



# SWALLOWS

A SHORT BY SOFIA BOST

THE LONDON  
FILM SCHOOL

## SYNOPSIS

Sara moved to London to find a job in graphic design but she's stuck in a restaurant kitchen. Today, after one more rejection, the reality of her life sinks in.

Torn between what's been left behind in Portugal and the possibility of a better future, Sara finds herself on the edge of change.

## SINOPSE

Sara trabalha num restaurante em Londres mas não desiste de procurar emprego em design gráfico. Hoje, depois de mais uma rejeição, a realidade do que a sua vida se tornou é clara.

O conflito entre o que ficou em Portugal e a possibilidade de um futuro melhor é maior do que nunca.



## SPECIFICATIONS

Country: United Kingdom/Portugal  
Duration: 14'36''  
Filming format: ProRes 4444 2k  
Screening Format: DCP  
Sound: 5.1  
Original Language: Portuguese/English

## CREW

Written and directed by Sofia Bost  
Produced by Maria Loyter  
Cinematographer - Tian Tsering  
Editor - Pedro Jorge  
Sound Designer and Re-recording mixer - Maiken Hansen  
Colourist - Jason Moffat  
Portugal Producer - Francisco Neffe  
Portugal Production Assistant - Mariana Pinto Sousa  
1st Assistant camera - Agnieszka Owczarek, Ingvar Haukur Guomundsson  
Gaffer - Fillipos Vokotopoulos, Hunter Daly, Evgeny Sinelnikov  
Production Designer - Pedro Jorge  
Art Director - Frances Lê  
Drawings by Rita Penêda  
Make-up Artist - Giulia Varvello  
Script Editor - George Acavalos  
Sound Recordist - Francesco Corazzi, Christian Dymond  
Boom Swinger - Solange Plaza

## CAST

Teresa Tavares  
Pedro Caeiro  
Stefano Fregni  
Monika Miles  
Jeremiah Waysome  
Helen Road



## DIRECTOR'S BIO

Born in Switzerland in 1986, raised in Portugal. After completing a degree in Communication Sciences in Lisbon, Sofia worked a couple of years as creative assistant and editor. As she found herself wanting to develop her skills, she moved to the UK in 2012 after getting accepted by The London Film School. She directed and edited several projects and was awarded an MA with distinction upon completion of her film "Swallows".

She's currently writing her next short whilst freelancing as editor between London and Lisbon.

## FILMOGRAPHY

*Swallows*, 15', Arri Alexa,  
co-production Crosscut  
and LFS, UK/PT, 2015

*Oscar*, Doc, 20', HD, LFS,  
UK, 2013

*Estranged*, 3', 16mm,  
LFS, UK, 2012

## BIOGRAFIA DA REALIZADORA

Sofia nasceu em 1986 na Suíça mas cresceu em Portugal. Depois de licenciar-se em Ciências da Comunicação trabalhou alguns anos como assistente criativa e editora. A necessidade de desenvolver as suas capacidades técnicas e artísticas levou-a à London Film School, onde realizou e editou vários projectos. Terminou o mestrado com distinção com a curta-metragem "Swallows".

Actualmente prepara a próxima curta enquanto trabalha como editora freelancer em Londres e Lisboa.

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