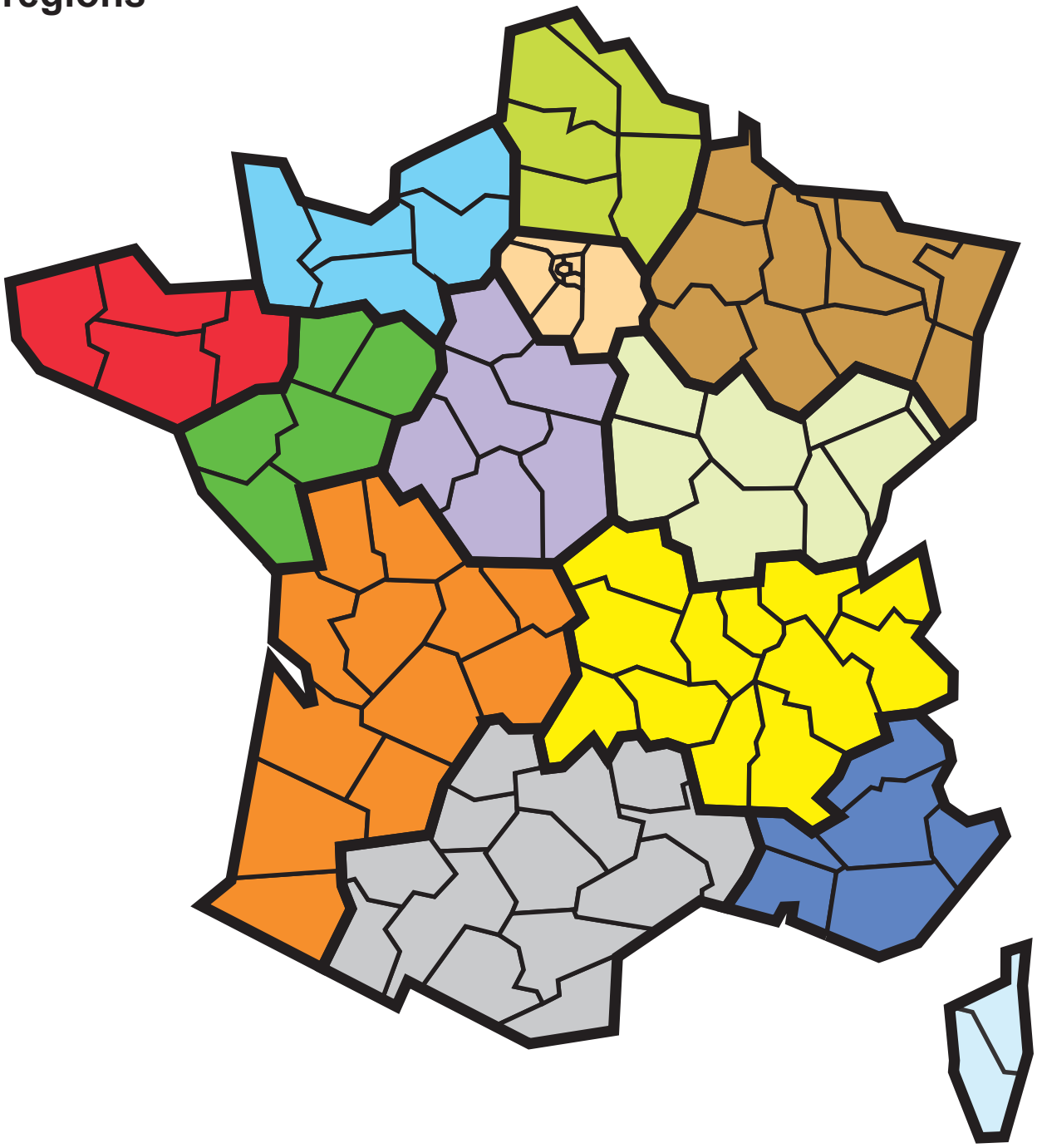France, les 13 régions