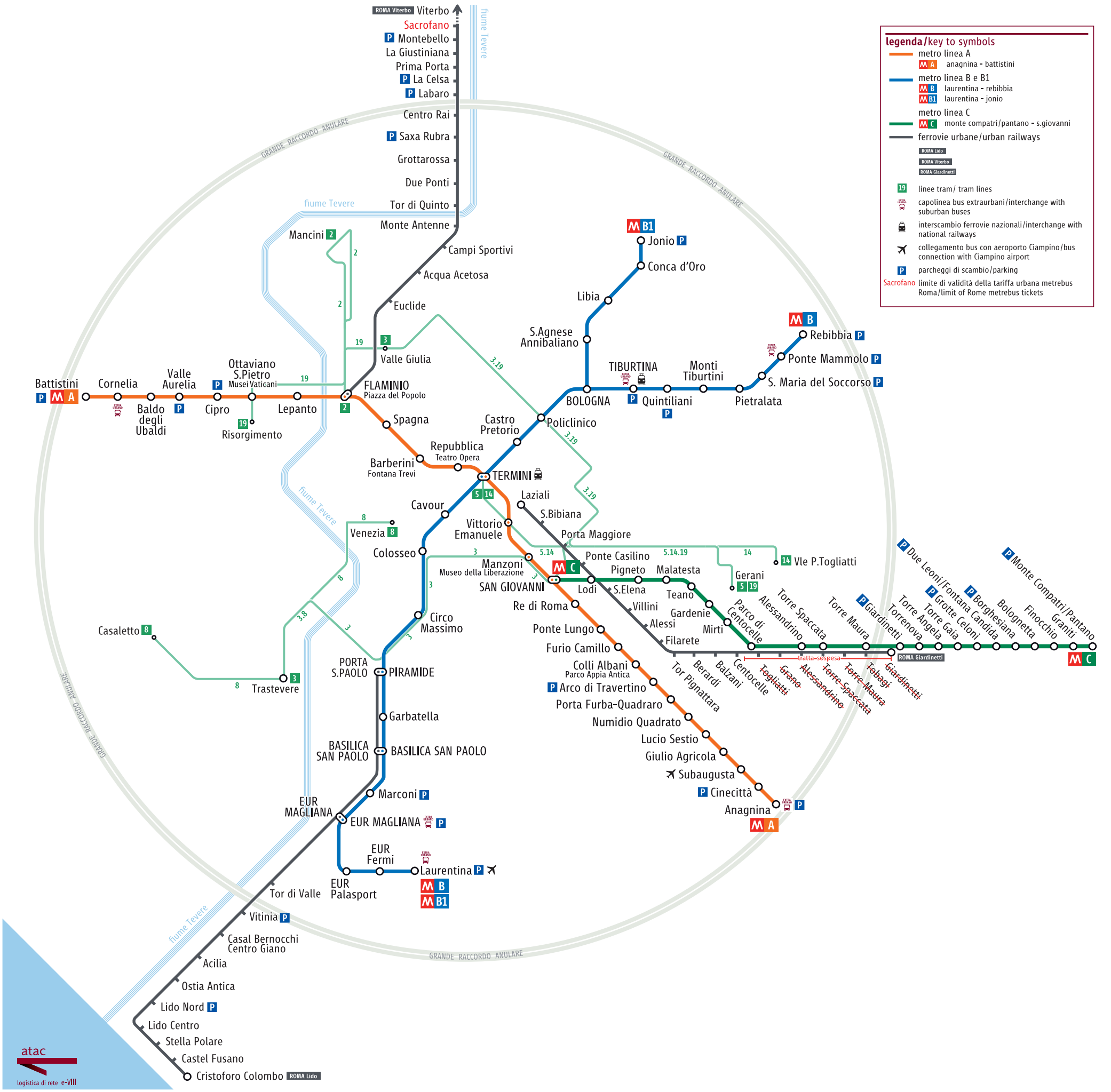metro, ferrovie metropolitane e tram