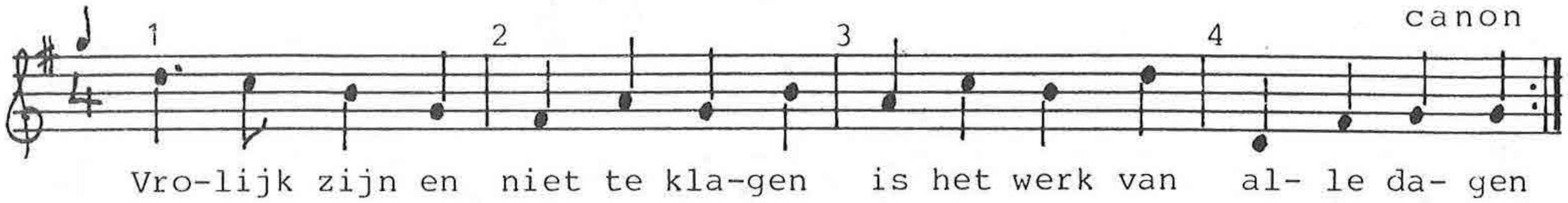11. VROLIJK ZIJN (Duitsland) Froh zu sein