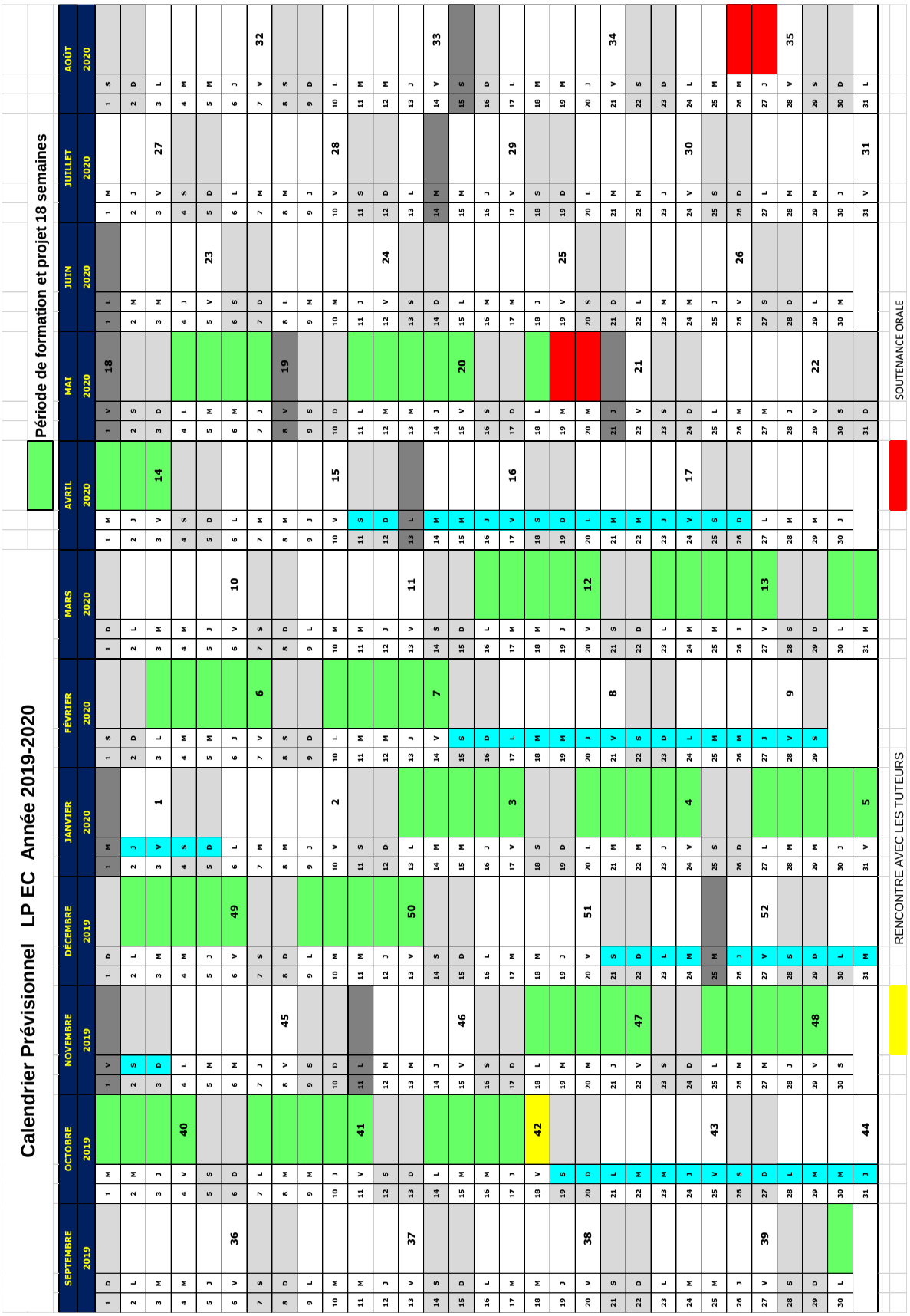CALENDRIER DE L'ALTERNANCE