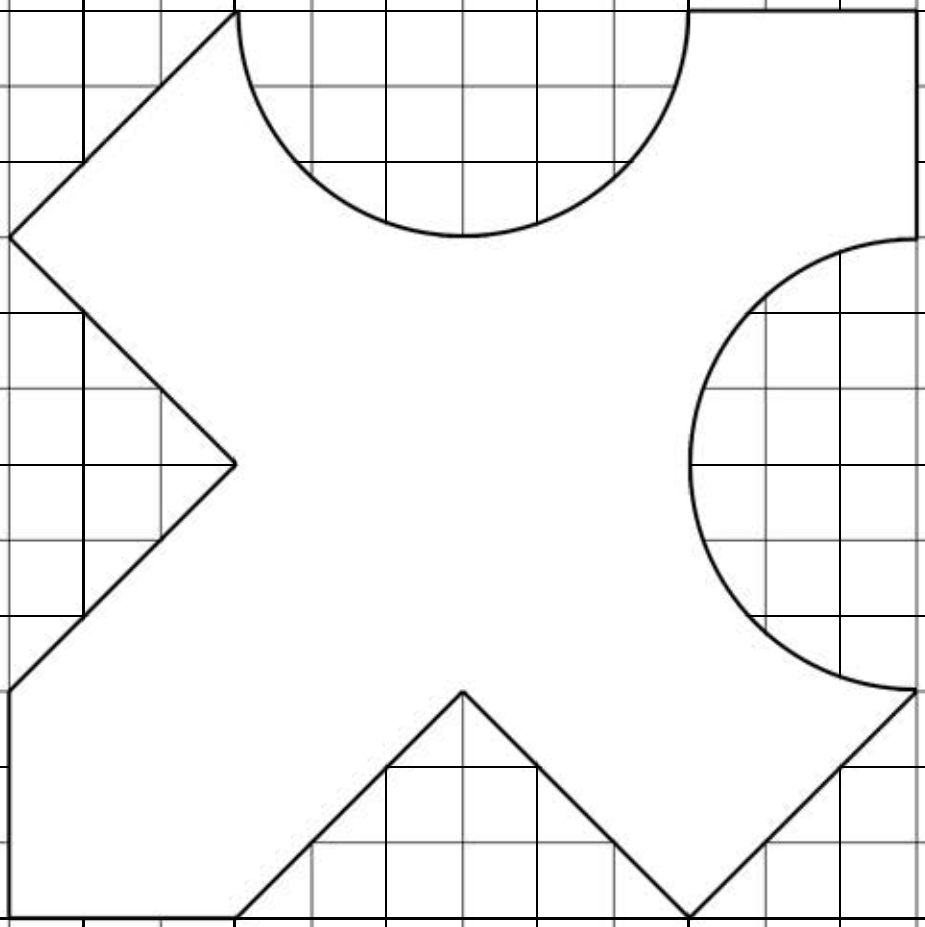Niveau a