



Galicia 204, CDMX, 03400



aleidarueda@gmail.com

## LANGUAGES

Spanish  
English

## MEMBER OF:

- Mexican Network of Science Journalists (former president and current member of the Board)
- 2023 Symposium to Advance Science and Technology Journalism and Communications (SAPeCCT) program committee (Chile)
- 2017 World Conference of Science Journalist program committee (San Francisco, USA)
- ¿Cómo ves? Magazine Advisory Committee

# ALEIDA RUEDA

SCIENCE/ HEALTH JOURNALIST

## ABOUT ME

I am an experienced science&health journalist based in Mexico City, with more than 20 years of experience as a science writer and communicator for TV, radio, and digital national and international media. I also teach science journalism in several graduate and post-graduate programs to strengthen new generations of science journalists in Latin America.

## EDUCATION

- 2010-2011** Diploma in Journalism for Developing Countries  
Indian Institute of Mass Communication, India
- 2009-2010** Master in Journalism for News Agencies  
Rey Juan Carlos University and EFE Agency, Spain
- 2001-2005** Bachelor's Degree in Journalism  
National Autonomous University of Mexico (UNAM)

## WORK EXPERIENCE AS JOURNALIST

### Freelance science journalist

I write features and news on science for different national magazines such as: Universidad de México, ¿Cómo ves?, TecScience, Capitel.

### Science and Development Network (Latin America)

From 2006, I am a reporter and from 2021 I am also member of the editorial team (Latin America desk). I develop stories (news, features, and videos based on scientific research that has an impact in Latin American and the Caribbean.

### Pie de Página (México)

I am the science columnist of the media. My column is called "La evidencia por delante" (Evidence, first), in which I reflect about different social issues that are promoted without any scientific evidence.

### Salud con Lupa (Perú)

From 2020-2023 I was in charge of Comprueba section, in which I wrote stories to debunk myths or misconceptions about health.

### Pan Pa'l Susto Podcast

Reporter, scriptwriter, and host of the independent health stories podcast, Pan Pa'l Susto.

### Television Presenter

From 2017 to 2019, I served as a reporter and host for the programs Refracción, Simbiosis, and Simbiosis MX, which collectively aired 50 episodes. From 2013 to 2015, I was a reporter and host for the programs "La Ciencia de la ciudad" (season 1) and "Ciencia en todos lugares" (seasons 1 and 2), totaling 36 episodes.

### Radio Presenter

In 2018, I served as a reporter and host for the program Habitat Ciencia, which aired a total of 25 episodes (once a week) and produced over 75 journalistic pieces, including interviews, reports, and microstories.

## WORK EXPERIENCE AS COMMUNICATOR

### Center of Complex Sciences (C3, UNAM)

From 2021, I work as a science communicator on complex sciences.

### Institute of Physics (IF, UNAM)

From 2012 to 2020, I was the Press Officer and coordinated a team of reporters (students) to communicate issues related to Physics.



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### AWARDS

- 2024** Finalist in the Best Mexican Audio Narration category at SONAR, an independent festival dedicated to podcasting and audio narration.
  - 2024** Nomination in the audio category at the Gabo Award, chosen from a pool of 2,000 registered works from the Ibero-American region.
  - 2023** 1st place National Award of Journalism “Rostros por la Igualdad” awarded by the National Council Against Discrimination (CONAPRED)  
3rd place National Award of Journalism on Pain “Por un México sin dolor”, awarded by Grünenthal Foundation México
  - 2022** "Best feature of the year" and "Best Multimedia of the year", awarded by CABI International and SciDev.Net
  - 2021** 1st place (Science Category) COVID-19 Reporting Contest, awarded by the International Center for Journalists (ICFJ) and the International Journalists' Network (IJNet).
  - 2018** "Best script" and "Best Reporter" Pantalla de Cristal Awards
  - 2016** 1st place National Award of Journalism on Sustainability, awarded by the Journalism School Carlos Septién and Coca Cola México.
  - 2013** 1st place National Award of Journalism on Sustainability, awarded by the Journalism School Carlos Septién and Coca Cola México.
  - 2011** Press Trust India Award, awarded by the Indian Institute of Mass Communication
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### GRANTS

I have received 20 grants to attend international events, such as Public Communication on Science and Technology (Rotterdam, 2023); the World Conference of Science Journalists (Lausane 2019, Seoul 2015, Helsinki, 2013, Qatar 2011); COP16 (Glasgow 2021); 70 Aniversario of UNESCO (Uruguay, 2020); Science Writers Conference (San Antonio, 2016); among others.

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### RECENT ACADEMIC PUBLICATIONS

- Calderón Ospina, C.A. & Rueda, A. (2024) Dolor mixto: un nuevo paradigma para diagnosticar y tratar este síntoma. *Revista de Divulgación Científica*, 7. [https://doi.org/10.12804/dvcn\\_10336.42566\\_num7](https://doi.org/10.12804/dvcn_10336.42566_num7)
- Rueda, A. Cruz, J., Rosen, C. (2023) Let science be told. A review of ideas for storytelling in science communication. *Mètode Science Studies Journal* (ISSN 2174-3487). Universidad de Valencia. <https://metode.es/revistas-metode/monograficos/contemos-la-ciencia.html>
- Márquez Ramírez, M., Antonio Manzo, K. D., Romero Cárcamo, L., Cárdenas López, A., Castrillón, L. R., Húguez, Sánchez, Ángel I., & Rueda, A. (2022). Periodismo y Crisis Sanitarias: Cómo los Periodistas en México Cubrieron y Resintieron la Pandemia por COVID-19. *Global Media Journal México*, 18(35), 201–306. <https://doi.org/10.29105/gmjmx18.35-11>
- Rueda, A., Cruz, J. (2021) “Weaving wonders with no purpose at all” *Voices of Mexico*, Núm. 113, Marzo 2021. Centro de Investigaciones sobre América del Norte (CISAN), UNAM. ISBN/ISSN: 65600000189. <http://www.revistascisan.unam.mx/Voices/pdfs/11303.pdf>