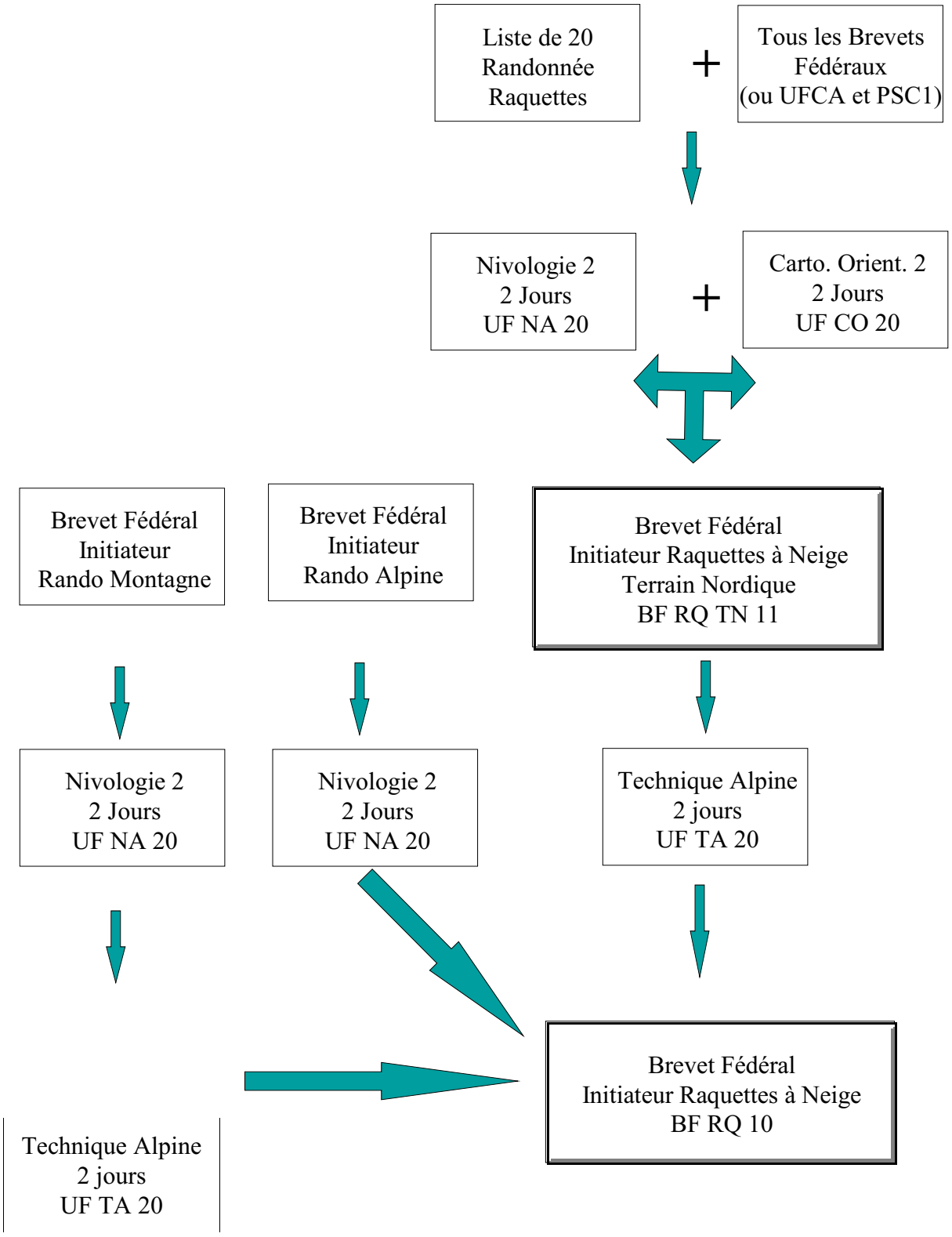Cursus de formation