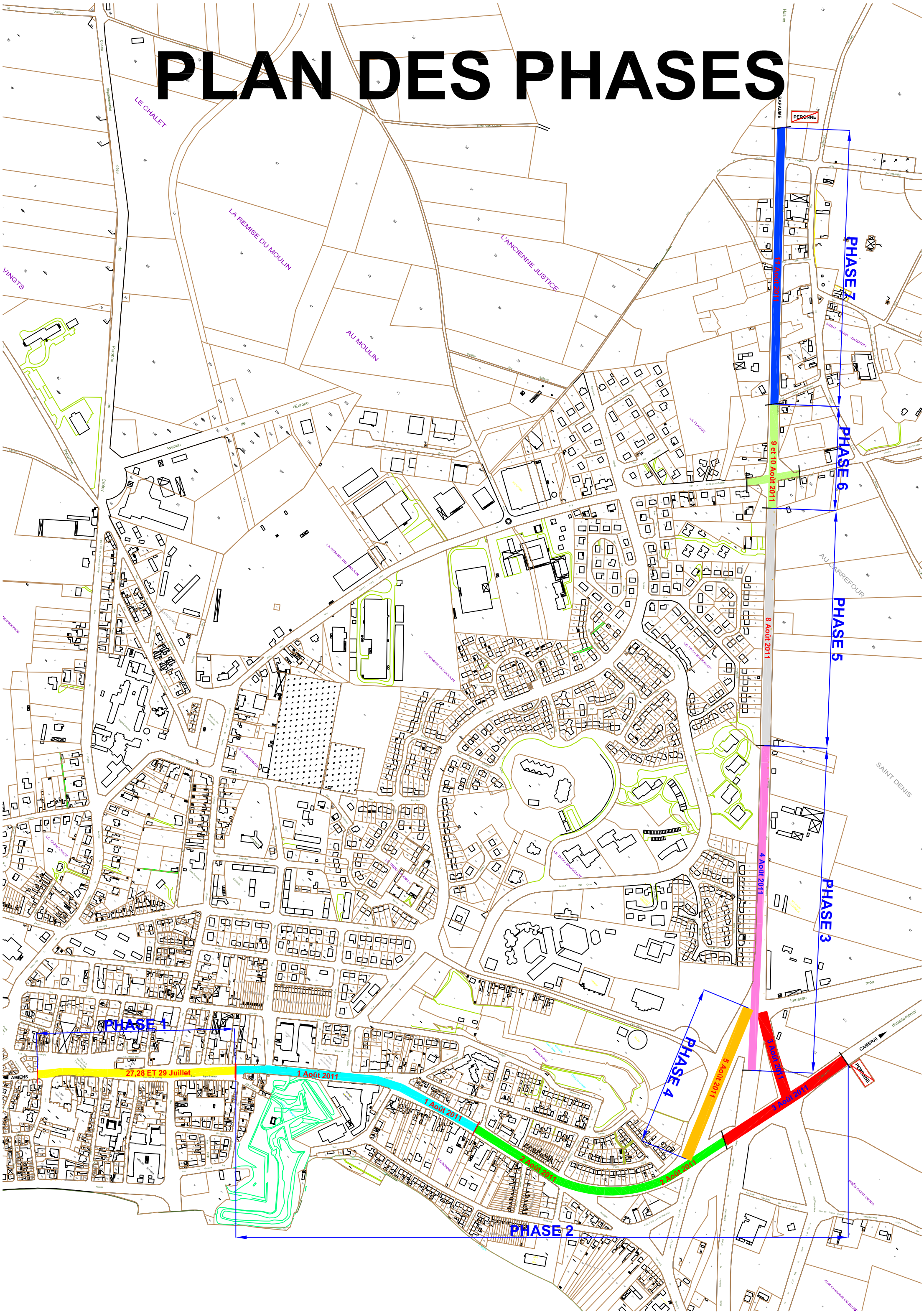PLAN DES PHASES