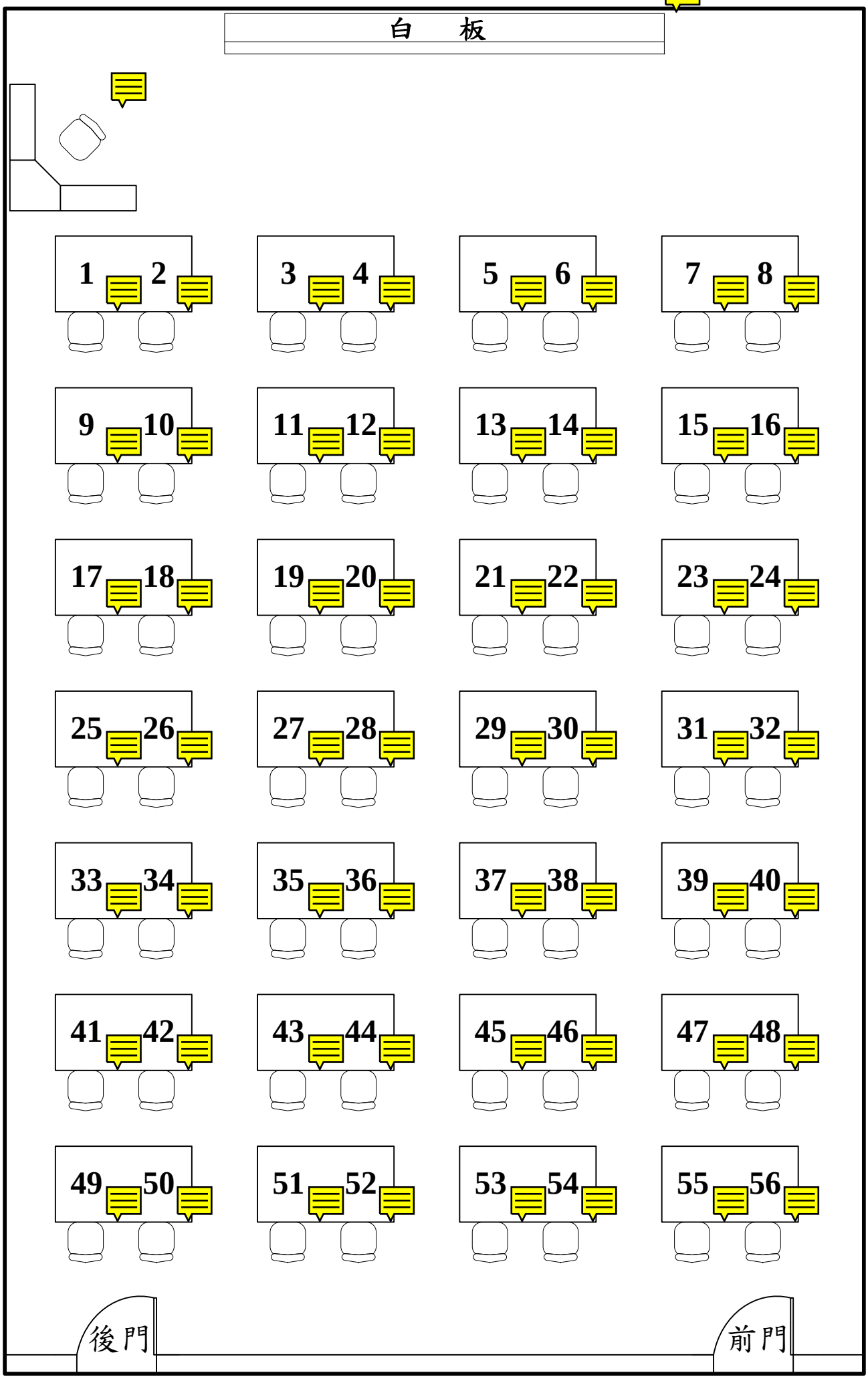明德中學聽講語言專業教室實習座位表