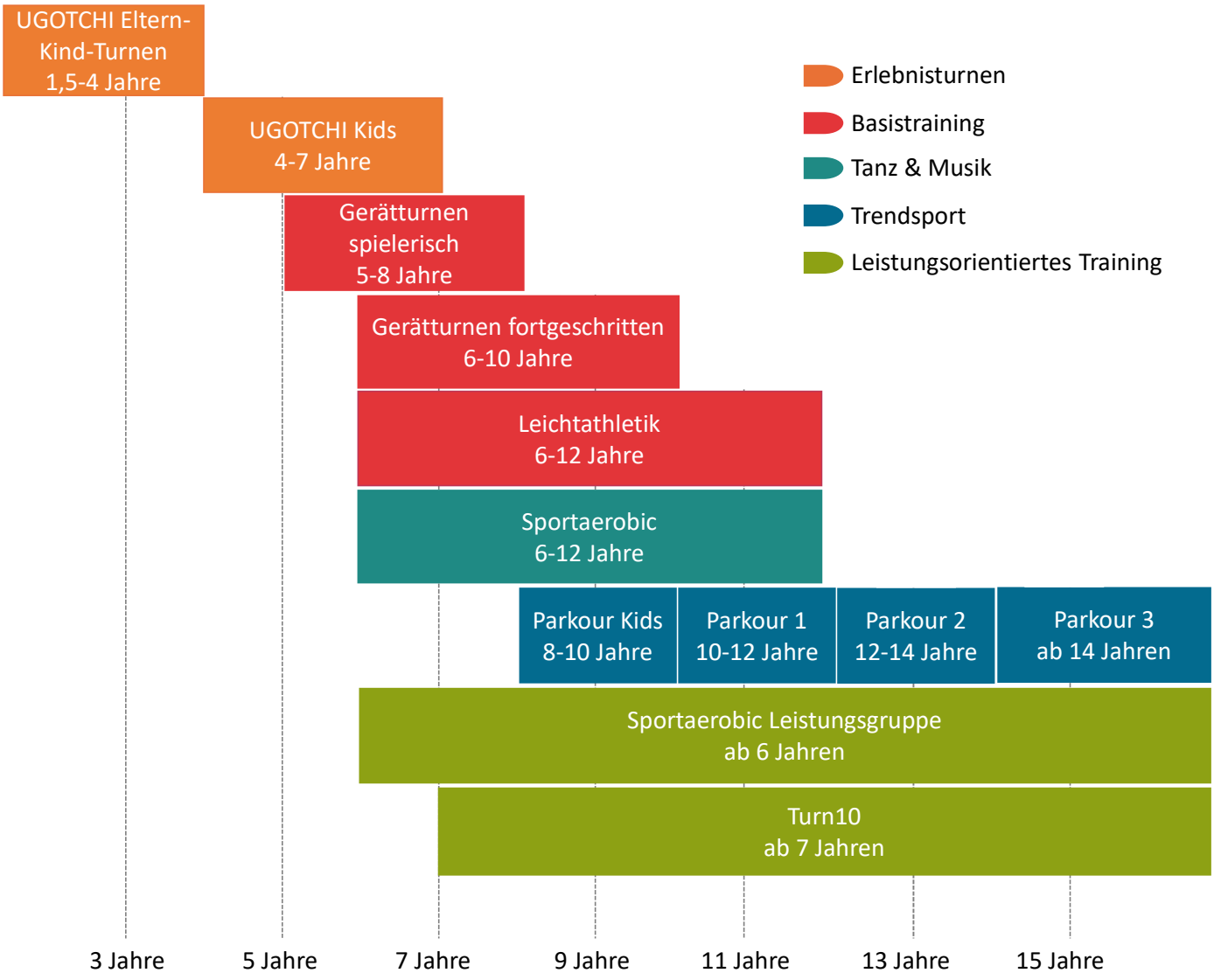KURSLEITFADEN für Kinder und Jugendliche