

**Original Title:** Swallows

**International Title:** Swallows

F I L M

**Director:** Sofia Bost

Portuguese Film  
Agency

**Genre:** Fiction, Drama

**Year:** 2015

**Country:** Portugal

**Language:** Portuguese, English

**Subtitles:** English

**Duration:** 14'

**Original Format:** HD

**Screening Format:** DCP

**Aspect Ratio:** 1:85

**Color/B&W:** Colour

**Script:** Sofia Bost

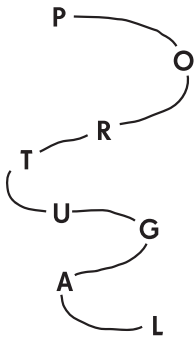
**Cinematography:** Tian Tsering

**Sound:** Francesco Corazzi

**Editing:** Pedro Jorge

**Production:** London Film School / Crosscut

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**Cast:** Teresa Tavares, Pedro Caeiro, Stefano Fregni, Jeremiah Waysome, Monika Miles

**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.

**Short Bio-Filmography:** Sofia Bost was born in Switzerland in 1986 but grew up in Portugal. After completing a degree in Communication Sciences in Lisbon, Sofia was 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 preparing her next short whilst freelancing as director and editor in Lisbon.

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