

🚳 PORTUGUESE

CONTACT

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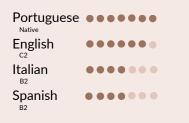
🙎 Brussels, Belgium

PORTFOLIO

SKILLS

Adobe Premiere Pro Audacity Canva Cision Media monitoring Newsletter production WordPress

LANGUAGES



HOBBIES AND INTERESTS

- 34 countries travelled to: 19 in Europe, 12 in Asia, and 3 in South America
- Avid consumer of stand-up comedy and podcasts
- Loves to bake

CATARINA VILA NOVA

Creative and driven journalist-turned-communications professional/podcaster with 2+ years of experience in several countries (Portugal, China, Netherlands, Malta and Belgium). Skilled content creator using Adobe Premiere Pro, Canva and WordPress to deliver well-researched interviews and features in written and radio format. Passionate about advocacy for reproductive rights, international feminism and social justice.

PROFESSIONAL EXPERIENCE

Press & Communications Officer (September 2023 - present)

Friends of Europe (Brussels, Belgium)

- Podcast coordination (news-gathering, research, factchecking, interviewing, script writing, hosting and editing)
- Generating press coverage in key media outlets (POLITICO, FT, Euronews, Deutsche Welle)
- Developing a press and podcast strategy
- Drafting press releases and news items
- Managing communication with the press
- Preparing media briefings and responding to media requests
- Media monitoring and reporting

Blue Book Trainee (March-July 2023)

European Union Agency for Asylum (Valletta, Malta)

- Drafted news items, brochures and social media posts (Twitter, Facebook, LinkedIn & Instagram)
- Revamped website's content
- Produced internal and external newsletters
- Press monitoring
- Copywriting (promotional videos, infographics)

Writer & Editor (March-July 2022)

Raffia Magazine (Nijmegen, The Netherlands)

- Wrote an analysis of women's role in the Ukraine War
 Interviewed a lesbian couple travelling across Europe
- about their educational project in schools
- Organized a debate on LGBTQIA+ rights in The Netherlands

Journalist (April 2017-May 2019)

Newspaper Ponto Final (Macau SAR, China)

- Wrote a feature story on domestic violence
- Investigated a case of sexual assault at a kindergarten
- Reported on the pro-democracy movement and local LGBTQ+ and migrant communities
- Wrote breaking news, long features, analysis and interviews

Editor & Reporter (February 2015-June 2016)

Rádio Universidade de Coimbra (Coimbra, Portugal)

- Coordinated and edited news broadcasts and commentary programs
- Coordinated a team of three trainees
- Reported on breaking news and current affairs (local, national, and international)

EDUCATION

MSc in Political Science (International Relations)

- Radboud University, The Netherlands (2020 2022)
 - Graduated cum laude: 8.12/10
 - Thesis title: '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 program at Università Degli Studi di Padova (Italy)