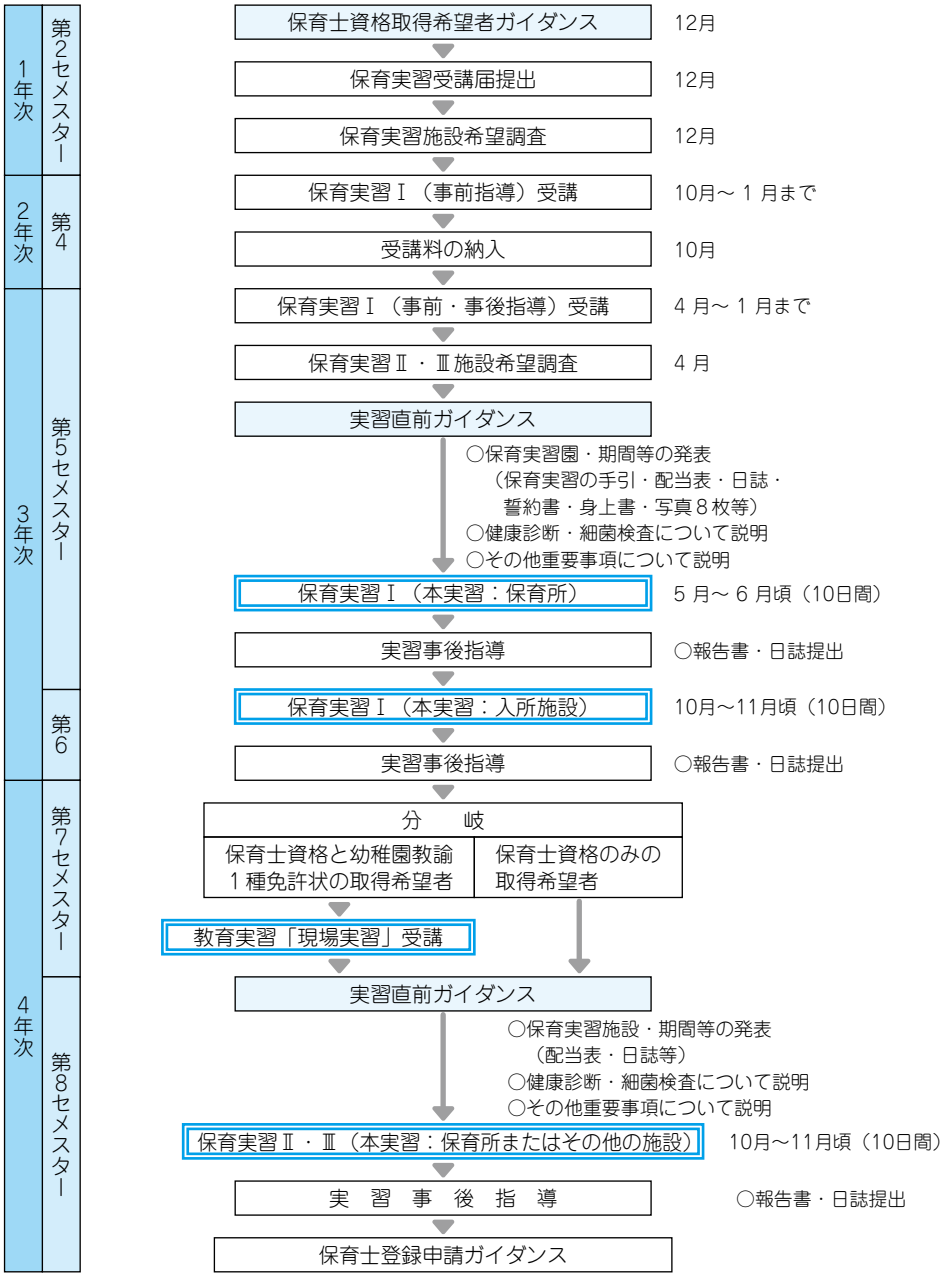保育士資格を取得するために