

Carolina Vieira Rodrigues Graphic Designer/Tattoo Artist Date of Birth: 16.11.2003 Setúbal, Portugal +351 935 434 651 helloiam.anxious@gmail.com

Hello, I'm Anxious (Carolina Rodrigues):) I'm a graphic designer and tattoo artist based in Setúbal, Portugal. My passion lies in branding and editorial design, while in tattooing, I'm specialized in blackwork projects. To me, both design and tattoo are intimate, expressive forms of storytelling. Whether it's ink on skin or ink on paper, I believe in the emotional weight of visuals and their power to create lasting, personal connections. I'm constantly exploring new techniques, driven by a need to evolve creatively through experimentation.

LANGUAGES

Portuguese (Native) English (Intermediate)

INTERESTS

Music Drawing Cartoons Anime

SKILLS

Adobe Photoshop Adobe Illustrator Adobe Indesign Adobe After Effects Adobe Premiere Pro Visual Studio Code Figma

EDUCATION

2023 — 2025
Higher National Degree in Graphic Design,
Communication and Multimedia
ETIC — School of Innovation and
Creation Technologies
Lisbon, Portugal

2022 — 2023 Technician Course of Multimedia IEFP — Instituto do Emprego e Formação Profissional Setúbal, Portugal

2022 Artistic Tattoo Gato Negro Tattoo Supplies Lisbon, Portugal

Tattoo Studio Hygiene and Safety Gato Negro Tattoo Supplies Lisbon, Portugal

EXPERIENCE

2023 Hypermarket/Supermarket/Store operator, Helper Pingo Doce Azeitão, Portugal

2023 Internship Miligrama Comunicação em Saúde Alfragide, Portugal