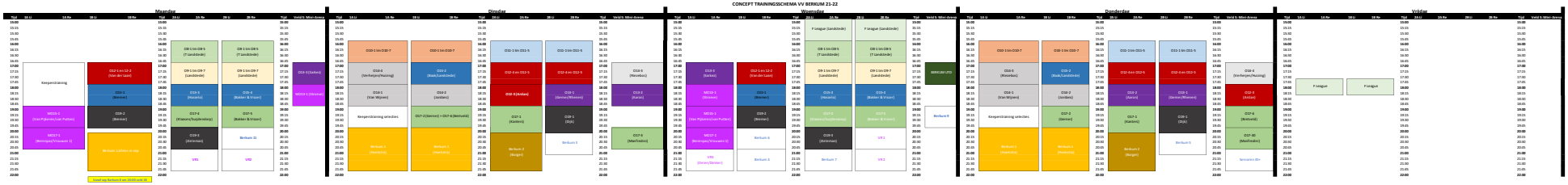CONCEPT TRAININGSSCHEMA VV BERKUM 21-22