

FIRST-TIMERS GUIDE

TO THE ISTH CONGRESS EXPERIENCE



BROWSE THE PROGRAM AND FINALIZE YOUR SCHEDULE

- Download the Congress app at isthcongress.org/downloadapp
- Review your registration and reserve ticketed sessions, including the **Early Career Session**

VISIT THE EARLY CAREER LOUNGE

Join us in the **ISTH Hub** in the exhibition hall to relax in a friendly environment for learning and rejuvenation. Join sessions dedicated to early career professionals to informally interact with peers and global leaders.



NETWORK AND COLLABORATE

The ISTH Congress is an ideal place to connect with colleagues and collaborate on exciting projects. Use **Poster Sessions** and a limited number of **Guided Poster Tours** to meet and collaborate with others.

FOLLOW UPDATES AND HAVE FUN!

Balance learning and discovery with well-being and enjoyment. Get daily updates through **social media**, including advice from our **Paris Pros** and subscribe to the **Daily Download** from the ISTH Pulse Podcast: isth.org/podcast



AFTER CONGRESS GOALS

- Share your discoveries and follow up with your connections.
- If you're a member, join the online discussion in the **My ISTH Community**, including the **Early Career Forum: my.isth.org**.
- Consider joining **SSC Subcommittees** via My ISTH.
- Join the **Early Career Committee** at the next opportunity.
- Apply for a fellowship at isth.org/fellowships or find a mentor at isth.org/mentor-mentee.