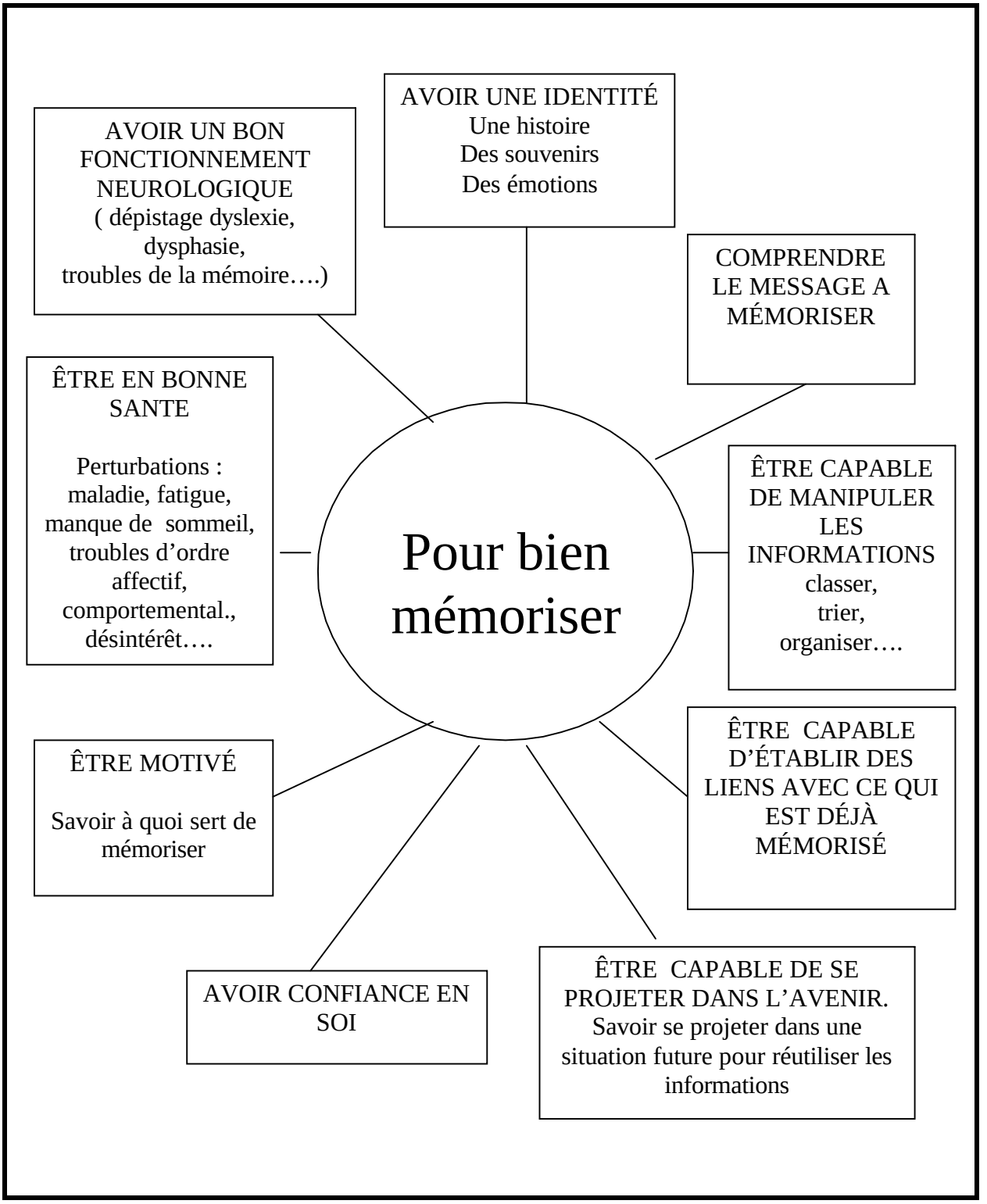PARAMÈTRES POUR BIEN MÉMORISER