

## SOPA FRIA (COLD SOUP)



Portugal, France, 2023, ANI, DCP, HDV, ProRes SQ, Colour, 9'50"  
Dolby SR, Stereo, 16:9

Director: Marta Monteiro

Producer: Vanessa Ventura, Nuno Amorim, [Animais AVPL](#)

Producer: Claire Beffa, Sidonie Garnier, [La Clairière Ouest](#)

Script: Marta Monteiro

Photography: Marta Monteiro

Sound: Geoffroy Cantou-Carrassoumet

Music: Nico Tricot

Animation: Daniela Duarte, João Silva, Manar Guillier, Natália Azevedo Andrade

Inspired in: "Sopa" by Joana Estrela

Voz Off: Filomena Gonçalves, Anna Lepley

Animation Animation 2D

Technique:

Original Language: Portuguese

Subtitles: Spanish, French, English, Portuguese

Synopsis: A woman victim of domestic violence looks back at the years when she was married, recalling how difficult it was to stay afloat.

[| film data |](#)



## Marta Monteiro

Marta Monteiro was born in Portugal, 1973. BA in Drawing from ESAP (1994), degree in Fine Arts - Sculpture, FBAUP, 1999. Attended the Norwich School of Art as ERASMUS scholar, and animated film workshops, printing techniques, and training in the field of communication design. Illustration: Excellence Award, Communication Arts-USA, Special mention of the American association 3X3, illustrations from the book "Shadows", 2014. Gold Medal, Society of Illustrators, New York, illustrated series "Little People", 2014 Animation (as director): Short film "Independência de Espírito": Prize of the audience, Mostra Animation Festival, Lisbon 2012, Portugal, Honorable Mention (Prize António Gaio), Cinanima, Espinho 2011, Portugal

### Filmography:

- 2023 [SOPA FRIA](#)  
Portugal, France, 2023, ANI, DCP, HDV, ProRes SQ, Colour, 9'50"
- 2017 [A SONOLENTA](#)  
Portugal, 2017, ANI, Blu-Ray Disc (BD), DCP, HD, Colour, 10'20"
- 2011 [INDEPENDÊNCIA DE ESPÍRITO](#)  
Portugal, 2011, ANI, HD, Colour, 10'

## Festival Selections

- 2026 La Rochelle Film Festival, France
- 2025 Ànima Jove Fest, Spain
- 2025 Greenwich Village Film Festival, USA
- 2025 Shorts Attack, Germany
- 2025 Interfilm, Internationales Kurzfilmfestival Berlin, Germany
- 2025 CortoLovere, Italy
- 2025 Festival of Animation Berlin, Germany
- 2025 (Porto Femme) Telas na Rua – Bonfim , Portugal
- 2025 Animist Tallinn, Estonia
- 2025 Alpinale International Short Film Festival, Austria
- 2025 Mecal - International Short Film Festival of Barcelona, Spain
- 2025 Aigio International Short Film Festival , Greece
- 2025 Fastnet Film Festival, Ireland
- 2025 Rencontres du Cinéma Européen de Vannes, France

2025 Brussels SFF - Mont des Arts screening, Belgium  
2025 West Chester International Short Film Festival , USA  
2025 Festival International du Film d'Animation de Madagascar, Madagascar  
2025 Underexposed Film Festival yc, USA  
2025 Shortcutz Guimarães - Março, Portugal  
2025 Beirut Animation Nights, Lebanon  
2025 Athena Film Festival Short Film, USA  
2025 Goethe-Institut in Beijing, China  
2025 Muestra de Cine de Palencia, Spain  
2025 Mostra Ampla, Portugal  
2025 International Animation Film Festival of Catalonia, ANIMAC, Spain  
2025 Animalusa Mostra de Cinema de Animação Português, Spain  
2025 MONSTRA à solta - Arras, France  
2024 Feinaki New Year's Eve Animation Party, China  
2024 Les Nuits Magiques - International Animated Film Festival, France  
2024 Zubroffka International Short Film Festival, Poland  
2024 SIGGRAPH Asia, Japan  
2024 Macau International Short Film Festival, Macau  
2024 Films Femmes Méditerranée, France  
2024 Parn'elles sont là! #3 - Films et rencontres féministes, Portugal  
2024 Portuguese Film Festival in Seoul, Korea  
2024 LIAF - London International Animation Festival, United Kingdom  
2024 Du Grain a Demoudre French Film Festival, France  
2024 FEINAKI Beijing animation week, China  
2024 Interfilm, Internationales Kurzfilmfestival Berlin, Germany  
2024 Les Rencontres Cinessonne, France  
2024 Family Film Project, Portugal  
2024 Jakarta Film Week, Indonesia  
2024 Prime The Animation - Cinanima Program, Spain  
2024 Lobo Fest - International Film Festival, Brazil  
2024 ABYCINE – Albacete International Film Festival, Spain  
2024 TAF Thessaloniki Animation Festival, Greece  
2024 PRIMANIMA World Festival of First Animations, Hungary  
2024 VISTACURTA - Festival de Curtas de Viseu, Portugal  
2024 IndieCork Film Festival, Ireland  
2024 ANIMAFILM International Animation Festival, Azerbaijan  
2024 La Grande Tournée, France  
2024 Animage International Film Animation Festival of Pernambuco, Brazil  
2024 MANIFEST - Mafra Animation Film Festival, Portugal  
2024 Viborg Animation Festival, Denmark  
2024 Orvieto Cinema Fest, Italy  
2024 KYIV International Short Film Festival, Ukraine  
2024 Atlantic International Film Festival, Canada  
2024 Festival Off-Courts Trouville, France  
2024 Linoleum International Contemporary Animation and Media Art Festival, Ukraine  
2024 Seoul International Women's Film Festival, Korea  
2024 Cineclube de Faro - Agosto, Portugal  
2024 Indy Shorts International Film Festival, USA  
2024 Descentralização MONSTRA - Clube Objetivo Cinema em Penafiel, Portugal  
2024 Sessão MONSTRA X Projecto BDPALOP, Cape Verde  
2024 Porto Femme - Extensão, Portugal  
2024 Brussels International Film Festival (BRIFF) - BSFF Special Program, Belgium  
2024 Animaphix - International Festival of Animated Film, Italy  
2024 Nevada City Film Festival, USA

2024 Anibar Animation Festival, Kosovo  
2024 Annecy - Portuguese Focus, France  
2024 International Film Festival in Guadalajara, Mexico  
2024 Short Shorts Film Festival & Asia, Japan  
2024 Festival International Détours en Cinécourt, France  
2024 Cineclube de Pombal - Junho, Portugal  
2024 Entre Curtas, Portugal  
2024 Prémios Quirino de Animação Iberoamericana, Spain  
2024 Leiria Film Fest, Portugal  
2024 ShortCutz Ovar - Maio, Portugal  
2024 In The Palace International Short Film Festival, Bulgaria  
2024 Brussels Short Film Festival, Belgium  
2024 Internationales Trickfilm Festival of Animated Film Stuttgart, Germany  
2024 Programa Casa da Animação em Stuttgart Trickfilm, Germany  
2024 Sessão Mutim - Montemor-o-novo, Portugal  
2024 Porto Femme - Festival Internacional de Cinema, Portugal  
2024 Festa Cinema Italiano, Portugal  
2024 OJOLOCO - Latinoamerican Film Festival in Grenoble, France  
2024 International Animation Short Film Festival of Roanne, France  
2024 Festival International de Films de Femmes de Créteil, France  
2024 Monstra Lisboa Animated Film Festival, Portugal  
2024 Bergamo Film Meeting - Portuguese Animation Program, Italy  
2024 Regensburg Short Film Week, Germany  
2024 Tricky Women - International Animation Festival, Austria  
2024 Academia Portuguesa de Cinema - Gala de Prémios Sophia, Portugal  
2024 ANIMA, Brussels Internacional Animation Film Festival, Belgium  
2023 ODMC - ZOOM Barcelos, Portugal  
2023 ODMC - Vila do Conde (ESMAD), Portugal  
2023 ODMC - Setúbal (Câmara Municipal), Portugal  
2023 ODMC - Porto (Casa Comum -Unidade de Cultura), Portugal  
2023 ODMC - Cineclube de Faro, Portugal  
2023 ODMC - Casa do Cinema de Coimbra, Portugal  
2023 ODMC - Sardoal (Centro Cultural Gil Vicente), Portugal  
2023 ODMC - Oliveira do Hospital, Portugal  
2023 ODMC - Maia, Portugal  
2023 Afrodite Shorts, Italy  
2023 ODMC - Portalegre, Portugal  
2023 ODMC - Paredes de Coura, Portugal  
2023 ODMC - Amadora, Portugal  
2023 Anilogue - International Animation Film Festival, Hungary  
2023 Cinanima - International Animated Film Festival of Espinho, Portugal  
2023 Caminhos do Cinema Português, Portugal  
2023 SPARK Animation Festival, Canada  
2023 Casa da Animação - Prémio Nacional da Animação, Portugal  
2023 Bucheon International Animation Festival, Korea  
2023 Montpellier International Festival of Mediterranean Film, France  
2023 European Animated Film Festival Balkanima, Serbia  
2023 Animasyros - International Animation Festival, Greece  
2023 Countryside Animafest Cyprus, Cyprus  
2023 CineAvante'23, Portugal  
2023 Curtas Vila do Conde International Film Festival, Portugal  
2023 Animafest - World Festival of Animated Films Zagreb, Croatia

