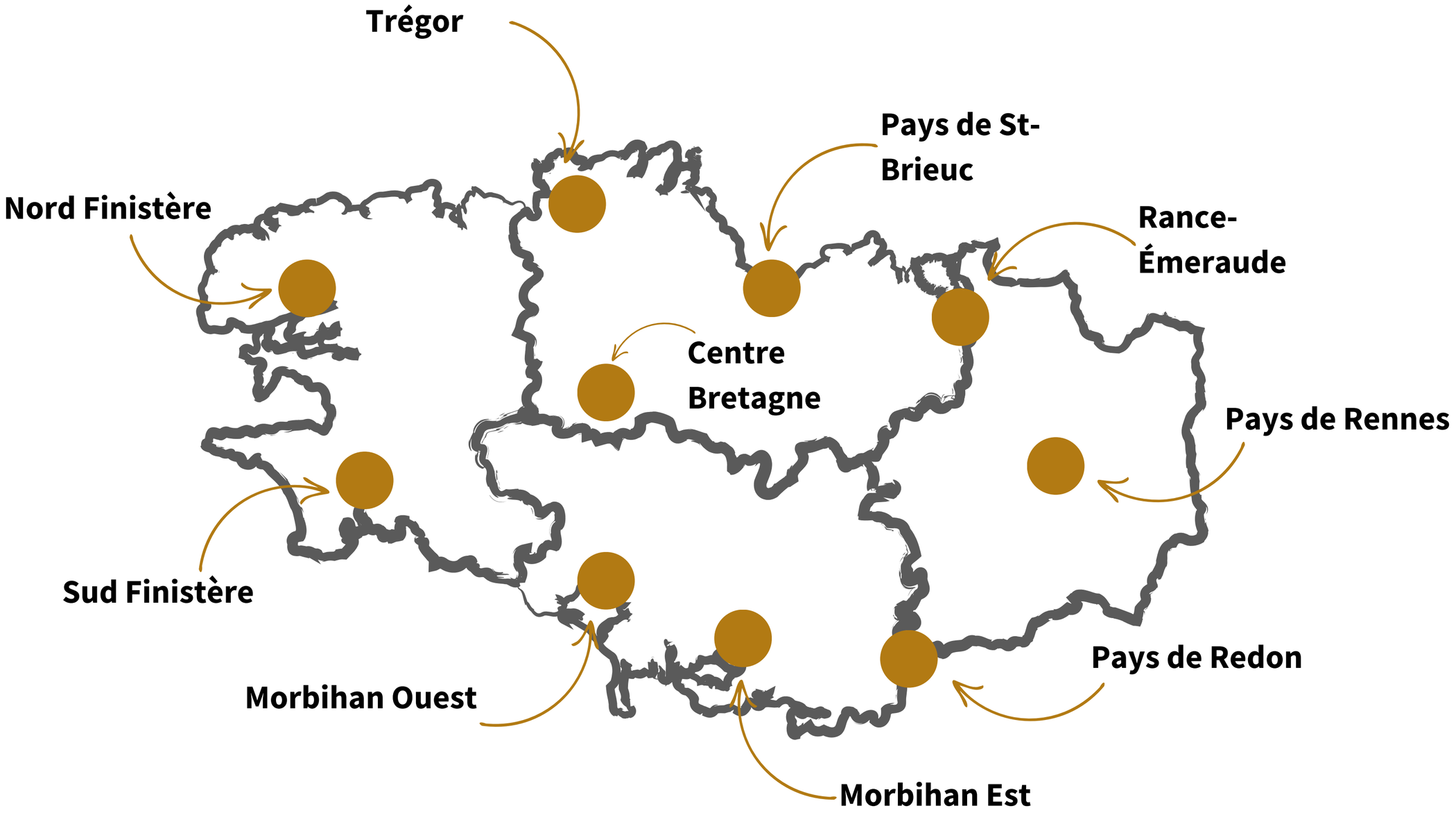10 groupes locaux de bénévoles