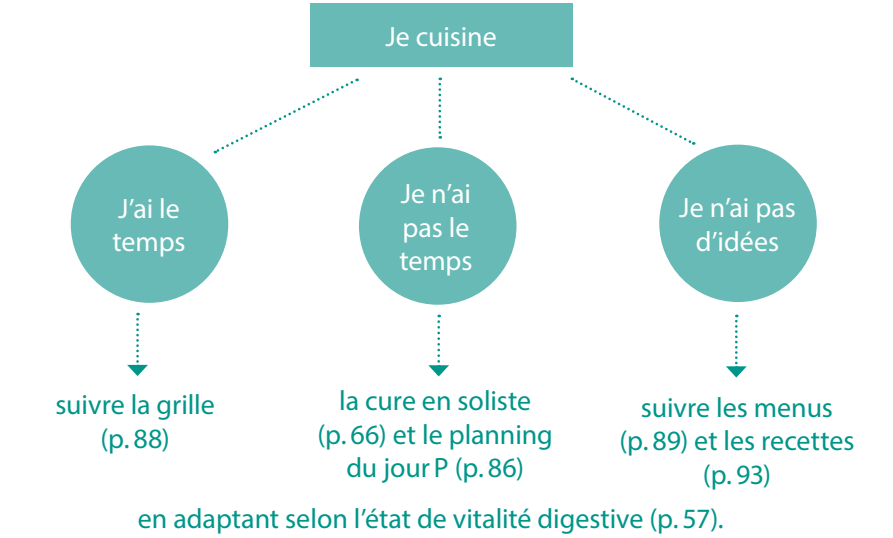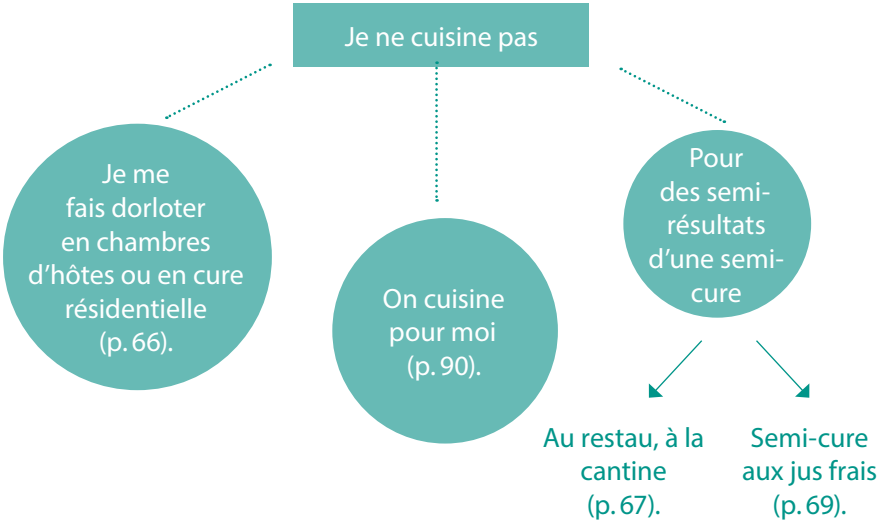Adapter en pratique