



# European Nursing Student Association

Newsletter - Winter Issue

December 2022



Screenshot AGM on the 10.10.2022

## Message from ENSA-Board:

Thirteen nursing students and nurses from eleven countries joined the Annual General Meeting (AGM) of ENSA on the 10th of October. What a great meeting it was!

Eight of them were elected for the European Nursing Students Association Board of 2022-2023 and representing all of you - the European Nursing Students. Read our regular newsletter and stay tuned on social media for all the work we do to support nursing students and nursing education all around Europe. We hope we can count on your support for this board's period. It is, of course, very good to know who is representing you and for this reason the board of 22-23 will introduce themselves in this newsletter. Also a short summary from the AGM found its way into this issue to keep you up to date about the most important topics we discussed.

## You can find us here:



@nursingeurope



@ensa\_nursing



@ensa\_nursing

We hope this newsletter finds you well and we are looking forward to next one in spring 2023.

# Meet the new Board

## President:



**Benedicte  
Molnes**

My name is Benedicte Molnes and I am President of the European Nursing Student Association (ENSA). I am currently in my last year of my Bachelor of Nursing degree at the University of Stavanger in Norway. Here in ENSA I am representing "Norsk sykepleierforbund", the National nursing organization in Norway, where I sit as a board member for my second term. I have been a member of the ENSA Board since 2021. I am excited to work closely with the present board in improving the nursing education and work conditions for nursing students and young nurses in Europe.

## Vice-President:



**Lukas  
Hilleke**

My name is Lukas Hilleke and I am the Vice President of ENSA. I am a registered nurse from Germany and represent the "Junge Pflege im DBfK" - the National Nursing Student Association in Germany. Currently I am working in an ICU and part time in a medical simulation facility. I have been a member of the ENSA Board since 2020 and after my experience as VP in the last term I am looking forward to work with the new Board and giving nursing students and young nurses in Europe a strong voice.

## Board Members:



**Eydís Sigfúðóttir**

My name is Eydís Sigfúðóttir. I'm 26 years old and come from a town called Egilsstaðir in east Iceland. I'm on 4th and last year in nursing at the University of Akureyri, which is a town in the north. I'm a director of public relations in the ENSA board 22-23. I'm a board member on behalf of healthcare science students at UNAK in SHA, which is the SU at UNAK. As well I'm a president of Eir, which is a sub-union within SHA. It's the biggest sub-union with total of 370 members so it's a lot going on where we safeguard students rights, plan events and other important things to make the uni life easy and fun. I work in a hospital in internal medicine department along my nursing studies and in my free time I like to travel to get to know different cultures and spend time with my friends and family.

## Bernardo Marinho

My name is Bernardo Marinho, I am 20 years old and I am the Director of European Affairs of ENSA. I am from Portugal and I'm in my last year of my Bachelor in Coimbra Nursing School. I am the secretary of the fiscal council of the Nursing Student's Association in my school since 2022, and I am also a member of the General Council in Coimbra Nursing School since 2021.

This year, I became a member of National Federation of Nursing Students Associations (FNAEE), a structure that represents almost 9000 nursing students in Portugal.

This year, I am looking forward to being able to work for all nursing students in Europe and give them a strong voice.





## Róisín O'Connell

My name is Róisín O'Connell and I'm the Director of Internal Affairs of ENSA. I am from Ireland. I am trainee as a general nurse and I qualified in 2019. I began working for the INMO in December 2021 as the Student and New Graduate Officer. Previous to that, I had been working in one of Ireland's busiest emergency departments. I could see the strain that our health system was under and I wanted to try and help make it a safer and more enjoyable learning environment for our student nurses. I bring great experience to the board as I am also on the ICN Nursing student steering group as the European representative.

## Deputy Board Members:

### Marie Ullbrich

My name is Marie Ullbrich and I am the treasurer of the ENSA board. I am currently working as an ICU nurse in a burns unit in Germany, whilst studying health and nursing sciences as part of a Master's program. My other pastime is my volunteering in the DBfK, where I am involved in the National Nursing Student Association in Germany.

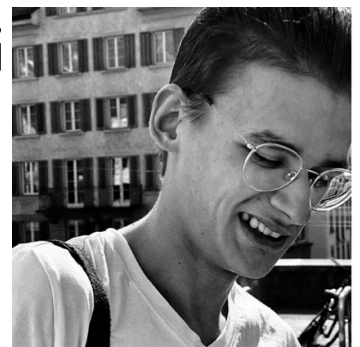


### Florian Prutsch

My name is Florian Prutsch, I'm 30 years old and I'm a 5th semester nursing student from Vienna, Austria. I'm in my last year of my Bachelor of Science in Health Studies. My role in ENSA is to be the secretary of communication. Since the start of my study I'm active within the national nurses organization of Austria (ÖGKV), and a founding member of the student nurses organization and board member. In 2013 I did my mandatory civil service as an emergency medical technician for the Red Cross branch in my hometown, and since that I've been in the medical and nursing field. My goal is to connect with other student nurses and RN's all around Europe for an exchange of knowledge and experiences alongside our studies and beyond.

### Dominik Kaderli

My name is Dominik Kaderli, I'm 25 years old. I'm a student in the nursing HF Somatik course at the Zurich acute hospital. In the fourth semester, I was able to gather many memorable impressions and made the decision to continue my commitment to all nursing students. In my free time, I read a lot of books and served on the local committee of the SBK St.Gallen for the nursing initiative.



# The Annual General Meeting of 2022

Online conference on the 10th of October 2022



Nursing Students from several different countries attended this years Annual General Meeting (AGM) and Conference of the European Nursing Student Association. The Conference was held under the theme “Help the helper”. Benedicte Molnes and Lukas Hilleke from the ENSA Board 2021/2022 hosted the event. The attendees of the conference had the opportunity to listen to a digital speech from Maggie Langings (Nursing and Midwifery Policy Adviser at WHO/Europe). Langings talked about “How to take care for yourselves” and encouraged the nursing students to keep up their good work in their home countries but also on a European and international level. After the talk attendees shared their opinions and experiences on the theme of the conference and it became clear that for many nursing students the problems were the same.

After the conference ENSAs delegates met for the Annual General Meeting. The Nursing students and young nurses from Norway, Germany, Ireland, Portugal, Spain, Austria, Italy, Iceland, Switzerland, Poland and Croatia decided on the future of ENSA by discussing constitutional changes and voting on a new Board. For the first time in ENSAs history the delegates decided on the new deputy Board members. The deputy members of the Board will, with this term, support the work of the Board and ensure that more projects can be taken care of.

The Board members of the term 2022/2023 are Benedicte Molnes from Norway (Board member since 2021), Lukas Hilleke from Germany (Board member since 2021), Eydis Sigfúsdóttir from Iceland (newly elected Board member), Róisín O’Connell from Ireland (newly elected Board member) and Bernardo Marinho from Portugal (newly elected Board member). The deputy Board members are Marie Ullbrich from Germany, Florian Prutsch from Austria and Dominik Kaderli from Switzerland. Hugo Cunha from Portugal resigned from his position as Board member to become an Ex-Officio for the new Board. During the AGM the Austrian Nursing Student Association as well as the Italian Nursing Student Association were introduced as new members of the European Nursing Student Association.

The ENSA Board 2022/2023 sends a special “Thank you” to the former President Edel Marlèn Taraldsen from Norway and to the former Board member Pilar Lozano González from Spain: “You have done an amazing job in the Board and for the nursing students in Europe.”

## The European Nursing Student Association (ENSA):

ENSA is an organisation for co-operation between national nursing student organisations and colleges of nursing in Europe. The purpose of ENSA is to bring together European nursing students and representatives from all countries across Europe. Our aim is to expand our voice and fight for the rights of the students. We want to discuss both practical and theoretical parts of our education, look at the differences and similarities, give and receive advice, and help each other understand the world of nursing. It is a way of stimulating each other to try to change adverse situations. Solidarity is, therefore, an essential quality within the group, and the members can benefit by taking part in it. ENSA is an advisory body and is following the members’ national policies. We must as nursing students come together, learn from each other and work hand in hand, so that nursing education in Europe will improve and the future generation of nurses speak with one voice. All our work is done by members of ENSA on a voluntary basis!

## Our Objectives:

- Promoting the highest possible training standard for European nursing students, so that the highest possible standard for nursing. Maintained for everyone regardless of age, race, skin colour, religious conviction, gender, orientation, political conviction, social status, and mental state.
- Promoting the interests of nursing students and encouraging high professional ideals among them.
- Promoting and encouraging international relations between nursing students.
- Providing advice, if requested, for the creation and development of national nursing student organisations.
- Promoting solidarity work at national and international level. In this respect ENSA will observe the ethical rules of the international council of nurses (ICN).

## Final Thoughts:

The ENSA Board hope that you have benefitted from reading our first newsletter. If your student nursing organisation is not yet associated with ENSA, please do not hesitate to get in touch. We would love to hear from you and help you to become involved in representing your country’s nursing students at an international level. If you are interested in learning more, please email [president-ensa@outlook.com](mailto:president-ensa@outlook.com). Don’t forget that you can keep up-to-date with ENSA via our social media channels.

