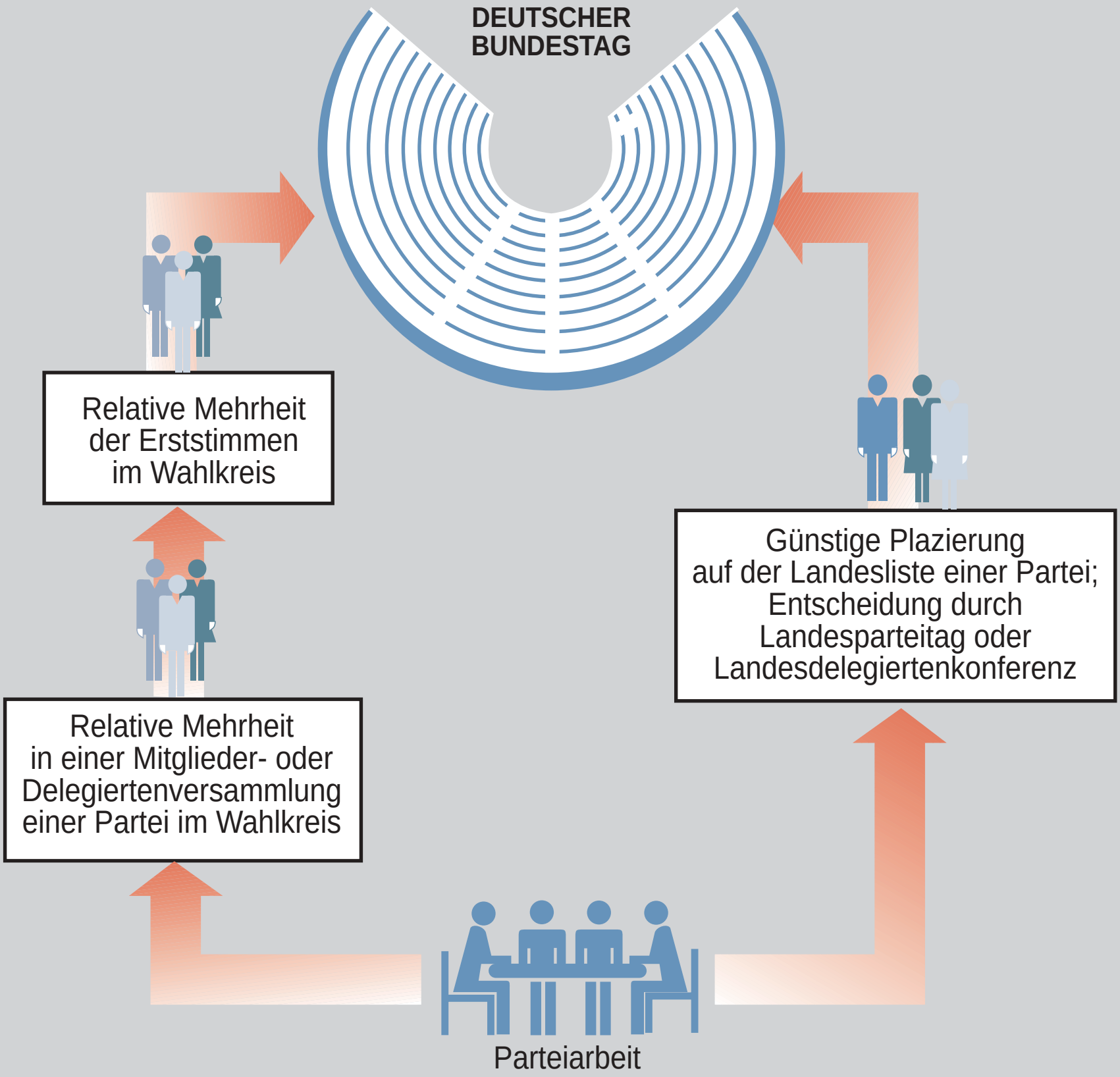Wie kommt man in den Bundestag?