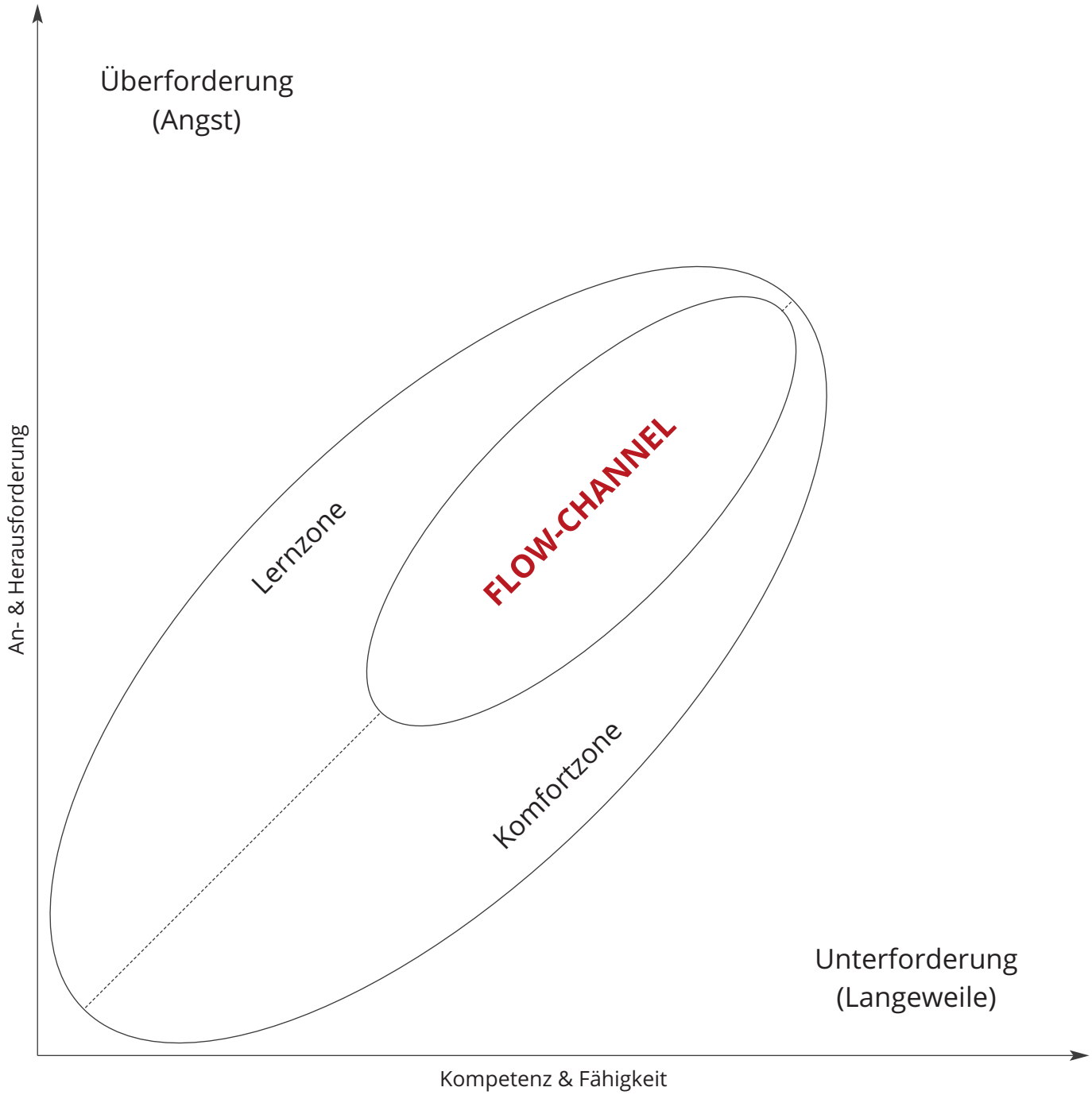ARBEITSBLATT: RAUS AUS DER KOMFORTZONE