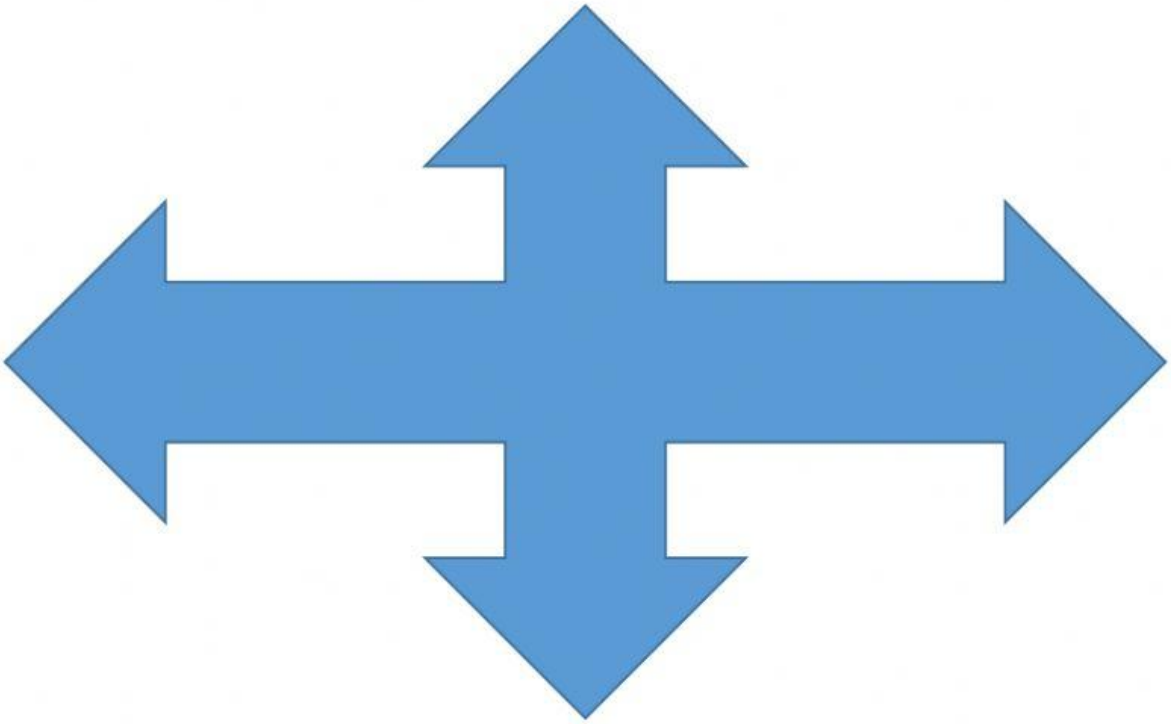الاتجاهات