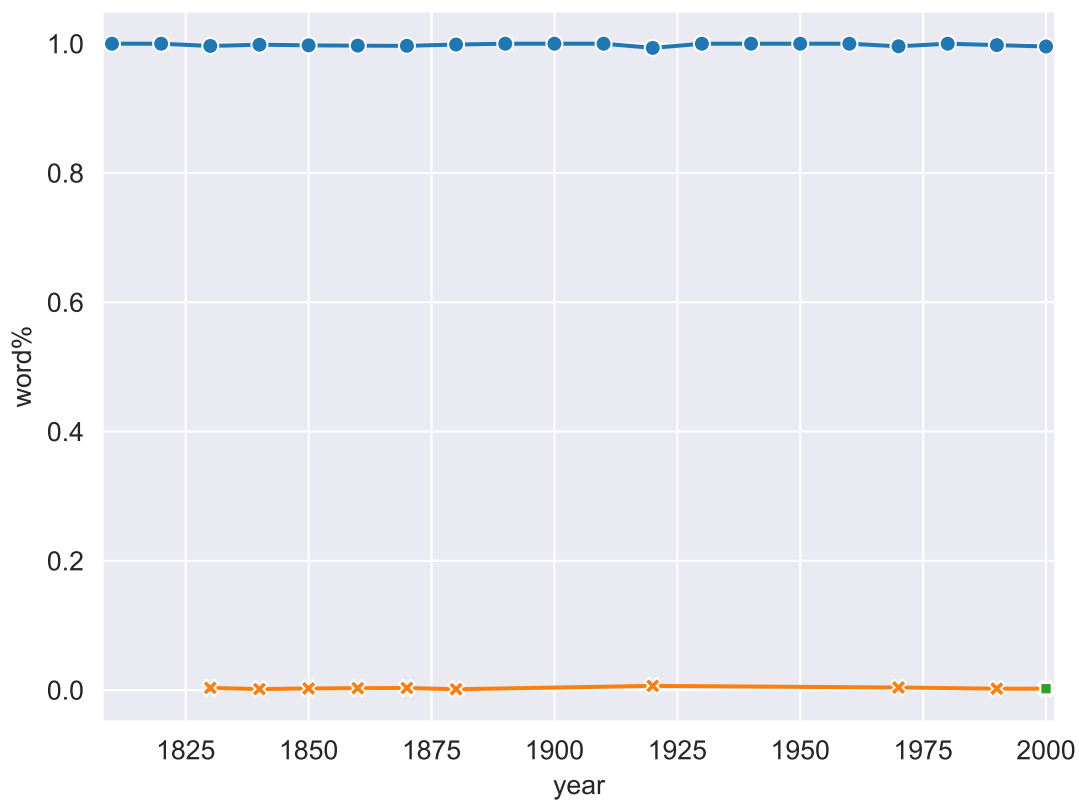continent