

# Women in the Kingdom: A Western Nurse's Story

## Introduction

As a Western woman, I was intrigued by the opportunity to work in Saudi Arabia. I had always been fascinated by the Middle East, and I was eager to learn more about the culture and people of this region. I also saw this as a chance to make a difference in the lives of others by using my skills as a nurse.

When I arrived in Saudi Arabia, I was immediately struck by the country's beauty. The desert landscape was breathtaking, and the architecture was both opulent and inspiring. I was also impressed by the kindness and hospitality of the Saudi people. I was quickly made to feel welcome, and I soon began to feel at home in this new and unfamiliar environment.

Of course, there were also challenges to working in Saudi Arabia. The culture was very different from my own, and I had to learn to adapt to new ways of doing things. I also had to be mindful of the strict rules and regulations that governed everyday life in the Kingdom.

However, the challenges were far outweighed by the rewards. I learned a great deal about Saudi culture and history, and I made many lifelong friends. I also had the opportunity to make a real difference in the lives of my patients. I am grateful for the experience of having lived and worked in Saudi Arabia, and I believe that it has made me a more open-minded and compassionate person.

In this book, I share my experiences of living and working in Saudi Arabia. I hope that my story will help others to understand this complex and fascinating country. I also hope that it will inspire others to step

outside of their comfort zones and to experience new cultures and ways of life.

My time in Saudi Arabia was a life-changing experience. I learned a great deal about myself and the world around me. I also made many lifelong friends and memories that I will cherish forever. I am grateful for the opportunity to have lived and worked in Saudi Arabia, and I believe that it has made me a better person.

I hope that you enjoy reading this book and that it gives you a better understanding of Saudi Arabia and its people.

## Book Description

**Women in the Kingdom: A Western Nurse's Story** is a fascinating and insightful look at the experiences of a Western nurse who lived and worked in Saudi Arabia for two years. The author, Pasquale De Marco, provides a unique perspective on this complex and often misunderstood country.

Through her personal stories and observations, Pasquale De Marco sheds light on the challenges and rewards of living in a culture that is so different from her own. She describes the beauty of the Saudi landscape, the kindness of the Saudi people, and the challenges of adjusting to a new way of life.

Pasquale De Marco also provides a valuable insider's perspective on Saudi culture and politics. She discusses the role of women in Saudi society, the importance of religion, and the challenges facing the country in the 21st century.

Women in the Kingdom: A Western Nurse's Story is a must-read for anyone who is interested in learning more about Saudi Arabia and its people. It is also a valuable resource for anyone who is considering working or living in Saudi Arabia.

In this book, you will learn about:

- The challenges and rewards of living and working in Saudi Arabia
- The beauty of the Saudi landscape and the kindness of the Saudi people
- The role of women in Saudi society and the importance of religion
- The challenges facing Saudi Arabia in the 21st century
- The author's personal experiences and observations of Saudi culture and politics

Women in the Kingdom: A Western Nurse's Story is a unique and insightful look at a fascinating country. It is

a must-read for anyone who is interested in learning more about Saudi Arabia and its people.

# Chapter 1: Arrival in the Kingdom

## The culture shock of arriving in Saudi Arabia

Arriving in Saudi Arabia was a culture shock like no other. I had never been to a Muslim country before, and I was immediately struck by the differences between my home country and this new land.

One of the most noticeable differences was the way women dressed. In Saudi Arabia, women are required to wear a headscarf and a long, loose-fitting robe called an abaya in public. This was a big change for me, as I was used to wearing whatever I wanted.

Another difference was the way men and women interacted with each other. In Saudi Arabia, it is considered inappropriate for men and women to interact in public unless they are related. This was a difficult adjustment for me, as I was used to being able to talk to anyone I wanted.

The food was also different from what I was used to. Saudi cuisine is based on rice, meat, and vegetables, and it is often very spicy. I had to adjust to the new flavors and textures, but I eventually came to enjoy them.

Overall, the culture shock of arriving in Saudi Arabia was a challenge, but it was also an enriching experience. I learned a great deal about a new culture, and I came to appreciate the many differences between my home country and this new land.



# Chapter 1: Arrival in the Kingdom

## The strict rules and regulations

Saudi Arabia is a country with a long history and a rich culture. It is also a country with a very strict set of rules and regulations. These rules and regulations govern everything from dress code to behavior, and they can be difficult for Westerners to adjust to.

One of the most noticeable differences between Saudi Arabia and the West is the way that women are expected to dress. In Saudi Arabia, women are required to wear a long, loose-fitting robe called an abaya in public. They must also cover their hair with a headscarf, and they are not allowed to wear makeup or jewelry.

Another difference between Saudi Arabia and the West is the way that men and women are expected to interact with each other. In Saudi Arabia, men and women are not allowed to touch each other in public,

and they are not allowed to talk to each other unless they are related or married.

These are just a few of the many rules and regulations that govern life in Saudi Arabia. For Westerners, adjusting to these rules and regulations can be a challenge. However, it is important to remember that these rules and regulations are in place for a reason. They are designed to protect Saudi culture and traditions, and they are essential to the way of life in the Kingdom.

Here are some specific examples of the strict rules and regulations that govern life in Saudi Arabia:

- Women are not allowed to drive cars.
- Women are not allowed to vote.
- Women are not allowed to travel without a male guardian.
- Men and women are not allowed to touch each other in public.

- Men and women are not allowed to talk to each other unless they are related or married.
- Alcohol is forbidden.
- Drugs are forbidden.
- Gambling is forbidden.
- Homosexuality is forbidden.
- Adultery is forbidden.

These are just a few of the many rules and regulations that govern life in Saudi Arabia. For Westerners, adjusting to these rules and regulations can be a challenge. However, it is important to remember that these rules and regulations are in place for a reason. They are designed to protect Saudi culture and traditions, and they are essential to the way of life in the Kingdom.

## Chapter 1: Arrival in the Kingdom

### The challenges of adjusting to a new way of life

Arriving in Saudi Arabia was a culture shock for me. I had never been to the Middle East before, and I was not prepared for the many differences between Saudi culture and my own. I had to adjust to a new way of dressing, a new way of eating, and a new way of interacting with people.

One of the biggest challenges was adjusting to the strict dress code. In Saudi Arabia, women are required to wear an abaya, a long, black robe, and a headscarf in public. I was not used to wearing such conservative clothing, and I found it to be very uncomfortable at first. However, I eventually got used to it, and I even came to appreciate the abaya's modesty and elegance.

Another challenge was adjusting to the different food. Saudi cuisine is very different from Western cuisine,

and I had to try many new dishes before I found ones that I liked. I eventually developed a taste for Saudi food, and I now enjoy many of the traditional dishes.

Perhaps the biggest challenge of all was adjusting to the different way of interacting with people. In Saudi Arabia, there is a strict segregation of the sexes. Men and women are not allowed to interact with each other in public, and they must always be accompanied by a mahram, a male guardian. I found this to be very restrictive, and I often felt isolated and lonely. However, I eventually made friends with some Saudi women, and I learned how to navigate the social customs of the country.

Adjusting to a new way of life is never easy, but it is possible. With patience and understanding, I was able to overcome the challenges and make Saudi Arabia my home.

**This extract presents the opening three sections of the first chapter.**

**Discover the complete 10 chapters and 50 sections by purchasing the book, now available in various formats.**

## Table of Contents

**Chapter 1: Arrival in the Kingdom** - The culture shock of arriving in Saudi Arabia - The strict rules and regulations - The challenges of adjusting to a new way of life - The beauty of the Saudi landscape - The kindness of the Saudi people

**Chapter 2: Working in the Hospital** - The challenges of working in a foreign healthcare system - The rewarding experiences of helping patients - The cultural differences in healthcare - The friendships formed with colleagues - The impact of working in a cross-cultural environment

**Chapter 3: Exploring Saudi Culture** - The traditional customs and values - The role of religion in Saudi society - The challenges of interacting with the opposite sex - The beauty of Islamic art and architecture - The deliciousness of Saudi cuisine

**Chapter 4: Making Friends** - The importance of building relationships in Saudi Arabia - The challenges of making friends across cultures - The rewards of finding true friendship - The different types of friendships - The value of genuine connections

**Chapter 5: Experiencing Saudi Hospitality** - The generosity of the Saudi people - The importance of accepting invitations - The traditions of Saudi hospitality - The different types of Saudi hospitality - The lasting memories of Saudi hospitality

**Chapter 6: Traveling in Saudi Arabia** - The beauty of the Saudi landscape - The challenges of traveling as a woman - The rewards of exploring a new country - The different types of travel experiences - The importance of being respectful of local customs

**Chapter 7: Understanding Saudi Politics** - The history of Saudi Arabia - The structure of the Saudi government - The role of the royal family - The



challenges facing Saudi Arabia - The future of Saudi Arabia

**Chapter 8: The Role of Women in Saudi Arabia** - The traditional roles of women in Saudi Arabia - The changing roles of women in Saudi Arabia - The challenges facing women in Saudi Arabia - The successes of women in Saudi Arabia - The future of women in Saudi Arabia

**Chapter 9: My Time in Saudi Arabia** - The highlights of my time in Saudi Arabia - The challenges I faced - The lessons I learned - The memories I will cherish - The impact of my time in Saudi Arabia

**Chapter 10: My Return Home** - The challenges of returning home - The culture shock of being back in my own country - The lessons I brought back with me - The memories I will cherish - The impact of my time in Saudi Arabia

**This extract presents the opening three sections of the first chapter.**

**Discover the complete 10 chapters and 50 sections by purchasing the book, now available in various formats.**