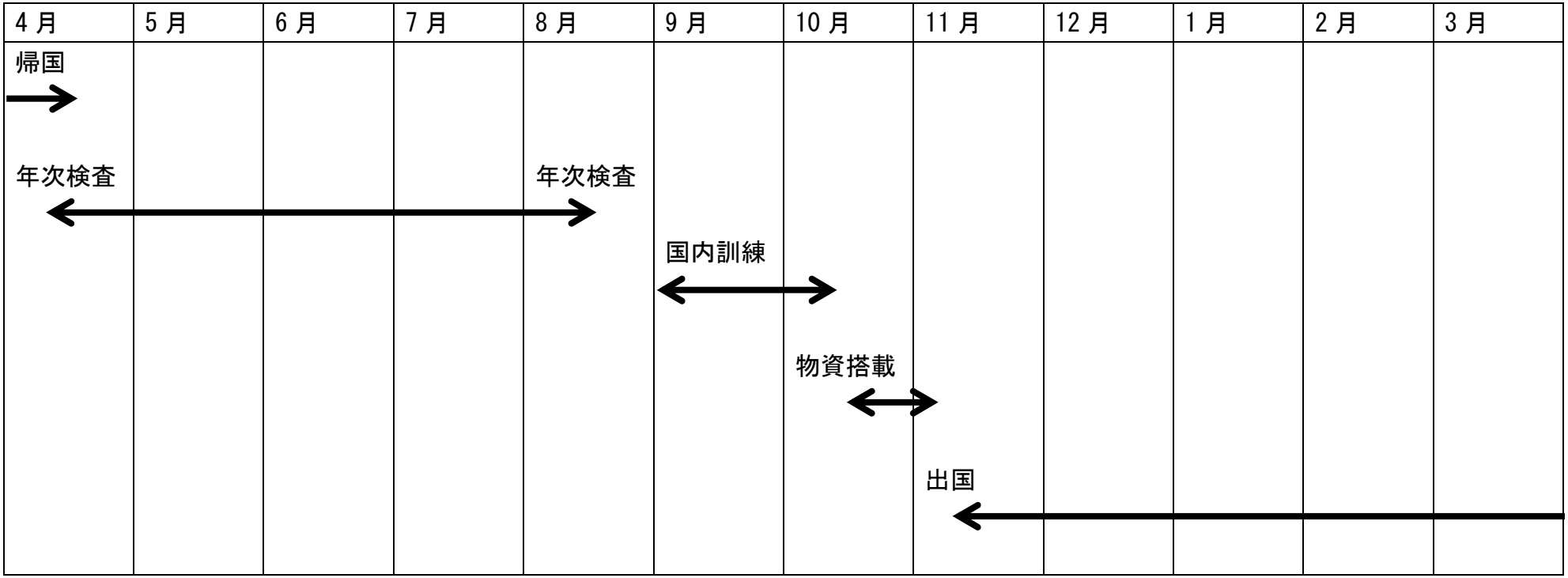南極観測船「しらせ」年間スケジュール概要