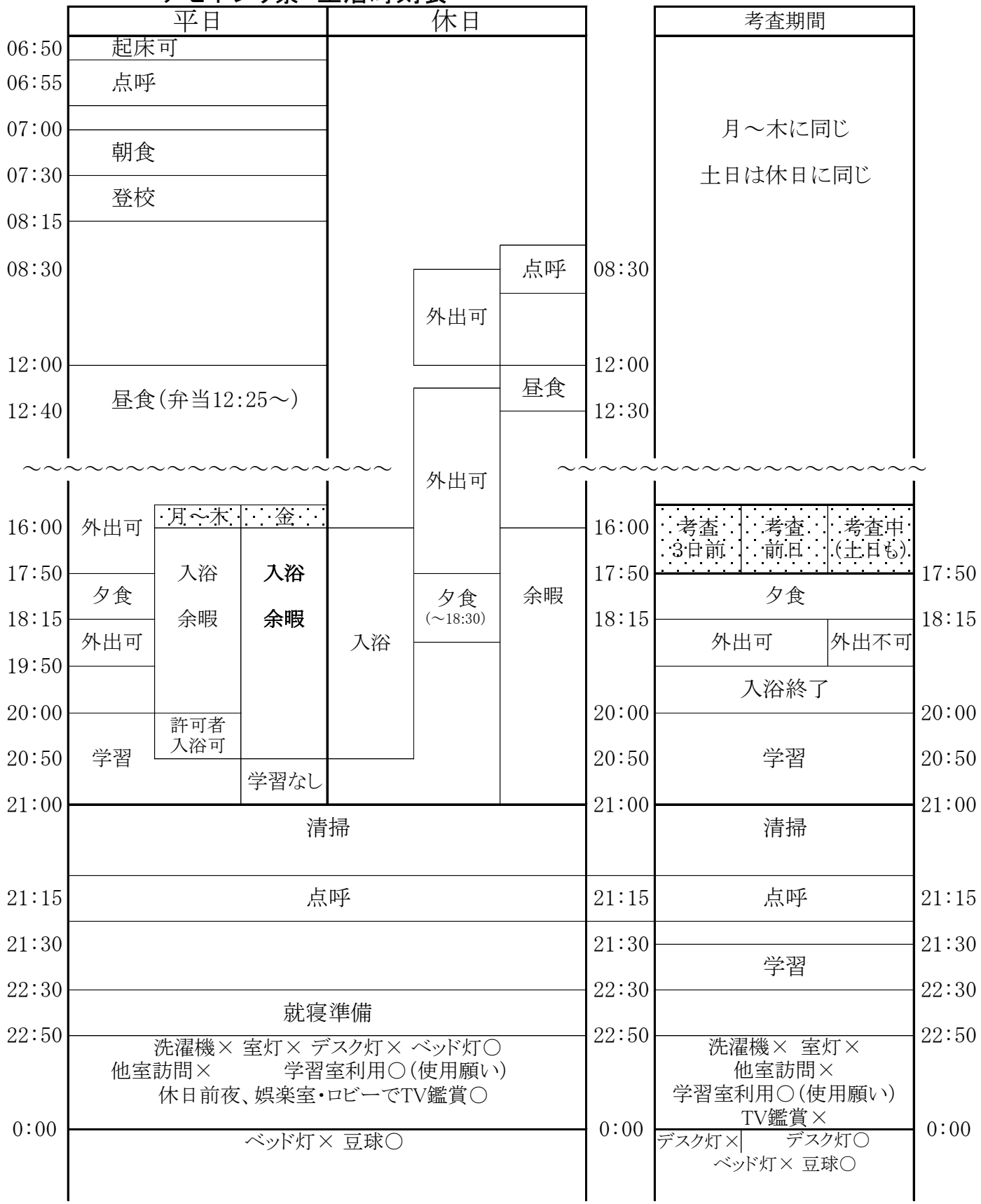チセネシリ寮　生活時刻表