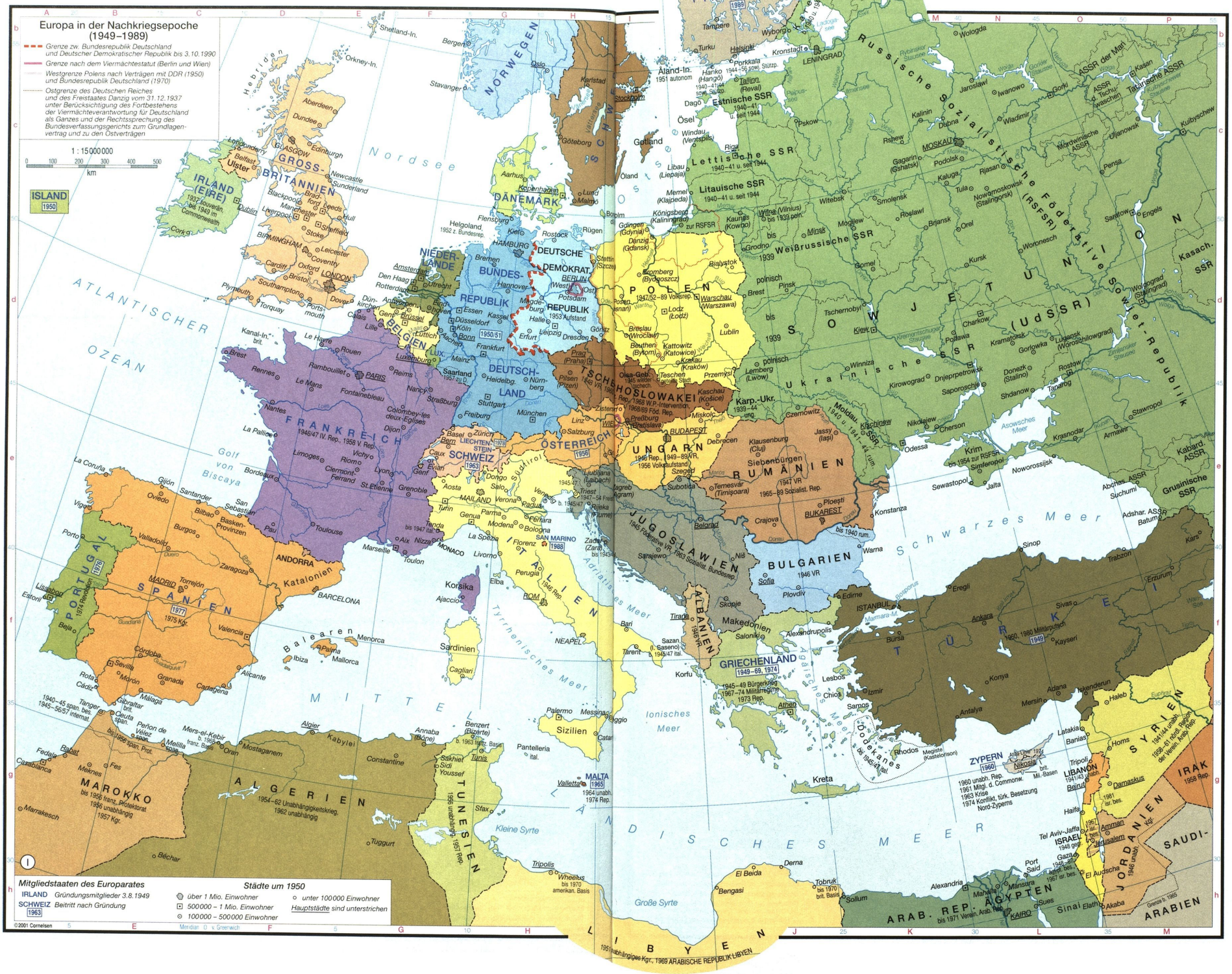Europa in der Nachkriegsepoche 1945 bis 1989