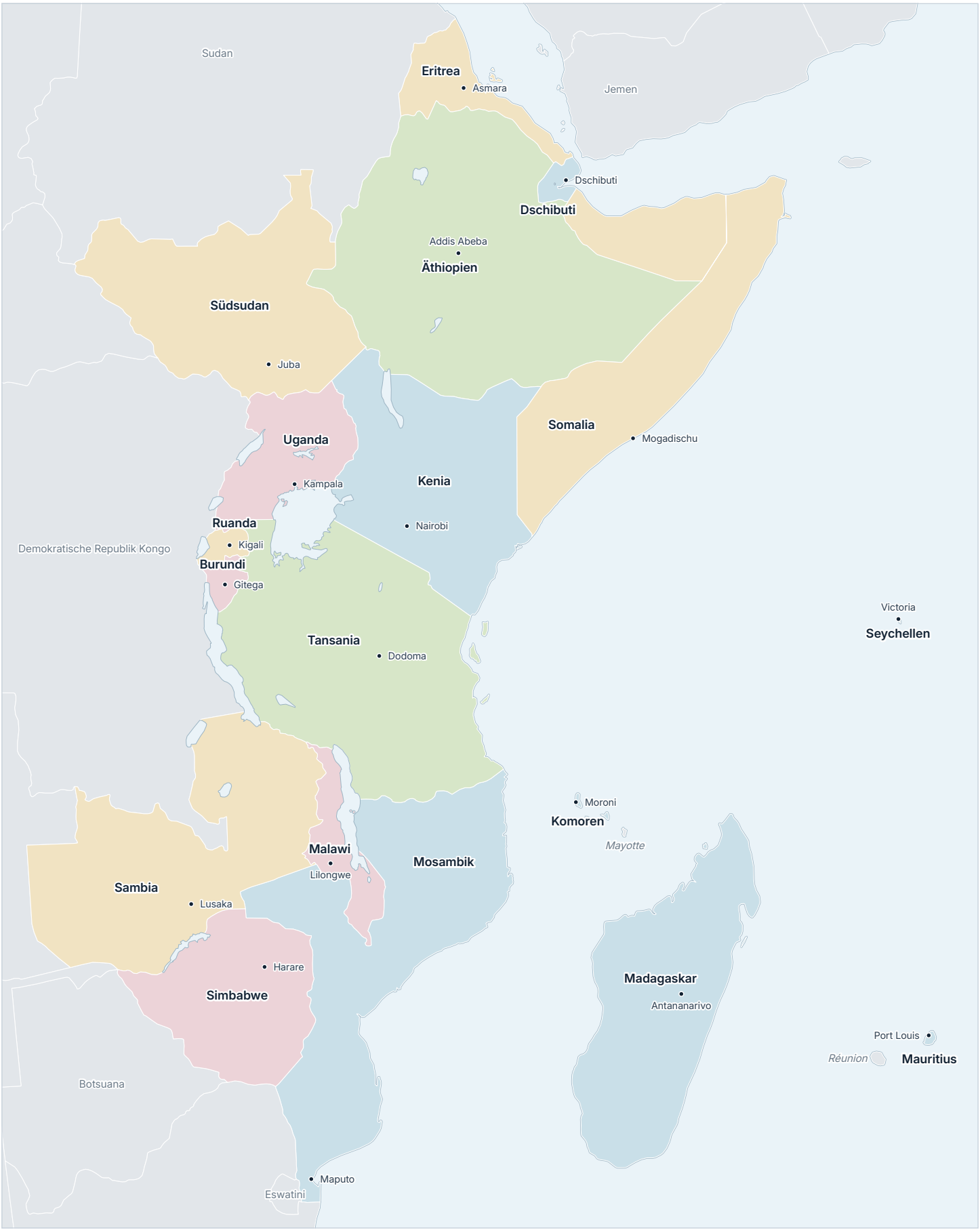Ostafrikakarte