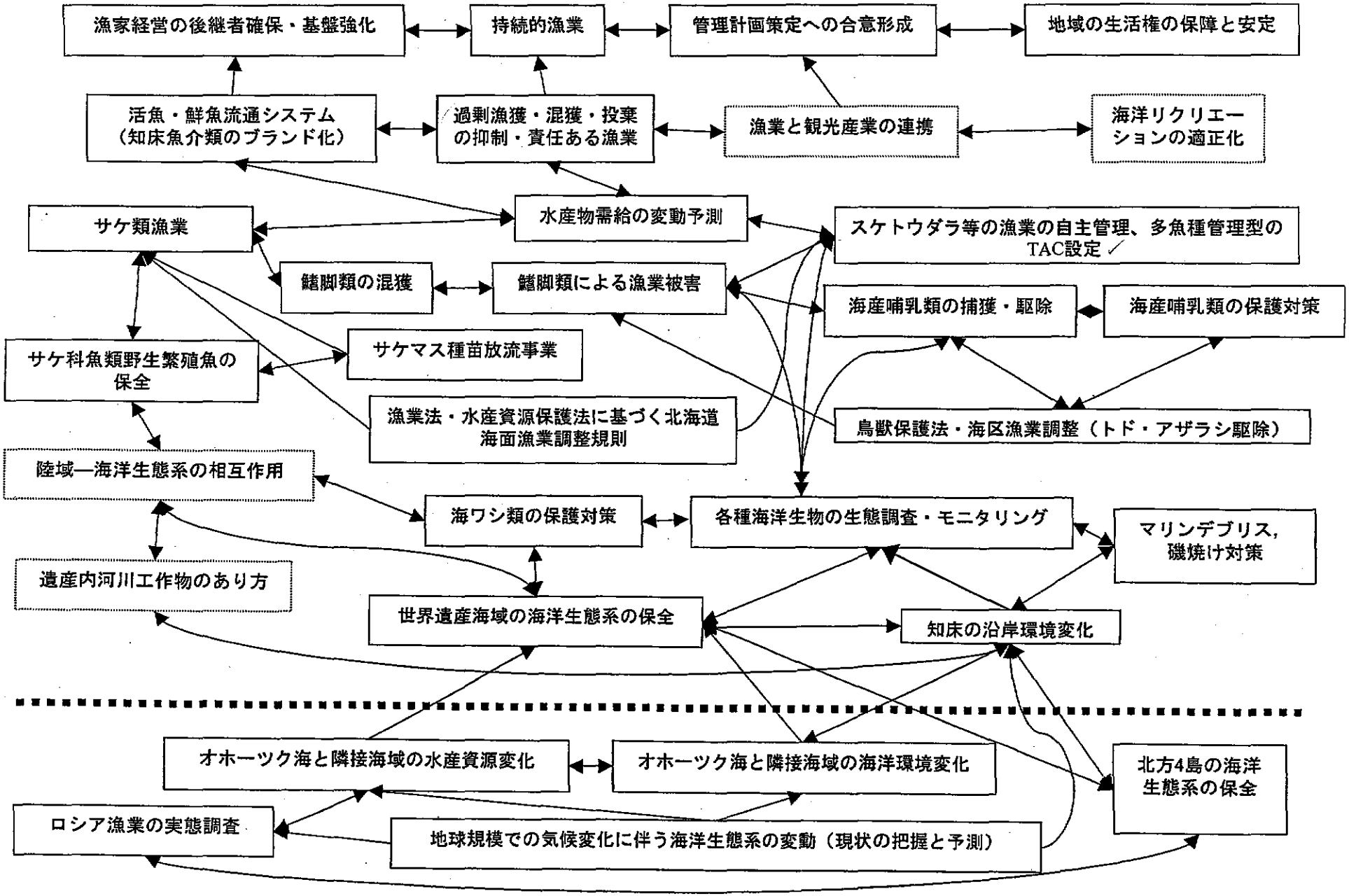多利用型統合的海域管理計画