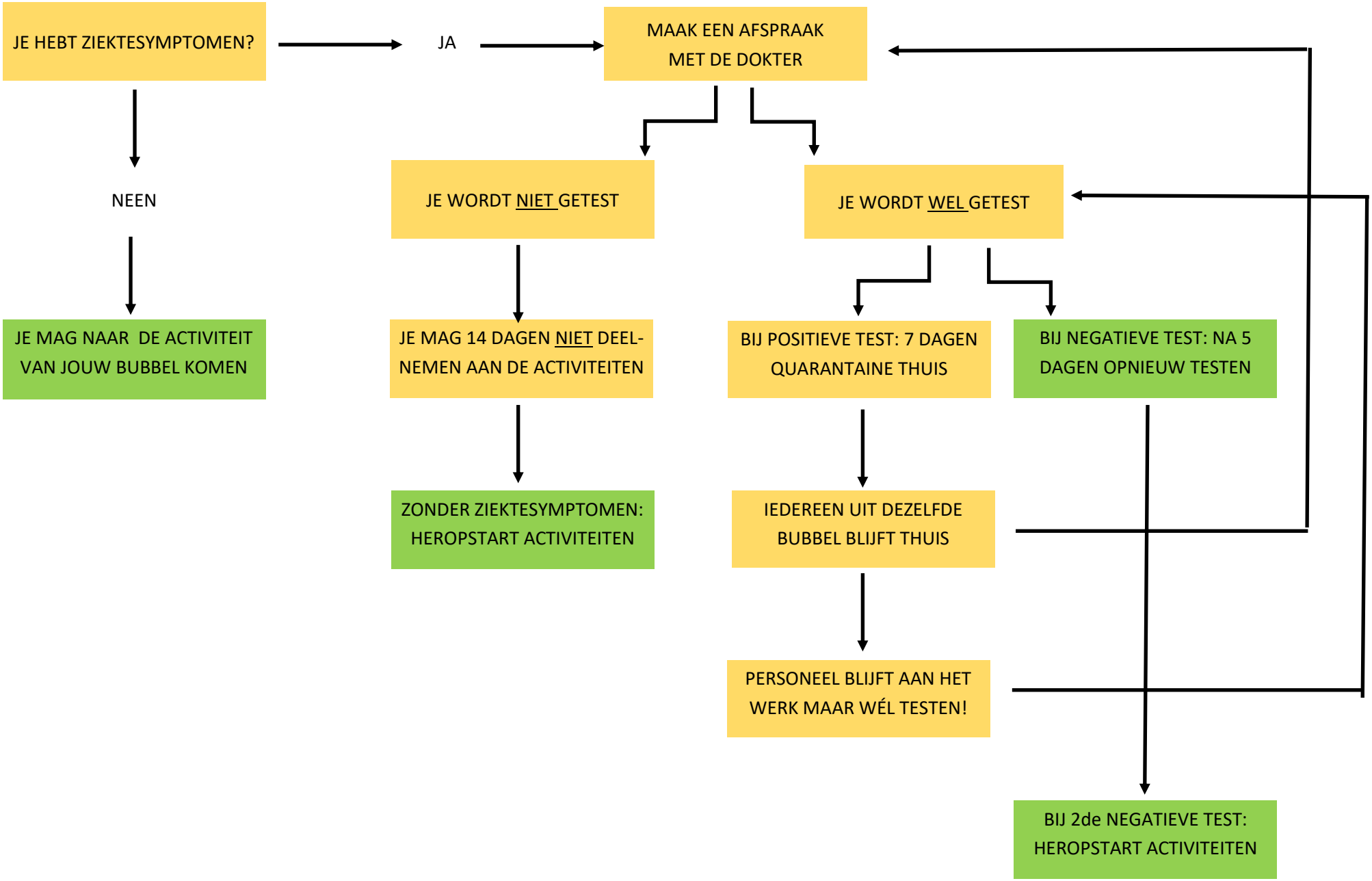WAT ALS JE ZIEK BENT?