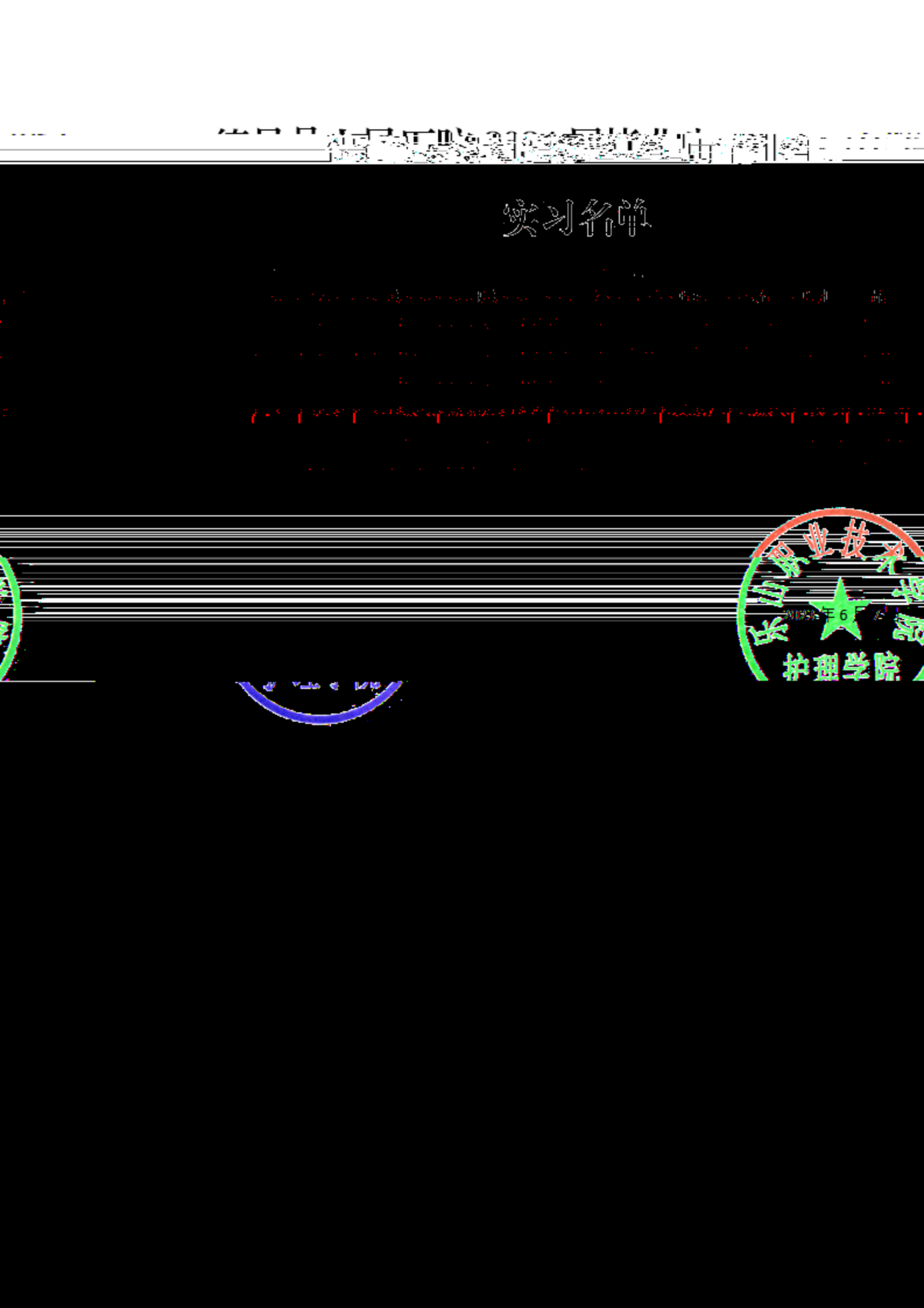实习名单