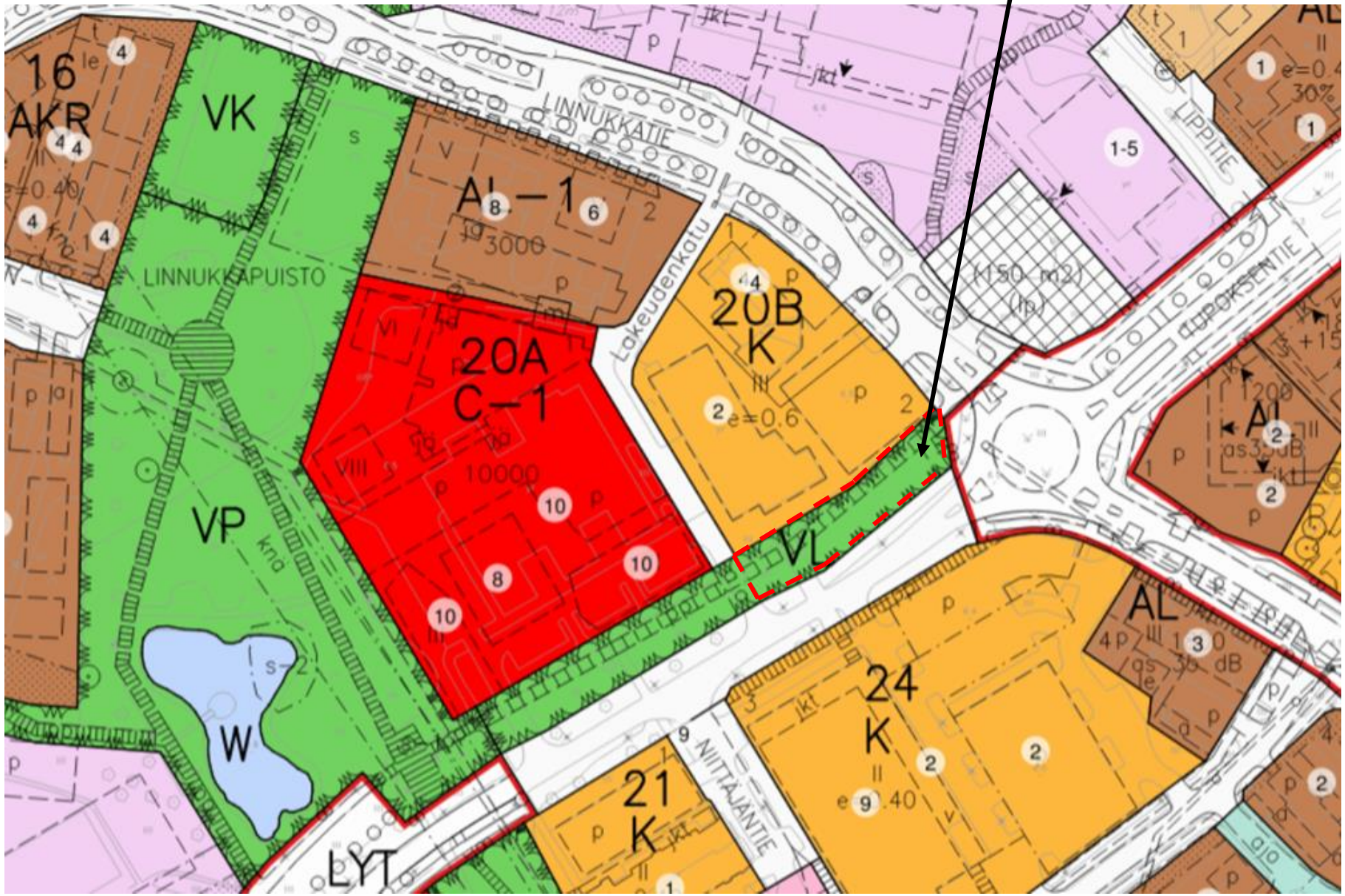Suunnittelualue