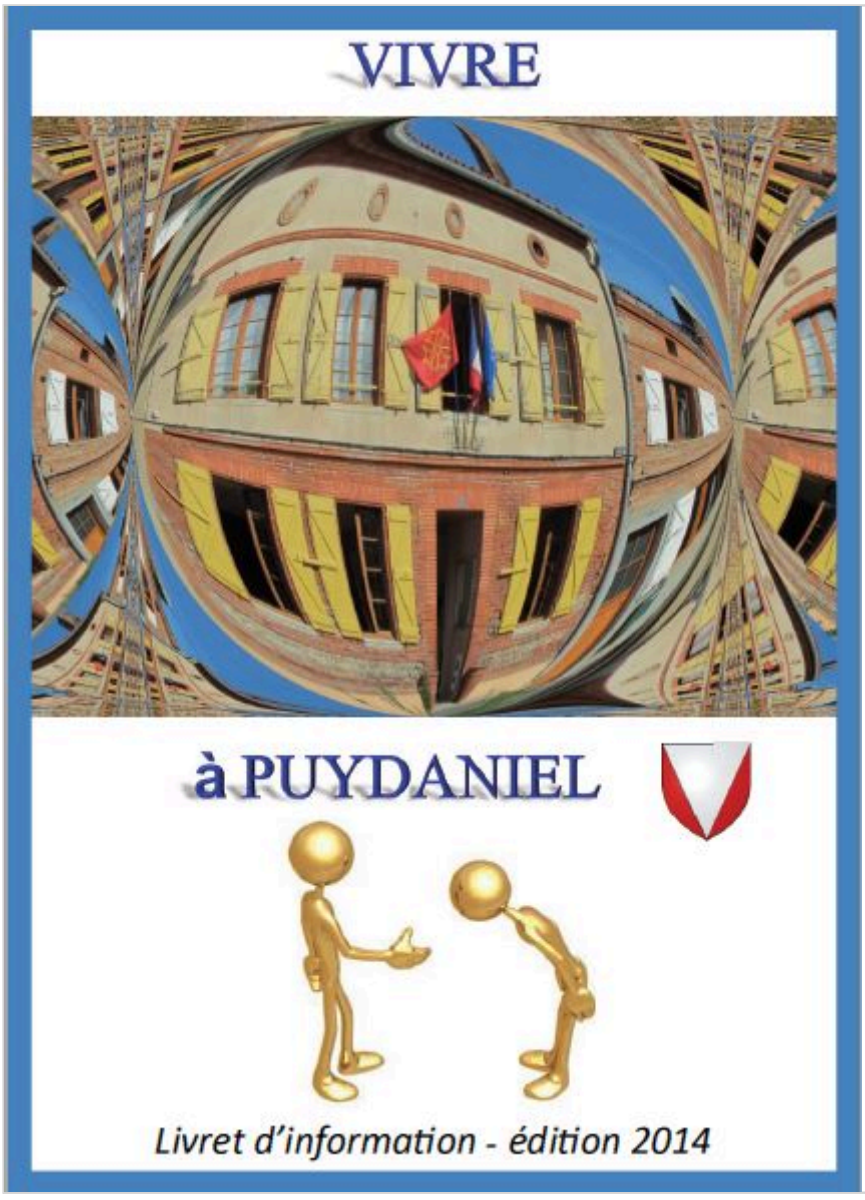Le livret d'information