



AN EXCLUSIVE INTERVIEW WITH
LINA SOPHIA
By Farah Rezeika

LINA SOPHIA, A TALENTED ACTRESS WITH A DEEP-ROOTED PASSION FOR HORSES. BORN INTO A FAMILY WITH EQUESTRIAN CONNECTIONS IN EGYPT, MOROCCO, AND FRANCE. LINA SOPHIA'S LOVE FOR THESE MAJESTIC CREATURES WAS SPARKED AT AN EARLY AGE. HER UPBRINGING IN CULTURALLY RICH COUNTRIES HAS PROFOUNDLY INFLUENCED HER PERSPECTIVE ON ART, CULTURE, AND THE EQUESTRIAN WORLD.



WHEN DID YOUR PASSION FOR HORSES START?

I developed a passion for horses at a young age, as my mom used to ride in the 90s. Growing up in stables due to frequent moves to in different stables, I have been involved in horseback riding on and off for the past 15 years.

HOW HAS BEING CLOSE TO HORSES AFFECTED YOUR CHARACTER?

Horses are majestic creatures that have taught me valuable lessons in patience, understanding, and building connections. Riding and teaching them is therapeutic, and spending time with horses provides moments of solitude and independence. Being around these gentle animals has made me a more caring and thoughtful person.



YOU HAVE CONNECTIONS TO BOTH EGYPT AND MOROCCO, TWO CULTURALLY RICH COUNTRIES. HOW DO YOU FEEL ABOUT THIS?

I have a strong connection to Egypt and Morocco, which I deeply cherish. Growing up in these vibrant nations has instilled in me a love for the arts and a deep appreciation for their diverse cultures. My experiences in Morocco and Egypt have greatly influenced my passion for horseback riding. France, with its beautiful landscapes and rich equestrian heritage, has also played a significant

role in shaping my love for this sport. I am proud to come from a country known for its talented Olympic riders and exceptional horses.

HAVE YOU EVER CONTEMPLATED PURSUING HORSE RIDING PROFESSIONALLY AND PARTICIPATING IN EQUESTRIAN COMPETITIONS?

I have considered pursuing horse riding professionally and competing in equestrian events. It's a dream outside my comfort zone, but I would love to participate in shows and competitions. While I know I have room for improvement in skill and mindset, I am determined to make it happen at least once in my life.



WHAT KNOWLEDGE DO YOU HAVE ABOUT HORSES?

I find horses fascinating, especially their unique personalities and preferences. I learned how to groom them when I was younger, but I still have a lot to learn about controlling them.


IT'S CLEAR THAT ACTING IS YOUR TRUE PASSION. CAN YOU TELL US MORE ABOUT WHAT DRAWS YOU TO IT AND WHY IT MEANS SO MUCH TO YOU?

Acting has been a passion of mine since childhood, shaping my identity and future. It is not just a career path, but an integral part of who I am. My goal is to create impactful projects, like a movie focused on horses and their riders, to share inspiring stories on the big screen.

MRS. HEBA, AS LINA'S MOM, COULD YOU TELL US A MEMORABLE STORY ABOUT HOW SHE FIRST GOT INVOLVED IN ACTING?

Lina's acting career began unexpectedly when she was approached for a commercial, and she quickly fell in love with acting. She pursued auditions and landed her first role in the Egyptian movie "HEPTA," launching her acting career

CIRCLING BACK TO YOU, LINA, WOULD YOU BE INTERESTED IN WORKING ON A FILM OR A TELEVISION PROJECT THAT REVOLVES AROUND HORSES

I am passionate about combining my love for horseback riding with my filmmaking skills. While I have not worked on equestrian-themed projects yet, I am eager to explore this area in the future. The idea of creating films centered around horses excites me, and I look forward to the opportunity to work on such projects. 



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