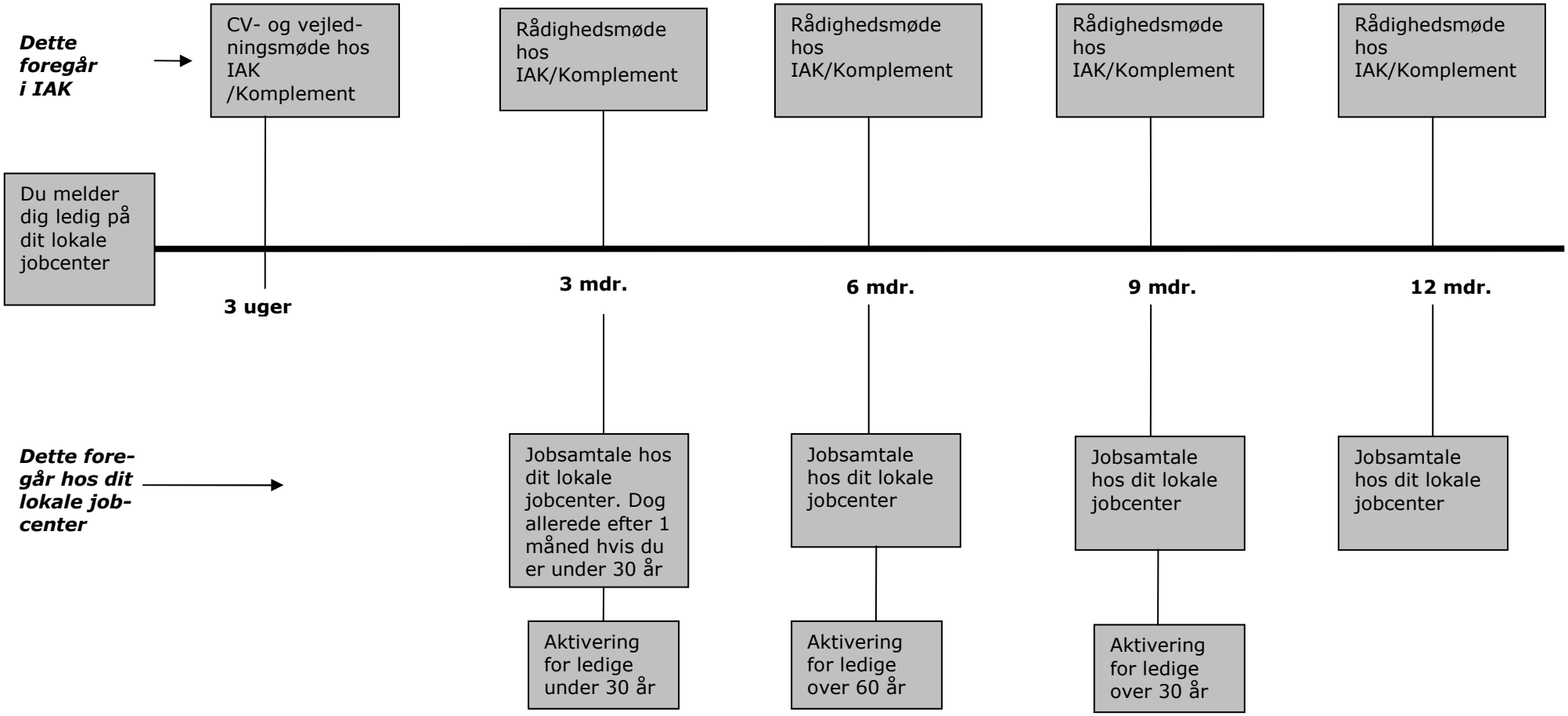Dit ledighedsforløb