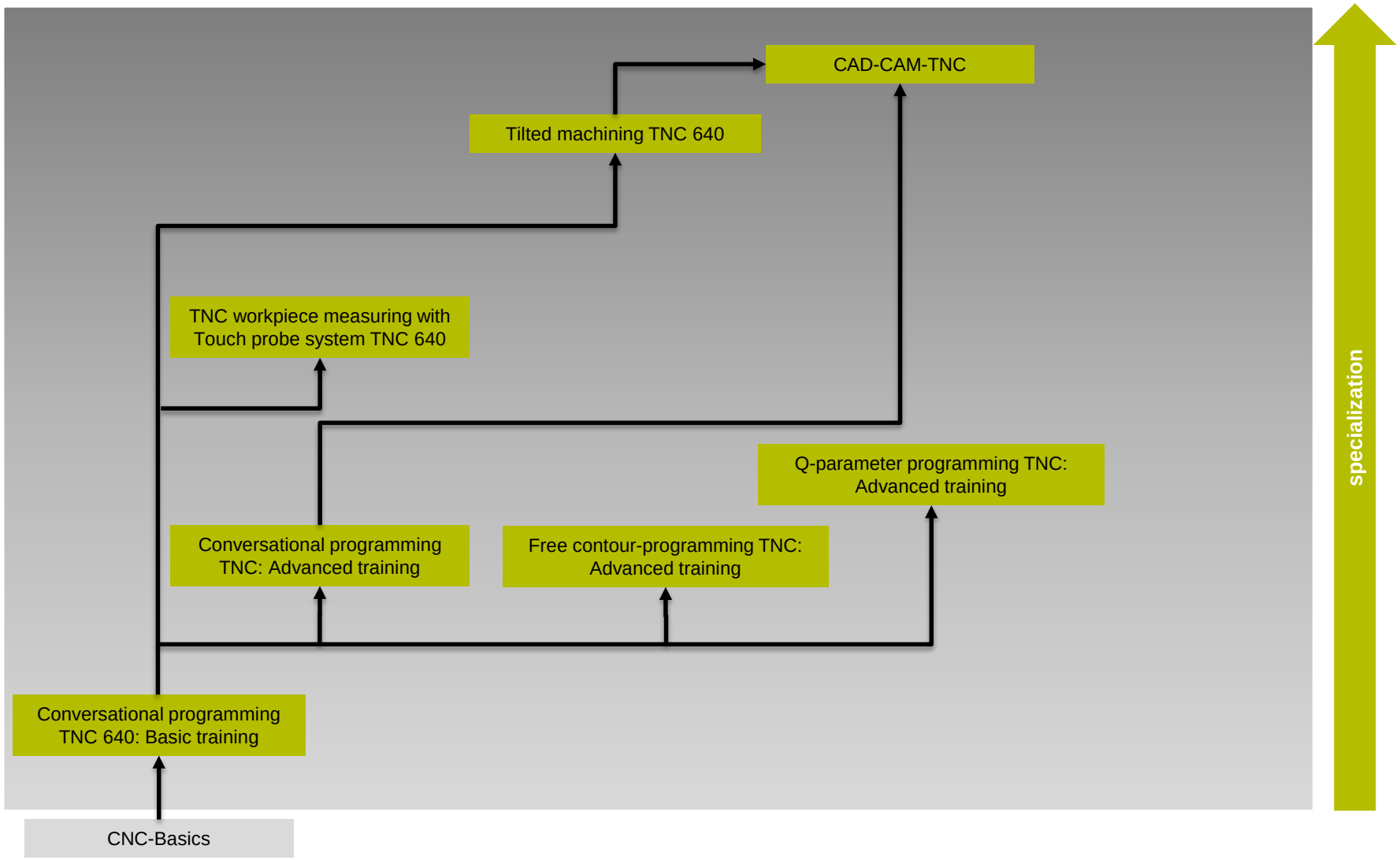TNC – Trainings guide