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The conference was an outstanding experience, with a vast array of research contributions presented. I particularly appreciated the strong representation of early-career researchers, including many PhD students and young principal investigators (PIs). The involvement of the young EFIS (European Federation of Immunological Societies) group was also noteworthy, as they organized highly informative workshops on critical topics such as career development in science and guidance on publishing for the first time.

In my field of autoimmunity and neutrophils, the presentations were highly relevant and provided valuable insights that will directly inform my ongoing research. I also had the opportunity to establish important connections that could lead to future collaborations. During my presentation, I received a significant amount of constructive feedback and several expressions of interest, which will be instrumental in refining my work.

In summary, the conference was a highly enriching experience, offering both professional development and new research opportunities for the future.