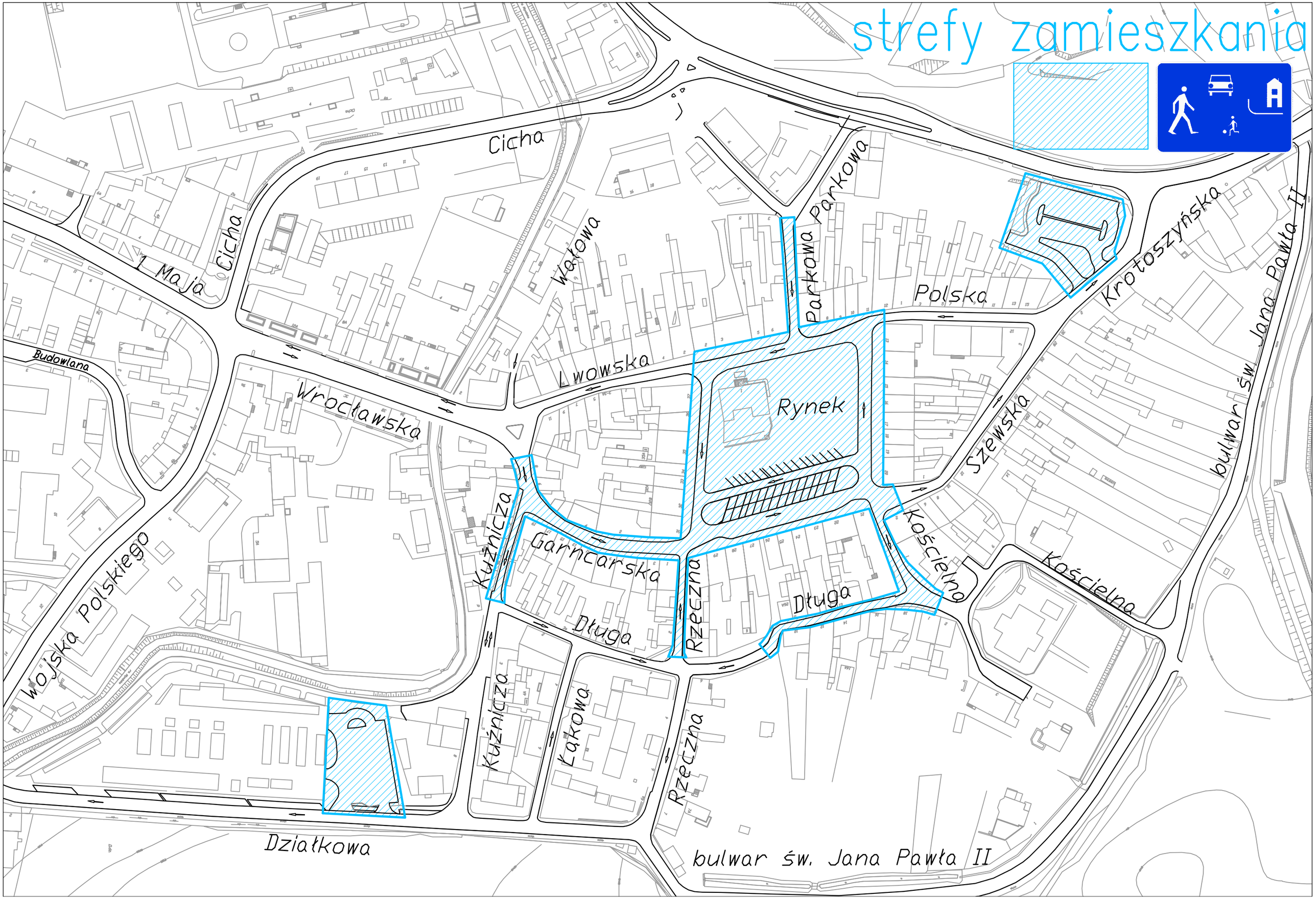strefy zamieszkania