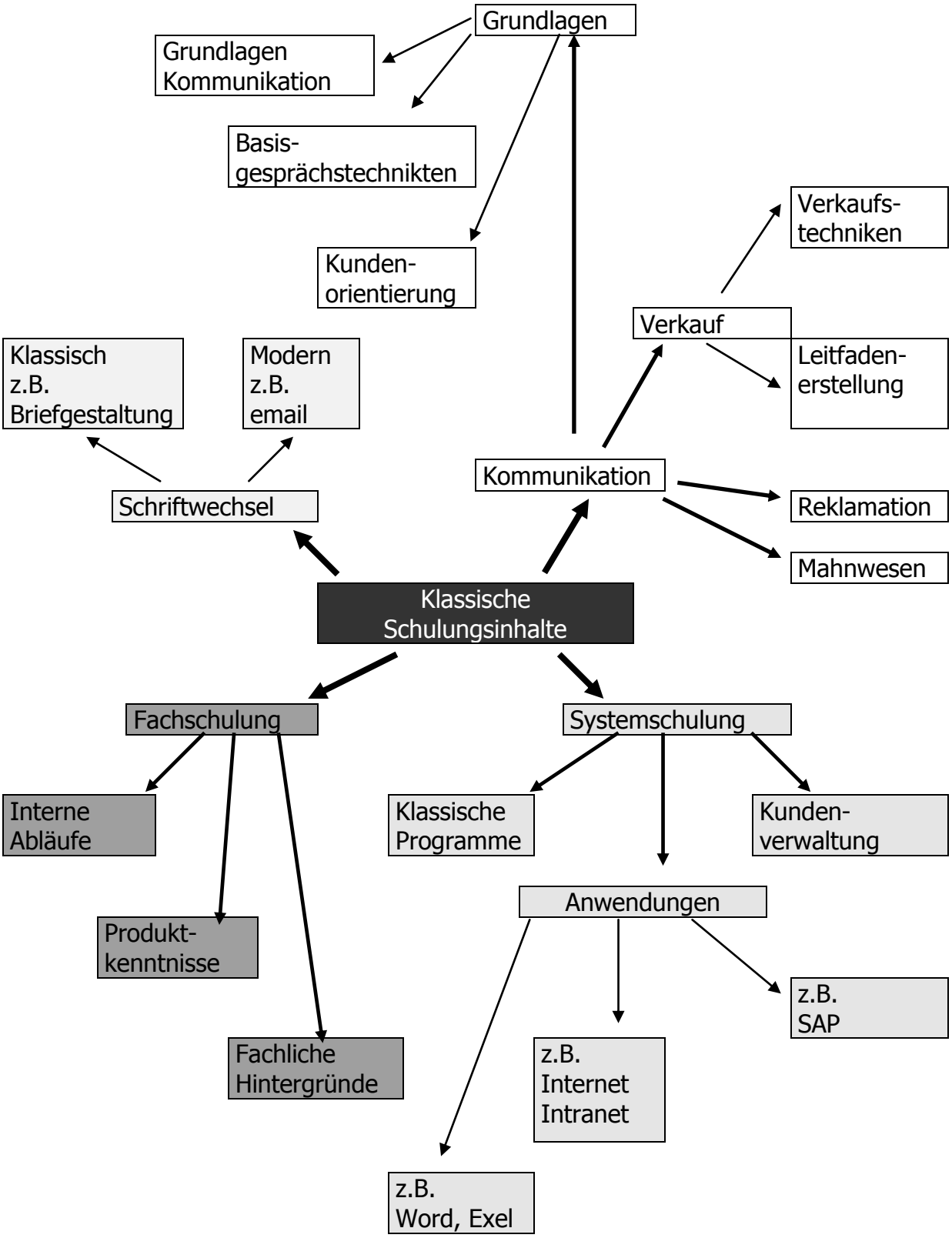Klassische Schulungsinhalte