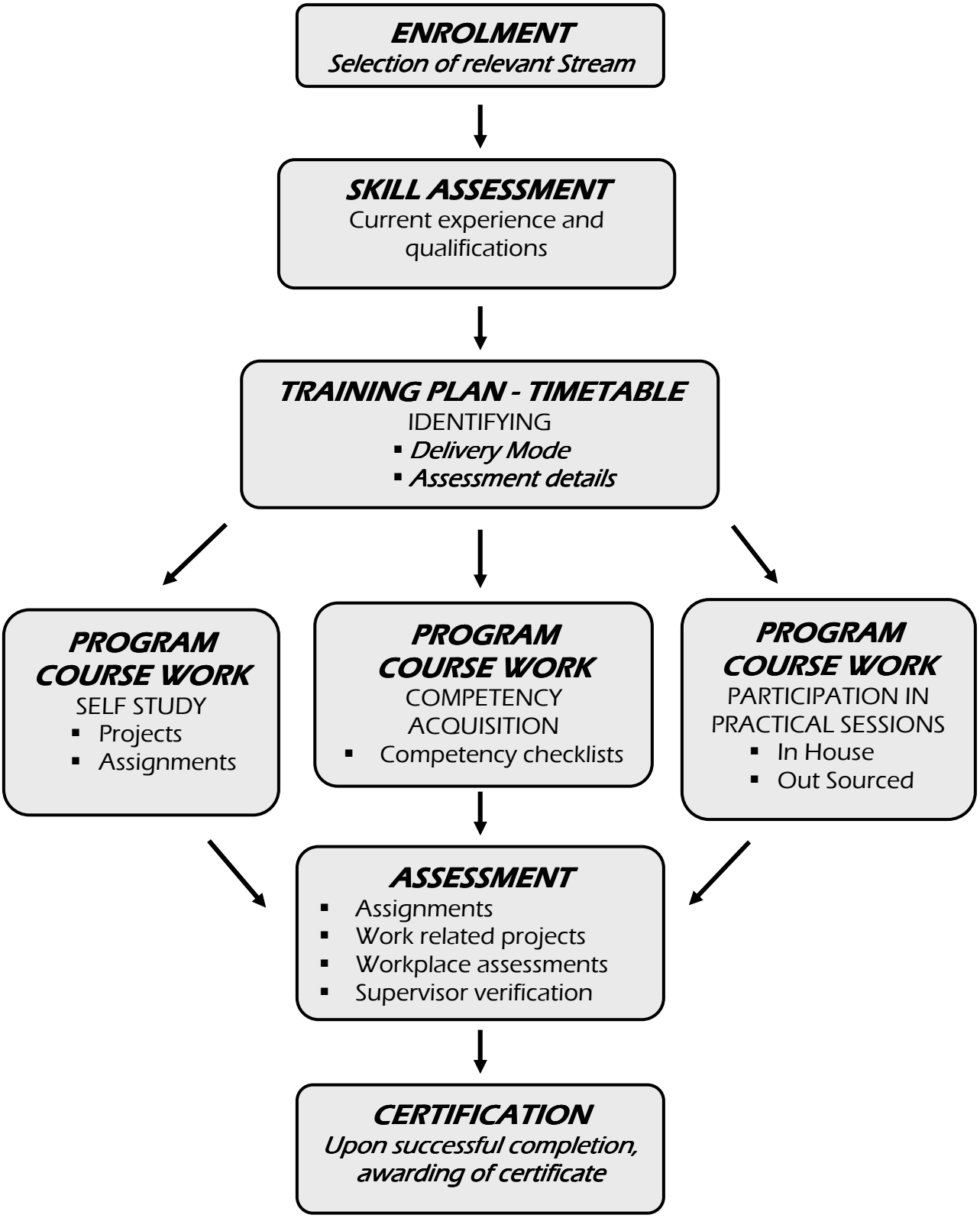THE AVTES TRAINING PROCESS SIMPLIFIED