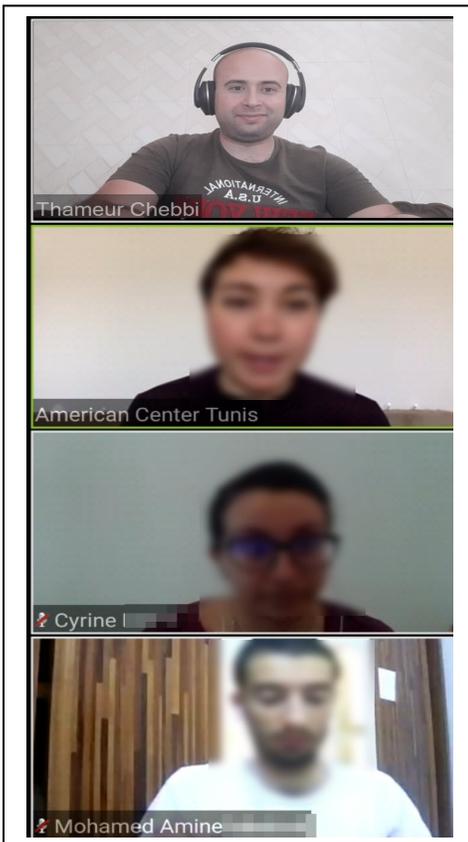


“Stay Positive Project”

How I stay positive during Corona crisis

As Theophrastus said: “Time is the most valuable thing a man can spend.”

During the unusual circumstances hampering the big wheel of the world. People are set in lockdowns for an unknown period because of the widespread of Covid-19 virus. However, many heroes like doctors and policemen, are sacrificing their lives to pave our way into security.



My name is Thameur from Sousse, Tunisia. I’m a 2nd year PhD student working with the Center for Research in Microelectronics and Nanotechnology (CRMN). Due to this epidemic, social distancing is a mandatory procedure for our safety. As a consequence, all universities were closed till the end of the crisis.

Personally, the outbreak of this virus turned out to be a blessing in disguise.

In fact, I started to adjust my lifestyle by setting up new challenges to adapt with the unexpected situation. Academically, I spend most of my time on reading books, learning new programming skills, attending webinars, whereas all of these things have engaged to improve my intellectual skills and reorganizing one’s life in addition to sports in daily practice. Nonetheless, being part of UNISEC organization brought me the way to be more connected with people globally. At a glance, it is a great occasion to share and discuss different thoughts and ideas from scientific and cultural side.

Social distancing has made us away from each other as a necessary procedure during this epidemic. However, our instinctive behavior to struggle and sustain such situations, proved that we need all to be united and work together as one to dock into safety.