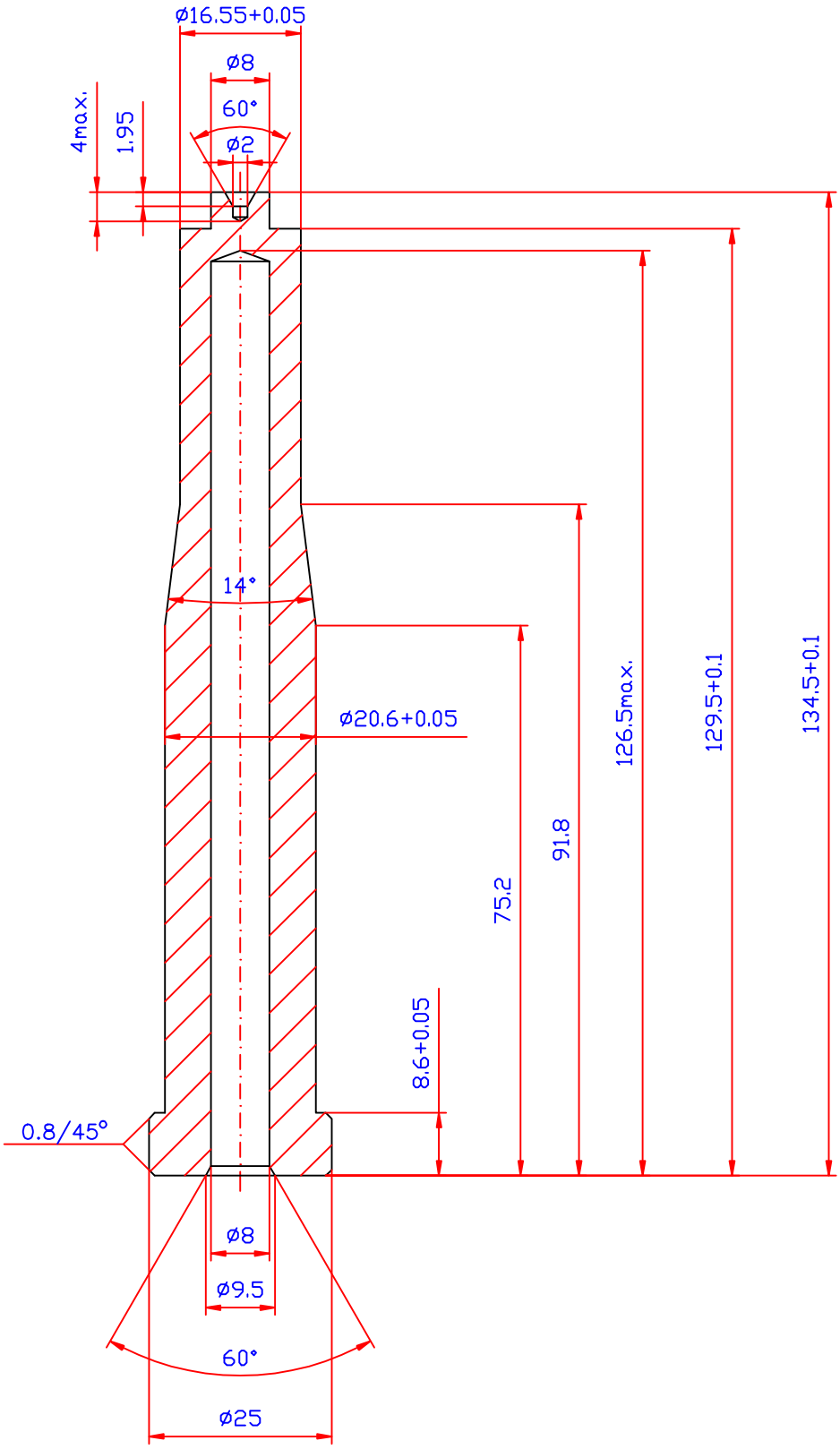PRZYGOTOWKA