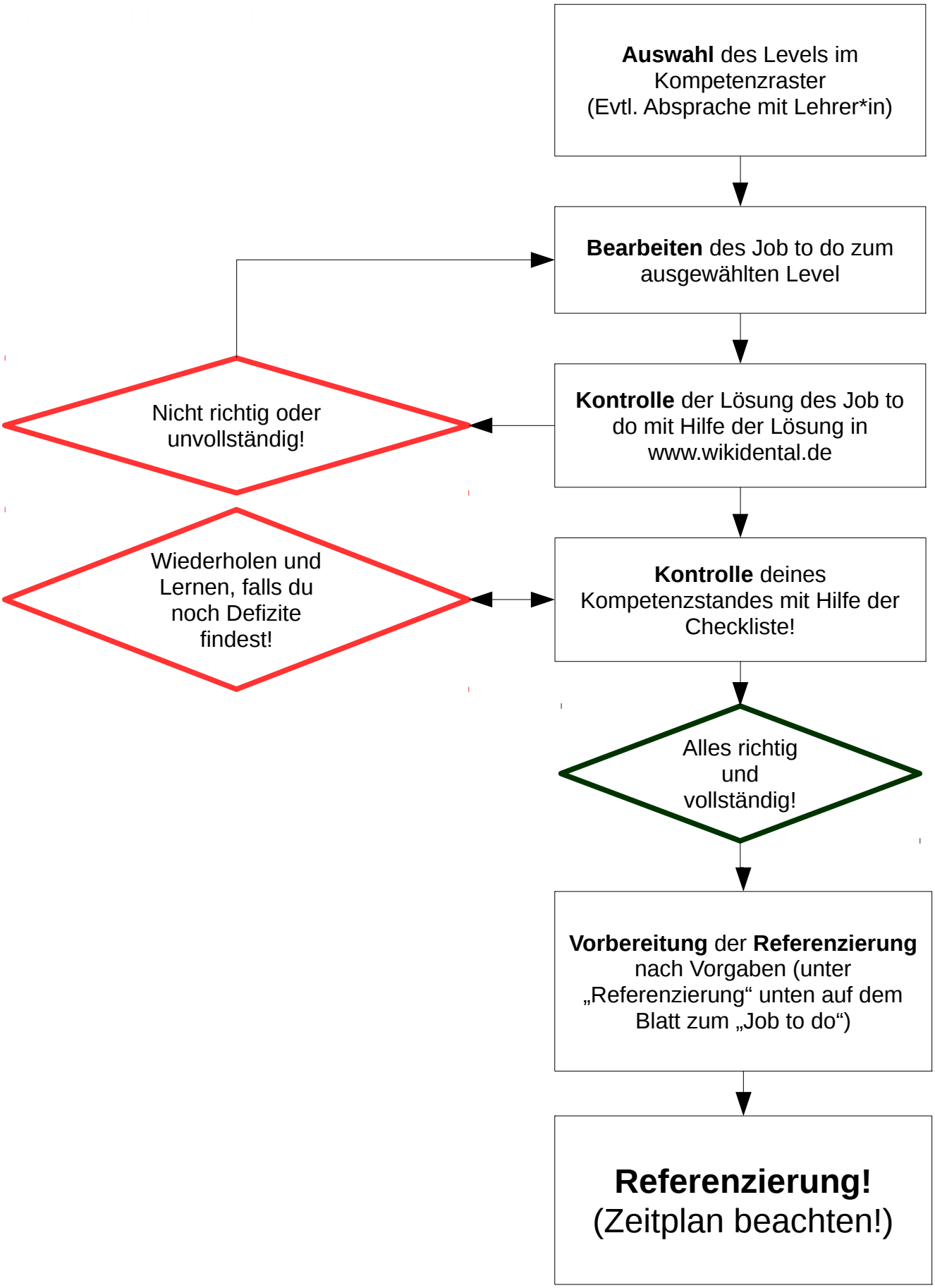Planungshilfe zum Selbstlernen