



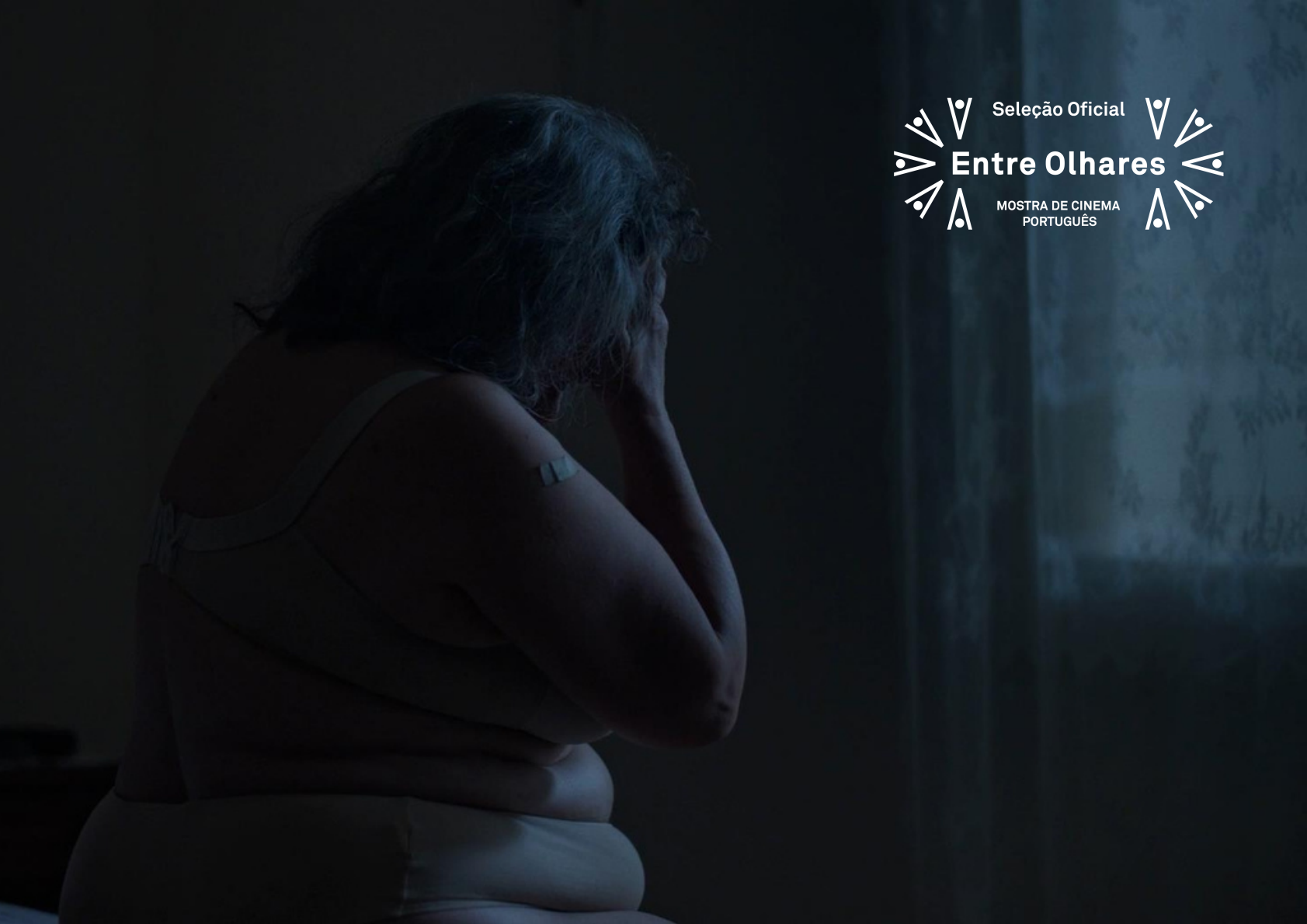
PRODUCED BY

beActive, Produções Interactivas, S.A.

PORTA-TE BEM

INÉS COSTA TERESA FARIA
GUIAÇÃO-GRUPO MARGARIDA SANDOZ CAPELOS E MARILINDA MARIANA MARQUES
DIREÇÃO DE ATOR MARIA INÉS SANTOS DIREÇÃO DE SOM LUÍS SILVEIRA MÚSICA MIGUEL VILHENA ENCAIXA RICARDO GOUVEIA
DIREÇÃO DE FOTOGRAFIA AFONSO VIEIRA PRODUÇÃO NUNO BERNARDO JOANA ALVES ARGUMENTO E REALIZAÇÃO JOANA ALVES







SYNOPSIS

Filomena lives alone in a rural village in the interior of Portugal and has just found out that she doesn't have much time left to live. Her granddaughter Laura, a young woman in her early twenties, raised by her, shows up out of nowhere at her house. They share memories of childhood and youth, up to the moment when the granddaughter left home to attend University in Lisbon.

But something strange happens when the two have a heated argument about the possible return of Laura's mother to their lives. Is Filomena's illness playing tricks on her? Or is something else going on here?



DIRECTOR'S NOTE

Human beings are finite creatures. They have a beginning, middle, and end. The only certainty we have in life is that it will one day come to an end. We don't know how or when, but one day we'll be talking to someone, laughing at something, or crying in sorrow, and we'll take our final deep breath.

There's no one who hasn't dealt with death yet. Whether it's through a loved one, a pet, or even through a news report, we've all felt that tightness in the chest, that struggle to breath. That momentary disorientation, where we're not quite sure how to react or what the most appropriate reaction is. If there even is one.

"Take Care" is a drama, told from the perspective of a grandmother who hires an actress to play her granddaughter, in an attempt to rewrite history, to change the past and make peace with herself.

It takes place in a village in rural Portugal - it's a glimpse into the everyday life of a Portugal often forgotten, but also deserving of portrayal.

Representativity is essential to human beings. And the stories of these lands, these fragments of daily life and silence, of the countryside and the village, of chickens and goats, of religious festivities, and above all, of these people, deserve to be told and shared with the entire Portuguese population. Otherwise, we run the risk of these traditions and experiences falling into oblivion and no longer being present in the history of the Portuguese.

This is a short film that, by exploring a more emotional aspect of family ties, through two central female characters, aims to give voice to these stories and help those who go through situations similar to this Granddaughter and this Grandmother.

Joana Alves

BIOGRAPHY

Joana Alves, now living in Lisbon, was born in a small town in the Portuguese countryside. She studied Film at the University of Beira Interior in Covilhã and completed a postgraduate degree in filmmaking at RESTART in Lisbon, where she currently resides. She wrote and directed "#NoFilter," a TV pilot that premiered on Sic Radical in 2023.

Take Care is her first short fiction film. It is currently touring the national and international festival circuit, having been selected, to date, to Entre Olhares - Festival de Cinema Português 2024, Porto Femme - International Film Festival 2025, Prémio Curtas 2025 (Best Actress Nomination for Teresa Faria), Festival Ibérico de Cinema 2025 in Badajoz and 14º Mostremp, Cinema Rural Al Pallars in Lleida, both in Spain, and others.





OUR TEAM

Written and Directed by Joana Alves

Produced by Nuno Bernardo

Joana Alves

Heads of Production Maria João Dias

Pedro Rodrigues

1º Assistant Director Luís Sérgio

Location Manager Luís Alves

Director of Photography Afonso Vieira

1º Camera Assistant Marta Ferreira

Camera Trainees Ana Luísa Martins

Francisco Batista

Gaffer Tomás Cazaux

Sound Director Luís Silveira

Art Director Maria Inês Santos

Hair and Make-Up Mariana Marques

Wardrobe Margarida Sampaio

Editing Ricardo Gouveia

Color Correction Afonso Vieira

Mix and Sound Design João Alves

Music Miguel Vilhena

Cast Teresa Faria

Inês Costa

PORTA-TE BEM

(TAKE CARE)

Drama, Short Film

Country: Portugal

Year: 2024

Duration: 20'

Colour

Format: 1.85

Sound: 5.1

Original Language: Portuguese

CONTACTS

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