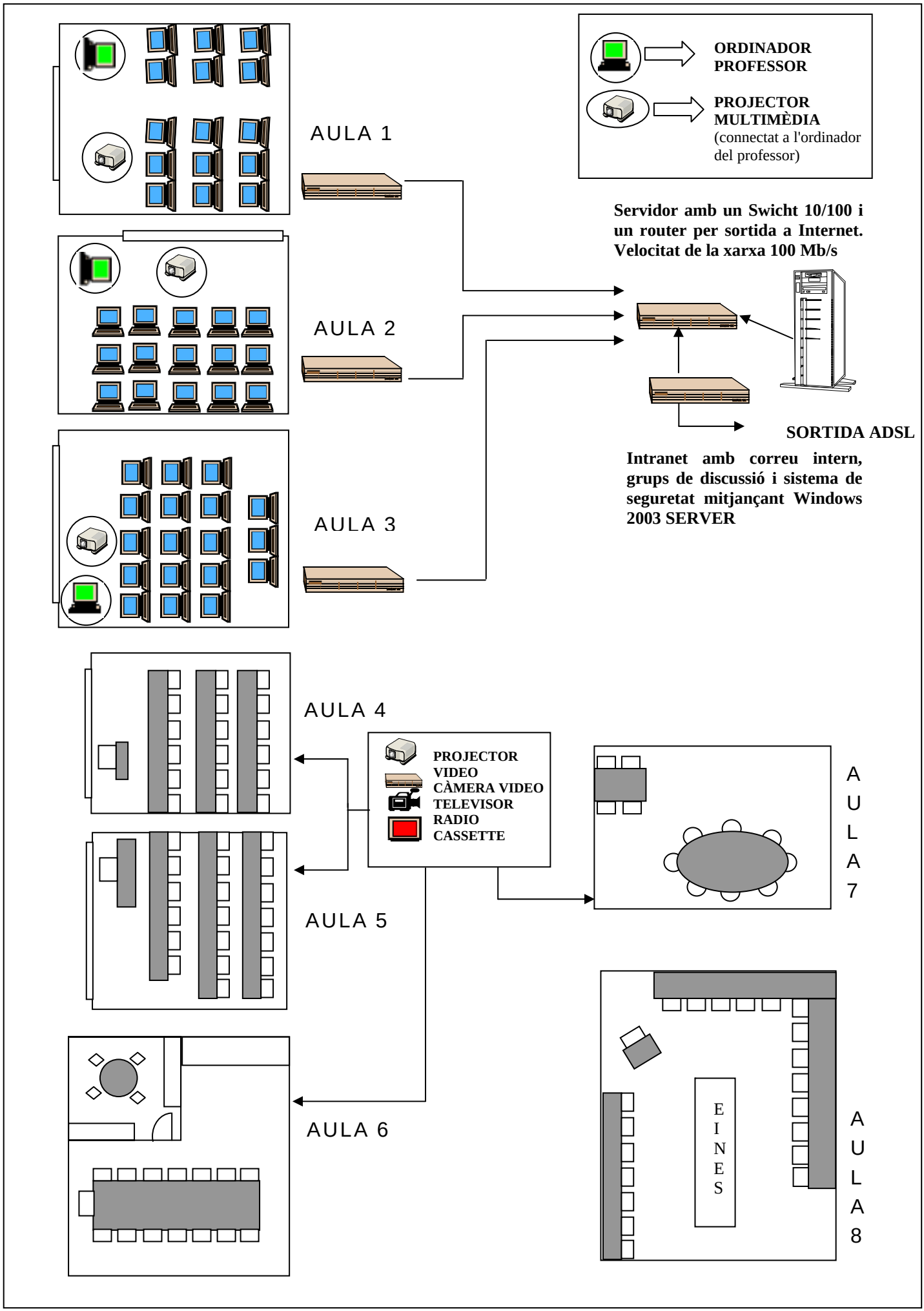RECURSOS APLICATS A LES AULES