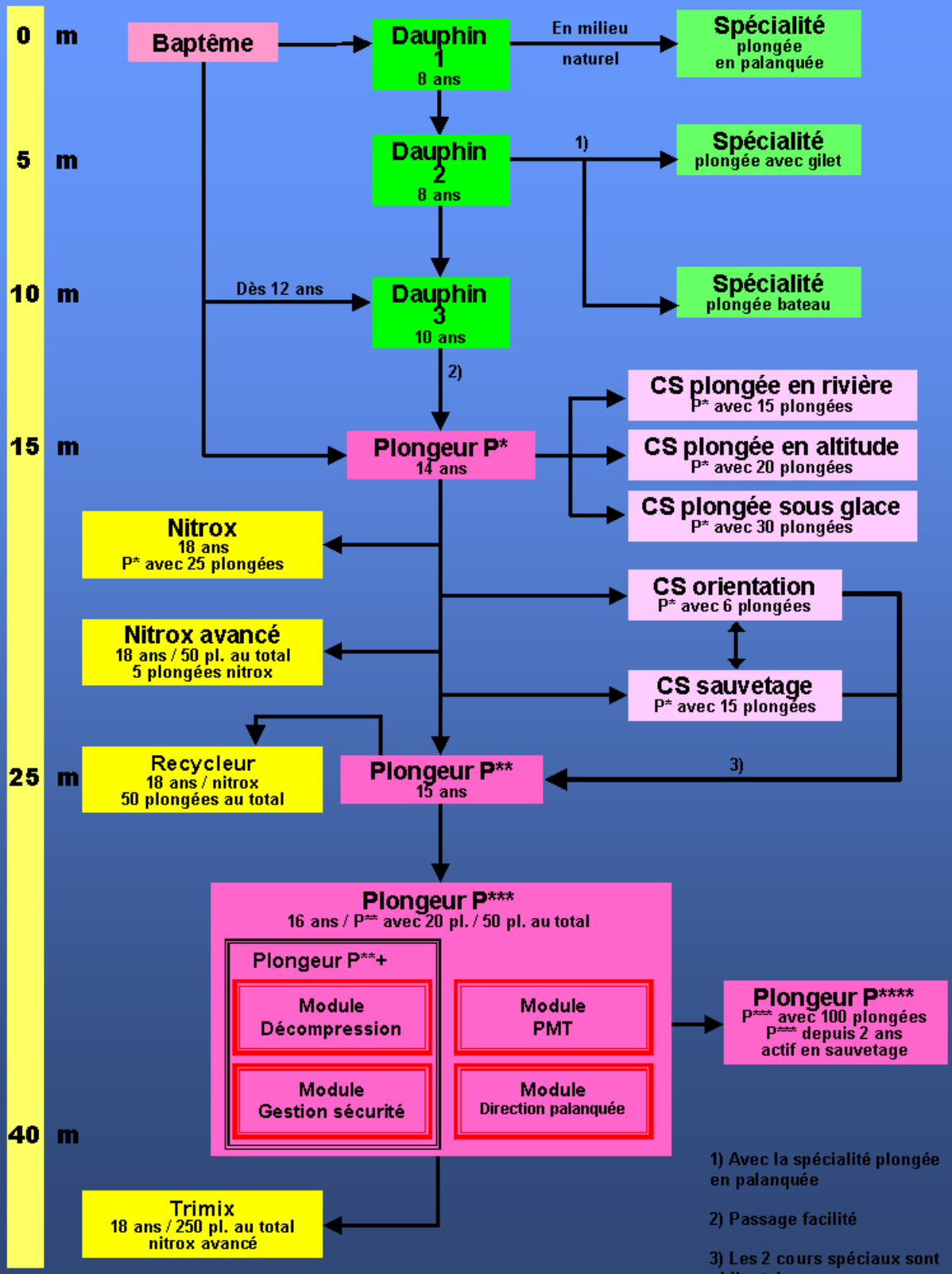Plan de formation pour plongeurs