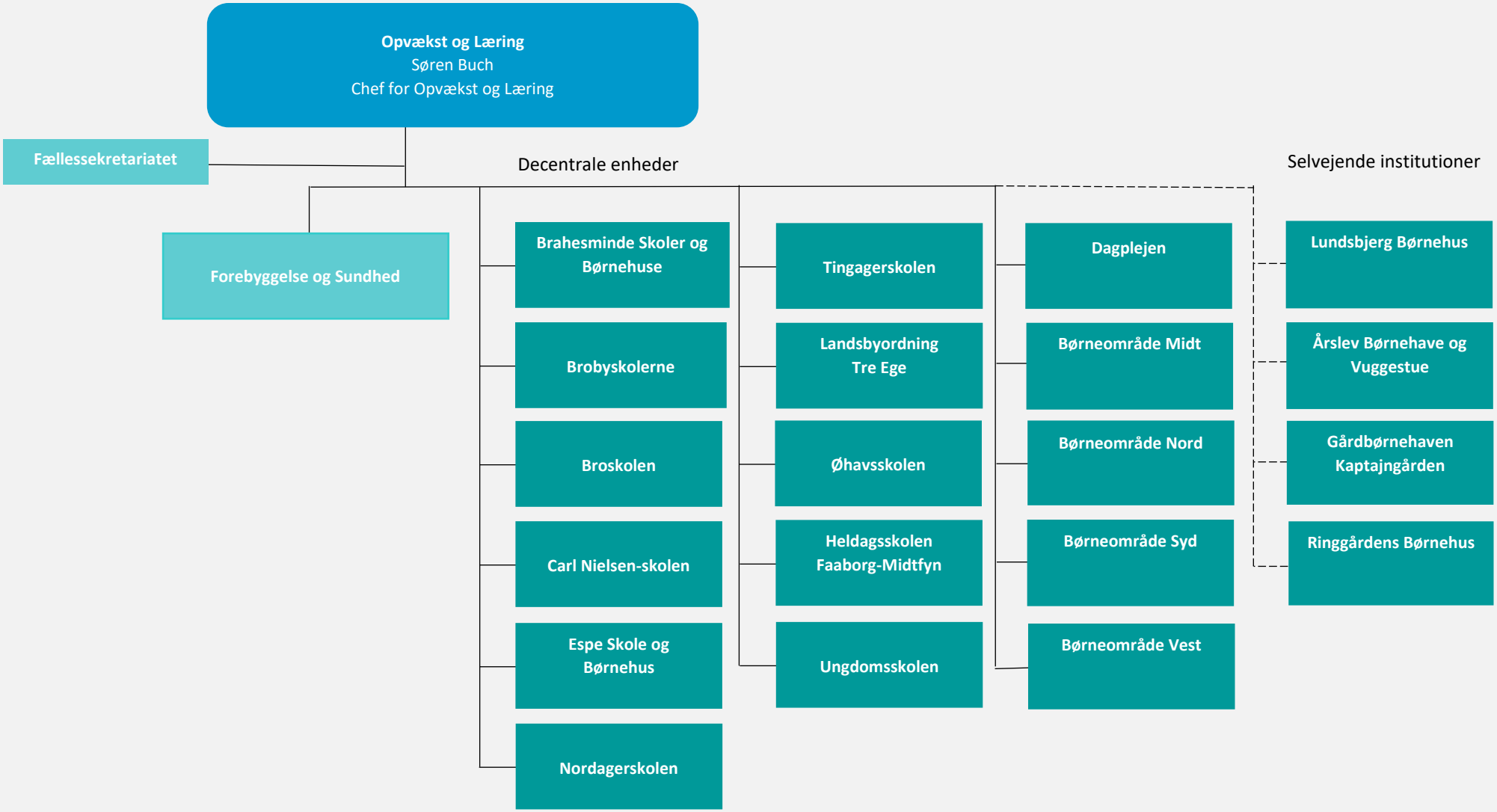OPVÆKST OG LÆRING