

CATARINA VILA NOVA

COMMUNICATIONS MANAGER

[LinkedIn](#) | [Portfolio](#) | [Website](#)

SUMMARY

Communications specialist with 8 years of international experience spanning political journalism, EU policy communications, and digital storytelling. Fluent in Portuguese, English, and Spanish, with a track record of translating complex scientific, technical, and policy content into compelling narratives across documentary, podcast, video, and written formats. Experienced in media relations, knowledge translation, and audience-focused content strategy across NGOs, think tanks, and EU institutions.

WORK EXPERIENCE

Digital Engagement Coordinator (maternity cover) 12/2025 - Present

Health Care Without Harm Europe, Remote

- Lead the monthly newsletter reaching +10k healthcare professionals, policymakers, and advocates, translating research outputs and program reports into clear, engaging content
- Manage communications for CleanMed - Europe's leading conference on sustainable healthcare - including campaign strategy, content production, and audience engagement
- Drive knowledge translation as a core strategic priority, ensuring HCWH Europe's research outputs, tools, and resources reach and resonate with targeted professional audiences

Communications and Operations Manager 09/2024 - Present

European Whistleblowing Institute, Remote

- Develop and implement a comprehensive communications strategy, resulting in a 100% increase in LinkedIn followers and a 200% rise in website traffic
- Design and execute multi-channel communications campaigns for flagship initiatives, coordinating with external designers, social media consultants, and sound engineers
- Led media outreach for an advocacy campaign against Slovakia's decision to abolish the Whistleblower Protection Office, resulting in coverage by the [FT](#), [Guardian](#), and [Politico](#)

Founder and Host of Policy Voices Podcast 09/2023 - 06/2025

Friends of Europe, Brussels (Belgium)/Remote

- Produced and hosted a weekly interview podcast on European and global affairs, coordinating a multidisciplinary team of designers, social media officers, and sound engineers
- Interviewed high-profile guests, including Jaap de Hoop Scheffer, former NATO Secretary-General, and covered complex technical topics such as carbon dioxide removal

Press and Communications Officer 09/2023 - 08/2024

Friends of Europe, Brussels (Belgium)

- Secured consistent weekly media coverage in leading EU and national outlets, including Politico, the Financial Times, Deutsche Welle, and Euronews
- Led media outreach for high-profile flagship initiatives, including the EU-China Summit and the Brussels launch of the International Energy Agency's annual report, producing press releases, media invitations, and briefing materials

Blue Book Trainee

03/2023 - 07/2023

European Union Agency for Asylum, Valletta (Malta)

- Wrote and designed **communications materials** (newsletters, brochures, social media posts, infographics, news items, promotional videos)

Politics Reporter

04/2017 - 05/2019

Ponto Final, Macau (China)

- Reported on human rights, pro-democracy movement, and social justice issues in Macau, Hong Kong, and China

SKILLS

- **Languages:** Portuguese (Native); English (C2); Spanish (C1); Italian (B1); Catalan (A2)
- **Newsletter production:** Flexmail, MailChimp, Microsoft Dynamics
- **Website management:** WordPress, Squarespace, Drupal
- **Social media management:** Hootsuite, Planable
- **Media monitoring:** Cision, Meltwater
- **Podcasting:** Riverside, Audacity
- **Graphic design:** Canva
- **CRM:** Salesforce

EDUCATION

Master of Science in Political Science (International Relations) - with honors 2020-2022
Radboud University, Nijmegen (The Netherlands)

- Thesis: 'Add oil': Why China responded with violence to the worst political crisis in Hong Kong

Bachelor's in Journalism and Communication

2013-2016

University of Coimbra, Coimbra (Portugal)

- Erasmus at Università Degli Studi di Padova (Italy)

PROJECTS

Your Rights, Your Clicks (+53k views) 01/2026
Forus International

- 10-part multilingual advocacy video series on digital rights
- Researching and script-writing

Financing Change (+3k views) 07/2025
Forus International

- Documentary that explores how civil society, grassroots movements, and communities are coming together to drive sustainable and just development while calling for more synergies with public development banks
- Researching, voice-over, and script-writing

Digital Futures (+47k streams) 12/2024
Forus International

- Multilingual podcast exploring the intersection of technology, civil society, and human rights
- Researching, interviewing, script-writing, and editing