

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, fact-checking, 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)




 PORTUGUESE

CONTACT

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 [PORTFOLIO](#)

SKILLS

Adobe Premiere Pro

Audacity

Canva

Cision

Media monitoring

Newsletter production

WordPress

LANGUAGES

Portuguese ●●●●●●●●
Native

English ●●●●●●●●
C2

Italian ●●●●●●●●
B2

Spanish ●●●●●●●●
B2

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

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)