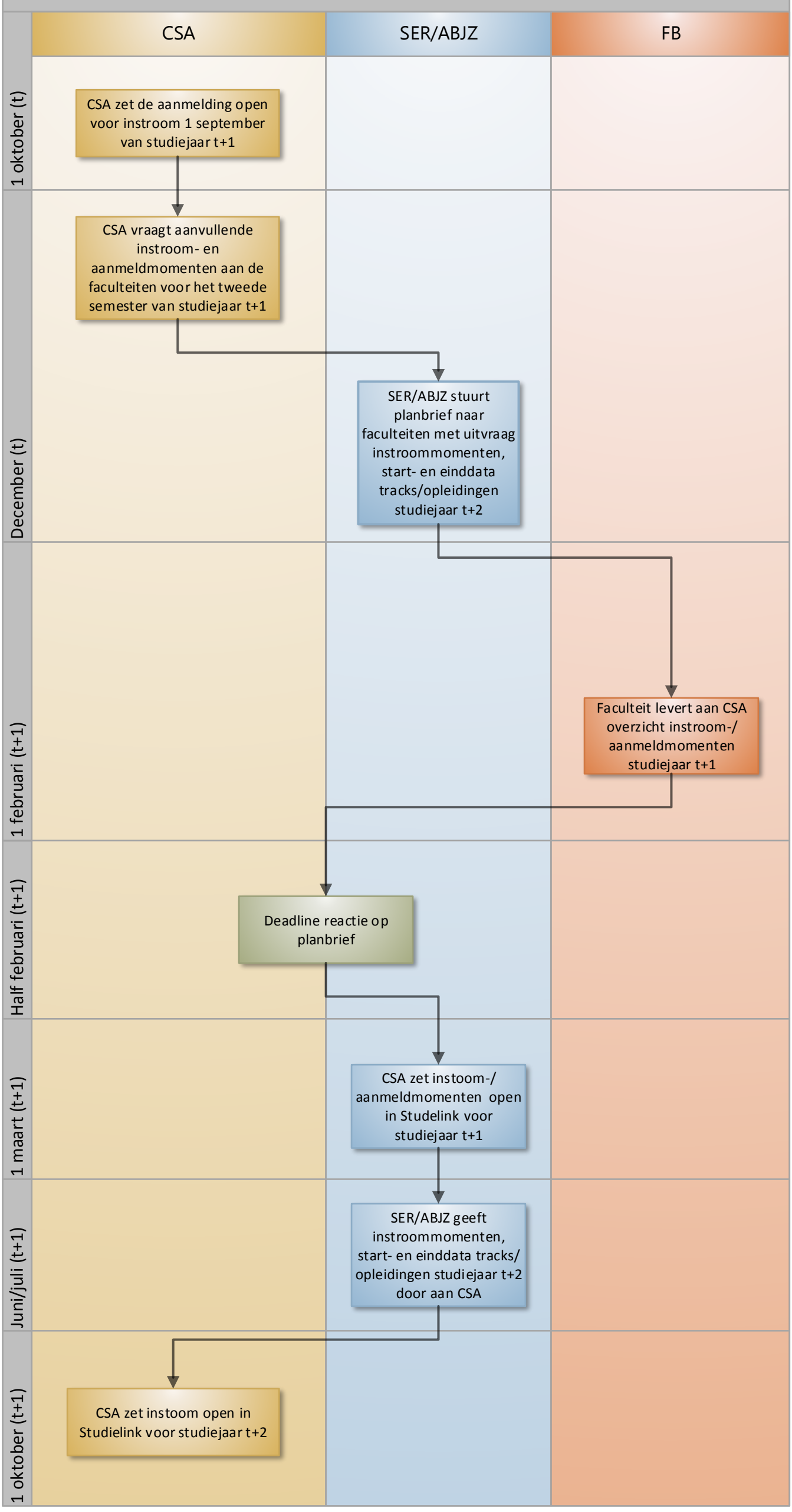Instroom- en aanmeldmomenten