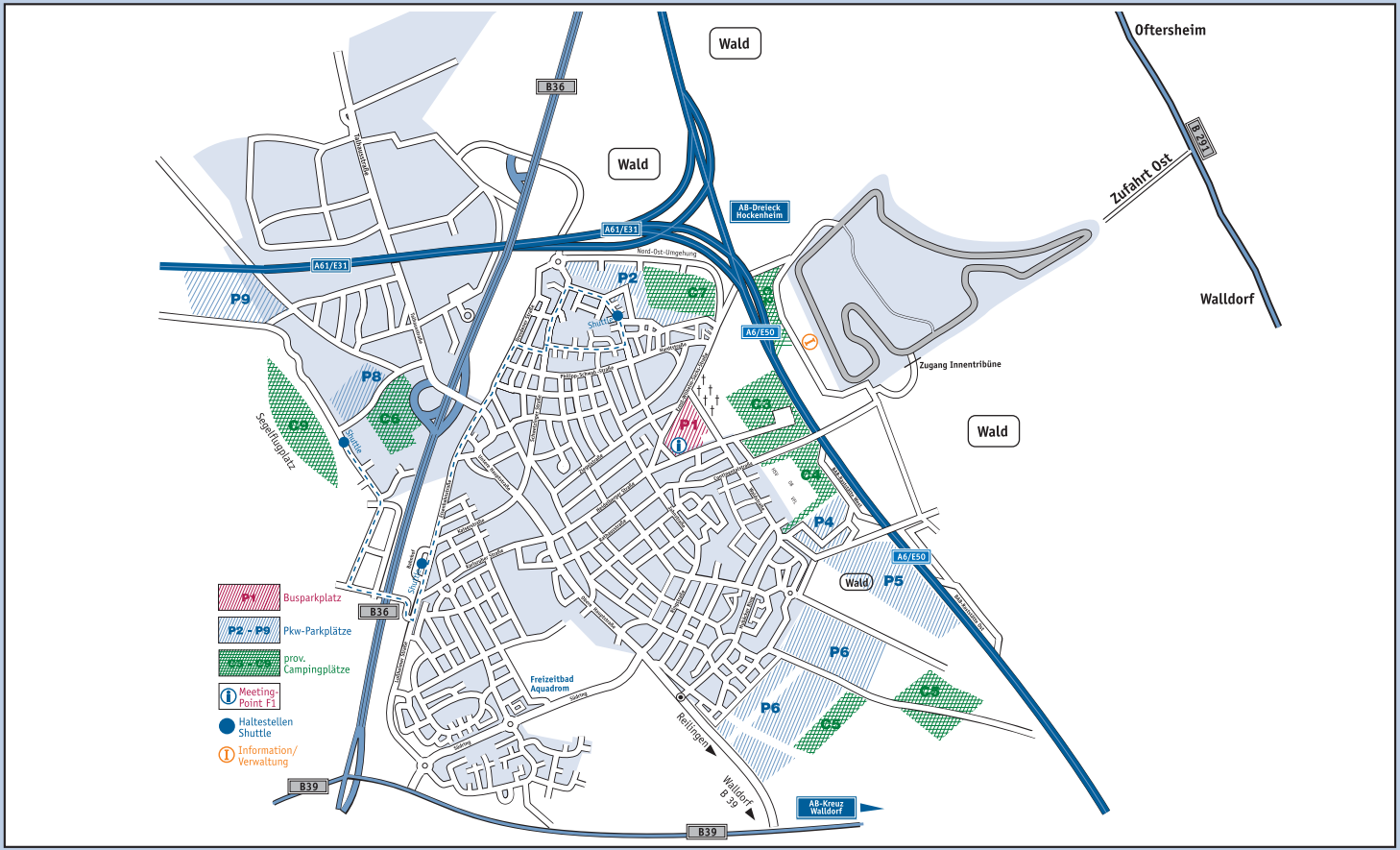Orientierungshilfe für Sie: