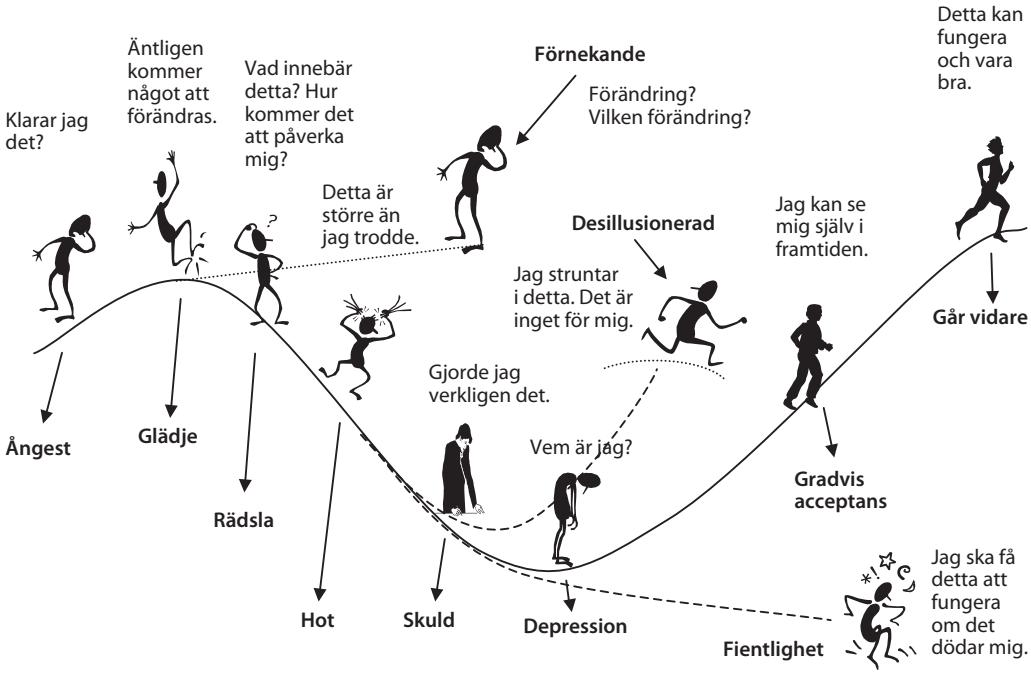Transitionsprocesser