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- you published your results in a **journal** which is released at least once a year (or communication published in **annual proceedings**)

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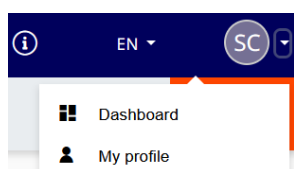
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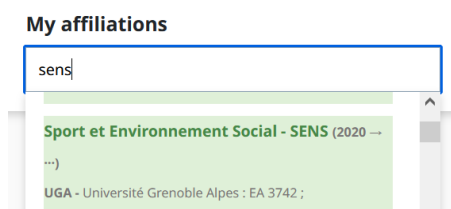
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