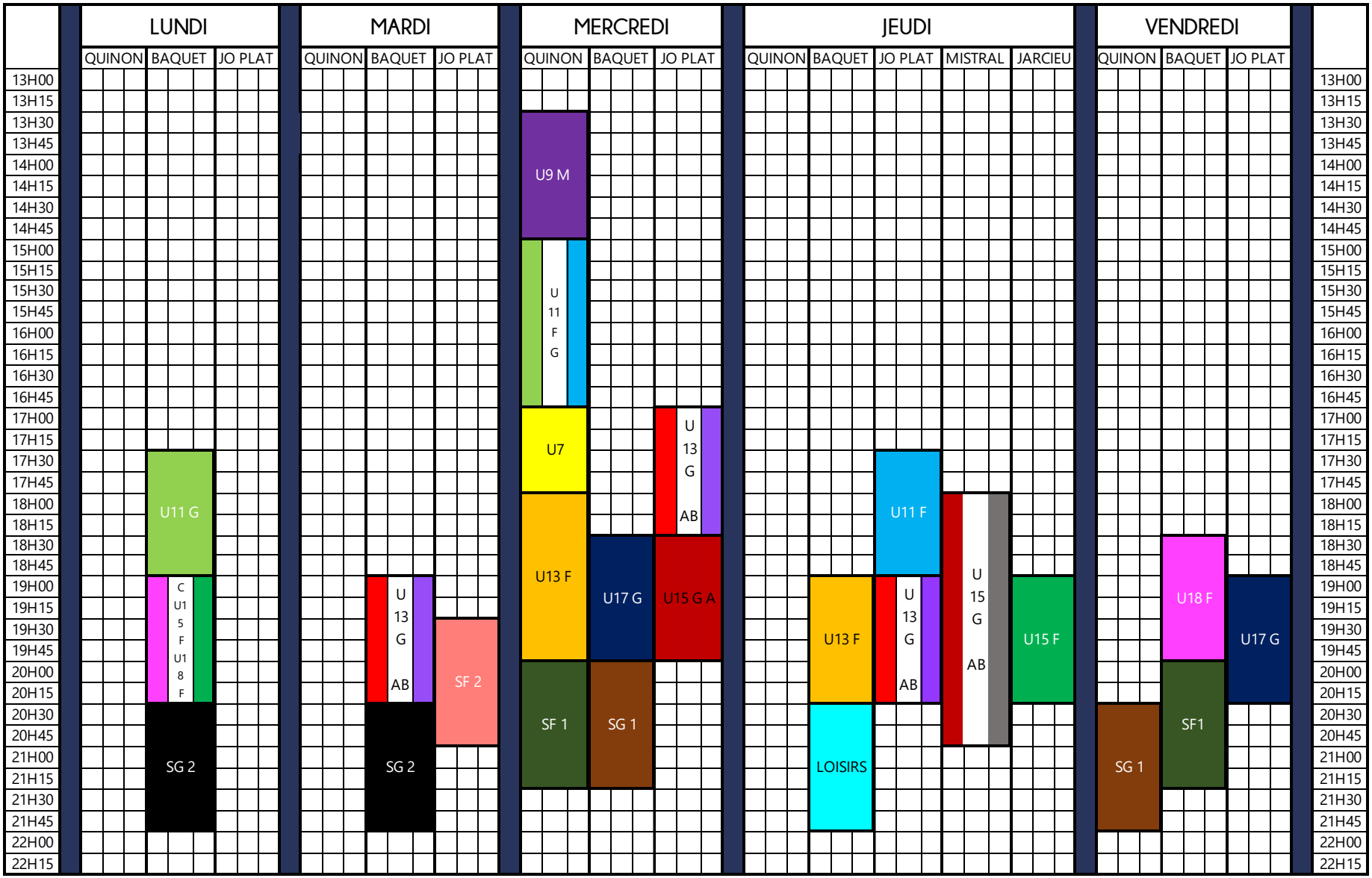PLANNING ENTRAINEMENT 2022 - 2023