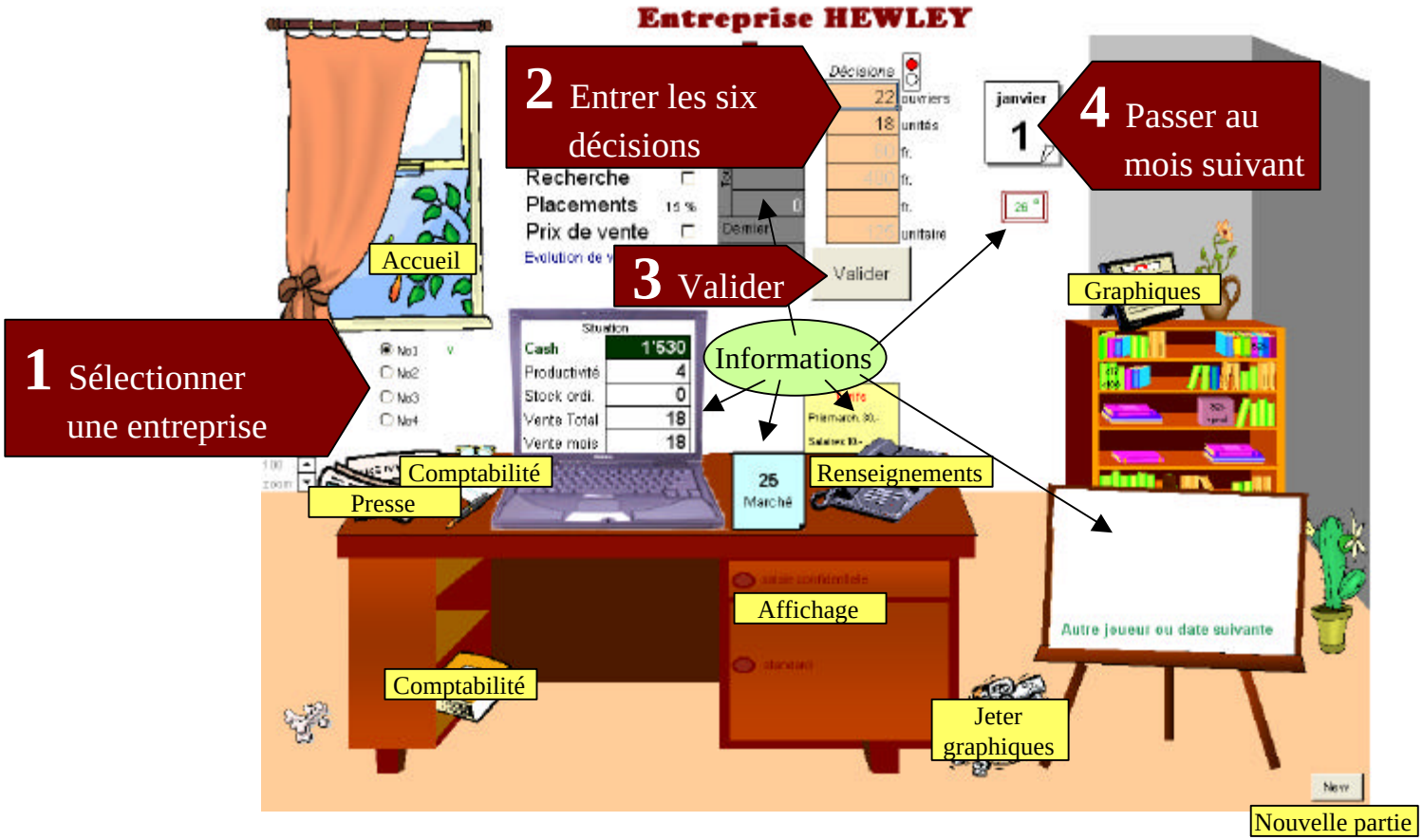Marche à suivre