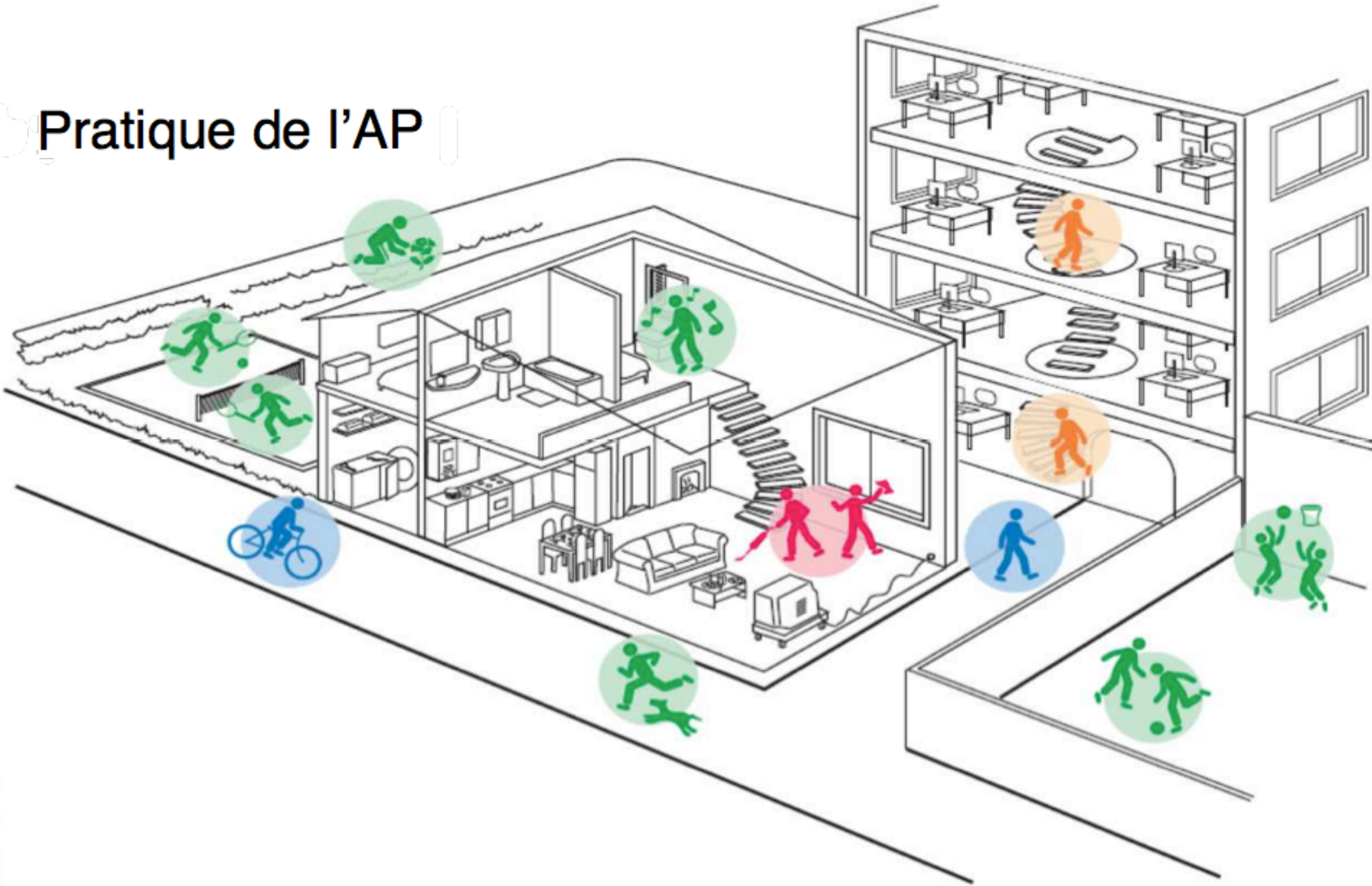Pratique de l'AP