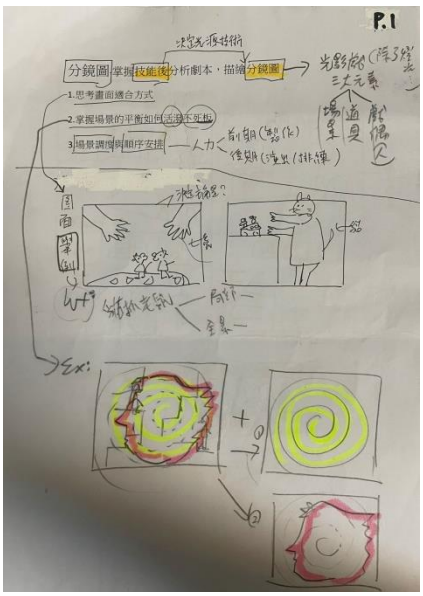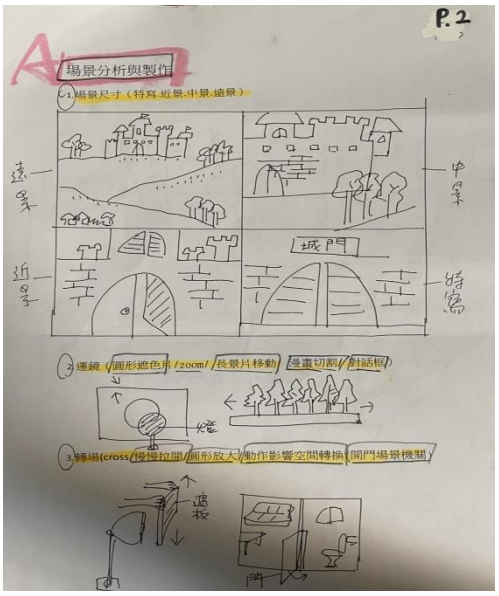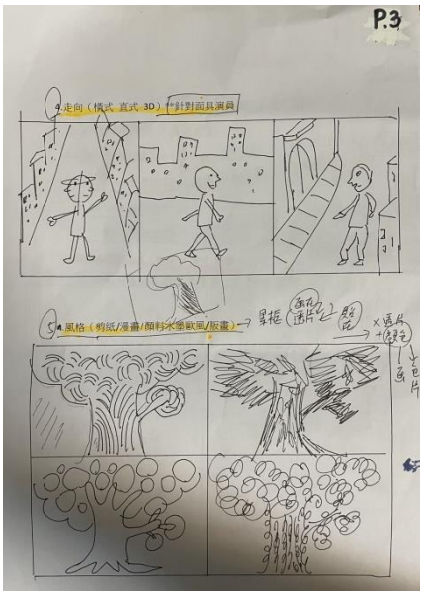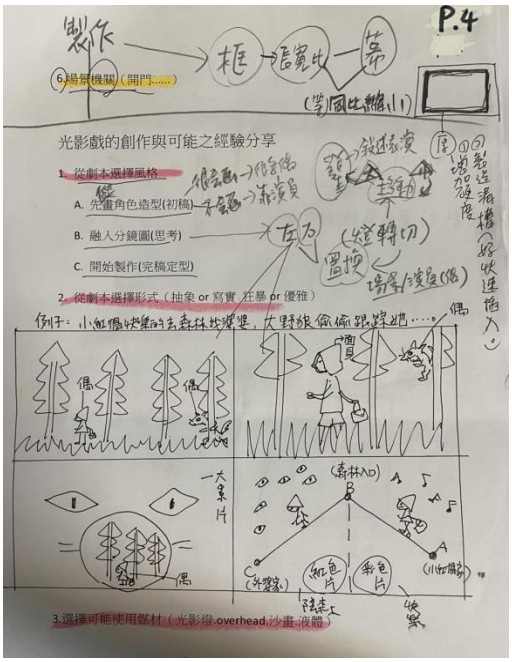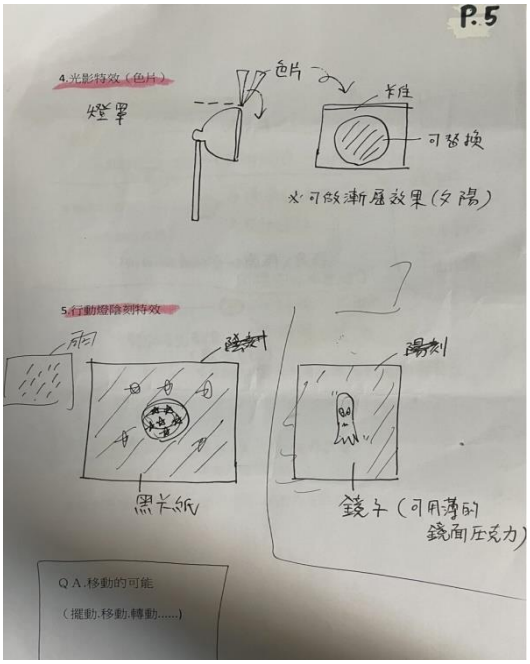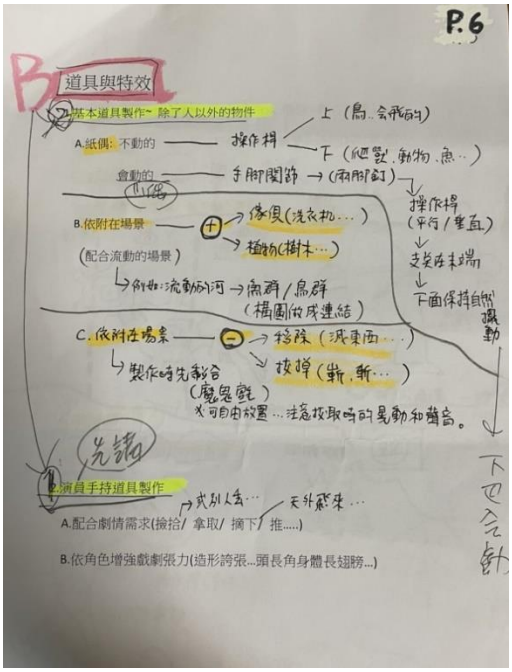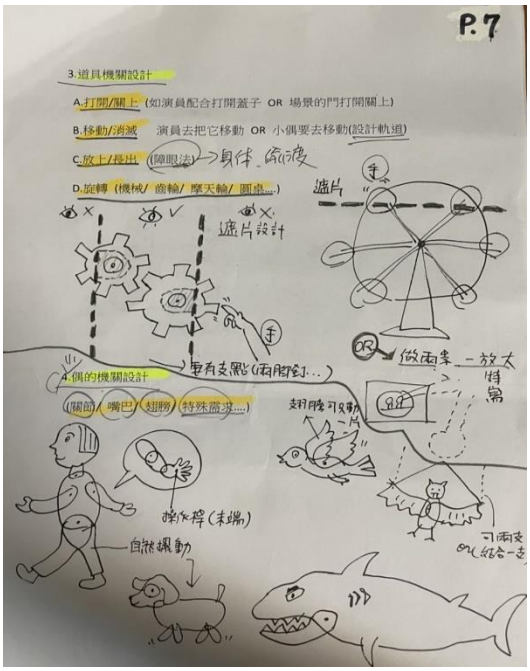臺北木偶劇團 2021《自我提升計畫》—研習課程講義