

THE BIRD FROM WITHIN



Portugal, 2024, ANI, DCP, Colour, 5'56"

Stereo, 16:9

Director: Laura Anahory

Producer: Laura Anahory, [Universidade Católica Portuguesa · Escola das Artes](#)

Script: Laura Anahory, Ana Anahory, Guilherme Mateus

Editing: Laura Anahory

Sound: Vasco Almeida

Sound: Lucía Beaumont

Music: Vasco Almeida

Animation: Laura Anahory

Animation Animation 2D

Technique:

Original Language: No dialogue

Subtitles: No dialogue

Synopsis: The film follows a woman and the bird which lives inside of her, and how their inability to co-live together leads to physical wounds to her body.

[| film data |](#)



Laura Anahory

Laura Anahory, a finalist in the Master's program in Sound and Image, started from Graphic Design at the Escola Artística Soares dos Reis, completing a Bachelor's degree in Communication Design at the Escola Superior de Artes e Design. With a particular focus on character design and illustration, she completed a Postgraduate degree in Illustration and Animation at the same institution, which sparked her interest in 2D animation. Since then, she has produced two animated short films—House on the Hilltop (2023) and O Pássaro de Dentro (2024)—as well as a promotional trailer for Cinanima in 2024.

Filmography:

- 2024 [THE BIRD FROM WITHIN](#)
Portugal, 2024, ANI, DCP, Colour, 5'56"
- 2024 **HOUSE ON THE HILLTOP**
04'

Festival Selections

- 2026 Internationales Trickfilm Festival of Animated Film Stuttgart, Germany
- 2026 Porto Femme - Festival Internacional de Cinema, Portugal
- 2026 Cineclub de Pombal - Abril, Portugal
- 2026 Animalusa Mostra de Cinema de Animação Português, Spain
- 2025 BogoShorts - Festival de Cortos de Bogotá, Colombia
- 2025 Animateka International Animated Film Festival, Slovenia
- 2025 Auteur Film Festival, Serbia and Montenegro
- 2025 Caminhos do Cinema Português, Portugal
- 2025 Cinanima - International Animated Film Festival of Espinho, Portugal
- 2025 La Femme Independent Film Festival, France
- 2025 International Student Film and Video Festival, China
- 2025 Sevilla European Film Festival, Spain
- 2025 Wiesbaden International Animation Festival, Germany
- 2025 Tijuana International Film Festival, Mexico
- 2025 Entre Olhares - Festival de Cinema Português, Portugal
- 2025 Minsk International Film Festival "Listapad", Belarus
- 2025 Bucheon International Animation Festival, Korea
- 2025 Animagoria - Mostra de Filmes de Animação, Portugal
- 2025 CINE TEJO - International Short Film Festival, Portugal
- 2025 imaginaria International Animation Film Festival, Italy
- 2025 Curtas Vila do Conde International Film Festival, Portugal
- 2025 Anima IADE, Portugal
- 2025 La Cinéf, Cannes, France
- 2025 Monstra Lisboa Animated Film Festival, Portugal
- 2024 Casa da Animação - Prémio Nacional da Animação, Portugal

