In February 18-25 days TNT Tunisia was organized by Tunisian Dental Students Association - TADS. The aim was to improve professional and personal life by learning new different skills. In TNT Tunisia participated 15 students from Sudan, Tunisia, Lebanon and Iraq. The second day of TNT was dedicated for training of communication and presentation, creativity and improvisation skills. The third day students had learned how to manage their time. As a doctor every student has to know how to plan their patients in advance and approximately imagine time needed for each procedure and as an individual has to be able to manage their daily schedule and in the end of the day finish everything what had planned to do. The fourth day students were taught how to manage their stress, keep calm and control their feelings during various situations and also had a training for motivation which is surely the most important thing in every single action you do! The fifth day was a little bit different from previous ones. SRT sessions were delivered in the university to more than 60 students who were divided into some groups and had to make a presentation about different topic. Last 3 days were left for travelling and doing some sightseeing in the city and popular touristic places.
Thoughts about TNT Tunisia from trainers:

**Souha Sboui**
She did a great job while delivering the sessions as she created a bond between her and the trainees. The impact of Souha on the trainers was huge and her experience in previous TNTs helped her a lot.

**Abdallah Elkhatim**
One of the best trainers that I saw them delivering in my life. He masters what he is doing and he passes the information smoothly and in a clear way.

**Aya Sakr**
She is the youngest one between the trainers that’s why she was a little shy at the beginning but then she found herself and she delivered her sessions in a great way.

“Finally, I want to say that it was a life-changing experience for many people and I am more than happy that we hosted such an event in Tunisia. I think the next challenge is that we host TOT Program. Thank you for providing us with such opportunity.” - Sami Amri (TNT Tunisia 2018 Chairman)

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