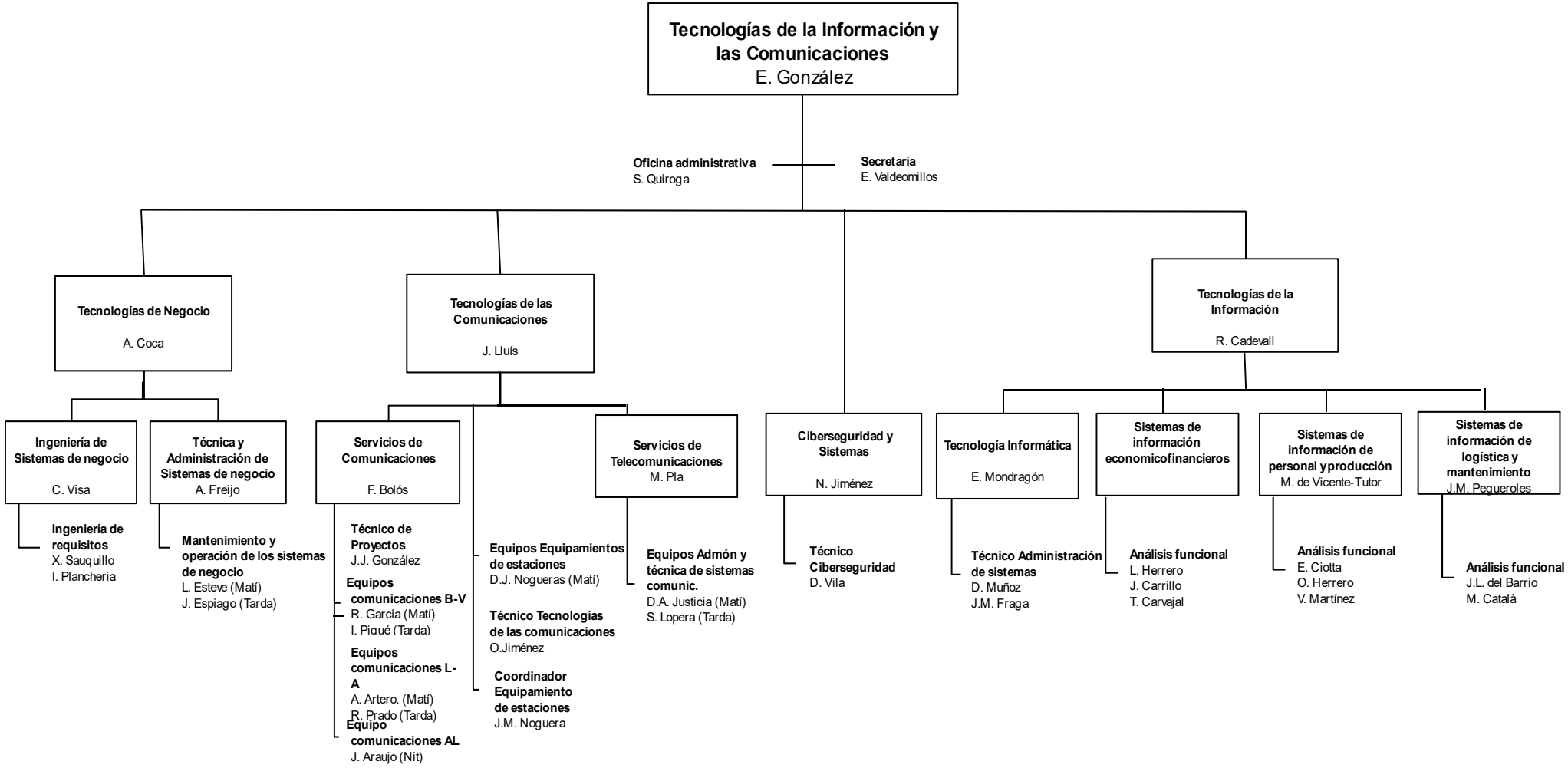Tecnologies de la Informació i les Comunicacions