



 PORTUGUESE

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.

SKILLS

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

LANGUAGES

Portuguese Native ●●●●●●●●
English C2 ●●●●●●●●
Spanish B2 ●●●●●●●●
Italian B1 ●●●●●●●●
French A2 ●●●●●●●●

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

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)