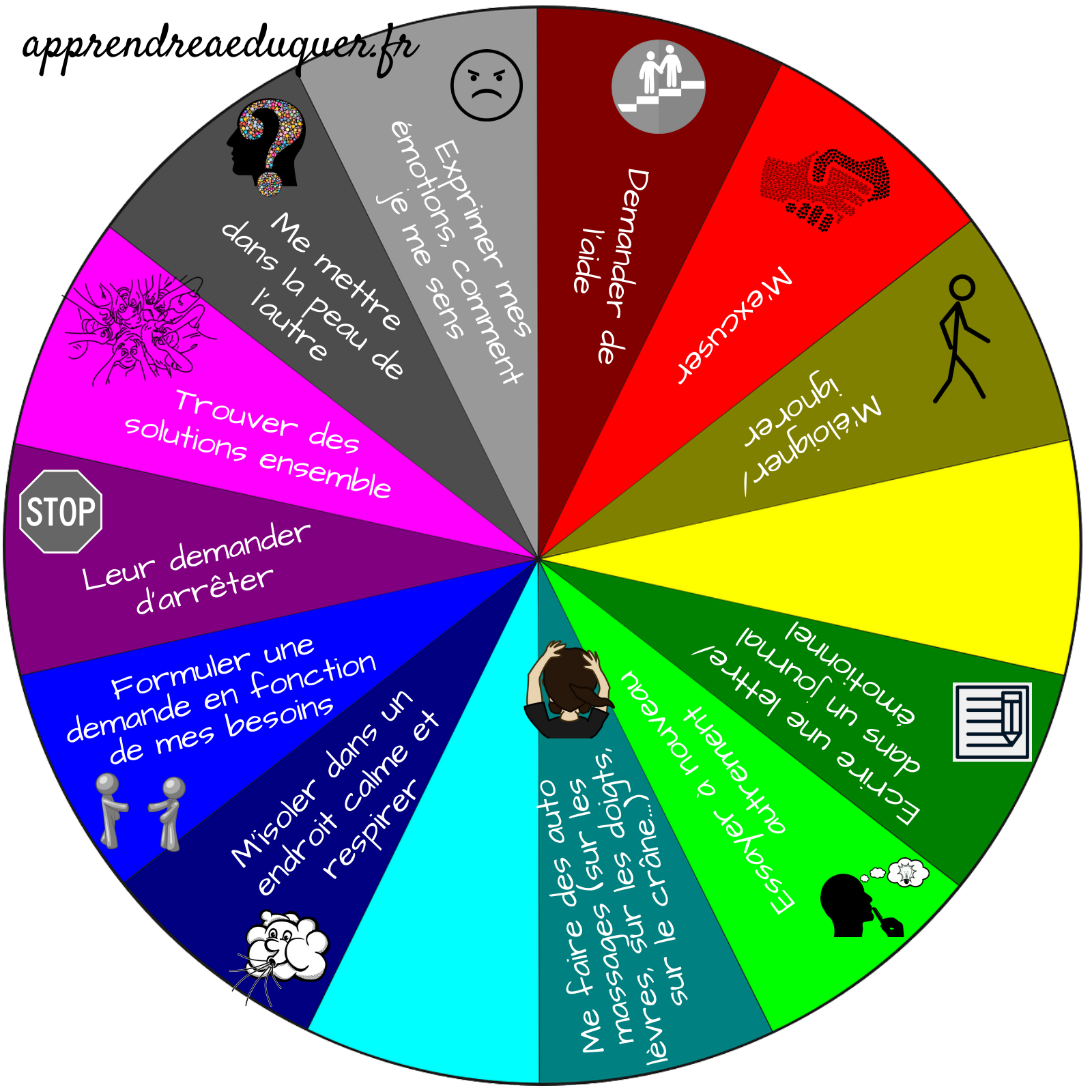apprendreaeduquer.fr