- **PERFORMANCE:** Basic Single Sword, APC Intermediate Escrima Stick, APC Intermediate Knife, APC Intermediate Knife & Rope, APC Intermediate Unarmed, Audio Drama, Children's Theatre, Physical Theatre, Story Telling, Theatre In Education.

- **OTHER SKILLS:** Crochet, Knitting, Sewing (hand and machine), Beaded Embroidery, Prop Making, Foley, Improvisation, Performance Artist, Story Telling, Translator.