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She holds an LL.M. in Litigation and Arbitration from NOVA School of Law, where she also completed a Postgraduate Diploma in Arbitration.

Since November 2022, she has served as the Executive Director of the NOVA Dispute Resolution Forum (a NOVA School of Law research centre).

Her research focuses primarily on international investment arbitration and alternative dispute resolution, and she has authored several articles on both Portuguese and international arbitration.

Rita has substantial experience in domestic and international arbitration, having acted as secretary to several arbitral tribunals. She also assists in complex litigation matters and collaborates regularly with international law firms on cross-border dispute resolution.

Before joining Victoria Associates, Rita interned at a Lisbon-based boutique law firm specialising in construction disputes.