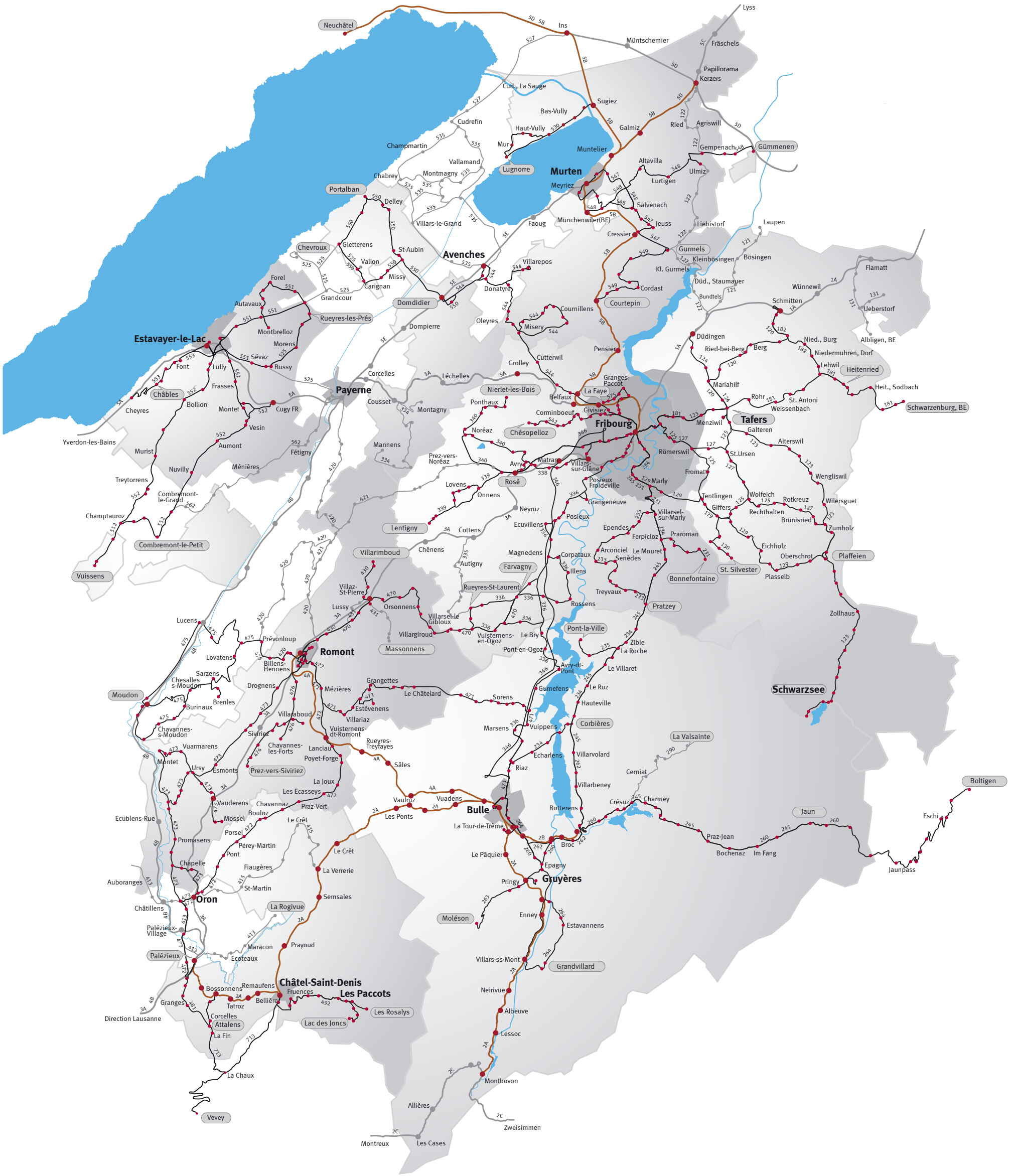Plan Régional