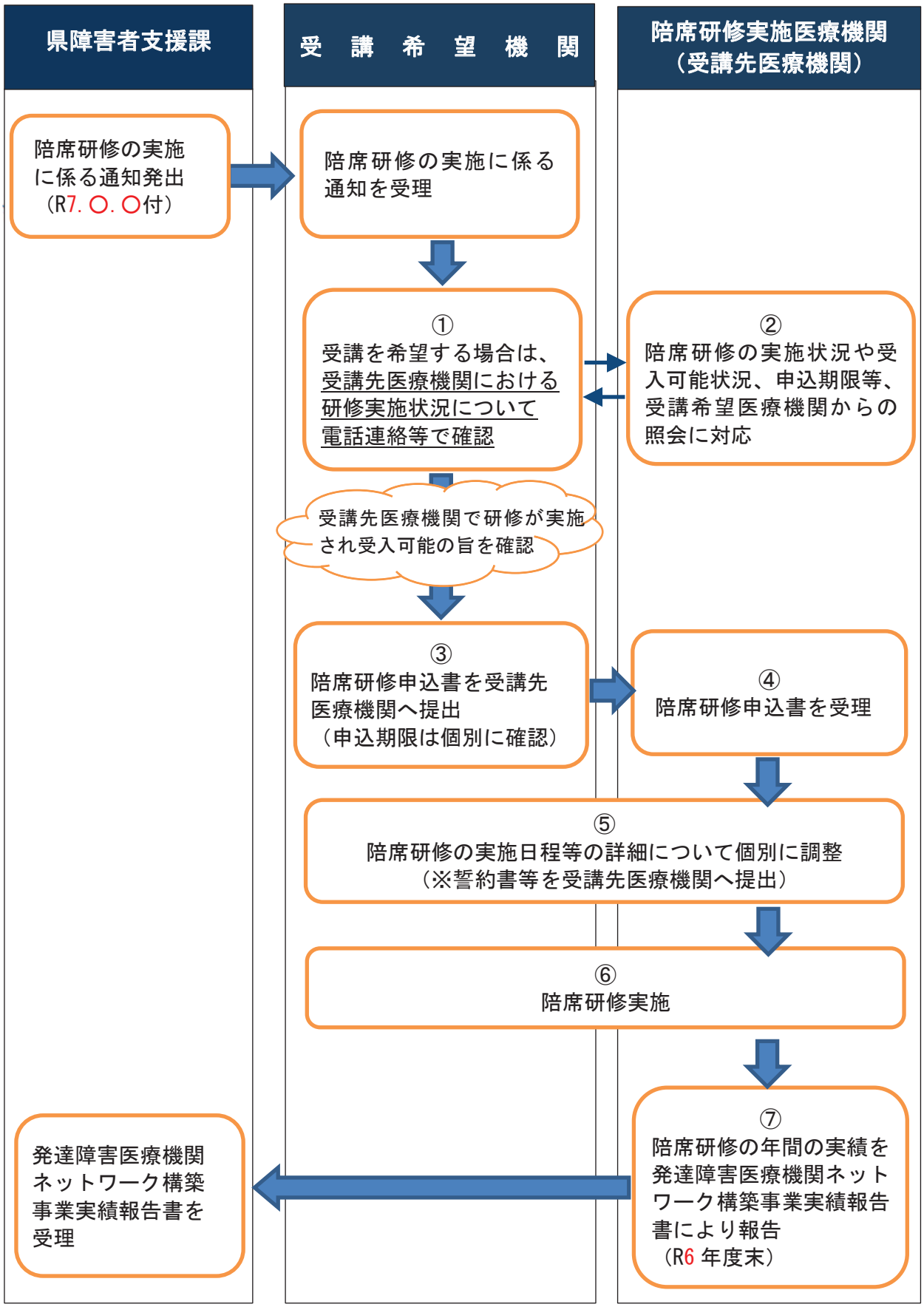令和７年度陪席研修実施フロー