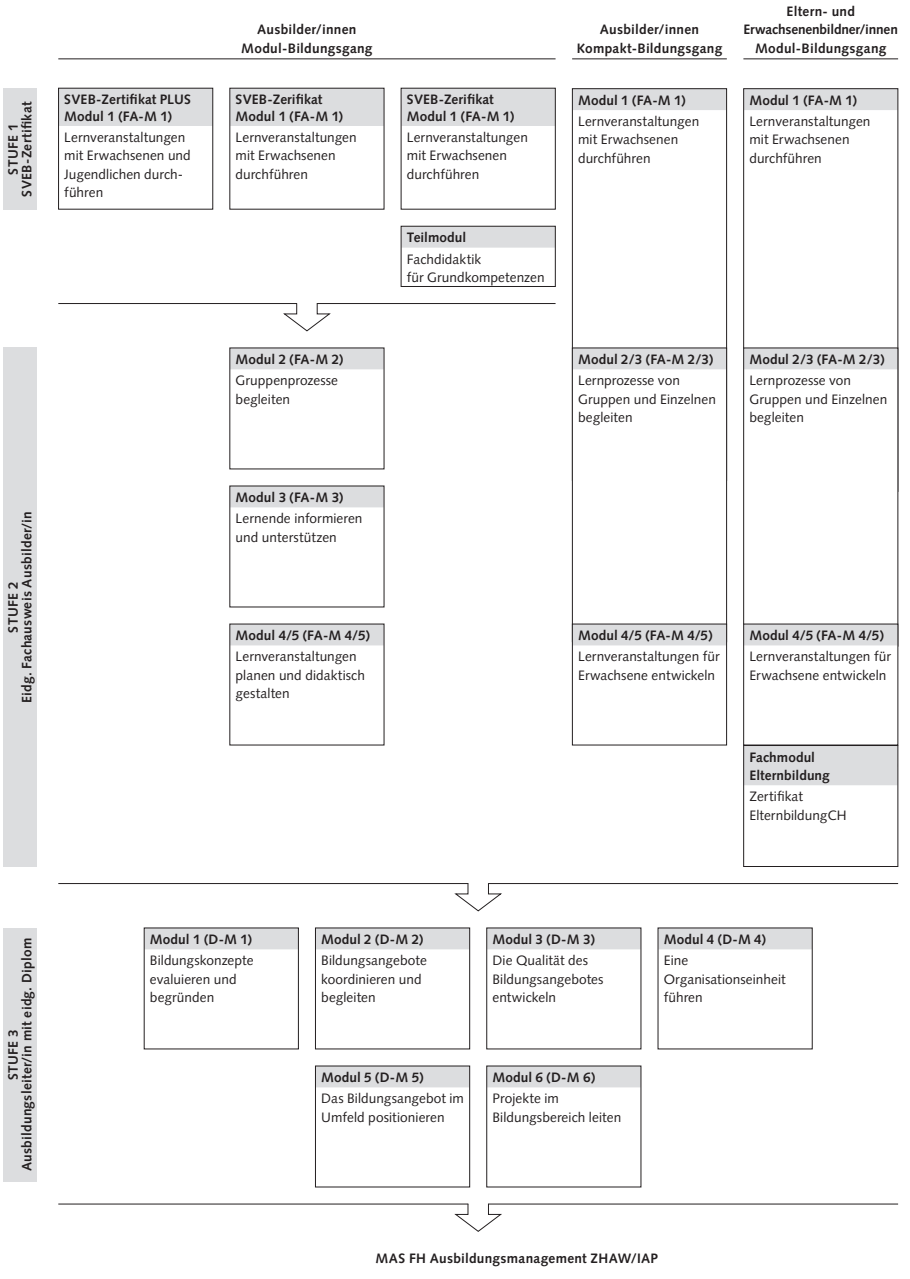Die drei Stufen des AdA-Baukastens