

Sol Bena de Rette Morán

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SUMMARY

Dynamic professional specializing in International Relations and Geopolitics with a focus on China and East Asia, bringing hands-on international experience and cultural insights from studies in China. Adaptable, analytical, and multilingual, with additional skills in research, cross-departmental coordination, and familiarity with a variety of tools. Recognized for strong organizational and problem-solving abilities, with solid communication skills.

LANGUAGES

- Spanish: Native
- Galician: Native
- English: Proficient
- Chinese: HSK5 (C1)
- Italian: B1
- French: B1

EXPERIENCE

Public Technical Cooperation Trainee

November 2022 - June 2023, Madrid

FIIAPP

- Support to the management of public technical cooperation and EU delegated cooperation projects focusing on democracy, rule of law, anti-corruption and justice, ensuring alignment with project objectives and donor requirements.
- Participation in Department's meetings and Practitioners Network Regular Meetings, contributing insights and expertise to enhance collaboration and knowledge-sharing among stakeholders.
- Focal point between the area of Justice and Rule of Law, other areas of CTP, Strategy and Communication.
- Support to the Head of Unit in managing programmes and coordinating departmental tasks.

Trainee Student

February 2021 - June 2021, Madrid

International Commission against the Death Penalty

- Work at the Human Rights Department supporting daily work and tasks of the Secretariat.
- Contact with international figures and institutions.
- Participation in national and international meetings.
- Writing and proofreading support of Opinion Pieces and Annual Reports.
- Investigation and report writing about questions related to death penalty in different countries.

EDUCATION

Mandarin Chinese Language and Culture Diploma

Zhejiang University · Hangzhou · 2023-2024

- Chinese Government scholar at Zhejiang University.
- Annual courses of Chinese, including advanced reading, grammar, speaking and writing.

Master's in Geopolitics and Strategic Studies

Carlos III University · Madrid · 2021-2023

Bachelor's in International Relations

Rey Juan Carlos University · Madrid · 2017-2021

Bachelor's in International Studies

University of Nottingham Ningbo China · Ningbo · 2019-2020

- MUNDE Exchange Program 2019-2020
- Courses of Politics, History and Economy of China and East Asia.

CERTIFICATIONS

Bloomberg Market Concepts Course

Bloomberg · 2024

- Solid foundation in finance, including essential skills in five core areas: Economic Indicators, Currencies, Fixed Income, Equities and Commodities.
- Introduction to Bloomberg Terminal.

Bloomberg Finance Fundamentals Course

Bloomberg · 2024

- Introduction to the key concepts involved in finance and investment.

Environmental Social Governance Course

Bloomberg · 2024

- ESG trends and common ESG investment strategies.

SKILLS

- Team work
- Flexibility
- Organization
- Communication
- Quick-learner
- Problem solving skills
- Microsoft Office 365
- SharePoint
- CRM
- QGIS
- R Studio