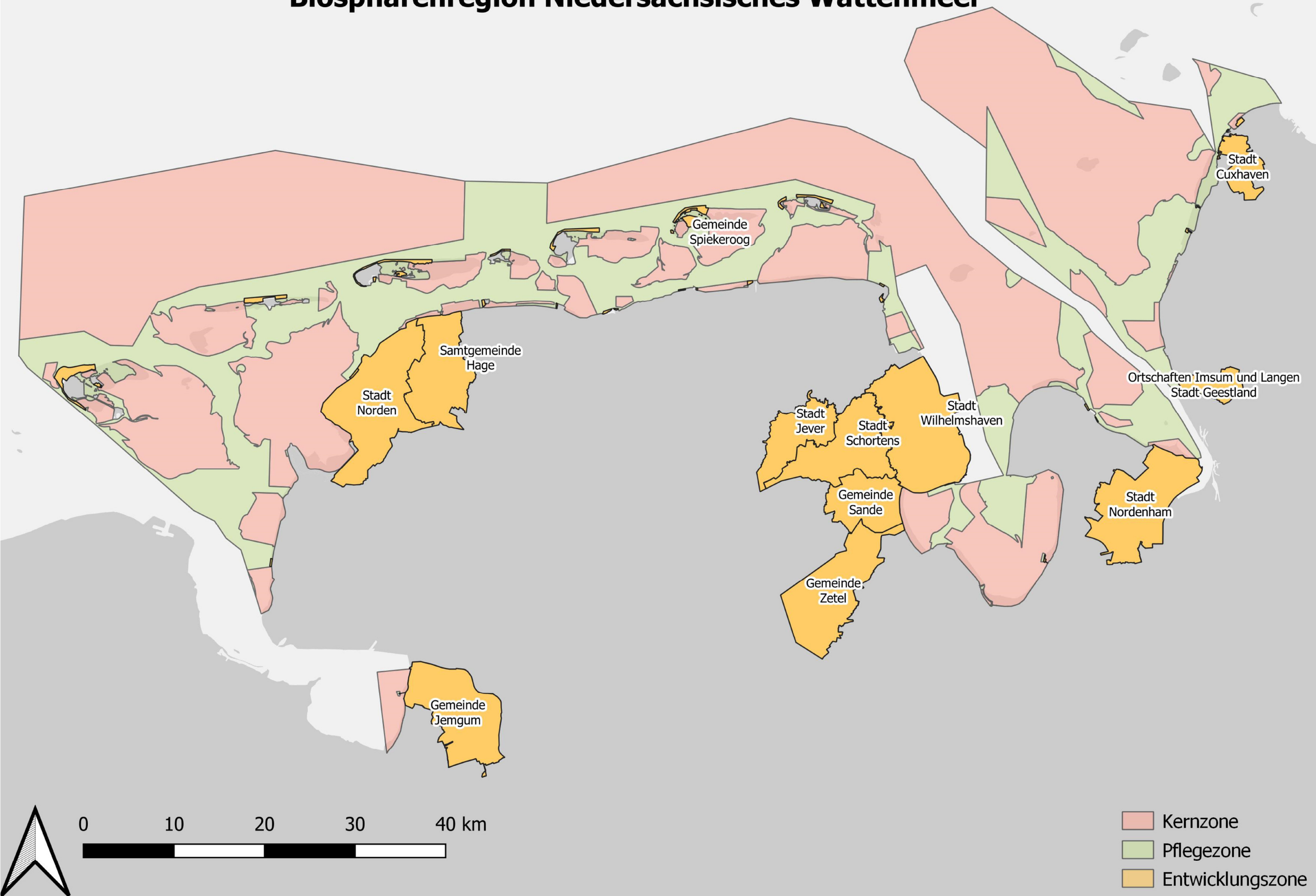Biosphärenregion Niedersächsisches Wattenmeer