







Karina Sturm

Résumé

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PROFILE

Karina is a multi-media journalist and filmmaker from Germany who has lived in San Francisco for seven years. These days, she resides somewhere between Germany, the US and Denmark. She gained significant scientific knowledge through studying laboratory technology and working in research for several years. Due to a chronic illness and invisible disability, she found her passion for media production and has been working as a freelance journalist since 2013. In 2019, she finished her Master's degree by producing a feature-length documentary called "We Are Visible" to highlight how to improve reporting on people with disabilities in media. "We Are Visible" has won several movie awards, while Karina graduated with distinction from her journalism program. Karina's main focus is to represent people with illnesses and disabilities accurately in the media to reduce biases and stereotypes. She thinks disabled journalists should be reporting on disability.

SUMMARY

- 10 YEARS **Experience as a freelance writer/journalist**
focusing on improving the representation of people living with chronic illnesses and disabilities in media
- 5 YEARS **Experience as a lab technician**
researching bacterial effector proteins
- 4 YEARS **Experience as a medical assistant**
including care for chronically ill people

ACADEMIC DEGREES

JULY 2020 **Master of Art with Distinction in International Journalism for Media Professionals**
*Edinburgh Napier University
Scotland*

MAIN PUBLICATIONS

ABILITY Magazine (US), Ärzte Woche (Austria), Neue Norm (Germany), Chronic Pain Partners (US), www.ableismus.de (Germany)

PROJECTS

- 2021 - 2022 **Book: "Ratgeber Ehlers-Danlos-Syndrom"**
published by Springer Nature
- 2021 - ONGOING **#AbleismusToetet www.ableismus.de**
Journalistic research project uncovering violence towards people with disabilities in German care facilities, project lead and editor-in-chief since 2023
- 2022 ONGOING **Book: "Stoppt Ableismus!"**
will be published by Rowohlt in January 2024

AWARDS

2020 **We Are Visible - Film Awards**
LA Film Awards, New York Film Awards, Impact DOCS Awards, Docs Without Borders Festival, Commfest, besides others

2020 **Class Medal Winner**
Edinburgh Napier University; Class medal for outstanding journalistic and academic work across the board

WORK EXPERIENCE

JUNE 2013 – PRESENT

Journalist and Filmmaker

Combining my scientific background with my personal experiences as a journalist living with a chronic illness and invisible disability in order to educate about and raise awareness for a variety of health conditions and disabilities, and writing of academic publications and reviews of medical conditions.

2009 – 2012

Biotechnology University of Erlangen
Laboratory Technician

Researching bacterial effector proteins, in particular SiiE from Salmonella with a main focus in chromatography, cultivation of bacterial expression systems, protein biochemistry and crystallography, lectures and presentations, lab management, support for students, documentation and review of results in scientific publications.

2006 – 2009

Laboratory Technician School Nuremberg
Student

Three-year standardized study as a laboratory technician at the Staatliche Berufsfachschule B8 in Nürnberg, Germany Final grade: 1.04 (resembles 21 subjects with grade A, one subject with grade B) Exam: 1.3 (grade A) Resulted in admission to a program that supports students with extraordinary talents.

2002 – 2006

Medical Assistant Neumarkt
Student; Permanent Position

Dr. Bauer/ Ehrengut/ Wonka in Neumarkt, Germany Final grade: 1.33 (resembles grade A) Exam: 1.7 (resembles grade B) With a main focus in caring for complex, mostly chronically ill patients, guidance and examination of diabetic patients, diagnostic testing such as ECG, geriatric diagnostics, vital parameters, cancer screening, assistance during outpatient surgeries, phlebotomy, injections, office hygiene.

COURSES

2017 **Journalism SGD**
Finished with Grade 1; resembles A

COMMUNICATION SKILLS

GERMAN Native speaker

ENGLISH TOEFL Score 119/120 in 2017

EXTRACURRICULAR ACTIVITIES

2014 – TODAY **Advocate for people living with Ehlers-Danlos syndrome**
Blog, podcast, speaking engagements, social media presence, books, book chapters, networking across the globe, peer counseling

2020 – TODAY **Editor-in-chief**
Curating Chronic Pain Partners (a US non-profit organization) monthly newsletter; leading a team of 10 writers; producing original content in text, video and audio

2017 – 2021 **Volunteer at Laguna Honda Hospital in San Francisco**
Visiting residents as part of the Activity Department

SPECIAL SKILLS

BASIC HTML, FileZilla, Scrivener

GOOD MS Office (Word, Excel, Power Point); Apple Pages, Numbers, Keynote; WordPress (built eight websites so far); Social Media (post design and management, currently managing Facebook, Instagram and Twitter for two magazines); YouTube and Vimeo; Video production including filming and editing; closed captions and descriptive audio; Podcasting, Blogging, SEO, Editing; Academic writing, Research