

SKILLS

Canva

Media monitoring (Cision,

Meltwater)

Newsletter production

(Flexmail, Microsoft Dynamics)

Social media management

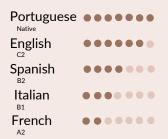
(Hootsuite)

Podcasting (Adobe Premiere

Pro, Audacity)

Salesforce WordPress

LANGUAGES



HOBBIES AND INTERESTS

- 36 countries travelled to: 20 in Europe, 12 in Asia, 3 in South America, and 1 in Africa
- Avid consumer of stand-up comedy and podcasts

CATARINA VILA NOVA

Creative and driven journalist-turned-communications professional/podcaster with 5 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, intersectional feminism and social justice.

PROFESSIONAL EXPERIENCE

Communications & Operations Manager (09/2024 - present)

European Whistleblowing Institute (remote)

 Responsible for developing and implementing a communications strategy for Project BRIGHT

Podcast Executive (09/2024 - present)

Friends of Europe (remote)

 Host, producer and editor of the Policy Voices Podcast (news-gathering, research, fact-checking, interviewing, script writing, hosting and editing)

Press & Communications Officer (09/2023 - 08/2024)

Friends of Europe (Brussels, Belgium)

- Host, producer and editor of the Policy Voices Podcast (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
- Media monitoring, liaising and reporting

Blue Book Trainee (03-07/2023)

European Union Agency for Asylum (Valletta, Malta)

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

Journalist (04/2017 - 05/2019)

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

Radio Editor & Reporter (02/2015 - 06/2016)

Rádio Universidade de Coimbra (Coimbra, Portugal)

• 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)