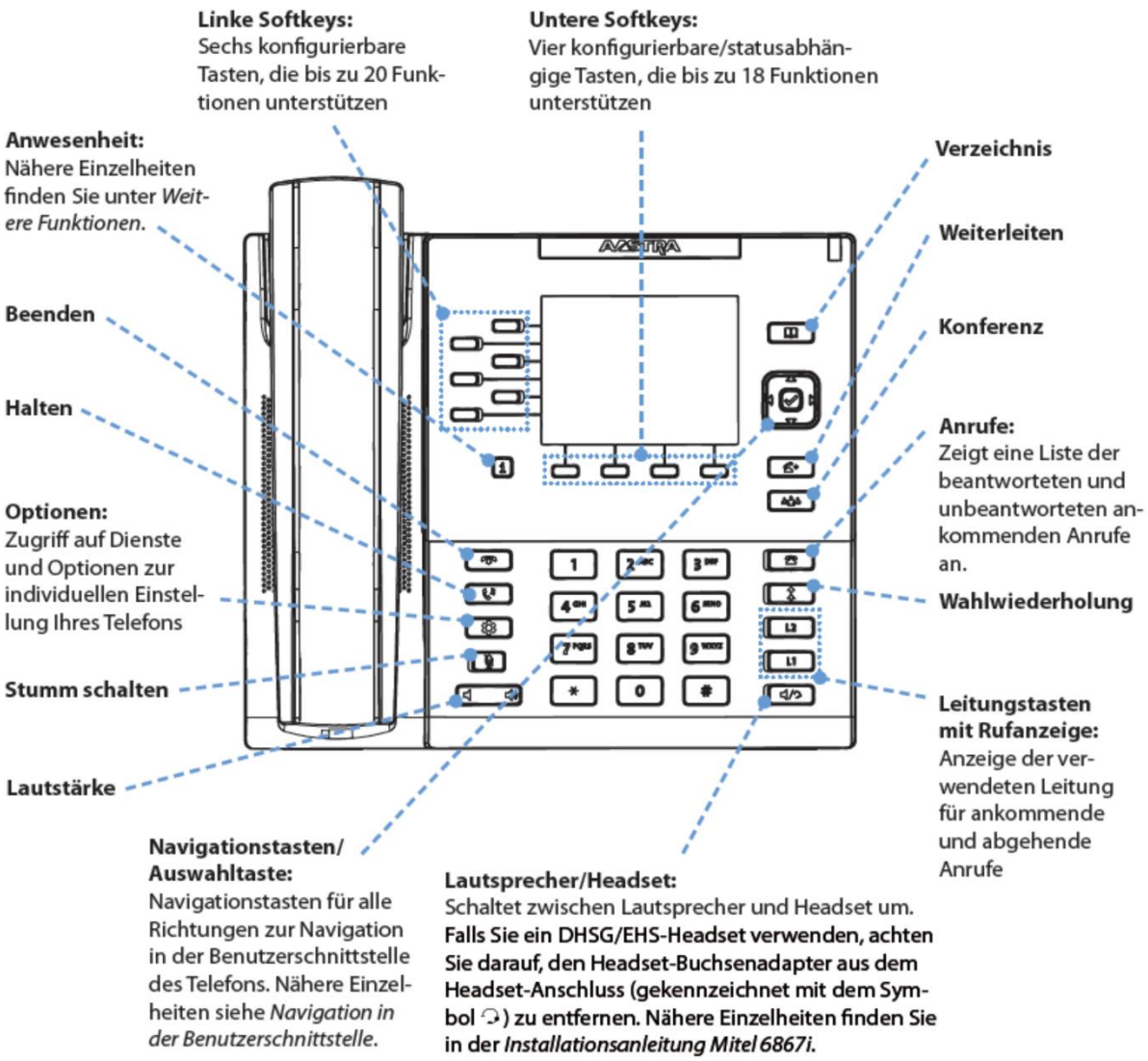Erste Schritte