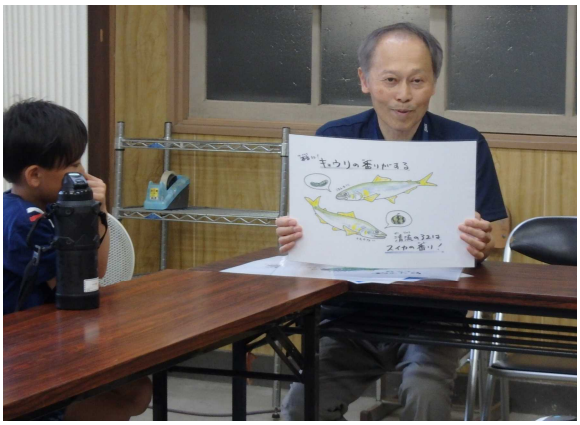活動のようす