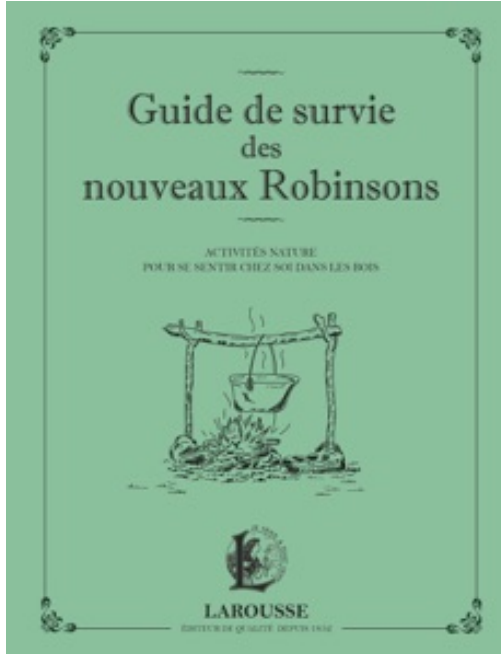


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Extrait du sommaire :

Se repérer en pleine nature. Allumer un feu (sans allumettes ni briquet !). Fabriquer des objets à partir de fibres végétales ou d'écorces. Construire un abri et un couchage. Se nourrir grâce à la cueillette. Se laver en pleine nature.....

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