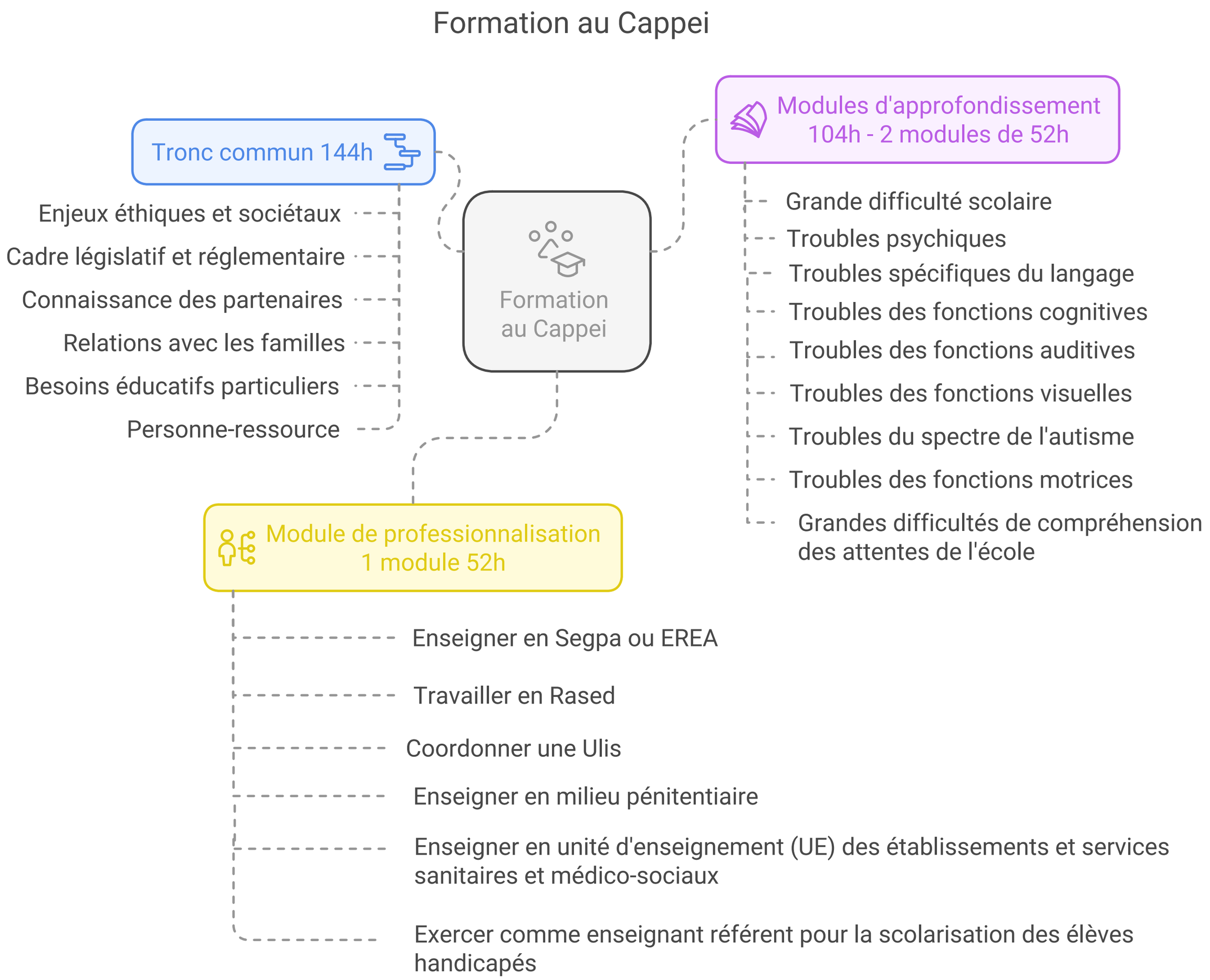Formation au Cappei