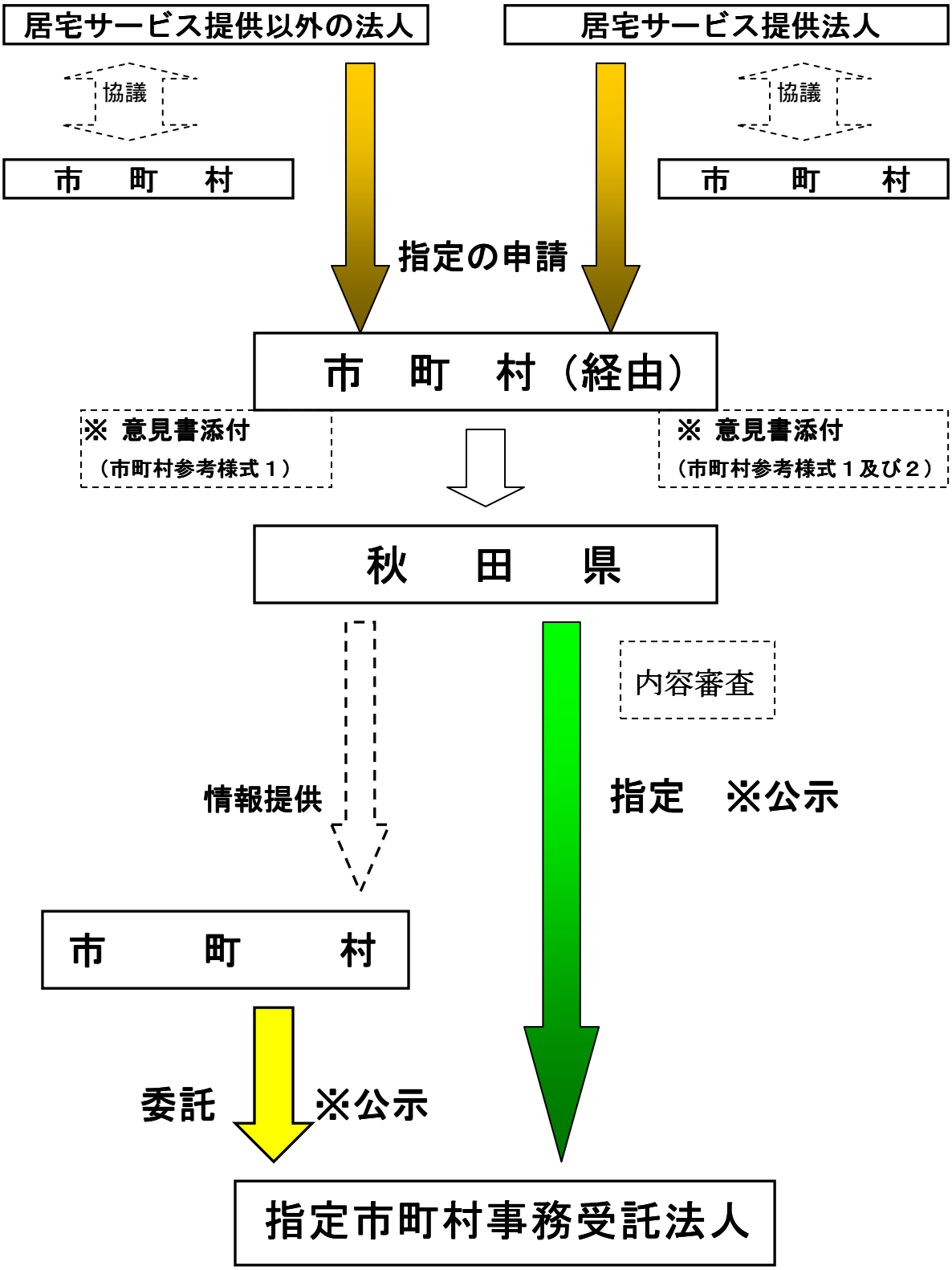申請から指定・委託までの流れ