



MARIA ARRAIS

Maria Arrais felt a great passion for acting from a very early age, making her debut in the television project 'A Única Mulher' in 2015, at just eleven years old. She trained at the Escola Profissional de Teatro de Cascais, where she began studying at the age of 15, and later graduated with a degree from the Lisbon Theatre and Film School (ESTC).

In theatre, her career includes appearances in shows such as 'Os Gigantes da Montanha', 'La Nonna', and 'Um Cigarro e Quatro Pares de Ténis'.

On television, she joined projects such as 'Espelho d'Água', 'A Prisioneira', 'Rua das Flores', and the return of 'Morangos com Açúcar' (Amazon Prime). She also participated in projects such as 'Uma Vida Toda Empatada' and 'A Traição do Padre Martinho'. In cinema, she stars in the short film 'Um Beijinho', which earned her a Best Actress nomination at the 'Prémios Curtas'.

She has training in Contemporary Dance, and has also studied ballroom dancing including Tango, Waltz, Polka, Rock, and Charleston. She studied stage combat and artistic fencing. She knows how to swim, roller-skate, ride a bicycle, and drive.

Languages

Portuguese, English, French, Spanish, American Sign Language (ASL)