



CATARINA VILA NOVA

Communications Specialist

Creative and impact-driven communications specialist with 5+ years of international experience in journalism, podcasting, and digital communications in several countries (Portugal, China, Netherlands, Malta, Belgium, and Spain). Skilled in content creation, media outreach, and digital storytelling with a strong focus on intersectional feminism and social and climate justice.

INFORMATION

- +351 913 383 585
- catarina.vn@gmail.com
- Barcelona, Spain
- [PORTFOLIO](#)
- Portuguese
- [LINKEDIN](#)

SKILLS

- **Canva**
- **Media monitoring**
(Cision, Meltwater)
- **Newsletter production**
(Flexmail, Microsoft Dynamics, MailChimp)
- **Social media management** (Hootsuite)
- **Podcasting** (Adobe Premiere Pro, Audacity)
- **Salesforce**
- **Website management**
(WordPress, Squarespace)

LANGUAGES

- Portuguese (Native)
- English (C2)
- Spanish (B2)
- Italian (B1)
- French (A2)

PROFESSIONAL EXPERIENCE

Communications & Operations Manager, European Whistleblowing Institute

September 2024 - Present | Remote

- Develop and implement an organization-wide communications strategy
- Lead production of newsletters, blog content, and social media campaigns
- Oversee website management and content updates
- Organize communications and logistics for online and in-person events, including the first European Whistleblowing Conference

Podcast Executive, Friends of Europe

September 2024 - June 2025 | Remote

- Host, producer and editor of the Policy Voices Podcast, covering European and international affairs
- News-gathering, researching, fact-checking, interviewing, script writing, hosting and editing
- Covered security and defense, elections, climate change

Press & Communications Officer, Friends of Europe

September 2023 - August 2024 | Brussels, Belgium

- Launched Policy Voices Podcast (host, producer and editor)
- Secured press coverage in top-tier outlets (Politico, FT, DW)
- Created and implemented a press and podcast strategy
- Media outreach (press releases) and monitoring

Blue Book Trainee, European Union Agency for Asylum

March - July 2023 | Valletta, Malta

- Created communications materials: newsletters, brochures, social media posts, infographics, news items, promotional videos
- Conducted press monitoring

Journalist, Newspaper Ponto Final

April 2017 - May 2019 | Macao, China

- Reported on human rights, democracy, and social justice issues
- Produced investigative features on gender-based violence, sexual assault, and the migrant and LGBTQ+ communities
- Parliamentary reporter

Reporter & Editor, Rádio Universidade de Coimbra

Feb 2015 - June 2016 | Coimbra, Portugal

- Reported news segments on national and international affairs

EDUCATION

MSc in Political Science (International Relations)

Radboud University, The Netherlands (2020 - 2022)

- Graduated *cum laude*: 8.12/10
- Thesis: *'Add oil': Why China responded with violence to the worst political crisis in Hong Kong*

Pre-Master's Program in Political Science

Radboud University, Netherlands (2019 - 2020)

China Study Program for Journalists of Macao Press

Tsinghua University, China (September 2018)

Bachelor in Journalism and Communication

University of Coimbra, Portugal (2013-2016)

- GPA of 16/20
- Erasmus+ at Università Degli Studi di Padova, Italy (Oct 2015 - Feb 2016)