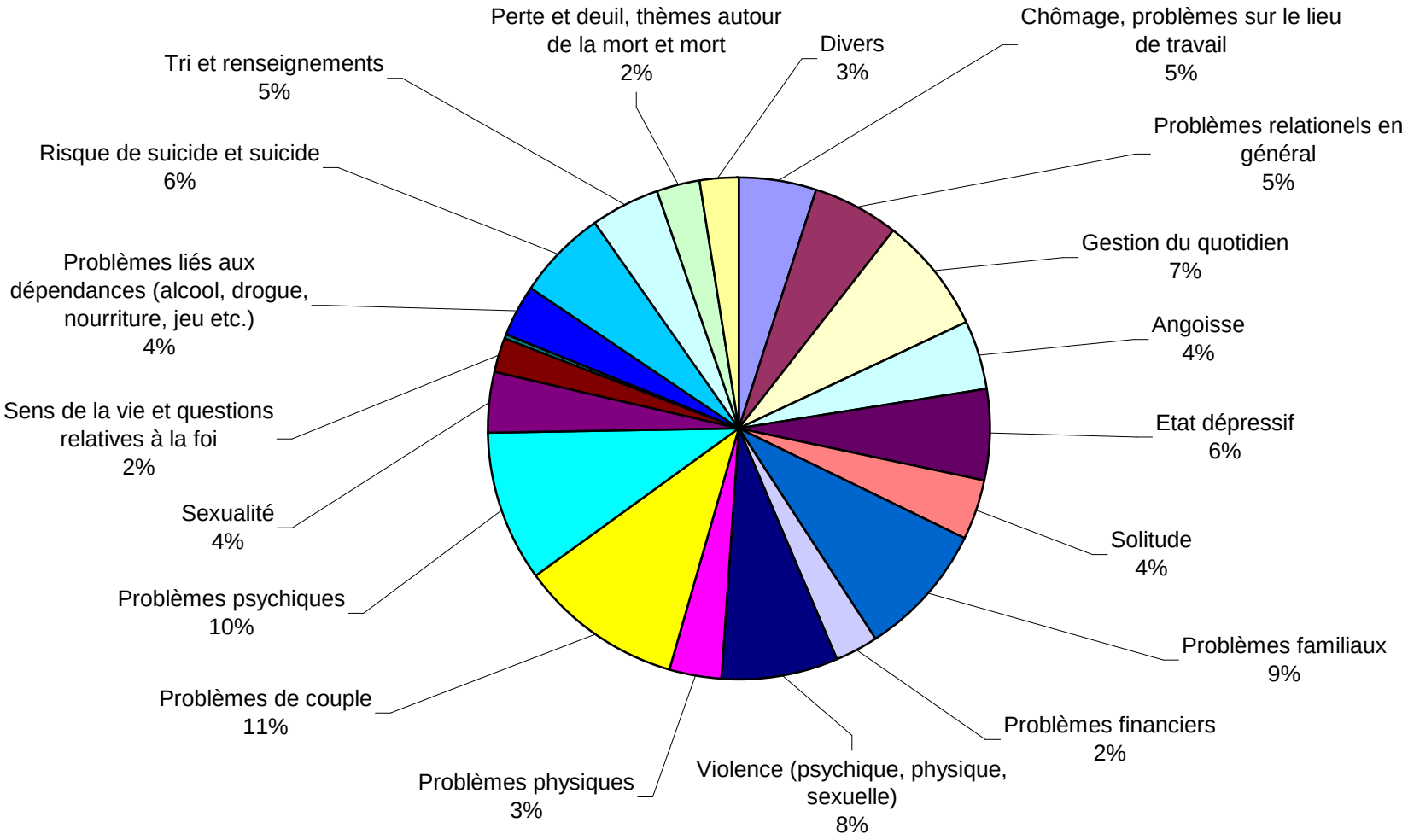Aide par internet 2009