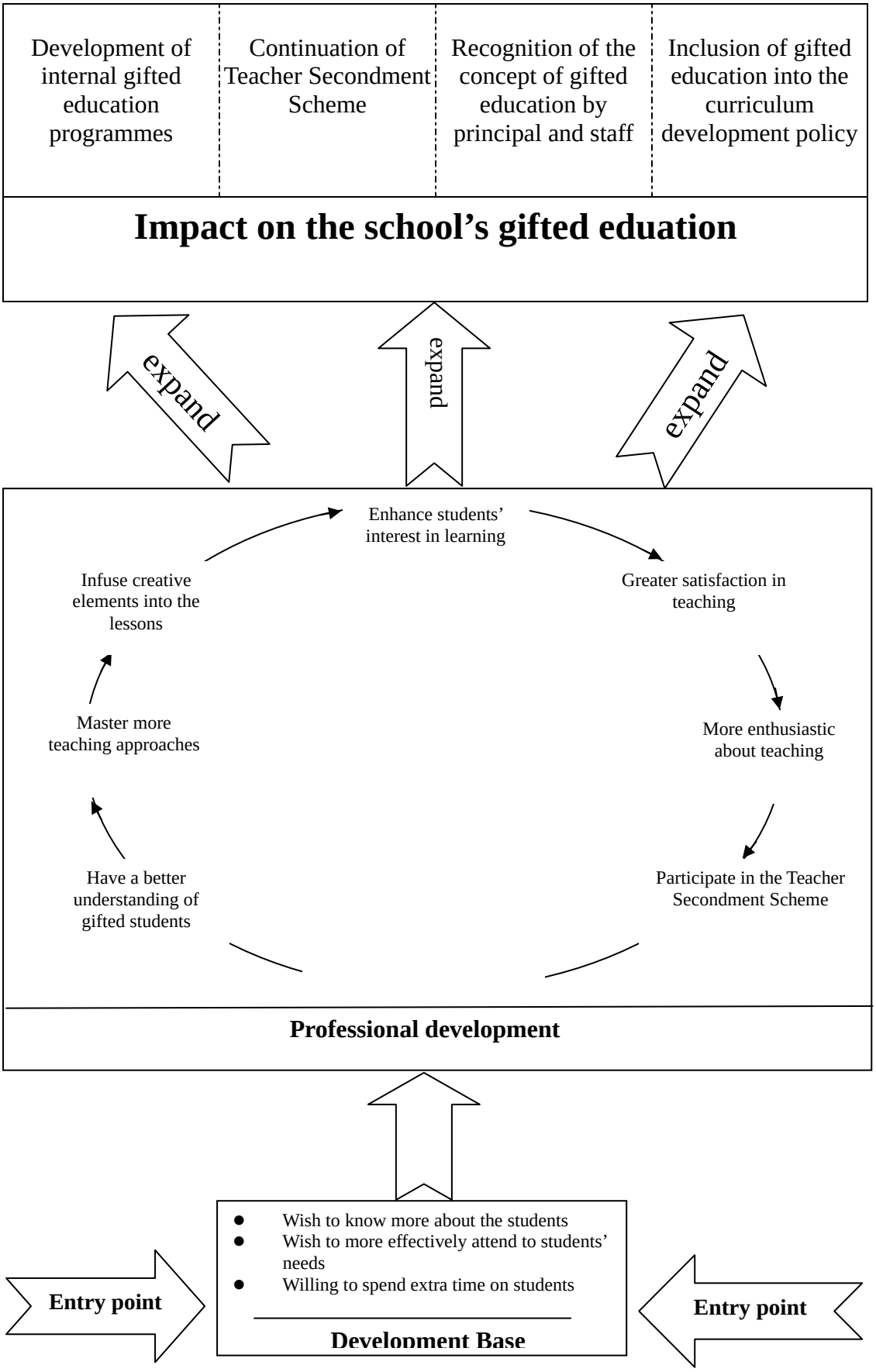Case study: Programmes developed from the teacher level