

ISLN MAGAZINE

1st Edition

JULY 21

Pr. Riahi
Pr. Nagati



Foreword

Writing to Bridge Gaps

A writing project is key to bridging the theory-practice gap. With this in mind, we joined this magazine project.

We are grateful to all those who contributed to the realization and publication of this magazine. These pages wouldn't exist without the dedication and enthusiasm of 2ndyear ISLN students. We have no valuable words to express our thanks to their devotion and active participation in fulfilling this work. Without their perseverance, this project could not be a reality.

We would like apologize to the students whose work was not selected for this issue, as we could not publish all the contributions.

We would especially like to thank our ISLN colleagues who provided an intensive professional guidance in designing the content and layout of the magazine.

This project comes as the 1st digital edition of ISLN magazine. It goes without saying that it was a tough and challenging task. We supported students to the best of our abilities.

Your feedback will be highly appreciated to help us improve.

Pr. N. Nagati &
Pr. S. Riahi

A magazine project by students and for students

In this issue:

- ✓ About ISLN
- ✓ A new building, a new experience
- ✓ New city new life
- ✓ What can make ISLN better
- ✓ ISLNERS want to say
- ✓ 3 ways to take care
- ✓ What about psychology at ISLN
- ✓ Coronavirus outbreak
- ✓ Online learning: Shaking hands vs meeting screens
- ✓ ISLN as a second BA.
- ✓ Success story: An interview with a former student
- ✓ Film reviews
- ✓ Book reviews
- ✓ Short stories
- ✓ Poems
- ✓ ISLN's got talents
- ✓ Recipes
- ✓ Horoscope
- ✓ AISEC, ENACTUS & UGET

ABOUT ISLN

All you need to know about ISLN

By RadhiaAouin

The Higher Institute of Languages of Nabeul, I.S.L.N, was founded in 2004 as part of the University of Carthage. (Formerly named "ISLAIN": Higher Institute Of Applied Languages and Computer Science of Nabeul.°

Team Work: ISLN has always emphasized collaboration and community spirit by requiring students to work in pairs on graduation projects

ISLN Objectives: The institute was founded to promote the learning of foreign languages. (French, English, German Italian and Spanish).

Later on, business English was added as a discipline within the English department, to provide students with more resources and perspectives.

Facilities: Access to computers and the internet as well as the ability to borrow books from the library, are all available

ISLN DEGREES

BA in English language, literature and civilization 2013

BA in French language, civilization and literature, 2013

BA in Arabic language, literature and civilization, 2014

BA in Business English, 2004-21

BA in French Applied to administration a& Management), 2009-21

BA in Italian applied to Economy & Management, 2013-21.



ISLN graduate2020
Master Degree in Tourism

MASTERS

- ✓ *Master degree in French tourism and Heritage Management, 2014*
- ✓ *Master degree in English applied to Tourism, 2014*

ACTIVITIES & CLUBS



PING PONG
WORKSHOPS



RADIO CLUB



PAINTING

A New Experience



ISLN main building

Students' success is the most amazing thing that can happen to them, and each time they hit a new stage, they will be ready to take on another challenge. For several students the transition from high school to college can be a tough one. They can face a variety of obstacles, including low self-esteem and family pressure.

The first obstacle is relocating to a new place. This may make them feel liberated from their parents' laws. However, it is difficult, especially at this age, and as their first time away from their families.



Go for it

Some students want to step outside of their comfort zones to strive to develop their personality in an environment where people speak various dialects, have different backgrounds, and even hold

different beliefs. They are fully prepared for this shift. They continue to struggle to adjust to their new surroundings and eventually become integrated with other students.

Re do it

Others regard the whole thing as a brief adventure. They initially enjoy it but tire of it and return home to seek another solution. They find university life to be too difficult because they lack the opportunity to adjust. As a result, they give up and consider reorientation.

Why redoing it

This is because high school students were surrounded by classmates and families.

As for friends, they have known them for a very long time. They have similar thoughts and experiences. Students in college, on the other hand are required to sit with new and anonymous friends.

Multi-regional pot

ISLN attracts students from all over Tunisia. Each student has a unique history and cultural heritage. He or she may have difficulty introducing his or her regional history for fear of being judged or even rejected. Some students become nervous or depressed as a result of their experiences. Some students may also skip

classes to avoid being bullied. They shut themselves up in the dorm.



Gainsay

Students gain full autonomy all of a student. They stride one's specific duty and become more autonomous in order to effectively navigate the transition. It was quick to blame their parents, teachers and life conditions while they were in high school. High school students have the freedom to miss classes whenever they want, and it is easy for them to make up reasons to return to class. However, since

the rules are so stringent at universities, missing classes will result in sanctions.

Strong ties:

The role of families now enters the picture. When students receive support and help from their families, they are able to move beyond this transitional time. Parents play a critical role in ensuring their children's psychological and emotional health. They assist them in developing positive identities thus strengthening their self-assurance. Academic success is also influenced by self-esteem.

It has an effect on student motivation to learn, ability to concentrate and willingness to take risks.

Great experience

College is a fantastic place to learn new things and have new experiences. Make a list of your objectives and do your utmost to meet them. Take off and believe in yourself. According to Steve Scott "Any new experience is awkward until it becomes comfortable", and any change you face will vanish if you trust your ability". "



New city, new life: My 1st year at ISLN

By Khawla Ben Ltayef

Moving from high school to college is one of the most significant changes we create in our lives, so deciding on a career course has never been easy for students with a lot of options.

So in this article, you will learn about my first days at ISLN, student's life in college and some tips to keep in mind, as a student. My experience could be an inspiration in your college life.



First days at ISLN:

After careful consideration and thoughtful deliberation of the numerous offered choices to start my academic career, I decided to study English language. ISLN is for me, the institution where I can achieve my goals.

The first day at ISLN was both memorable and exhausting; I toured the various floors and classrooms. It was packed with students from various cities. I didn't know anyone at first, **ifelt** uncomfortable in this new world and I wished I could return home.



ISLN Entrance

Education was not what I expected, I learned about new subjects like civilization, drama and so on. It also required much efforts and time than it used to be in high school. As a result, in order to pass the tests, I had to prepare daily and diligently.



ISLN Hall

In some moments, I felt hopeless and haunted by failure. Fortunately, I was able to get through those moments thanks to the assistance of my

parents, who have always supported me, believed in my abilities and attempted to keep me strong and optimistic.

Student's life in college:

Moving from high school to college is both an exciting and terrifying experience. For the first time I was separated from my parents, relatives and friends. I met new people and shared a tiny room with a “stranger”. This was my first significant obstacle. My life had totally changed and nothing could compare to my wonderful and sweet home.

I was no longer bound by my parents’ laws and I became fully self-sustaining and self-reliant. I kept my room clean without my mother’s instructions, I had to prepare some meals on my own, and I had to get up early in order to catch the bus. My mother rituals to offer with generosity, all those chores to me when I was in high school, still fill my memory. Ah! Those days when everything was easy.

It was difficult to live far from home at first but I believed that it was time to cut the umbilical cord and to spread my wings to achieve my goals.

Some tips for new students:

You must be careful with yourself in order to make a smooth transition from high school to college. When you arrive at ISLN, you are in control of your own fate.

That’s why it is important to

- Begin to develop successful self-regulation techniques, such as learning how to manage your time effectively, and improve success orientation skills.

- Understand how to control your budget.
- Join clubs and organizations that meet your interests, this will help you meet new people and adjust to a new environment.



“Join clubs and organizations that meet your interests.”

To summarize most of the students find in the transition from high school to college a significant challenge. It’s a new chapter in the student’s life. Personally, it has taught me to trust myself. It is an opportunity to learn responsibilities and meet new people from various cities.



Steer your career program: March, 2021

What can make ISLN better?

By Khawla Chtourou

It is undeniable that ISLN has many excellent and supportive professors, a pleasant library, and an administration that is committed to providing students with a high-quality education.

However, there are still many items, if given, will enhance the institute's value. ISLN would be more interesting if it had clubs, a restaurant inside the cafeteria and a green space.

It is inarguable that students are the ones who start and run clubs. But, in order for them to function, we'll need the administration's help with legal paperwork, event permits, and poster distribution. Occasionally, we need to hold activities in ISLN. We could also have a suggestion board downstairs near the cafeteria where each student could suggest the club(s) he or she would like to join. As a result, we can begin launching our clubs. Hult Prize, Tunivisions, Spark, JCI, ATLAS, and other well known organizations are already members of our institute.

We will hold seminars on soft skills, for example, with the assistance and encouragement of the administration, to which we invite mentors and experts in specific fields. They will assist us in developing specific skills that we would undoubtedly need in our professional lives.

The lack of a restaurant is self-evident, and there is nothing we can do about it. What can be improved however, is to have fast food meals in the ISLN coffee shop. That would be preferable to eating out, especially if a student does not have enough time for lunch.

Finally, we hope they will be able to have a green space, as it has many benefits: it improves blood supply and energy levels by increasing oxygen levels in the air. The green color, which has been clinically shown to improve the feeling of relaxation, often improves physical and mental relief.

To summarize, we can improve ISLN by adding clubs, activities, a restaurant and a green space, particularly because students and professors spend the majority of their time there. It would be fantastic if we could make it more appealing.



Spark ignites ambition .

ISLNers want to say...

By Iheb Laamari and Nourine Montassar

ISLNERS say that as there is no restaurant, they must spend both money and time to commute to the nearest one.



Because of the coronavirus pandemic, students express their dissatisfactions with the lack of indoor sports open to them .



Students request a more communicative and flexible relationship with the administration. They are mainly disappointed when they do not receive a response to their questions.



Three Ways to Take Care

 **Mohamed Aymen Jammali**

Did you know that anxiety sky-rocketed since the pandemic? According to a Cambridge study, the rate of people experiencing anxiety has almost doubled recently. As a result, some are at an increased risk of depression and anxiety. Consequently, life quality disrupted during the covid-19. What can we do to prevent our life quality from dropping? One way is to start taking care of our mental health. That's why this article comes in handy. It provides 3 practical ways to improve your mental health.

1. Be vulnerable

Being vulnerable means being honest and extrovert. Being open to the others. Do not hide!.

It might be hard for some because they are afraid of being hurt or rejected but you should overcome. Vulnerability is useful in therapy. If you are not entirely letting your guards down in a therapeutic session by admitting your flaws and weaknesses, the therapist can't help you.

When you turn vulnerable, you become fearless; you start living your life to the fullest.

How to practice it:

- Talk about your feelings to someone who listens without judging.
- Think about who is your go-to person when you feel weak or when you are hitting rock bottom.
- If you can't talk about your feelings, write them down.
- Get to know yourself by reflecting.
- Get comfortable with your fears and communicate them with close friends (this one will dramatically increase your confidence)
- When you don't have people to talk to, consider therapy.

2. Keep an eye on your diet

"You are what you eat." You have probably heard about this saying a hundred times. Does it only apply to physical health? A big NO! It also applies to your mental health. The food you put into your mouth affects your mental health. And that has been proved by Nutritional Psychiatry.

How to improve your diet:

- Increase your Omega-3 fatty acids intake.
- Test out some food and observe how their existence and absence make you feel.
- More water, better mood.

3. Do what you enjoy

We all have that hero inside of us. But unfortunately, most of us don't have access to it or don't try to.

"Sometimes we focus so much on what we don't have that we fail to see, appreciate," -Jeff Dixon. Knowing what you are good at is a big step

How to reach that:

- Try as many experiences as possible.
- Reflect on your experiences. See what makes you happy and do more of it.
- Do what you are good at (strength) and embrace what you are not good at (weakness).

It's very important to take care of your mental health because if you don't you might not reach your dreams as you won't function in your optimal state. That's why we gave you 3 ways to enhance your mental health.



Global Teacher is awaiting you!

What about psychology at ISLN?



What about psychology and health care at ISLN

The Psychologist of ISLN, Mrs. Sabila Ghannam is talking about students' psychological problems.

She says that students found themselves unable to talk over their problems, though her door is every Thursday.

There are students who avoid contacting her for two main reasons. Either they don't notice the presence of the psychological unit or they are afraid to be noticed by their mates. Yet, she observes the following psychological problems among those who have contacted her.

Anxiety disorder:

Some students suffer from anxiety, due to overthinking. They can't sleep and they end up skipping classes. The treatment consists in helping them control their anxiety by developing solutions adequate to each case.

Communication disorder:

Some students suffer from communication disorder. They can't manage to face any conflicts or a new relationship. The therapy consists in helping them develop and improve their communication abilities through speech and behavioral therapy as well as environmental modification.

Post traumatic stress disorder:

Mrs. Sabila talks about a case who suffered from Post-traumatic stress disorder. The case suffered from insomnia, flashbacks, low-self-esteem and unpleasant emotions. Through cognitive behavioral therapy, the student managed to get out after many sessions.

Mr. Sabila wants to remind ISLN students that there is a psychological in the institute and its door is open every Thursday morning. Do not hesitate to contact her whenever you feel like to talk.

By Linda Ghazal



Coronavirus outbreak

By Achouak Ferjani

Covid_19 has spread to every nation on the planet, killing a large number of people. Higher Education has been placed on high alert as a result of this pandemic. In March 2020, ISLN, like many other Tunisian institutions, announced a state of emergency and a lockdown.

Covid-19's impact on ISLN University

ISLN has been tested in a variety of new and unexpected forms as a result of the corona virus outbreak. First, the lockdown lasted much too long. This necessitated a great deal of planning including preparations for disinfecting classrooms to reassure teachers students and administrators. Second, some students and teachers suffered severe psychological effects as a result of the pandemic.

Strategies for tackling the challenges of Coronvirus on ISLN

The institute administrators took the strongest steps to prevent the pandemic from spreading. This included training students how to use hand gel properly, disinfecting the institute every night , and isolating students with flu or cold like symptoms.



Disinfecting ISLN



Temperature check at ISLN entrance

E-learning phase:

In response to this crisis, the Ministry of Higher Education announced the end of face – to – face classes and asked teachers to improve distance educational support for students. The ISLN suddenly closed and migrated to online platforms. Students switched to online classes for more than two weeks to prevent the spread of the corona virus. Some students did not have access to a computer or a smartphone which posed a challenge.

Overall, the health and safety of students and staff took precedence. E-learning, on the other hand, brought up the question of evaluation, which must be completed at the ISLN.



E-learning

Online learning: Shaking hands vs. meeting screens

By Yessmine Mhedhbi & Nawress Zemni

Distance learning

Online learning, also known as E-learning or virtual learning, is a form of distance education in which a course or a program is planned in advance to be delivered entirely online, as opposed to face-to-face approach. Universities that use pedagogical strategies for teaching, student involvement, and evaluation that are unique to learning in a virtual environment can use this framework. Tunisia, in particular, employs this strategy during high peaks of the pandemic corona virus.

Is it a must or a choice ?

For a variety of purposes, this style of learning should never be a requirement. This device will never be able to replace face-to-face instruction. And as the saying goes, ***“Technology will not replace great teachers but technology in the hands of great teachers can be transformational.”***

It is expected that in the coming years, online learning will be the only choice for students to study. In reality face-to-face learning outperforms online learning in terms of quality.

The former has a greater attention span than the latter. It promotes students' engagement and creates a welcoming atmosphere. It also allows students to compete at a higher level. Finally teachers are critical in preserving discipline

ISLN and online learning

With the virus outbreak, ISLN attempted to make distance learning a viable option by offering a variety of programs for both professors and students. Administrators set up Office 365 for all the ISLNERS who work with TEAMS. Those who didn't have access to the internet or the necessary technical equipment, were able to enter the ISLN google space. The majority of the courses were taped on the platform.



Online learning at Google Room

In summary, the only way to save the year was to go online. Students completed their courses and sat for their exams



ISLN as a second BA

By Malek Ben Mahmoud

Trust the magic of beginnings

“Challenges are gifts that force us to search.”

Once I graduated in biology in 2017, I started thinking about the next step in improving my skills.

I had understood that biology did not reveal my competencies neither my potentials.

A Challenging decision

I had realized that having a diploma in biology was not the ultimate thing that I wanted to have.

Since childhood, I was interested in foreign languages especially English .I wanted to get that back again .I decided to start studying English.

Best moment

I could not forget the moment when I was accepted in the higher institute of languages of Nabeul (ISLN). It opened new upgrading speaking and writing skills

Moving forward

Having the ability to do a second license is a priceless opportunity for any student.

It enriches your knowledge, your qualifications and is a bonus in your C.V.

You have more chances to be on the short list when applying for a job

Hardships :

Honestly, it wasn't as easy as I expected. On the one hand, a new environment in which I was not able to adapt easily. Students' interests were different from what I used to have in biology institute. On the other hand, instead of the natural sciences (biology, maths, physics..) , it's now time for literature and civilization.

Without the help of my teachers and my passion for the English language, I could never have made it.



Simply believe that as Rhonda Britton says, “Being willing makes you able.

Success story: An interview with an ISLN Alumni



Khawla: Thank you Mohamed for accepting our invitation . First we want to know the biggest factor that helped you be successful?

Muhammed: Thank you. I am pleased to be with you. I would say soft skills is the key to success because they teach you how to negotiate, communicate, deal with problems, and adapt to unpredictable situations. You have to adapt to different situations to solve problems .In fact, soft skills have helped me till now.

Myriam: Has ISLN helped you develop these soft skills?

Muhammed: Yes, it has. In fact, in ISLN I learned English, practiced the language, communicated, and developed my writing skills, especially that I used to be lazy and stuck in writing short paragraphs. During the years of my study there, I was pushed to write longer paragraphs and essays, specifically in the third year where I mastered writing with Mr.Ghaylen through working on surveys, articles, and academic essays.

Mohamed Aymen: What was the hardest decision you ever had to make?

Muhammed: After getting my bachelor's degree, I was torn between applying for a second bachelor's degree and a Master's degree. But I ended up applying for both; a second Bachelor's in journalism and a Master's degree In translation. It was a hard decision to make because these fields require a lot of work. In journalism, I had to apply what I had learned by writing many articles. In translation, I had to translate several articles every day to master the different techniques.

Khawla: It's amazing how you manage your studies in both fields. It's fascinating! and I can see that your time management skills are helping you do so, aren't they ?

Muhammad: Yes, absolutely. I'm actually the vice president of the local committee of the Tunisian Red Crescent in Megrine. So I have responsibilities in this organization too. In addition to that, I also have to manage my website, "Mawsoa School", and keep everyone updated with the news whether it is from the Ministry of Education or the government, especially during the covid-19. I'm giving online sessions too. So it's really hard to deal with time. Sometimes I get too exhausted but I can't rest because I have to spend the night writing or translating articles.

Myriam: So what would you say to students who complain about not having enough time for extracurricular activities and clubs?

Muhammad: I would say it's all about time management. You have to prioritize your tasks. You can use To-Do Lists, applications, or whatever suits you to organize your time. If you set your minds to develop yourselves, you will find time and you will create it. So you have to know your priorities and identify your goals and your objectives.

Mohamed Aymen: What is the best advice you can give to ISLN students?

Muhammad: Invest in your time! Join organizations and clubs. Look for soft skills workshops. Companies nowadays are looking for people who can work in teams, people who want to develop themselves, good communicators, problem solvers and solution-oriented people who are capable of managing their time.

Khawla: What is the change that students should make right now to get closer to success?

Muhammad: Stop being lazy!. Stop being passive and stop blaming the government and the circumstances for not making it. You can create your own opportunities. You have to be active. You have to work, and you have to be productive.

Myriam: What mistakes students should avoid, in your opinion?

Muhammad: Based on my experience, I can say that spending time on social media without exploring the world is the

biggest mistake. If you don't get exposed to the world, you will always be close to your culture. I mean you will judge people easily based on cultural prejudices. You have to use social media in a good way!. You can find training sessions, opportunities, and get to know about new people. Socializing is an important tool in human development. I think, the improper use of social media leads to the loss of time and energy.

Mohamed Aymen: If you would start all over again, would you choose ISLN?

Muhammad: Yes, I would. Talking about academic life, ISLN has the best teachers ever; they listen to and understand their students. Personally, I'm still in contact with friends from the Institute.

Khawla: To finish with, can you give us a quote that you believe in?

Muhammad: I would say if you work hard and smart you will succeed, so invest in your time and develop yourselves and you will see life in 3D.

Mohamed Aymen: Thank you for all these details. Thank you for your time.

Mohamed: It is always a pleasure to be with ISLN students.



Film Review

Finders Keepers

By Zeineb Mhetly

I am going to draw your attention to one of the best films I've ever seen. It's called "Finders Keepers". It is an American cost documentary film directed by Bryan Carberry and Clay Tweel and produced by Orchard Production Company. It was released in 2015. The events took place in Kansas, America in 2004, following a Cessna plane crash and following the journey of an amputee and alcoholic [John Wood] who found himself in a strange situation. He decided to recover his mummified leg, fractured at the accident, from a southern entrepreneur [Shanan Whisnant]. The latter had discovered it in a grill and purchased it at an auction, believing it to be his rightful property. This had a significant impact on their lives, also leading to depression.

John became a heroine addict as a result of it, and he ended up alone under the bridge. Whisnant became obsessed with promoting himself as "The Foot Man" to the local community, wasting money on a company that didn't exist yet. His wife eventually asked for divorce and left him.

Judge Mathis settled this case on TV in 2006, rather than in court.

This film explores how a simple event may alter the lives of two families and how it can impact them. It also demonstrates the



Theatrical release poster

impact and influence of reality television on people's lives. This power has the potential to be used for good or bad. The film "Finders Keeper" has grossed 35,555 million dollars at the box office. It earned Academy Award nominations for best comedy film, best documentary film. Its characters won "The Unforgettable" award.

In conclusion, it was a pleasure to watch this film, and I highly recommend it. Keep in mind that the decision to take the right path in life is entirely up to the person. Never put the blame on the environment or the circumstances.

Dead Poets Society

By Zeineb Mhetly

One of the films that truly bewitched me and remained etched in my memory is “Dead Poets Society”

.It is an American drama film that was released in 1989 and directed by Peter Weir. It took place at St. Andrew's school in Delaware, the USA. Its star [Robin Williams], a Liberal teacher who urges students, such as [Ethan Hawke] and [Robert Leonardo] , to reject the prevailing ideas and create their own paths.

He thinks that traditional teaching methods are ineffective and do limit the creative abilities among students. Therefore, he refuses to adhere to the school curriculum and decides to teach the latter in his own way. He encourages critical thinking and strives to create an environment that is safe enough for students to reflect and express themselves the way they want without the fear of being judged or punished.

Besides, this film tackles the issue of parents who put a lot of pressure on their children and neglect their dreams and passion.

They want them to pursue prestigious careers such as medicine or engineering instead of acting in theatre so that they can boast about them in public.“Dead Poets Society” has made 235.9 million dollars at the box office and received innumerable awards.

It was nominated for four academy awards for best writing, best picture, best actor in a leading role and best director.

Plus, it was nominated for four golden globes for best motion picture, best director, best performance and best screenplay.

Added to that, it was nominated for six Bafta film awards. It was nominated as best original film score, best actor, best direction, best editing and best screenplay.

To sum up, I truly enjoyed every moment of this film and I highly recommend everyone to watch it because it is a masterpiece.



Book Review

"To kill A Mocking bird"

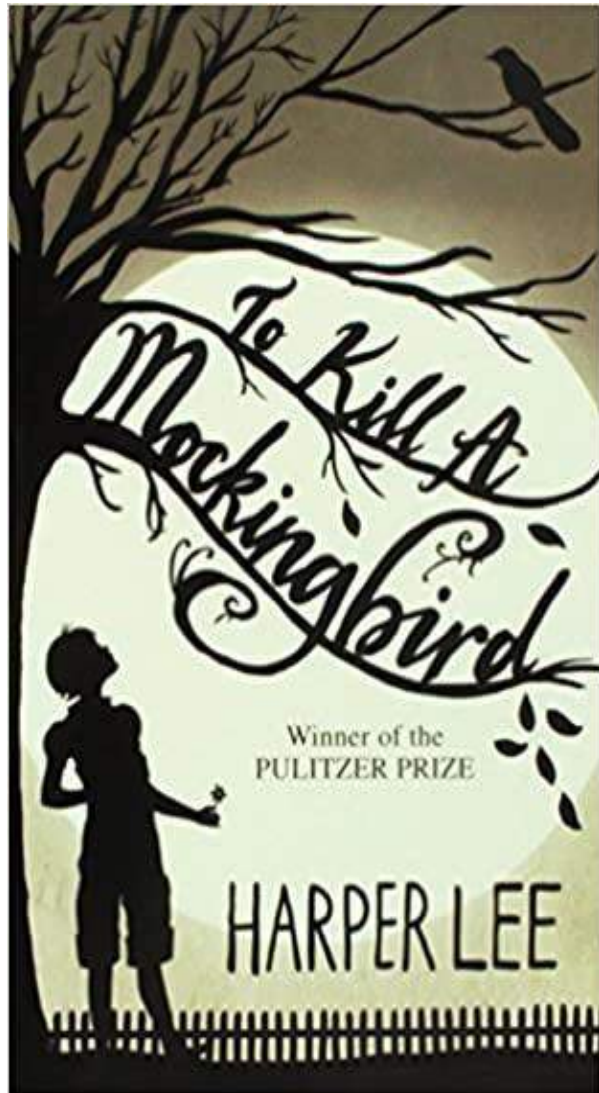
By Manar Bani

I have just finished a fantastic book! Harper Lee 's novel "To Kill A Mockingbird" that was published in the United States in 1960 . It was awarded the Pulitzer prize in 1961.It is a fictional novel with three main characters :Jean Louise "scout" Finch, Atticus Finch and Jem Finch.

"To Kill a Mockingbird" is a story told through the eyes of the protagonist, Jean Louise "Scout"Finch, who aged six at that time . She lives in the fictitious town of Maycomb, Alabama which is populated by racists.

Throughout the novel, Atticus is asked to defend Tom Robinson ,a black man wrongfully accused of raping a white woman, and despite having little chance of success, he continues to defend him.

Personally I enjoyed the part of Tom Robinson's trial, which is one of the finest courtroom scenes in American literature and one of the most satisfying trials I have ever read about. I believe Atticus is a brilliant lawyer who stood firm in the face of great injustice.



I highly recommend reading "To Kill A Mockingbird " to everyone because it is an exciting novel with unpredictable events . It is a good book that continues to inspire people to bring out the best in themselves no matter what their circumstances are.

Twilight , Book 1 .

By Montassaer Jammel

' Twilight 'is the first of a series of five interconnected books that I recently finished . It is written by Stephenie Meyer . It is essentially a fantasy fuelled by supernatural elements such as vampires but, the story's settings are actual (Forks , Washington , USA) .

Isabella Swan , a 17-year-oldteen girl known as Bella, is the heroine of the book.

Bella seems to have a monotonous outlook on life for a time, as she has never anticipated any future change in her everyday life, even after transferring from her formal high school in Arizona to the new one in Forks. Her new life hasn't been easy at first., as she has faced rejection and bullying at school on a regular basis. . In the meanwhile , she meets Edward, the 17- year- old boy . Bella discovers Edward's true existence as he reveals himself to be a vampire . When they fall in love with each other their relationship eventually progresses. Things get even more difficult and stressful for the two lovers as their relationship receives little encouragement. Then, the true fun begins.

What I like best about this book is that it is written in Bella's own words, which makes it easier to understand the protagonist's thoughts and behaviors. It is also suspenseful , and it keeps readers the story's many enigmatic questions.

Finally, this is a truly worth reading book particularly for fantasy fans, and if you enjoy it , I am sure you'll enjoy the other four books in the series, which are all fantastic.



The Twilight saga collection

Short Stories

A journey of a survivor

Ella is a 26- year- old American teacher, She is a good looking young lady, tall and blond who lives with her mother in New York city where she met Alfred a 31-year-old teacher who fell in love with her and they were about to get engaged when an unwelcome guest arrived and ruined everything...

“I am honoured to be able to share my survival story with others... I believe cancer was a blessing because I needed a challenge to learn who I am and how powerful I am .. I learned a lot of things that have made me happier and more satisfied now .. I hope that my story inspires many women and girls ...”

I was terrified at first, unable to face the fact that I had cancer. I was depressed and felt completely alone , especially when I went to the first chemotherapy session. I was crying and in pain but my doctor supported me and he tried to comfort me. He told me that he is optimistic and that I should be as well. Because the cancer was in its early stages, it is not life threatening . I must remain strong and patient .

I don't have a choice; I have a breast cancer , and it will take time to be cured; whether to face or to face. .

After a few weeks, I began to accept my disease I began to adjust to the situation and became accustomed to chemotherapy. I felt hopeful and powerful , and I even felt confident when I walked in public with my head shaved “ I wasn't sure at first because I was afraid I wouldn't be accepted as I wasn't beautiful ... But then I realized I was wrong ; I needed to be confident and I needed to accept how I looked . I am beautiful no matter how I looked and I shouldn't let people judge my appearance “.I was filled with an unbreakable pride in myself and it was thanks to the support of my mother and my boyfriend that I would never forget. Alfred looked at me in my eyes after a chemotherapy session and said “ Ella, my dear, I am not going to give up on you... I believe in you, you're stronger than you think .I'm here and your mother is also by your side .You will win this fight and I will be by your side until you will are fine so don't give up now” Alfred is very supportive .

His love and affection brought me positive vibes. He took me to cancer care association to inspire me.

There, I received the support I needed, met new friends and became an active member of the association. I took part in several breast cancer walks to raise awareness about early detection of the disease. I was in desperate need of the knowledge I gained from it; Compassion, the importance of standing up for such good causes and how can love heal all our wounds.

After a lot of patience, suffering, tears and hope, I win. Who would have guessed that that crying, helpless little girl would grow up to be a heroine?

Cancer was a lesson in patience and acceptance of myself, as well as a reminder of who truly loved me. But I have learned how to overcome my fears. I want to say to anyone who has been diagnosed with cancer that I understand what you are going through. Just believe in yourself and don't let cancer become the center of your life.

After a successful operation, I celebrated my last chemotherapy treatment a year later. Finally, I couldn't believe it!!!



“Never give up. Fight like a warrior”

A Warning Call

By Amina Ghazel

My exhaustion was equivalent to insanity. My brain was running on 2% charge and I was lost in oblivion. That day, sleep overtook me in a way it had never done before. , more vivid than ever before , as if the strength of my fatigue and anger had kidnapped me and kept me hostage that night, creating the perfect nightmare for me. The nightmare was more of a night terror because I feel like I am going to die..I am crying for help and desperately trying to wake up, but no one comes. I am standing in what seems a basement. I was almost blind as if my eyes had been gouged out. When the lights abruptly came back on , I looked around the room, looking up and down trying to figure out what was going on , and find answers to the questions that had been plaguing my mind. It was empty and everything seemed to be fine, or so I assumed. I turned as the floor boards creaked behind me.

On a rocking chair, there was a girl who looked to be about my age. I can only see her feet because she was bundled so tightly within a thin mattress .She was holding her hands out, soaking up the ghosts screams and pulling them in. The basement was dark again in a matter of minutes? and a fire crackled in the chimney. I could feel the heat and a soft music with a nursery rhyme began to play.. My mind was about to break down, like an engine that turns over and over but never starts. I couldn't think of anything. My hands were trembling in an unusual way.

To stifle the scream , I twisted my fingers into a fist and jammed it into my mouth when I heard a whisper. I was being addressed by an anonymous girl ,who said:

'You are lost, you have been for a long time.

It's what you have become accustomed to, similar to how a person becomes accustomed to being beaten. They are no longer bothered by it.. And being lost is a nightmare. You must find your way otherwise you'll end up like me; a hostage to these ghosts; the ghosts of my own fears and anxieties.'

I had no idea what was going on . I stood motionless for two minutes which seemed like an eternity to me. Fear, my greatest foe crawled over my body like a ravenous beast. I couldn't breathe. I felt as if I were being choked. My heart was pounding and all I wanted to do was curl up and wait for someone to come to my rescue. No one will, however, because no one was there. I felt a salty coating run down my cheek as a choked scream for help forced its way up my throat.

I'm breathing but the air won't come in. I felt as if I entered a room with a gas stove turned on. My lungs were depleted of oxygen. This seemed the end of the road for me.

I looked down at the floor but there was no trap door. My gaze was drawn to the walls, which were completely devoid of windows and doors were closed. But I decided to give it a try; My hands trembled and my eyes watered as I reached for the door knob. My body

became sticky and sweat began to drip down my neck. I twisted and grubbed the door knobbed firmly. With every move I made, I became more and more terrified. The creaking of the door made my breath catch in my throat. All fell silent all of a sudden , and beyond the door was only more terrifying darkness and deafening silence.

‘Trying is pointless; the only cure is inside you .You need to dig a little deeper.’

‘Your eyes are rubbed from their normal warmth.’ the anonymous girl said after a brief pause . I know your true self is there, , but it's as if you have taken a huge step back from life. I want to reach in and remind you that life isn't all doom and gloom. I want to warn you from doing the same mistakes I made and being as desperate as I am. I want to give you a hand but your insides are too full of uncried tears. I ‘ve always known you were in pain on the inside, but now it is showing on your face. You no longer have the force to hide it beneath that fake mask of happiness and strength you have been wearing for a long time. I wish it had gone away from you. I know you didn’t ask for this much suffering, anxiety, deception and despair. It just showed up in your darkest moments like a gift you did not expect but accepted it anyway.That’s your worth, though you didn’t believe it. ’

‘Fear is a threat and a demon that you must defeat. Instead of surrendering to these crazy- circling anxieties, the only way out is to look for answers.

So, even if you feel drained of energy and your muscles are all out of power, you still have the choice to break free, to rise again above all obstacles and to be brave enough to choose how to fight.

You’re capable enough to get through this difficult time. Believe in yourself.’

An ominous boom startled me out of my abysmal nightmare.I felt as if my insides were closing in on me.

My consciousness seemed to be floating in an empty space. My heartbeats were loud and echoing in my ears. After a long thought, I realized that the nightmare was a form of internal communication.

The nightmare was nothing more than a pleasant alert, a signal to save myself. It reminded me of the past harsh period in my life. In fact,Iwas neglecting myself and under-estimating my abilities. I was about to give up on my anxieties and fears. The nightmare was probably a signal to keep fighting.I had to learn how to take care of myself, how to deal with my own problems without relying on others, how to fix myself alone after each painful fall,and how to find the road to real wellness on my own. There’s a reason why warriors and heroes have separate sections of their tales . Since the journey is harsh, truly brutal, those who succeed in finding true happiness, deserve to think of themselves as heroes.



Hey little fighter! Soon things will get brighter

Poems

DECIDE

By Rahma Taleb Samaloussi

You are self- made
You owe nothing to life ,parents or society
It's the hard moments,
Struggles, anxiety,
The agony, the anger, the
Worst unexpected situations,
That built you,
Your patience
The inner beast in you
Your own resilience
Made that loser, or victor you are .
That fighter or quitter
That living creature, or survivor
That ordinary man
Or that soldier.
The fear, the daring
The love, the hatred
The good, the bad
The courage, the cowardice
The best, the unspeakable worst
The darkness ,the light
All of that on you depend.
How do you define
Everything has impacted your
Soul without permission
Yet, only YOU control
Their effect
Bloom or destruction
Either way is your decision.

Unfair Chess

By Njami Saadaoui

Life has been unfair
Clutching people's share
People, who fell into despair.

It gives less than it takes
People's dreams, it breaks
The illusion of rightfulness, it fakes

You can't run away
Stay, you have to pay
You are a tragic hero in a tragic play.

"Love" is that thing with feathers

By Montassar Jammel

Love is that thing with feathers
That hovers around my heart
Love is that thing with feathers
That lurks to tear its prey apart

It flies and brags as the master of the sky
Of those scattered emotions surrounding that same heart
Never does it quit trying and all it does is fly
Will it be the savior , will it be a cure to that heart?

Then I've recalled that old cursed day
That made the heart painfully ache
When those guards stood by and made a way
So the beast could invade and that heart could break

And now within a horaltic pose
The "hawk" has made an alarming screech
Yet the fearless heart never cared and rose
For there was nothing left to reach
Love is the thing with feathers
Love made heart bleed forever

Love of Mine

By Mouna Ben Rached

In summer time, our love is soft
Like lilies floating in the breeze.
In the depth of winter, our love is warm
It runs deep from head to feet.

If skies are blue, our love is tender
We're dancing in the bright daylight.
If thunder rumbles, our love will thaw
A refuge from the rainfall at night.

When spring flowers flourish, our love is bold
Like lavender petals or a the rose.
When autumn shed leaves, our love is gold
Shining bright like harvest at sunset.

I can see forever in your pretty eyes
A sweet love that never dies.
You're everything I've ever dreamt of and more
You're the blessing that I'm thankful for.

My feelings are pure and lustral
Just the thought of you makes my head spin
We fit together like pieces of a puzzle
We melt into one eternal passion.



Everybody's world

By Mohamed Sammerl

You see me walking in the street.

You see me hastening the feet.

You see me walking with no words

But inside me it's burning.

I hear them talking in my back

I hear them saying he's black.

I'm black but I'm like you

Respect me as I do.

Why keep insulting me?

Why dive into this hatred sea?

Why you call me a slave?

Why with me you misbehave?

I'm black but I'm free,

And this world for all should be.

ISLN's Got Talents



Billel Chalouf is a professional rapper. He has a B2R channel. Don't be hesitant to subscribe and listen to his songs.



Abdessellem Hriguia is a gifted student who enjoys drawing anime. Since he was a child, he has pursued his passion.



Malek Mrabeh is a singer who performed at a variety of events. He sings in both Arabic and Turkish



Yessmine Ben Omrane began her professional life as a violonist and guitarist. She is now full-time bassist



Rayhana Jridi has been a talented dancer since she was a child. The Tunisia 88 Trophy was won by her dancing club.



Wassim Fathallah is a beatboxer .He showcased his talent in clubs and on the internet.Since 2018, He has been professionally beatboxing



Lina Blanco has been playing the piano since she was 15 years old.



Njami Saoudoui is a gifted poet who has recently published a poetic book called "Flip the Coin", on Amazon.



Recipes

No university restaurant? You don't have enough money to buy your lunch every day?

We've compiled a list of some of the best lunch box ideas for ISLN students.

Hamburger

Ingredients

- 1 ½ pounds lean ground beef
- ½ onion, finely chopped
- ½ cup shredded Colby Jack or Cheddar cheese
- 1 teaspoon soya sauce
- 1 Egg
- 1 clove garlic, minced
- 1 tablespoon garlic Powder
- 1 teaspoon dried parsley
- Salt and Pepper to taste

Instructions:

- 1-Preheat the grill to high .
- 2-Ground beef, onion, cheese, soy sauce, Worcestershire sauce, egg, onion soup mix, garlic, garlic powder, parsley, basil, oregano, rosemary, salt, and pepper should all be combined in a big mixing bowl. Make 4 patties with the mixture.
- 3-On a hot grill, cook patties for 5 minutes per side or until baked. Serve with your favorite condiments on buns .



Cesar salad

Ingredients:

- 1 cup grated cheese
- 1 cup mayonnaise
- 2 tablespoons milk
- 1 tablespoon lemon juice
- 1 garlic clove, minced (optional)
- 1 package croutons
- 1 romaine lettuce

Instructions :

- 1- Whisk ,together, the first five ingredients in a small bowl.
- 2-Toss the lettuce with the dressing in a big mixing bowl..
- 3-If needed, top with the croutons and additional cheese..



Toast Sandwich

Ingredients:

2 bread slices
1 tomato slice
1 onion slice
1 slice of cheese
1 slice of grilled cutlet

Instructions:

1-Place the ingredients for your sandwich in a bowl.
2- Bake the sandwich for 10 minutes.



Instructions:

Dissolve yeast and sugar in water in a big mixing bowl. Allow for a 5-minute rest period. Pour in the oil and season with salt. 1 cup at a time, stir in flour until a soft dough forms.

Knead the dough on a floured surface until it is smooth. Put in a greased mixing bowl. Allow to grow in a warm place until doubled size. Meanwhile, cook the beef and onion over medium heat for about 45 minutes.

Divide dough in half after punching it flat. Toss the tomato sauce and basil together and spread on each crust, beef mixture, green pepper and cheese on top. Preheat oven to 400 °F and bake for 25-30 minutes, or until crust is lightly browned.

Pizza

Ingredients:

1 package active dry yeast
1 tea spoon sugar
¼ cups warm water
¼ cup oil
1 tea spoon salt
½ to 4 cups flour
½ pound ground beef
Tomato sauce
Mozzarella or any type of cheese



Horoscope



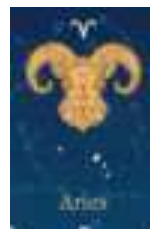
If teachers plan to make an exam on playing UNO, you'll get 20/20.



This year will teach you how to keep calm , and suppress your irrational emotions.



Your ex's father has a thing for you. You're just too adorable to be single..



Your teachers will notice that you vanish whenever they allow you to go to the WC, so forget about it dear!!



Your name will be mentioned as the first name on the back of the list. We are not joking when we say you have to work harder.

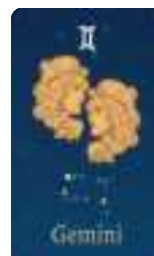


You finally decided to stop cheating on your partner.

Halleluja!



Those who work in the coffee shop will turn richer, thanks to you.



Since you have agreed to be on time, all your teachers are preparing gifts for you .



Your majesty, I congratulate you! You have finally admitted that are people who are sexier



I guess you'll be thrown out this time because you have eaten in the classroom.



This time you'll buy your own hand sanitizer and stop borrowing from your classmates



Turn up and try to share in class; we don't eat students.

A Chance Not To Miss



By Khawla Chtourou

This article is for you if you've heard of AIESEC but aren't sure what it is, who is qualified to apply or whether or not it is worth joining. All of your questions will be answered here.

What is AIESEC ?

AIESEC is an international, non-profit, non-governmental organization, run by and for young people. Its mission is to help young people build their leadership skills in order to achieve peace and realize humanity's potential. And it does so by giving students hands-on experience in difficult situations.

College students may participate in an internship or volunteer experience abroad thanks to the organization's cross-cultural exchanges. Participants will discover their secret potential and grow a sense of self-awareness and responsibility as they relied on themselves and managed time and resources through these interactions.

Because of their exposure to other cultures, exchange participants will be able to see things from different perspectives they haven't seen before.

Who can join ?

AIESEC is open to all college students between the age of 18 and 23, regardless of their major. They must be motivated, hardworking students who want to make the world a better place.

Why should we join ?

AIESEC is an ideal environment for expressing, making mistakes and learning from them. It is a place where you can learn new skills and improve your existing ones. AIESEC is a place where you get help and support to achieve your goals. It is here where you can be prepared for real life by taking on commitments and dealing with difficult circumstances.

In a nutshell, it is time to hatch your egg, spread your wings, and take to the sky. It's time to let your inner leader out. One way to do this is by AIESEC. So don't miss out on this opportunity and join AIESEC to begin your life journey.



UGET at ISLN:

By Asseel Ben Laazarg

During their college years ISLN students can face a variety of problems and issues .As a consequence, they need someone or an organization to ensure that their voices are heard, that's why UGET was established. UGET stands for General Union of Tunisian Students. It was sat up in 1952 with the aim of protecting the moral and educational rights of Tunisian university students The organization slogan is: freedom, resistance and democracy. UGET members at ISLN demonstrated that their organization is vital in difficult times. Last December, for example, a student had to be quarantined for a week due to the spread of the covid-19 virus in Tahar Haddad dormitory. As a result, several members of the UGET relocated to the area in order to provide food and supplies to her and other students during their quarantine..



UGET Logo

Not to mention, UGET aided students on a number of occasions, including assisting with the ISLN radio delivering one meal per day to all students and much more. These types of organizations are critical for ISLN members' benefit. University students can have a much smoother academic year if they can rely on them, trust them, and participate with them.



ISLN radio corner



UGET members in action .

WORLD CUP 2015

WHAT DO YOU KNOW ABOUT ENACTUS ISLN?

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ENACTUS TUNISIA ENTREPRENEURIAT - ACTION -

By Mariem Masmoudi

Enactus Tunisia is a social entrepreneurship organization that mobilizes business leaders, students and university teachers to use the positive force of entrepreneurship for sustainable, global, equitable and inclusive development. It is affiliated with the global Enactus network of 36 countries.



NATIONAL
COMPETITION

The principle of Enactus is that the students, grouped together in teams, each representing an institution of higher education, carry out or develop social entrepreneurship projects for themselves and for the community.



ENACTUS ISLN was founded in 2019

by a group of student in 2nd
and 1st year English students.

Through this experience, students carry out projects reconciling entrepreneurship and social utility while developing their human, managerial and entrepreneurial skills which will make them enterprising and responsible leaders. All the projects carried out during the year are presented to a jury of executives and business leaders whose mission is to select the best team that will have achieved the most economic, social or environmental impacts.

The team declared national champions, represent their country at the Enactus World Cup.

Throughout this entrepreneurial and human adventure, students are trained, coached, supported and supervised by trainers,

professional coaches and mentors.

ENACTUS TUNISIA has won the 2015 WORLD CUP, and almost each year we have one representative from Tunisia.



“

Despite its short period, it was a very enlightening experience as the Vice President of Finance ”

Mariam
Maamouri
VP Finance
2019