

Introduction to the Nursing Sector (read aloud):

Imagine that you had taken a completely different career path. After finishing school, your path did not lead you to university, but instead to vocational training in nursing, and you now work in a nursing home. Apart from that, you are still yourself: along the way, you have made the same friends and developed the same hobbies, values, and interests.

To better imagine what your everyday working life is like, we will now give you some background information. You are a nursing professional – someone whose job it is to care for others, day after day.

The nursing sector is shaped by a paradoxical field of tension: The work you do is essential, yet unfortunately, it is often not sufficiently valued – neither financially nor by society. You do your job because it is important for you to help other people and to make a difference in their lives.

The day starts early. Before you even have time to fully gather yourself, you are already right in the middle of things. Your shift schedule is packed: handing out medication, making beds, mobilizing patients and residents, helping with meals, listening, comforting – and all this often under immense time pressure. Between all these tasks, you hardly find a moment to briefly catch your breath.

Reality often wears you down. Staff shortages force you and your colleagues to constantly do more than is possible. Breaks are missed, overtime is the norm, and still you sometimes feel that you cannot meet the expectations – your own, as well as those of the patients and residents and their relatives.

And then there are the people you care for: Each of them has their own needs, their own stories, and their own challenges. Some encounters are heartwarming, while others push you to your limits. But you always do your best because you know how important your role is – even if this is not always visible.

This experiment is not about acting. Your task is to be yourself, only in a different professional context. Stay connected to yourself and to your own values. Try to sense what it would be like to live with these tasks and responsibilities. How would you feel? What would you think? And how would you react if you heard certain topics being discussed in a meeting? This is not about showing artificial or false emotions or reactions. Always remain true to yourself and show the emotions and behaviors that correspond to who you are – but in this professional context.

You now find yourself in the weekly team meeting, which is led by the supervisor, and you will receive more detailed information about your role.