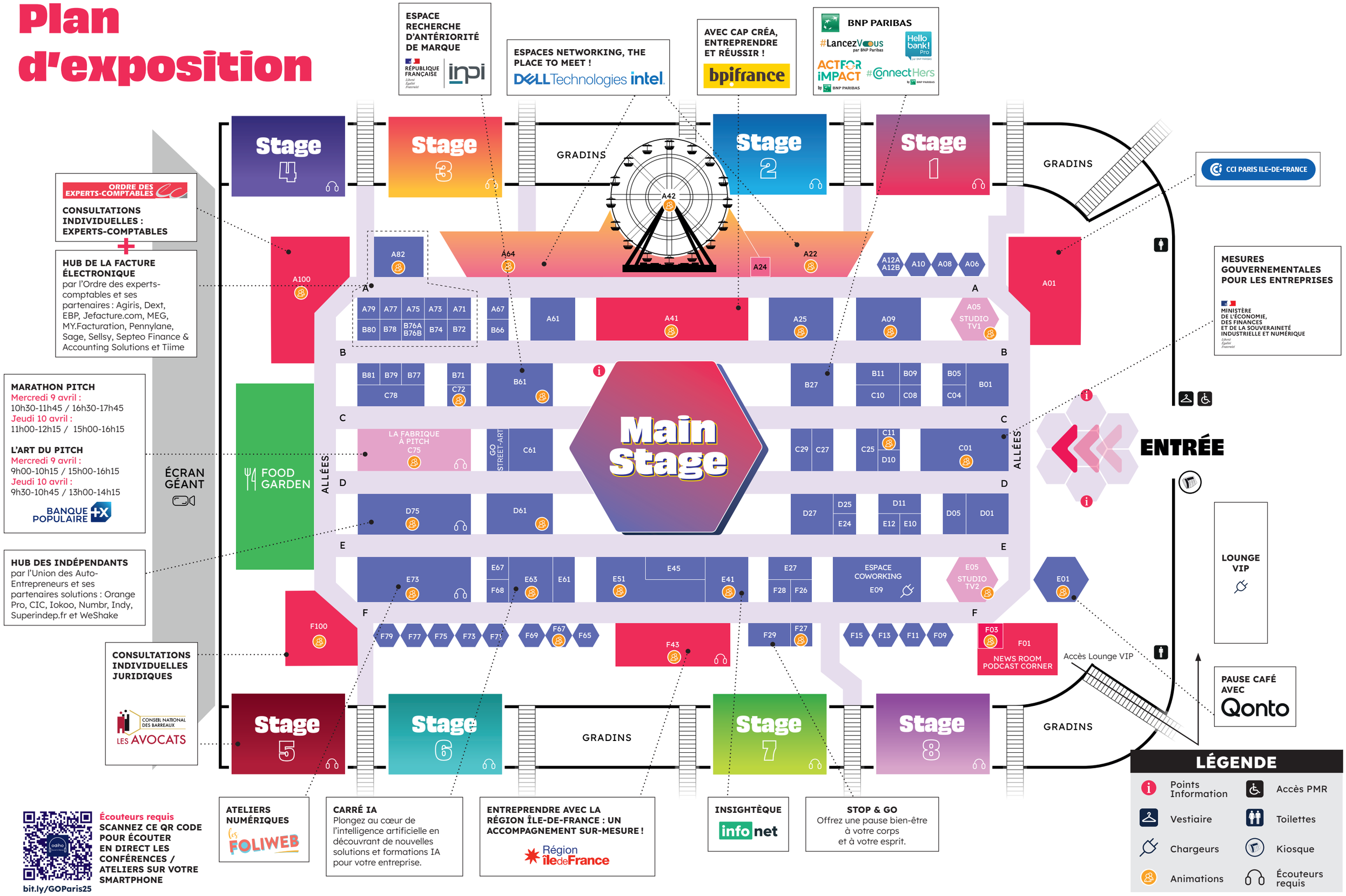Plan d'exposition