TOGETHER IS BETTER

INTERNATIONAL ASSOCIATION OF DENTAL STUDENTS

# IADS MAGAZINE

FEBRUARY,2019

COUNTRY PROFILE
TUNISIA

## IADS REPORT

-FACE-TO-FACE EXECUTIVE COMMITTEE MEETING
-TNT BUCHAREST
- MCAM

"BUT AT THE END,I REALIZED I COULD BE A DESIGNER AND ARCHITECT OF THE SMILE"

DR.CHRISTIAN COACHMAN
FOUNDER AND CHAIRMAN
OF DIGITAL SMILE DESIGN

## ADVANCED DENTISTRY

DENTAL ADHESIVE SYSTEMS

## FREE ARTICLE

-THE AFRICAN DENTIST
-TEETH WHITENING AND TOOTHPASTES

# Greta Kersyte

**IADS Editor-in-Chief**

Dear IADS Magazine Readers,

Here it is, the first IADS Magazine Issue of the year 2019. First of all, I want to thank Editorial Board team who did an amazing work during all these months! Only because of them one more IADS Magazine issue has been published! And this issue is special, because it is not only going to come out digitally, but if you are coming to MYM Strasbourg, you will be able to get a printed version as well!

For this issue for IADS Stories section we have invited Dr. Christian Coachman, a creator of Digital Smile Design (DSD). In the interview you can read about his career, why DSD was created, what personal characteristics are needed to be successful and much more! On behalf of whole IADS community, I want to say big thanks to Vivian, John and Christian Coachman who helped a lot with writing and creation of this article. Also, we have a little hidden contest in this issue! Check out a report about Endodontics Masterclass in Italy and find out how you can win a free seat! Last but not least, we have created a new section called "Clinical Cases" where you can find some practical tips that might help in your clinical practise to reach better results. If you have any cases you would like to share, don't hesitate and contact me by email.

I think I will better just stop spoiling what's inside this issue and just let you to see by yourself!

Enjoy Reading,
IADS Editor in Chief Greta Kersyte

# Ave Pold

**President**

Dear IADS Family and Friends,

I hope everyone's year has started off as happy and well as it has here, in IADS. So what's been going on these past months and what to look forward to?

This magazine number will give an insight to the Mouth Cancer Action month which was amazingly huge this year! Also, you will read about the Executive Committee meeting, where among several important topics also the initial drafting of a 3-year Strategic Plan began. I saw a fascinating insight to Tunisia, where our Annual Congress is taking place in August and much more to read and dive into. Also the Research Section is gaining strength - so send your articles to the Editorial Board and maybe they will be published.

And now some more exciting news about what to look forward to in 2019. This is the year when IADS will finally become an individual non-governmental organization in Switzerland. The whole process has taken quite some time and efforts but after our Mid-Year Meeting in Strasbourg the final paperwork will finalized and an NGO status given to IADS.

Furthermore, March is rapidly approaching with two top events on the list - our 65th Mid-Year Meeting in Strasbourg and the World Oral Health Day. We are all hoping to see lots of activity from our members and friends all over the world in "Saying Ahh" and campaigning actively in your countries and regions. Good oral health begins from proper knowledge - let's keep the flag flying for Oral Health in the world.

Keep tuned for more surprises and news in the next Magazine number!

IADS President, Ave Pold

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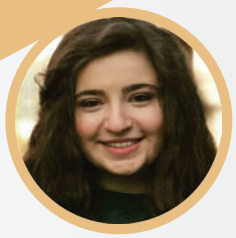

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**Greta Kersyte**

**Editor In Chief**

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# TNT Bucharest

In Bucharest, the end of 2018 was full of joy and celebrations marking the 100 year anniversary of Romania's Great Union Day.

At the Faculty of Dental Medicine, we had the honor to organize one of the most interesting and memorable students' projects: Training New Trainers. Training New Trainers (TNT) is a programme designed by students on topics related to soft skills, that are increasingly becoming the hard skills of today's work force.

The project was held from 2nd to 9th of December 2018 and was organized by Bucharest Dental Students' Association (LSMDB) and International Association of Dental Students' (IADS), in partnership with the Faculty of Dental Medicine, "Carol Davila" University of Medicine and Pharmacy, Bucharest. We enjoyed the support of International Federation of Medical Students' Association too and we would like to thank them through this article, for helping us.

The local and international trainees, from Romania, France, Sudan and Jordan, attended ten training sessions with different topics, meant to prepare them for their lives as trainers, such as: Public Speaking, Communication, Leadership or Feedback.

The participants were trained by four dedicated trainers: Gabriel Toma and Adelin Radu (from Romania), Mohamed Ahmed (from Egypt) and Salma Surag (from Sudan).

Throughout the sessions, when the trainers delivered a powerful theoretical base, but also organized games and interactive activities, the participants were really receptive and showed a lot of interest in the discussed subjects. Besides the fact that they developed their personal skills, they built great friendships and were surrounded by a family-like atmosphere.

At the end of the week, each of the trainees held a SRT (subregional training) and received feedbacks concerning their presentation from the other participants and from the trainers, following ten relevant criteria, such as: gesture, posture and proxemics, information delivery, outfit or time management.

The Training Department and the IADS family have now prepared and capable new trainers, who will spread the word regarding the soft skills and the federation's mission.

As we all know, there is no IADS event missing an amazing social program and, since Bucharest is a great choice for social activities, it couldn't be below anyone's expectations.

Since the arrival day, we gathered the participants and had dinner at a traditional Romanian restaurant, where dishes like zacusca, ciulama or sarmale stole everyone's hearts. The first three evenings were about going out for dinner and then a drink and board game. The game changer was on Thursday night, when everybody enjoyed a house party at Salim's place (one of the volunteers), with shisha and Jordanian food.

For the end of the week, we had prepared a trip to the mountains to relax after a week full of trainings. We visited Peles Castle in Sinaia, a castle built for King Carol I, inaugurated in 1883. One of the most beautifully decorated cities for Christmas, Brasov, offered us a home for the night, and everyone suddenly forgot about their worries and just enjoyed the view and the feeling.

The last night was definitely a sad one since we were about to end a nice experience for all of us, so we spent it at a rooftop restaurant called Linea / Closer to the Moon, where we sat in igloos and felt like on another planet.

As it turned out, this project not only taught us things about soft skills, different cultures and traditions, trainings, friendships and how to be better people, but it was also a 'first' for many of us: some travelled alone for the first time, some felt the cold for the first time, some saw and felt the snow for the first time and some saw a fox for the first time.

The TNT Bucharest was definitely the best way to start the last month of 2018. Cheers to a magical December!

**Lobna Mostafa, Jordan, trainee:** The 10 days I spent in Bucharest were unforgettable. Meeting wonderful people and learning a dozen new things while having tons of fun is not something that happens everyday. I'm very thankful for this amazing experience. I would do it all over again in a heartbeat.

**Mamadou Ndoye, France, trainee:** The TNT/SRT was a great experience where I learned lot of things about training, about Romania, but also about myself. During this week I've been able to improve my soft skills in order to be a better trainer and a better person in my daily life. Furthermore I've met amazing people from different countries. I've learnt from their culture and from their experience. Also, we've been trained by trainers that wanted to share their knowledge with us, that wanted us to achieve our goals. Thanks to all of that, I won't ever forget this experience.

**Mohamed Ahmed, Egypt, trainer:** I used to say that TNT is one of the most successful IADS programs. The idea is about becoming more confident, more skillful as a presenter and communicator, developing leadership skills, creating memories and sharing amazing experiences with different dental students from everywhere. It is an endless process of learning that books won't offer to you. Furtermore, Bucharest is one of those cities that once you visit, you come back again.

**Diala Abualimeh, Jordan, trainee:** Bucharest was an amazing experience, I got to meet a lot of great people, try a lot of good food and went to so many beautiful sites. I also got to know the culture a bit more. The course itself was extremely useful, I know that I will use all the skills I learnt, if not for a training, then at least in my everyday life.

**Hebah Tamimi, Jordan, trainee:** I would like to thank everyone that helped in making this course successful. It was such a great experience from all aspects. The people I met in Bucharest were really kind and very welcoming, we felt as if we were home .The city is amazing especially with the Christmas vibes and decorations. Last but not least, I would highly recommend anyone to travel and get the chance to live this experience of knowing about different cultures, learning different languages, and meeting new people.

**Diana Baciu, Romania, trainee:** TNT was a breath of fresh air for me. I got to defeat my speaking-in-front-of-people fear and learnt ways of getting better at it. I met the best people there. We helped each other a lot by giving and receiving feedback, paying attention to learn the good stuff and correcting mistakes when needed. We also had a lot of fun and visited all kind of places. It was an interactive experience where everybody felt as part of something bigger.


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