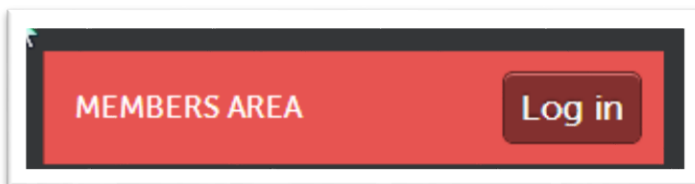To log in you need a login and a password. Your login is as follows:

 firstname.lastname (no special signs, no blanks)

The first time your password should be requested as follows:

Click on the button <log in>

Click on 'I lost my password. Please help me'

type your username or your email address and click on <get new password>

You will receive a link in your mailbox which will allow you to log into the website.