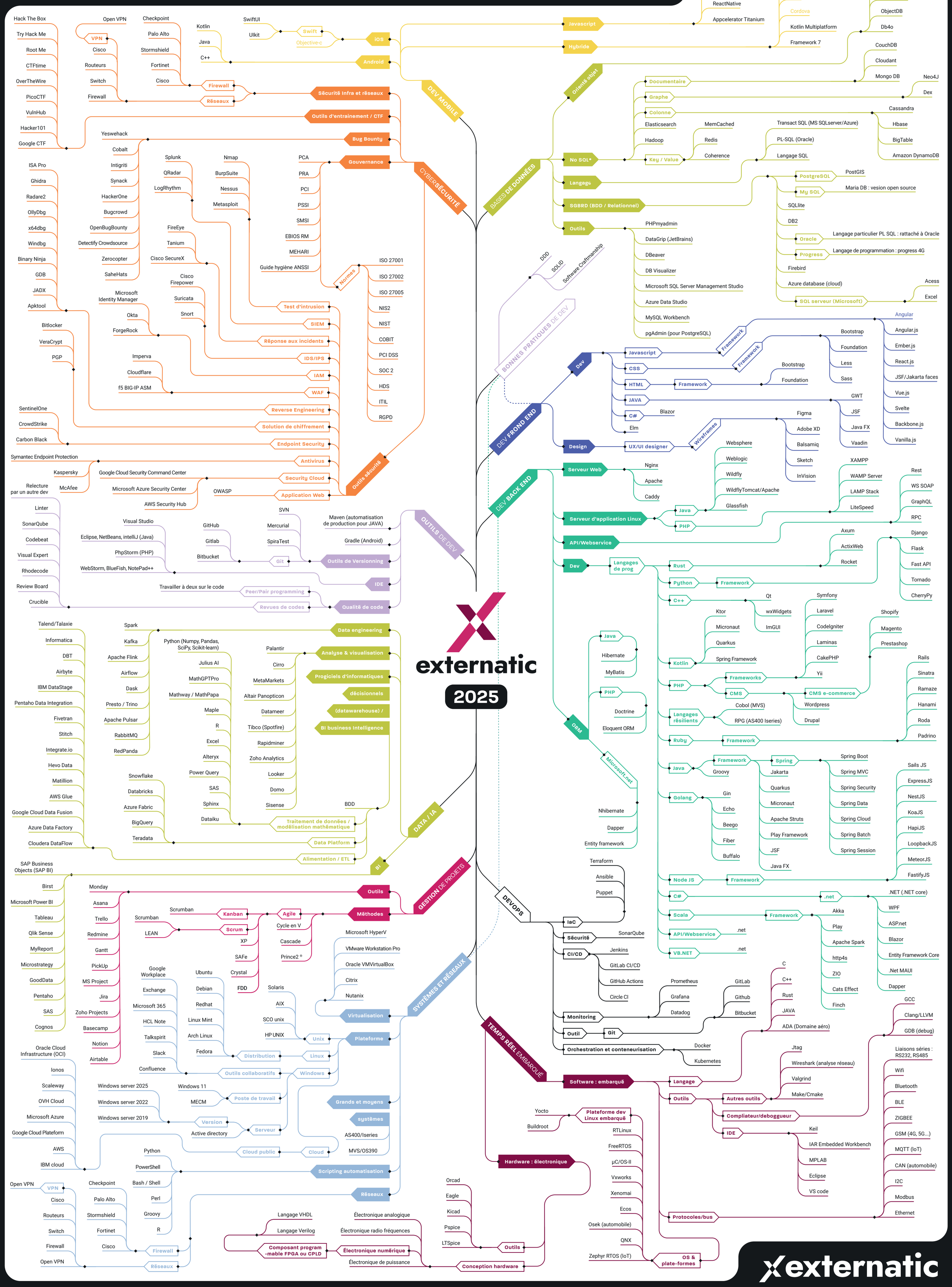Guide des technologies informatiques