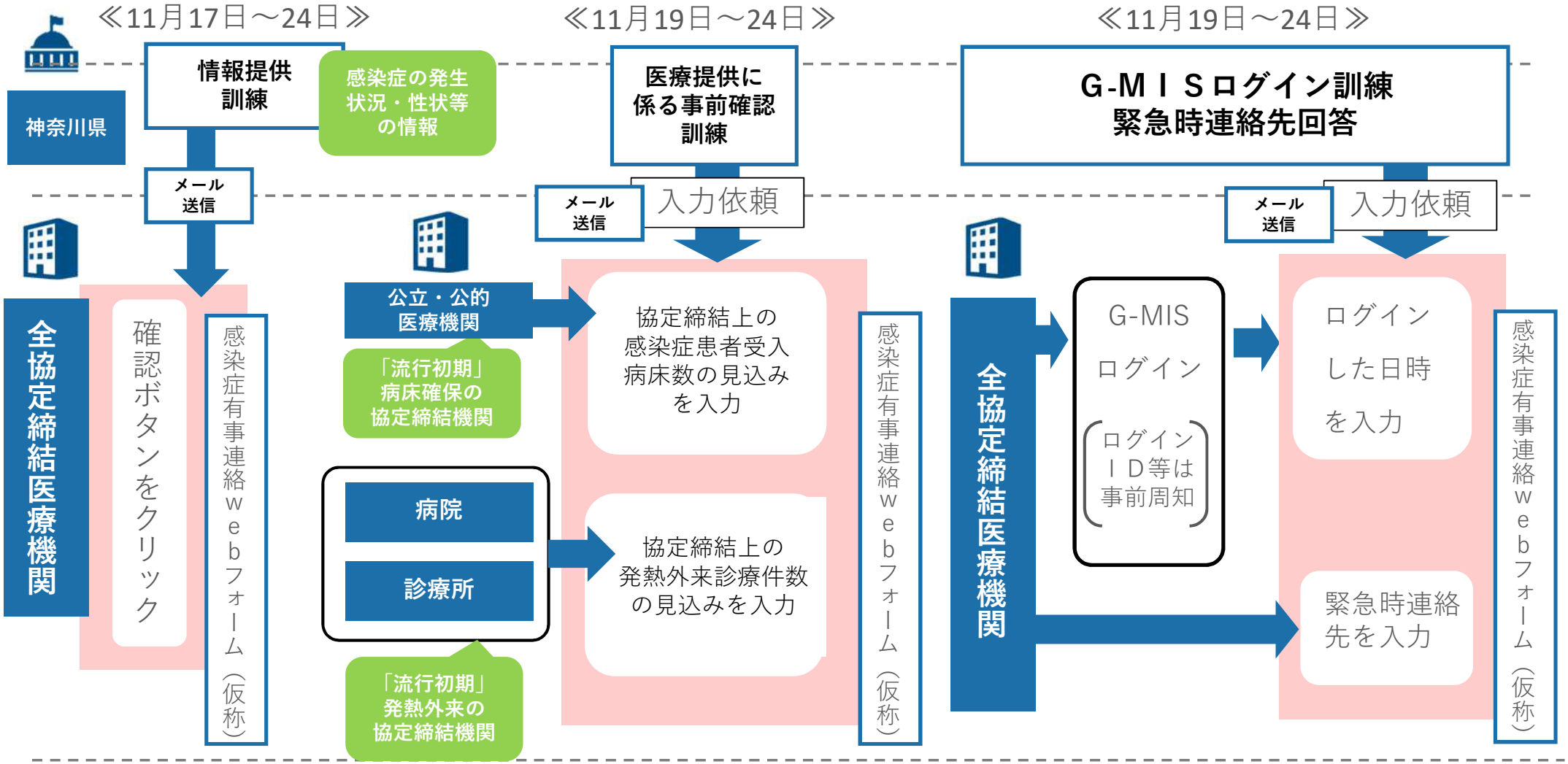令和7年度 情報伝達訓練の流れ