



MFE-IT

Reference: 2B/EN/DOCK

Docker Training Course

Create, Run and Manage Your Containerised Applications

Duration: 3 Days | Hours: 21 h

Remote · Sessions guaranteed from 1 registrant · 60% hands-on practice

DESCRIPTION

Docker has established itself as an essential standard for application development and deployment. It allows you to encapsulate each application in a portable, isolated and consistent unit, with enhanced portability, reliable execution and simplified dependency management.

This Docker training enables you to create your own images, manage your containers and orchestrate your services with Docker Compose. You will develop key skills to industrialise your deployments and gain portability across all types of environments — from local development to staging and production.

LEARNING OBJECTIVES

By the end of this training course, participants will be able to:

- Explain how containers and the Docker engine work
- Build and configure your own Docker images from Dockerfiles
- Launch, monitor and manipulate application containers across scenarios
- Orchestrate multiple services with Docker Compose
- Master volumes, networks and environment variables to ensure portability
- Apply security best practices while optimising image size and performance
- Prepare reproducible deployments locally, in pre-production or in the cloud

PREREQUISITES

- Good grasp of the basics of command line and development
- Understanding of the principles of application architecture (API, database, web server)
- Linux or Windows environment with WSL recommended for practical workshops

Because each participant is unique, a personalised interview is systematically organised in advance with our expert to design a training programme perfectly aligned with their objectives, level and professional challenges.

TARGET AUDIENCE

Developers, integrators, DevOps engineers and system administrators who wish to industrialise and improve the reliability of their applications.

DETAILED PROGRAMME

The training alternates between theoretical input and hands-on practice (approximately 60% of the time). Modules are built around practical exercises based on real-world business use cases.

Module 1 – Introduction to Docker and containerisation

- Differences between virtual machines and containers
- Use cases for Docker in the application lifecycle
- Installing Docker on different operating systems

Module 2 – Managing Docker containers

- Creating, running, stopping and deleting containers
- Essential Docker CLI commands
- Viewing running processes and execution logs

Module 3 – Creating and managing Docker images

- Writing effective Dockerfiles and building images
- Managing image versions with tags
- Publishing your images to a registry (Docker Hub or private)

Module 4 – Orchestration with Docker Compose

- Structure of a docker-compose.yml file
- Defining multiple services (app, database, proxy)
- Environment variables, shared volumes and networks

Module 5 – Best practices and deployment

- Docker security best practices
- Managing networks, ports, volumes and secrets
- Reproducible deployment patterns and introduction to Docker Swarm and Kubernetes

TEACHING METHODS

Format and Delivery

The training is delivered remotely via an interactive virtual classroom. It can also be delivered on-site, with content customised to match the needs of your professional project. The theory/practice split is approximately 40%/60%.

MFE-IT Ultra-Personalised Format

Each session accommodates between 1 and 3 participants, ensuring highly individualised support. A preliminary interview allows us to tailor the content to each participant's profile. Inter-company sessions are guaranteed from just 1 registrant (except in cases of force majeure).

Skills Assessment

Throughout the training, the trainer assesses participant progress through multiple-choice questions, role-playing exercises and hands-on work. At the end, a certificate of achievement is issued to each participant.

Post-Training Support

For one month following the training, each participant can contact MFE-IT trainers with questions about implementing acquired knowledge. A response is provided by email or telephone within 48 working hours.

Accessibility

MFE-IT is committed to welcoming people with disabilities. Contact: contact@mfe-it.com.

PRACTICAL INFORMATION

Trainer Resources

- Structured demonstrations aligned with the detailed programme
- Exercise briefs and solutions throughout the training
- A ready-to-use technical environment for practical workshops
- Trainer validation of acquired knowledge at the end of each workshop
- Digital reference documents

Certification and Validation

At the end of the training, a certificate is sent by email specifying the objectives, nature, duration and assessment results. A completion certificate can also be provided on request.

Benefits for Participants

- Train from your workplace or home, with no travel required
- Benefit from an expert trainer-consultant on the subject
- Enjoy an ultra-personalised format (1 to 3 participants)
- Continue training even in the event of unforeseen circumstances

Benefits for the Organisation

- Optimise the training budget by reducing travel and accommodation costs
- Offer quality training to all employees, regardless of location
- Reduce absence time linked to travel
- Support team upskilling in all contexts