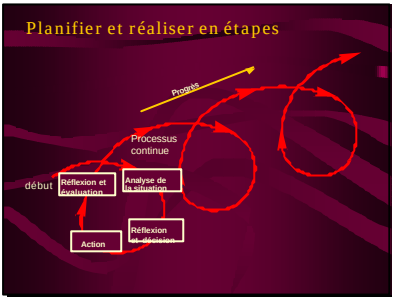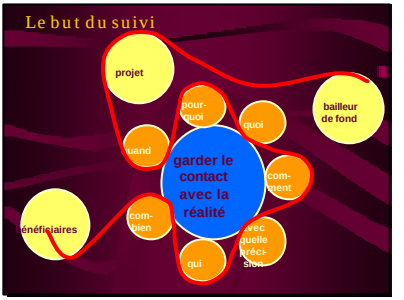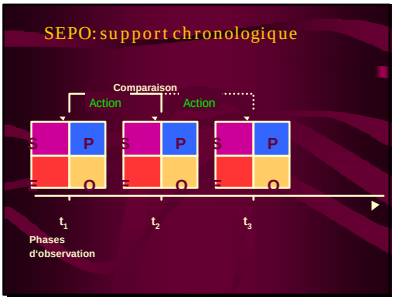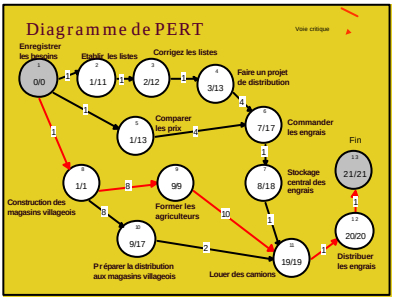Suivi et évaluation dans la gestion du projet: garder le contact avec la réalité