

CRISPY,
FLOFFY,
SLIPPERY!

脆脆的,

蓬

蓬

的, 滑滑

的

為求最佳體驗，敬請使用電腦閱讀。

**For the best experience, please
read it on a computer.**

脆脆的，蓬蓬的，滑滑的 (數位版)Crispy, Fluffy, Slippery
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再版序

初版《脆脆的，蓬蓬的，滑滑的》最初的寫作對象是芬蘭人，希望透過圖文紀錄展現我對芬蘭的觀察與發現。當時內容以中英文並置、英文在前中文在後的方式書寫，且許多內容沒有強調地點、事件的脈絡。回臺灣後，我重新審思芬蘭的旅程對我來說的意義，發現在芬蘭的日子裡，安穩、平靜成了生活的主旋律，而這本書紀錄的內容，則是圍繞著這個問題展開：身處複雜且混亂的現代世界，我如何能夠安然地生活？

2023 年的世界並不平靜，我住在芬蘭時，俄烏戰爭持續發生，芬蘭正在建設接壤俄羅斯的邊境圍籬。我想，這其中有一個關鍵的前提需要特別提出說明：身為短暫旅居的外來者，我所感受到的安然與我的身分帶來的時

空背景息息相關。在這六個月裡，我是不受到任何成績或學分壓力困擾的學生、我是不受就業市場前景困擾的外來者、我是不需要承受社會壓力的旅客，同時，我是對一切事物都感到新鮮的探險家。我感覺到自由與安全並存，且充分體驗發掘新事物的美好。

再版增補的內容是回到台灣之後才撰寫的，因此內容是先用中文撰寫再翻譯成英文，編排上也會以中文在前、英文在後的方式呈現。最後，再版《脆脆的，蓬蓬的，滑滑的》不再只是關於芬蘭的生活觀察，它同時包含此時此刻的我，對於生活、生存、身體感的許多思考。

Yen-Ching Lu

2023/11

The second edition preface

The first edition of *Crispy, Fluffy, Slippery* was written for the Finnish audience, offering the observations and discoveries of an exchange student from Taiwan about Finland. As a result, the content contains both English and Chinese. Furthermore, I didn't explain the detailed context behind those findings. Upon returning to Taiwan, I reflected on the significance of my journey in Finland, realizing that during my time in Finland, tranquility and calmness became the main rhythm of life. The content of this book unravels around the question: how can one live peacefully in a complex and chaotic modern world?

The world in 2023 is far from peaceful. While I lived in Finland, the war in Ukraine continued, and Finland was building a border fence adjacent to Russia. It's important to note a crucial premise: the sense of peace I experienced as a temporary resident related to my specific identity and the temporal context. During those six months, I was a student free from the pressures of grades or credits, an outsider unaffected by job market prospects, and a traveler unburdened by societal pressures. Simultaneously, I was an explorer, finding everything fresh and feeling the coexistence of freedom and security.

The second edition came out after my return to Taiwan. Consequently, it was initially written in Chinese and then translated into English, with the layout featuring Chinese before English. Finally, the second edition of *Crispy, Fluffy, Slippery* is not just about observations of life in Finland; it also includes many of my current thoughts on life, livelihood, feelings, emotions and bodily experiences.

Yen-Ching Lu

11/2023

Hi! I'm Yen-Ching from Taiwan, an exchange student in ViCCA program at Aalto University from January to June 2023. Finnish people will call me Yen, Ching, or Yenni sometimes. This book contains a lot of memories and thoughts about Finland.

The name of the book '*crispy, fluffy, slippery*' are three words I used a lot to describe the texture of snow.

I wrote the contents in two languages, Mandarin and English, they are not translated exactly with each other. I simply wrote down my thoughts on the same topic in two languages. It is normal if you find something doesn't match up with the other language.

The book includes a lot of memories and findings from my stay in Finland. Join me and wander around these maps of memories.

Yen-Ching Lu

05/2023

嗨！我是來自台灣的 Yen-Ching. 2023 年一月到六月的時間，我是阿爾托大學視覺文化，策展與當代藝術學程的交換生。芬蘭人會叫我 Yen, Ching, 或 Yenni。

書名「脆脆的, 蓬蓬的, 滑滑的」是三個我常用來形容雪地質地的形容詞。

這本書包含英文與中文，不過這兩種語言的內容並不是相互翻譯的關係，我分別用這兩種語言記錄我對同一件事情的想法，所以如果在內文發現這兩種語言的內容無法對照非常正常！

這本書述說了很多我在芬蘭的回憶與發現，歡迎加入我的腳步！穿梭在這個由文字與影像組成的記憶地圖裡。

Yen-Ching Lu

2023/05

About this book, what to expect.....

關於這本書，你該期待甚麼

The fear	恐懼
The broken compass	指北針失靈
The secret Santa	臥底聖誕老人
The Finnish food?	正宗芬蘭食物？
The Fisherman	那個漁夫
The Simania	蜂蜜酒狂熱
Receipt, receipt, receipt.....	收據海
The walk	散步
The footprints	神秘大腳印
The missing chocolate ball	失蹤的巧克力球
The puppyrazzi	狗仔隊
The Sun	太陽
The secret meeting of birds	鳥的秘密集會
The secret gatherings of humans.	人類的秘密集會
The recipe of non-places	非地方的食譜
The Sauna of the week	每周桑拿時間
關於感覺的書寫，我的練習	Write as how I felt, an exercise

Also, many, many pictures
還有，很多很多的照片

The fear 恐懼

I got an email from HOAS(Helsingin seudun opiskelija-asuntosäätiö) before my departure explaining that because of uncertainties considering electricity sufficiency, the sauna in all their apartments will be closed from January 2023 until March 2023.

Combined with disappointment, my fear of the unknown became so strong that I ended up searching for any danger warning from the Aalto University and the Helsinki area. This kind of action of course didn't help with my anxiety, only to cause me to be more afraid of long dark nights and power shortages.....

出發之前收到非營利學生租屋基金會 HOAS 發布的通知表示受到俄烏戰爭的影響，為避免缺電危機發生，所有的公寓都會在 1 月到 3 月之間關閉桑拿以節省電費，當下除了因為期待已久的桑拿沒辦法使用感到失望，加上蒐集資料時看到許多人都說漫漫長夜很難熬且會影響睡眠，再加上疫情，我對於出國、搭飛機、去人多的公共場合都充滿著焦慮。

結合缺電與長夜等小小的警訊，恐懼像隻胖胖的獸越長越大，而我面對恐懼的方法，通常是搜尋更多資料希望能知道有甚麼應對的策略。我因此上網搜尋芬蘭近幾年的犯罪率以及阿爾托大學的危急情況指南，這個方法不僅沒有解決焦慮，我更開始擔心如果停電發生，系館門禁都自動上鎖該怎麼辦，想到一天中大多數時間都是黑夜就覺得很可怕





I took this picture during the very first week of my stay in Finland, breathing-taking beauty.

這是在芬蘭的第一週看到的風景，就在租屋處走路約 3 分鐘的海邊，令人屏息的美麗。



Five months later, I learned how to dress in cold weather, how to balance on slippery ice, how to remind myself to rest more when the night was long. I adapted quite well and appreciate every sunny day after a glooming week. I like the smooth curve of things that are covered by fresh snow during my morning walk.

I deeply felt that daylight was getting longer every day in the south of Finland during spring. The power shortage issue I was so worried about never happened due to the warmer winter. The sauna stayed open, and I enjoyed it every other week. I gathered a lot of lovely stories here in Finland and will share them with you in the following chapters.

生活五個月後，我會說，長夜對人類的確有顯著的影響，我變得很容易累、感覺怎麼睡都睡不夠，我意識到我需要留更多時間讓自己休息。睡得更多之後，我適應的還算不錯，除此之外，我也漸漸學習如何在滑溜溜的冰上保持平衡、如何判斷什麼樣的天氣該怎麼穿衣服，我開始懂得珍惜在歷經一週灰撲撲的天氣之後天氣晴朗的美好，以及剛下過雪的清晨，尚未被人類涉足的雪地，到處都是圓滑的曲線非常可愛。

春季的芬蘭南部每天都能感受到日照時間越來越長，從一月時早上 8、9 點日出下午三點左右日落，到五月 4、5 點日出，晚上 10 點左右日落，曾經焦慮的缺電似乎因為暖冬並未發生，桑拿也一直運轉著，我在這裡蒐集很多有趣的故事，接下來的章節會透過一個又一個的故事敘述著我看見的芬蘭。

The broken compass

指北針失靈

I am not a person with a good sense of direction. At first, I really depended on Google map to locate myself. Here are two stories that indicated I should not trust Google map so much.

我不是一個方向感很好的人。剛抵達芬蘭時，我非常依賴 Google 地圖辨認方向，但接下來的兩個故事讓我發現太多的信任不一定是好事。

I traveled to Rovaniemi and Kilpisjarvi in Lapland with three other friends in February. Last night in Rovaniemi, we went to Santa's Salmon Place for salmon. We already knew that our way back to central Rovaniemi required a different bus from what we took at the beginning. After we finished our meals, we went across the road (under Google Maps' suggestion), finding ourselves standing in front of the entrance of a pitchy forest trail.

We saw on our smartphones that we needed to walk across the forest to find another bus station. Behind us was a gas station with a shiny signboard, there was no light inside the forest.

The clock was ticking, we didn't know how far we needed to walk but we also didn't have any other choice.

二月的時候我跟另外三個朋友去拉普蘭省的羅瓦涅米與凱爾皮斯鎮旅行，在羅瓦涅米的最後一晚我們去聖誕老人村旁邊吃鮭魚。我們本來就知道回羅瓦涅米市區需要找一台跟去程不同的公車，吃完之後我們便跟隨 Google 地圖的指引走到聖誕老人村對面的一條森林小徑路口。

依據手機地圖顯示，我們需要穿越森林才能走到還有車班的公車站，我們背對著燈火通明的加油站看著一片漆黑的森林猶豫不決，當下不知道要走多久才會抵達公車站，時間一點一滴的流逝



Before we stepped into the pitchy forest (Santa Claus Village).

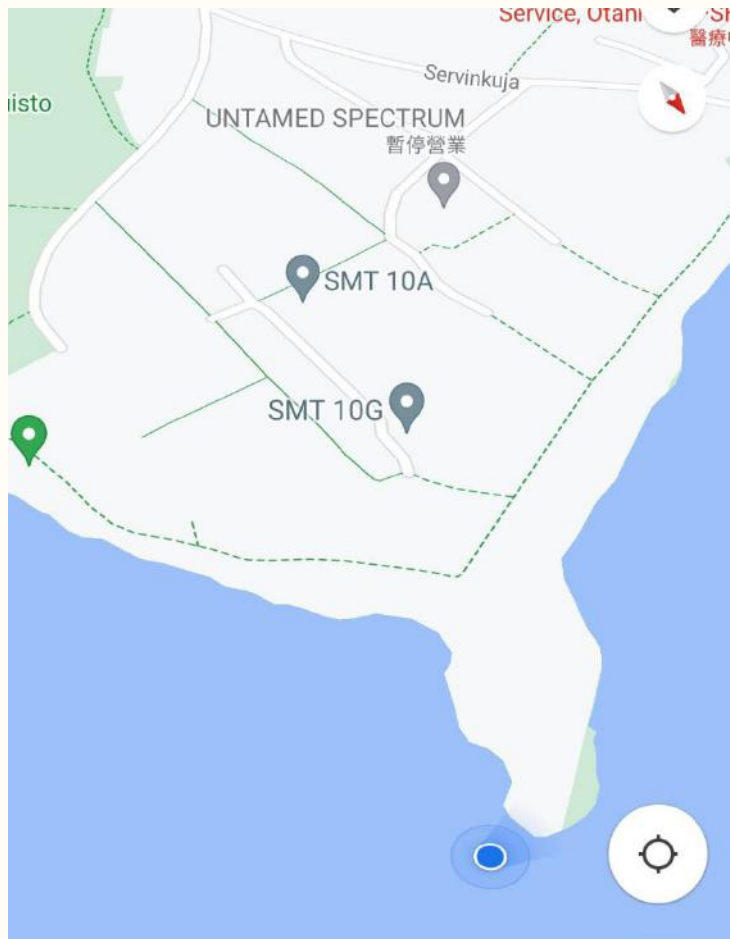
不小心闖入超黑森林之前看到的聖誕老人村夜景。

We stepped into the forest, with flashlights on our smartphones. After walking for approximately five minutes on the forest trail, we saw two people walking toward us. We asked them how long we still needed to walk to get to the other side. They seemed friendly but didn't give us any answer. We thought if people could walk in a different direction than us, maybe we would eventually arrive at that bus station.

My phone battery was dying, and I needed it for an electrical bus ticket. The trees were so tall, we couldn't see any street lights, not even the moon. I started to feel really nervous, thinking about wolves and bears. Eventually, we gave up, headed back to the gas station, and walked along the car lane (which was not for pedestrians) to another bus station.....

我們決定開著手機手電筒走進森林，大概五分鐘之後看見有兩個人朝著我們迎面而來，問了他們還有多久才能到森林的另一側，他們雖然態度友善但沒有告訴我們答案。想著別人跟我們走不同方向可能意味著我們也可以穿越森林到達公車站，所以我們持續前進，但是我的手機電量見底，而且我需要手機裡的電子車票搭公車。

樹林裡的樹超級高，我們看不到路燈也看不到月亮，我越走越緊張，想到狼跟熊之類的動物。我們中途停頓、回頭、再回頭，最後放棄了，走回加油站，並沿著其實沒有人行道的公路走向另一個公車站



My location on the map was displayed at sea (and it's spring).

海面融冰後地圖上我的定位點仍出現在海上。

One day in April, the sea outside my window started melting. I went out for a walk the next day in the morning to see how fast the ice would melt. There was a pointy corner on Otaneimi island, covered with ice, straw, and rocks. I didn't know if there were any soil (that I can walk on) or water under the thin ice. I opened Google Maps to check where is the coastline.

It appeared that the stone I saw covered by ice could be standing in the sea, and there was no soil ahead. I pondered and decided to try to walk to the very edge of the pointy corner. I stepped carefully and slowly on piles of dry straws, and I made it. Two weeks later, I return to that place only to find out there were soil and rocks the whole time. It was the first time I saw the pointy corner without snow.

四月某天我在窗外看到海上的雪開始融化，隔天早上我散步到海邊想看冰融得多快。我住的奧塔半島有一個突出的尖角，半融的雪讓陸地跟尖角之間看起來相連。因為抵達芬蘭的時候整個半島早已被冰雪覆蓋，我不確定哪裡是陸地的盡頭。我打開 Google Map 想確認我還能不能往前走，但螢幕上看起來再往前已經沒有陸地了。

我想了想，還是決定緩慢且小心地朝著尖角前進，我成功踏上了尖角！兩個禮拜之後，我走回同一個地方，通往尖角的路整路都是土地，那是我第一次看到尖角沒有雪的樣子，也是在那天，我才真正知道海岸線的位置。



Looking out to sea from pointy corner.

從半島的尖角向海面眺望。

比起城市，赫爾辛基與艾斯彭（阿爾托大學所在地）更像是有著完善的地鐵、路面電車與公車的郊區。沿岸由群島組成的地形，讓人在冬天與春天有許多不同的移動方式，比如溜冰、獨木舟、游泳、快艇、接駁船、郵輪、冰上拖曳傘等。還記得第一次踏上結冰的海面時，心裡覺得我的世界忽然又變大了一些。在亞熱帶氣候地區長大的我，從未鮮明地感受過受到季節影響，地貌的改變影響人們與環境互動的方式。站在一望無際、平坦的結冰海面上感受狂風呼嘯，在冷到發抖前是很棒的享受。我也曾經在結冰海面上看過下雪造成的彩虹，是一種很奇特的體驗。Google 地圖能涵蓋的資訊有限，然而，透過有限的地圖的指引，我在探索的過程中，也逐漸在腦中描繪出屬於我的芬蘭地圖！

Compared to the city, Helsinki and Espoo (where Aalto University is) are more like suburban areas with well-developed subways, trams, and buses. Along the coast, the archipelago offers various means of transportation during the winter and spring, such as ice skating, canoeing, swimming, speedboats, ferries, and more. I remember the first time I stepped onto a frozen sea, feeling like my world had suddenly expanded. Growing up in a subtropical climate, I've never distinctly experienced the impact of seasons, how changes in landscapes affect the way people interact with the environment. Standing on the vast, flat, and spacious frozen sea, and experiencing the howling wind, was fascinating before the cold made me shiver. I once witnessed a unique experience of seeing a rainbow caused by snow on the frozen sea.

Google Maps has its limitations in terms of information coverage. However, through the guidance of limited maps, I gradually began to create my own map of Finland in my mind during my explorations!

The secret Santa

臥底聖誕老人

This chapter is about two friendly taxi drivers my friends and I met in Rovaniemi, the hometown of Santa.

The first story happened after we accidentally walk on the sidewalk which was not meant for pedestrians (see the whole story in The broken compass chapter). I started to walk as fast as I could, afraid of missing another bus. A few drivers passed by shouting some Finnish words to us, we couldn't understand. One driver switch to English and said 'You can't walk here!'. We knew, but we didn't know where else we could go. Finally, we arrived at the bus station, we checked Waltti Mobiili and it said that the bus was 11 minutes away. We waited.

Suddenly, a taxi driver stopped and asked if we needed a ride to central Rovaneimi. We rejected

him and explained that we were waiting for a bus. He said that the bus in this direction was rare and he was going to central Rovaniemi to pick up other customers anyway, he offered us a ride for free. The weather was freezing and we were tired from all the walk. We took his offer and arrived at central Rovaniemi warmly and safely.

這個章節敘述我跟朋友們在聖誕老人的家鄉羅瓦涅米，遇到兩個非常友善的計程車司機的故事。第一個故事發生在誤闖黑森林、最後走到沒有人行道的快速道路之後（完整故事請參考指北針失靈章節）。

當時我們又累又著急，而我越走越快想趕快抵達公車站。對向的幾個司機搖下車窗對我們大喊一些芬蘭文，我們根本聽不懂甚麼意思，直到另一個司機用英文喊著「你們不能走在這裡！」我們知道，可是我們別無選擇。終於走到公車站之後，從當地的手機應用程式 Wajtti Mobiili 看到公車還有 11 分鐘才會出現，我們在冷颼颼地天氣裡繼續等待。

過了一陣子，一台計程車停在我們面前，他問我們要不要搭他的車去羅瓦涅米市中心，我們告訴他我們

要繼續等公車，他說這個時間、這個方向往市區的公車很少，他剛載客人去機場，正好要回市區接下一組客人，我們可以免費搭他的車回市區。那天天氣很冷，猶豫一陣子後我們搭著溫暖的計程車安全地抵達市區，車上放著重金屬搖滾樂，而我們的臥底聖誕老人留著武士頭髮型。



Some drinks after a long and nervous night in Rovaniemi.

在羅瓦涅米度過迷路驚魂之後我跟旅伴買了調酒回 Airbnb 慶祝平安歸來，左邊是蔓越莓加迷迭香，右邊是藍莓加石楠花。

A lot of buses didn't start to operate until noon on Sunday in Rovaniemi. Since our train back to Helsinki departed at 9 in the morning. We booked a taxi on Saturday night. The Taxi driver arrived 15 minutes earlier and didn't charge us anything for stopping at R-kioski to return keys for Airbnb. Unfortunately, it was still too early for R-kioski. The taxi driver offered to return the keys to R-kioski for us. With some doubts, we trusted the taxi driver with the key return task. Eventually, we went on the train on time, and the keys had been returned successfully. It was way past Christmas, but still, there were some Secret Santa helping travelers in Rovaniemi.

星期日的羅瓦涅米許多公車都過中午才開（或是沒開），早上 9 點要搭火車的我們在前一天晚上用當地的手機應用程式預約一台計程車。隔天早上計程車司機比我們預定的時間早 15 分鐘左右就抵達約定地址，但我們還需要先去 R-kioski(芬蘭的小超商) 歸還 Airbnb 的鑰匙。抵達之後發現小超商還沒開門，司機就說沒關係他可以幫我們還。半信半疑的我們還是把鑰匙交給他。鑰匙成功歸還，我們也順利搭上火車，即使不是聖誕節，羅瓦涅米也有許多臥底聖誕老人給予旅人協助。

The Finnish food? 正宗芬蘭食物？

What do Finns eat?

What is Finnish food culture?

What is real Finnish food?

These are the questions I have been curious about during my time in Finland, and this chapter will bring together some possible answers that I gathered. The following statements have not been verified by any Finns.

Welcome to use the zoom in function to check out pictures!

芬蘭人吃甚麼？

芬蘭的飲食文化是甚麼？

甚麼東西是真正的芬蘭食物？

這些是我在芬蘭的這段期間一直都好奇的問題，這個章節將匯集一些我認為可能的答案，以下言論未經任何芬蘭人證實。

歡迎使用放大功能仔細閱覽圖鑑！

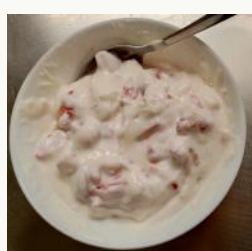
I tried and I liked 試過喜歡的



Lohikeitto
Finnish Salmon
Soup
時蘿奶油鮭魚湯



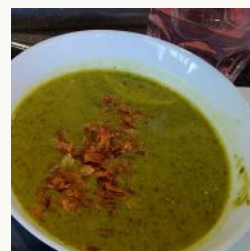
Leipäjuusto ja
lakkahillo
Bread cheese and
Cloudberry jam
麵包起司配雲莓果醬



Rahka
Curd
凝乳配莓果



Villi
Soured whole
milk
變酸的全脂牛奶



Hernekeitto
Pea soup
豌豆湯星期四



Tyrni glögi
Buckthorn
mulled wine
沙棘熱紅酒



Mustamakkara ja
puolukkakastike
Black sausage and
Lingonberry sauce
坦佩雷黑腸 (血腸)
越橘果醬 (少糖的)



Porkkanakakku
Carrot cake
紅蘿蔔蛋糕



Tippaleipä
Funnel cake
漏斗餅乾



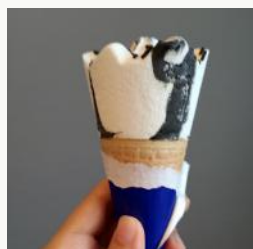
Pinaattipannu-
kakku
Spinach pancakes
菠菜煎餅



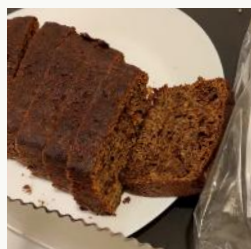
Herukanlehtijuoma
currant leaf drink
醋栗葉風味飲



Marjamehu
Hot berry juice
熱莓果汁



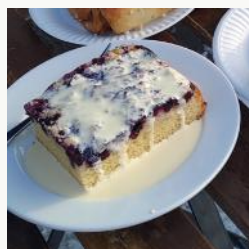
Lakritsi
jäätelötuutti
Licorice ice cream
甘草冰淇淋
(香草基底)



Saaristolaisleipä
Island bread
島嶼麵包



Kurpitsakeitto
Pumpkin soup
南瓜湯



Mustikkapiirakka
Blueberry pie
藍莓派



Mustekala ramen
Octopus ramen
章魚拌麵



Smoothie
Smoothie
蔬果昔

During my stay, I tried a lot of food I never tried before. Surprisingly, mustamakkara(Black sausage) tasted like some rice dish from Taiwan. These pictures didn't include every kind of food I already tried, for example, I also tried Piimä(sour milk), Raejuusto(Cottage cheese), Runebergintorttu(Runeberg tart), Munavoi(Egg butter), Poronkärästys(Fried reindeer), Salmiakki(salty licorice candy), and Omenainen lihapata karjalanpaistin tapaan(Apple meat stew similar to Karelian roast).

To me, Finns seems don't have street food or snack culture, but they do have a lot of coffee break. Candy shelves in movie theater (as picture shown in right page)and supermarket are things that were very new to me. I gradually got used to sometimes people have soup lunch. I liked all kinds of seasonal drinks like Sima(mead) and Glögi(mulled wine), so much so I have a chapter just for them.

這段期間，我嘗試了很多以前沒吃過的食物。Mustamakkara（黑香腸）意外地吃起來很像某種台灣的米類料理。這些圖片並沒有包括我已經嘗試過的所有食物，例如，我還嘗試了 Piimä（酸奶）、Raejuusto（乾酪）、Runebergintorttu（Runeberg 餡餅）、Munavoi（雞蛋黃油）、Poronkärstys（炒馴鹿肉）、Salmiakki（鹹甘草糖）和 Omenainen lihapata karjalanpaistin tapaan（像卡累利阿烤肉的蘋果燉肉）。

我認為芬蘭人似乎沒有吃鹹的小點心的文化（除了超市的麵包），但他們有很多咖啡時間（大家會一起喝咖啡閒聊休息）。芬蘭人也很愛吃糖，電影院跟超市都有整櫃的秤重糖果架（如下圖就是電影院的糖果架）。我也漸漸習慣有時候濃湯作為主食的飲食習慣。我很喜歡芬蘭的節慶飲品，像是 Sima（蜂蜜酒）和 Glögi（熱紅酒），所以後面的其中一個章節特別收錄與蜂蜜酒相關的內容。



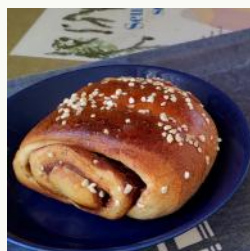
Also like..... 也喜歡



Pistaasi-
kristallipullat
pistachios
crystal bun
開心果水晶麵包



Mansikka-
raparperimehu
strawberry
rhubarb juice
草莓大黃果汁



Korvapuusti
Cinnamon rolls
肉桂捲



Tervapastilli
Tar candy
焦油糖



Pepparkakor
Gingerbread
cookie
薑餅



Suklaasydän
Chocolate cookie
巧克力夾心餅

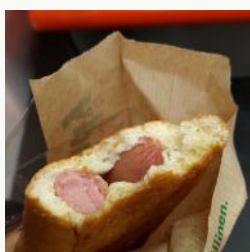
Confused by..... 吃不太懂



Ohrapuuro
Porridge
大麥粥



Kauragurtti
Oat yogurt
燕麥優格



Nakkipiirakka
Gingerbread pie
薑餅派



Veggie Bao Bagel
Veggie Bao Bagel
蔬食貝果包



Mignon
Chocolate egg
實心巧克力蛋



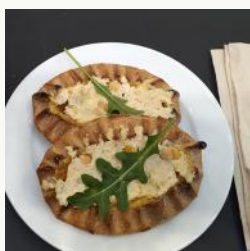
Seitifilee
Fish block
冷凍魚塊 (未切)



Mämmi
Finnish Easter
pudding
復活節布丁



Lohipyöryköistä
Salmon ball
鮭魚肉丸



Karjalanpiirakka
Karelian pie
卡累利阿餡餅



Suklaiset
jättimarengit
Giant chocolate
meringues
巨型巧克力蛋白餅



ALEXANDER
ALEXANDER
一種赫爾辛基的糕點

整體來說，芬蘭的食物對我來說偏鹹，且許多東西口感都比較溼軟，喜歡食物有嚼勁（以及 Q）的我，在口味上並無太多適應不良，但經常對食物的口感感到不滿。六個月的時間似乎尚未觸發我的美食思鄉症狀，然而，我真的非常想念各種蔬菜水果！水蓮、地瓜葉、空心菜、苦瓜、絲瓜、荔枝、豆芽菜（芬蘭也有但很貴）、金針菇（一樣很貴）、杏鮑菇、各種鮮脆的綠色蔬菜等，而且我錯過了今年桂竹筍的季節！這六個月的時間，我冬天基本上靠著大白菜活著，春天才偶爾有特價的進口高麗菜、節瓜跟球狀萵苣，歐洲高麗菜在「臺灣人在芬蘭」社團被戲稱為濕掉的紙箱，因為不脆口也燉不爛，我還記得第一次買到好吃的進口高麗菜時真的超快樂！一個意外的發現是：高麗菜捲算是芬蘭常見的家常菜，吃起來跟台灣的高麗菜捲沒什麼不同。

Overall, Finnish food, in my opinion, tends to be too salty, and a bit overcooked. As someone who enjoys foods with a chewy texture and "Q"(related to Hokkien, Q is an adjective describing bouncy&chewy texture), I didn't have too much trouble adapting to the flavors, compared to textures of food. Six months seemed insufficient to trigger my homesickness for delicious dishes, but I truly missed various vegetables and fruits! Items like white water snowflake, sweet potato leaves, water spinach, bitter melon, luffa, lychee, bean sprouts (which are available in Finland but quite expensive), enoki mushrooms (equally expensive), king oyster mushrooms, and various crispy green vegetables. I also missed the makino bamboo shoot season this year!

During these six months, I survived the winter depending on napa cabbage, with occasional bargains on imported cabbage, zucchini, and lettuce in the spring. White cabbage is sarcastically referred to as "soggy cardboard" in Finnish-Taiwanese communities because it lacks crispness and doesn't stew well. I still remember the thrill when I unexpectedly found some tasty imported cabbage(varhaiskaali ulkomai) for the first time! An unexpected discovery was that cabbage rolls are a common Finnish home-cooked meal, and they taste similar to Taiwanese cabbage rolls.

Student restaurant collage 學餐大集合



Things I cooked for myself 自己煮的食物



The Fisherman 那個漁夫

The window in my apartment in Otaniemi faces the sea. Since I moved in, I saw a person walking on the ice towards the sea from time to time. At first, I was curious about walking on the ice like he did. After I successfully walked on the ice, I thought I wanted to observe what that person was doing. I found my chance to talk to that person one day. I asked if I could observe and took some pictures, and he agreed. It turned out he is a Vietnamese immigrant who lived in Finland for thirty-eight years. He said that he didn't use English for many years, which led to our conversations being short and full of gestures. Whenever I walked on the ice to take pictures, if he was also there, I would go near him and say hi.

One day, I saw the fisherman caught a lot of fish, he asked me if I want to take some fish. Tempting as it was, I told him I didn't know how to deal with live fish. He wrote on the ice:

baked 45 minutes at 200 degrees Celsius(also froze 45 minutes in freezer first). I expressed my thankfulness and enjoyed two tasty fish with my friends. We talked more frequently during winter because after day time got longer, his fishing time started from around nine o'clock at night and lasted until sunrise. Ice fishing and fishing itself are popular recreation in Finland, I never tried this activity on my own, but still, it was so interesting to observe!

我的公寓窗戶面向大海。自從住進公寓後，我經常看到一個人走上結冰的海面。因為以前沒有嘗試過，我很好奇走在結冰的海面上是甚麼感覺，而在成功走上冰面後，我更好奇那個人都在冰上做些甚麼。有一天，我看到那個人出現在海上，我告訴我的室友，今天！今天是我跟他講話的日子！我跑出公寓走到海上，在獲得他的同意後站在一旁拍照觀察。原來他是在芬蘭生活了三十八年的越南移民，而在抵達芬蘭前曾短暫住過香港。他說他已經很多年沒講英文，所以我們的對話充斥著短句子跟手勢。有一次他比劃了開槍的手勢，我以為他要告訴我他偶爾也會去打獵，

在比手畫腳一陣子後我發現他是因為戰爭才移民到芬蘭。他說在芬蘭不會很有錢，但很快樂。每當我走在冰面上拍照時，如果他也在，我就會靠近他打聲招呼。

有天我在結冰的海上看到漁夫捕到很多魚，他問我要不要帶一些魚回宿舍。我很想收下但是我告訴他我不知道如何處理活魚。他在冰上寫著：在 200 攝氏度下烘烤 45 分鐘（先在冰箱中冷凍 45 分鐘）。我想了想，收下他的好意，和朋友們一起享用了兩條美味的魚。冬天的時候我比較常遇到他，因為日照時間變長後，他的釣魚時間從晚上九點左右開始，一直持續到日出。冰釣和釣魚本身是芬蘭很常見的休閒方式，雖然我從來沒有自己嘗試過這項活動，但是，觀察別人冰釣還是很有趣！



On the day of the good harvest, the two bags were full of fish.

大豐收的那天兩個袋子裡面滿滿的都是魚。



The Vietnamese fisherman and the hole he dug, the line of the net is very thin.

越南捕魚人與他挖的洞，網子的線很細很細。



The two fish I got were bream and zander.

我獲得的兩條魚一條是歐鯿一條是梭鱸。



The fisherman explain how he caught fish on the snow, but unfortunately I didn't understand it.

捕魚人是著在雪地上畫出捕魚的原理，可惜我沒有聽懂。



I enjoyed fish dishes with my friends.

跟朋友一起好好享用了魚。

Some photos related to ice fishing
一些冰釣有關的照片







The Simania 蜂蜜酒狂熱

Sima(Mead) is a Finnish drink to celebrate Vappu(May 1st). I bought a currant leaf flavored Sima in the supermarket and liked it. Later, at a party, I heard that homemade Sima was the best Sima anyone can get. The ingredients for Sima are very simple: sugar, lemon, raisins, and yeast, you can also add spices according to your own interests. After participating in a Sima-making workshop, I made five kinds of Sima with different recipes, tasty!

蜂蜜酒是芬蘭慶祝五一節時會享用的飲品，我在超市買了一款醋栗葉風味的蜂蜜酒，覺得很喜歡，後來在一次聚會上聽人說自己做的蜂蜜酒才是最好的蜂蜜酒，而且成分很單純，只有糖、檸檬、酵母、葡萄乾，也可以依照自己的興趣添加香料，所以在參加一次蜂蜜酒製作工作坊後，我製作了五種配方不同的蜂蜜酒，好喝好喝！



Sima making workshops
host by TOKYO from Aalto ARTS.
由阿爾托大學藝術學院學生組織 TOKYO 舉辦的
蜂蜜酒工作坊。



Ingredients in the Sima I made from left to right:

- (1) Lime, fruit & flower non-caffeine tea, sugar, yeast, water
- (2) Jaffa, 100% sea buckthorn juice, fruit & flower non-caffeine tea, honey, yeast, water
- (3) Jaffa, 100% sea buckthorn juice, rosemary, lemongrass non-caffeine tea, honey, yeast, water
- (4) Jaffa, 100% sea buckthorn juice, cloves, honey, yeast, water
- (5) Lime, pink pepper, sugar, yeast, water

自製蜂蜜酒中的成分從左到右：

- (1) 萊姆、無咖啡因水果花草茶、糖、酵母、水
- (2) 香吉士、100% 沙棘汁、水果花草茶、蜂蜜、酵母、水
- (3) 香吉士、100% 沙棘汁、迷迭香、香茅草藥茶、蜂蜜、酵母、水
- (4) 香吉士、100% 沙棘汁、丁香、蜂蜜、酵母、水
- (5) 萊姆、粉紅胡椒、糖、酵母、水



My friends and I participated in
the Vappu parade and picnic
我跟朋友一起參加五一節遊行跟野餐

Receipt, receipt, receipt.....

收據海

Finland is not the cheapest place to live. Influenced by Covid and Ukraine war, inflation was visible everywhere. To save some spending, I tried to figure out where and what I could get deals for things I needed. I also used different phone applications to check for discount items. In return, I have tons of receipts because I would go to more than one shop for weekly groceries trip.

Since I don't speak Finnish, I tried to remember the Finnish name for common ingredients, like omena, lohi, kanan, naudan, mustikka, mansikka.....At first, I would saved the receipts to keep accounts and learned Finnish spelling. They also function as shopping list and study notes. Eventually, it became too much and I stopped keeping it, those receipts were saved as silent witnesses of my stay in Finland.

K-Supermarket Tapjola
Länsituulentie 12
02100 Espoo
Puh. 010 201 8300
Y-tunnus 2172507-8

K007 M038756/4161 12:32 9.1.

KF Suffeli riisipuffi 198g	巧克力	3
Kirkuk leipomo naan tandoor	-1大餅	2
Pirkka kanan filkuut 350g	雞肉	4
Snellman nopeat fileesuik 300g	魚片	4
Ätälä lohipyörykkä 250g	魚球	3
Pla Maxi suklaa 50g RFA	巧克力	0
Maakarit 250g Angelan frank	月切	4
ikka Parh juustohillot 3x40g	月切	3
ii Yamato sushiriisi 1kg	米飯 x3	3
ii Yamato sushiriisi 1kg		3
Rukiinen Piirakka 5 kpl	麵包	3
e leikkuulauta 30x22cm		3,6
-----		6,4
		45,9

TRANSACTION

VISA CREDIT
**** * 5919 LN
A0000000031010
05103/560738
021725078100/5411

230109075103

45,90 EUR

PROTON
34,57
5,23

VERO
4,84

VEROLLINEN

02100 Espoo
Puh. 010 201 8300
Y-tunnus 2172507-8

16:00 17.1.2023

K-market Olaniemmi
Olaniemmentie 12
02150 Espoo
Puh 051 000 000
Y-tunnus 217 17 17

K001 M082879/7178 16:31

Pirkka virike kananmuna M10	雞蛋	2,25
Marit glögiijuoma 1l	酒	1,89
Maan tee 60g love of roses		0,75
Maan tee 60g love of roses		0,99
Pirkka kanan 1kg Suomi	11k	1,82
Valio kermajuusto 275g	芝士	2,79
Pirkka kanan fileepihvi 500g	11k	2,79 €/KG
Pirkka kiinankaali pak Suomi	白菜	6,99 €/KG
0,405 KG		1,59 €
0,087 KG		2,79
0,405 KG		2,79 €/KG
0,087 KG		6,99 €/KG
-----		2,79
		70
		2,79
		48

TRANSACTION

VISA CREDIT
**** * 5919 LN
A0000000031010
01112/824011
032845171000/5411

ence:

stitutional systems that
circumscribe, determine and
articulated the realm of
discourses, at all times, and
any given culture; it is
defined by the spontaneous
distribution of a text to

its Creator, but through
of precise and complex process
it does not refer, purely and simply,
to an actual individual in so far as
it simultaneously gives rise to a
variety of egos, and to a series
of subjective positions that individuals
only class may come to occupy

~~張~~ 張海報

一個轉接頭

居家襪

地毯. 居家服

麵包 火腿 蕃茄

或魚罐

洗髮水
潤髮乳 洗髮乳

洗衣粉

芬蘭住起來並不便宜，除了物價本來就比台灣高，受到新冠疫情與俄烏戰爭的影響，許多民生物資漲價許多，例如，有間我會去的河粉店三年前牛肉河粉價格是 12 歐，7 個月前是 13 歐，3 個月前是 13.5 歐，2023 年 5 月漲成 14 歐，又比如一間素食甜甜圈 2 年前一顆 3.75 歐，2023 年 5 月漲成 4.5 歐。這段期間不同的產業也經歷罷工與工會協商，包含公車、火車、物流業、垃圾清運等。

為了節省生活開銷，我試著記住在哪間賣場購買甚麼商品比較划算，也下載不同的超市的 App 查看當週特價產品，這也代表我每次採購都需要去不只一間超市，導致我收到非常多的收據。起初，我蒐集這些收據用來比價、記帳、學習芬蘭文生活用品的名稱，也因為剛去的時候手邊沒有任何紙，就收據也變成我的購物清單跟讀書筆記用紙。後來實在太多我就沒有繼續留了，這些被留下的收據們都是我在芬蘭生活的微小的見證。



Lots and lots of receipts.
很多很多的收據。



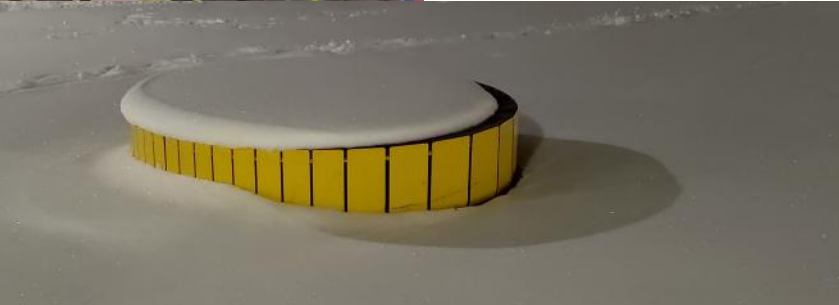
Toilet paper rolls for my receipts.
我用捲筒衛生紙的筒來裝收據。

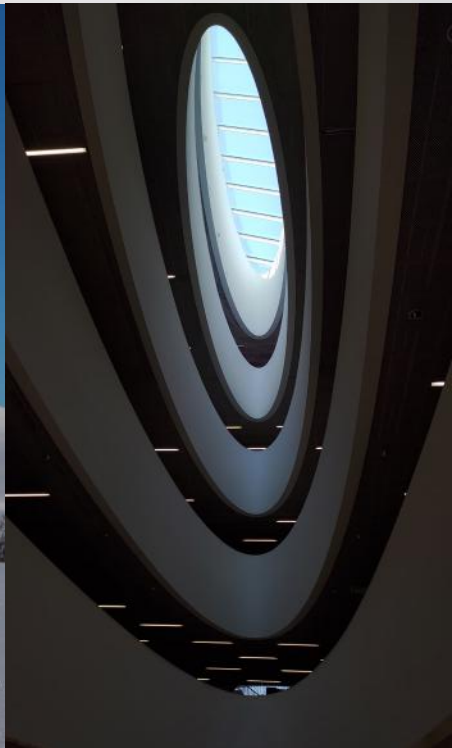


The walk 散步

I walked a lot in Finland, sometimes it was because I wanted to go for a walk. Sometimes it was because I didn't want to buy a bus ticket when I traveled outside the Helsinki area.

I gathered several pictures I took when I walked. Some of them are stunning and some of them are random, join me for a walk on the paper!

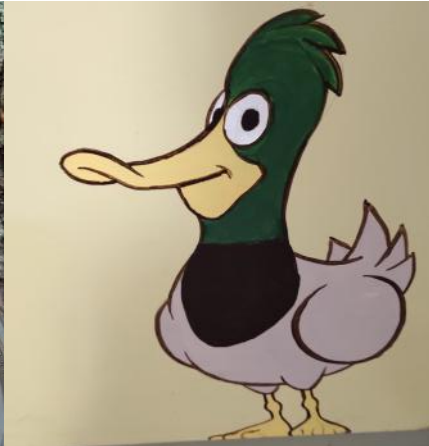
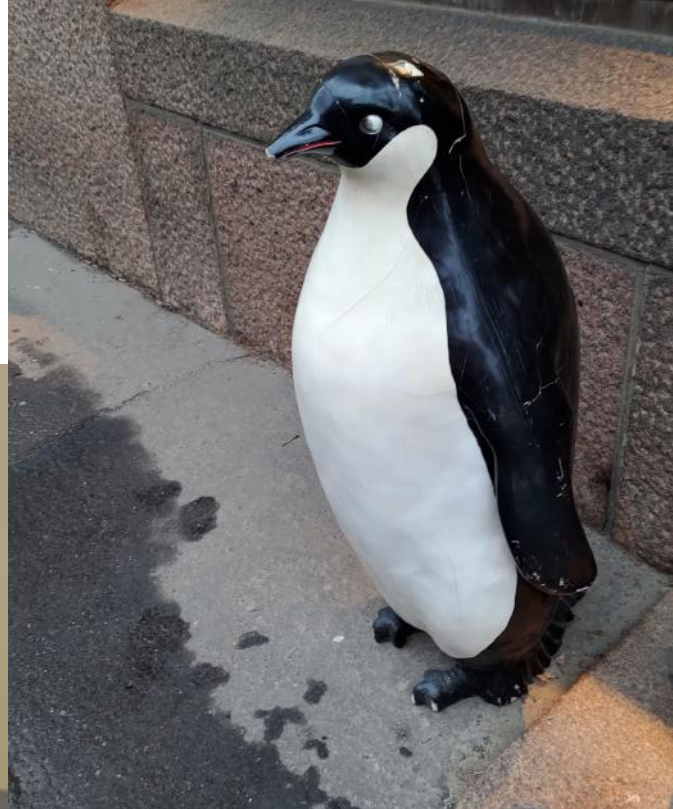






我在芬蘭走了很多路，由時候是想要出門散步，有時候是在赫爾辛基以外的地區旅行時時候不想買公車票，有時候是想看看風景。

我蒐集一些在走路時看到的風景，有些很美，有些很隨意，跟著我一起在紙上散步吧！





























The footprints

神秘大腳印

The first time I ever noticed these footprints was in Kilpisjarvi. That day, I woke up and the view outside our cottage took my breath away. I saw some footprints on the snow and immediately thought that might be a moose. Since I went out and stomped and sunk in the snow the day before, I was curious about why the moose won't sink. Something didn't add up.

The next day we went snowshoeing on Saana Mountain. I asked our guide about the footprints. It belonged to a hare, he explained, judged by the flow of footprints, the bigger side was its back foot. The hare moved with two front feet overlapping together and two back feet followed. I knew hare could be seen everywhere in Finland, but I never saw any of them back then. My roommate saw hares several times on Aalto campus, I only saw footprints once near our apartment. I waited for five months and saw hares two times in Vuossari eventually. Hooray!

在凱爾皮斯鎮旅行時我第一次注意到這樣的腳印。那天早上起床後拉開窗簾發現窗外景色美不勝收，地上有一道未知生物留下的足跡，我立刻想到麋鹿。然而，前一天我出門試著跨越那片雪地的時候我整個陷進雪堆裡，那片積雪深度及腰。我開始想著，如果真的是麋鹿，為甚麼牠們不會陷下去？而且這個腳趾超大感覺是神獸？

隔天去莎娜山雪鞋健走，我詢問嚮導那個足跡屬於甚麼生物，他說那是野兔，野兔前進時兩隻前腳交疊著走，隨後後腳跟上，所以從腳印也可以辨認出野兔行進的方向。我知道芬蘭到處都可以看到野兔，但那時的我還沒看過。我室友在校園裡看過野兔兩次，我只有在宿舍附近看過野兔腳印一次。等了五個月後，我終於在烏薩島附近看了兩次野兔，讚啦！



Footprints and hares. 腳印與野兔。

The missing chocolate ball

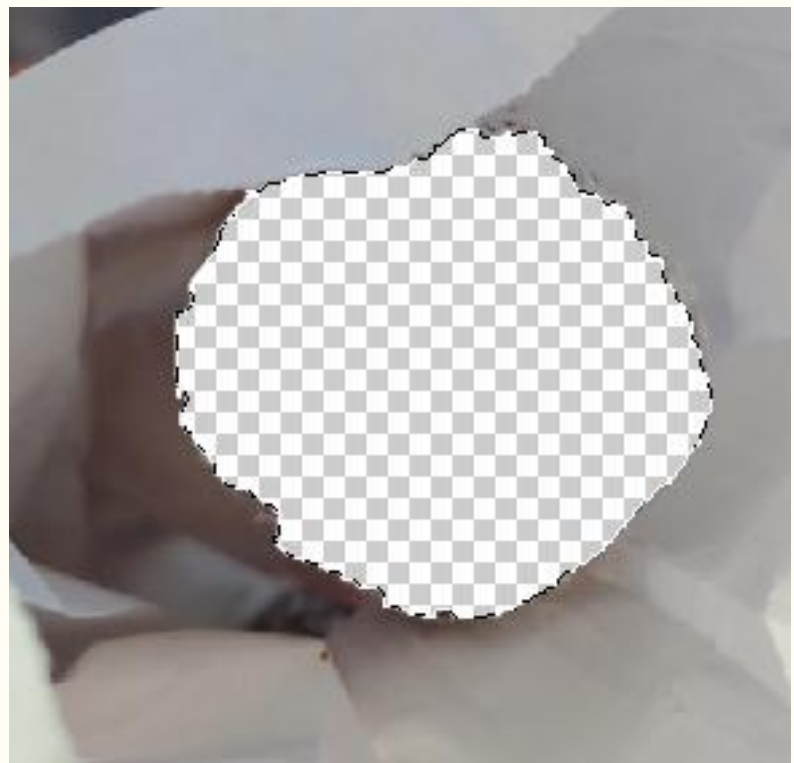
失蹤的巧克力球

I bought two chocolate rum balls in a bakery in Tallinn. Two euros for each. I tried the first one on the bus, I didn't like it a lot for first bit. Wierdly, I liked the aftertaste of that chocolate ball.

I thought I could saved one ball to pair with tea when I got back to Finland. By the time I was about to catch the ferry, I found out my chocolate ball was missing!

我在塔林的麵包店買了兩顆巧克力蘭姆球，一顆兩歐元。吃第一口的時候我沒有很喜歡，但整顆吃完之後在嘴巴裡的餘味挺不錯的。

我想著另一顆想帶回芬蘭配著茶一起吃。但是當我要搭回程郵輪的時候，我發現我的巧克力球不見了！



The puppyrazzi 狗仔隊

Is Helsinki a haven for dogs? There is an insane amount of dog parks in the Helsinki area. I saw a lot of cute dogs with shiny fur in Finland. I never saw any stray dog.

Here are some examples. Remind warmly, it is always better to ask permission to take pictures of dogs with their owner, though in some situations I didn't see their owner nearby.....

芬蘭是狗狗天堂嗎？赫爾辛基地區有超級多狗公園，我經常在路上看到毛髮亮麗又可愛的狗，而且我沒有在這裡看過任何流浪狗。我精選了幾張可愛狗狗的照片佐證這個觀察，溫馨提醒，幫狗拍照的時候最好先徵得主人同意，雖然有幾張是被栓在屋子外沒有主人在附近的狗



Cute dogs! 可愛狗狗！

The Sun 太陽

I arrived in Espoo on January 2nd when daylight was still short. By then, I would wake up at 7 o'clock in the morning and went for a walk during sunrise. I loved the moment when there was just me and the sun. It became harder and harder to see sunrise during spring and summer. In comparison, the sunset was easy to catch.

I saw sunrise and sunset a lot in Otaniemi, and I had been to Lautasaari two times for sunset, it was really beautiful.

我在日照時間還很短的一月抵達，那時我會早上 7 點多起床，並在日出時出門散步。日出的時候很安靜，好幾次只有我一個人站在海邊欣賞日出。春夏時節日出時間變得很早，看日出變得越來越困難，日落相較之下更容易等到。

我在奧塔半島看過很多次日出跟日落，也去過勞她島看過兩次日落，這兩個地方都很美。



















The secret meeting of birds

鳥的秘密集會

I accidentally bump into the secret meeting of birds several times.

我有幾次不小心闖入了鳥類的秘密集會。





觀察筆記 *Obersavation Notes*

冬天到夏天都有灰烏鴉的蹤跡，海鷗也是，海鷗不只一種品種，赫爾辛基的港口發現有疑似海鷗王的巨大海鷗，後來在芬蘭自然歷史博物館裡有著標本顯示個體尺寸與品種有關。氣溫很低時麻雀們似乎會讓自己的體型變得比較蓬鬆。海冰融化的日子冬季沒有見到的鳥類會徘徊在冰層與海水的交界處，排水管附近、水溫較高的地方也會有鳥類聚集的蹤影。奧塔半島的海灣夏天時有天鵝的蹤跡（部分湖泊也是）。

白頰黑雁則會在春夏之際重新回到阿爾托大學的校園，赫爾辛基動物園所在地 Korkeasaari 沿岸都是白頰黑雁築巢生養雁寶寶的地方，五月底六月初有機會看見大雁帶著小雁覓食的畫面，雖然牠們看似溫馴，芬蘭人告訴我白頰黑雁被激怒時非常兇猛，當地的農夫甚至需要保護農場裡的動物不被白頰黑雁攻擊。

There are traces of hooded crows from winter to summer, as well as seagulls. There is more than one species of seagull. A huge seagull suspected to be the King of Seagulls, was found in the South Harbour of Helsinki. Later, I found specimens in the Finnish Museum of Natural History showing that the individual size is related to the species. Sparrows seem to become more fluffy when

temperatures are low. When the ice melts, birds that have not been seen in winter will linger at the border between the ice and seawater. Birds will also gather near drainage pipes and in places with higher water temperatures. There are sightings of swans in the bays of the Otaniemi in summer.

The barnacle geese will return to the campus of Aalto University in spring and summer. Around the coast of Korkeasaari, where Helsinki Zoo is located, is where the barnacle geese build nests and give birth to their babies. At the end of May or early June, you will have the opportunity to see the geese wandering around with their babies. Although they seem docile, Finns told me that the barnacle geese are very ferocious when provoked. Local farmers even need to protect the stocks in the farm from being attacked by the barnacle geese.

The secret gatherings of humans

人類的秘密集會

I have seen the northern lights five times during my stay. Two times in Kilpisjarvi, and three times in Otaniemi. Whenever there could be a high possibility to see northern lights, aurora forecast phone application would sent alarm, people would also shared the news in Telegram group. People would gather to shore or open space simultaneously, strangers waiting for something together, and cheers together when the northern lights show up. They were beautiful, both northern lights and secret gatherings of humans.

這段日子，我看過五次極光，兩次在凱爾皮斯鎮，三次在奧塔半島。每當極光預測 App 顯示高機率可以看到極光時，人們就會不約而同地聚集在岸邊或空地，一起等待，一起在極光出現時歡呼。這樣的秘密集會與極光，很美！







The recipe of non-places

非地方的食譜

I often cooked for myself during my stay. Sometimes it is because eating out can be expensive, sometimes it is because I really hate eating raw plants(salad, so to speak). I am not super picky when it comes to vegetables, but I hate to eat uncooked ones. I record some recipes I made, some of them used ingredients I found here and cooked in Asian style, and some of them were just something I liked to eat. Bon appétit!

這段時間我很常自己煮飯，一方面是因為外食費用高，另外一方面是因為我很討厭吃沙拉。我不是一個很挑食的人，但是我很討厭沒煮過的蔬菜。這個章節紀錄一些我煮過的料理，有些是我熟悉的料理方式但是使用這裡比較常見的食材，有些純粹是我喜歡吃的東西。祝大家胃口大開！

我喜歡吃美食，也喜歡嚐鮮，我跟我姊有個共同興趣是試吃奇特口味的洋芋片。到了芬蘭，我也透過食物展開我對這個地方的調查。起初，除了奶油時蘿鮭魚湯，我找不太到芬蘭料理，因為芬蘭餐廳普遍價格高昂；後來，我發現是我不知道怎麼找，因為芬蘭的飲食文化展現在我不熟悉的地方，例如前面章節提到的奶製品、漿果製品、植物風味製品等。一個地區的人吃甚麼、怎麼使用食材，這些日常習慣都暗藏著文化碰撞的線索，這份食譜也是。

因為宿舍抽油煙機吸力弱但是配有烤箱，所以地瓜球變成了烤地瓜球；找不到蒜苗但是喜歡蔥噲辣的香氣因此拿來做涼拌菜；奇異果跟南瓜很便宜所以試著用熱炒的精神料理它們 仔細品嚐，料理正對我們訴說烹調者的歷史！

敬請使用放大功能檢索食譜！

I enjoy eating and trying new flavors. My sister and I share a common interest in tasting new(or bizarre) flavors of potato chips. When I arrived in Finland, I explored it through taste. Initially, apart from Finnish salmon soup, I couldn't find much Finnish cuisine because Finnish restaurants were generally quite expensive. Later, I realized that it was more about me not knowing where to look, as Finnish food culture is very different from what I am familiar with, such as various dairy products, berry products, and plant-based flavors mentioned in earlier chapters. What people eat and how they use ingredients reveal hidden clues of cultural collisions in their daily habits, and these recipes of non-places are no exception.

Due to the range hood was not useful in the dormitory where I lived(but had a nice oven), fried sweet potato balls became roasted sweet potato balls; unable to find garlic sprouts but enjoying the pungent aroma of wild garlic, I used it for a kohlrabi salad; kiwi and pumpkin were cheap, so I tried to stir-fry them with some classic recipe I knew. Savor it, these dishes tell the history of the cooks!

Feel free to use zoom in function to check out recipe!

Fried Squash with tofu 南瓜炒豆干



Ingredient: tofu 1pc, some squash, green onion, ginger, garlic (a little less than ginger), black pepper(powder), white pepper(powder), soy sauce, oyster sauce (or soy sauce paste), sesame oil (or any common oil), fermented soybeans (or any chinese hot sauce)

1. Cut the tofu into pieces. Deep-fry until its appearance become golden on both sides, pick it up and set aside.
2. Cut the squash into small pieces and set aside .
3. When oil is heated, put ginger, garlic, chili, fermented soya bean in the pot, temperature can't be too high. Wait until garlic looks a bit golden. (And you should smell the aroma comes from all the spices)
4. Add pumpkin and stir fry, then add tofu.
5. Add half a cup of water, soy sauce, and soy sauce paste.
6. Cover the pot and simmer for about 10 minutes.
7. Add green onion, white pepper and pepper. After the green onion is soft, it can be serve.

材料：豆腐一塊，葫蘆南瓜適量，蔥適量，薑適量，蒜（比薑少一點點），辣椒適量，白胡椒，醬油，蠔油（或醬油膏），麻油（或任何常用油），豆豉（或手邊有的任何辣醬）

1. 豆腐切塊油炸，兩面金黃後撈起備用（因為這裡的豆腐很紮實很像台灣的白豆乾，所以拿來這樣用）。
2. 南瓜切小塊備用（長得像葫蘆的南瓜煮不爛，很適合拿來用有點燉煮的方式料理）。
3. 薑、蒜、辣椒爆香，接著加入豆豉。
4. 放入南瓜拌炒，接著放入豆腐，然後加半杯水、醬油、醬油膏。
5. 加鍋蓋小火煮約 10 分鐘，起鍋前加入蔥、白胡椒，蔥軟後就可以起鍋。

Beef and bell pepper with black pepper sauce 黑胡椒牛柳條



Ingredients: onion, bell pepper, beef strips, soy sauce, oyster sauce (or soy sauce paste), butter, vinegar (a little), garlic, orange juice, sugar, black pepper, starch water

1. Mix appropriate amount of soy sauce, soy sauce paste, black pepper, vinegar, sugar, orange juice and set aside. (You can try it during mixing.)
2. Put butter, onion, garlic in the pan, stir the onion until soft and put in the beef strips.
3. Add bell peppers then add the sauce, stir-fry until the ingredients are cooked through.
4. Add in starch water to thicken the sauce and serve.

材料：洋蔥，彩椒，牛柳條，醬油，蠔油（或醬油膏），奶油，醋（少許），大蒜，柳丁汁，糖，黑胡椒，澱粉水

1. 醬油、醬油膏、黑胡椒、醋、糖、柳丁汁取適量加在一起備用。
2. 奶油下鍋把洋蔥跟蒜炒軟並放入牛柳條。
3. 加入彩椒與預先調好的醬汁，拌炒至食材熟透。
4. 加入澱粉水勾芡後即可起鍋。

Kiwi flavoured sweet and sour chicken 奇異果糖醋雞丁



Ingredients: onion, kiwi fruit, diced chicken, vinegar, sugar, starch water, soy sauce, salt, olive oil (or common oil)

1. Take appropriate amount of vinegar, sugar, soy sauce, and salt, mix well and set aside.
2. Put oil and onion in a cold pan and stir-fry them, wait until the onion becomes soft and caramelized, add kiwi fruit and stir fry.
3. Add the diced chicken and sauce, stir-fry until the ingredients are cooked through.
4. Add in starch water to thicken the sauce and serve.

材料：洋蔥，奇異果，雞丁，醋，糖，澱粉水，醬油，鹽，橄欖油（或常用油）

1. 醋、糖、醬油、鹽、取適量調勻備用。
2. 冷鍋下油跟洋蔥，等到洋蔥變軟且焦糖化加入奇異果拌炒。
3. 加入雞丁與醬汁，拌炒至食材熟透。
4. 加入澱粉水勾芡後即可起鍋。

Baked sweet potato ball with ginger tea 烤地瓜球與薑茶



Ingredients: tapioca powder, purple sweet potato, yellow sweet potato, sugar, ginger, brown sugar

1. Steam the sweet potatoes and taste the sweetness. If it is not sweet enough, add a little sugar. Add tapioca powder in sweet potatoes, stir well until the texture is so that it will not bounce back or crumble when poked with fingers, and knead the mixture into small balls by hand.
2. Boil ginger slices and brown sugar for 15 minutes on low heat.
3. Bake the balls at 180 degrees for 20 minutes, take them out of the oven, sprinkle with powdered sugar and serve with ginger tea.

材料：樹薯粉，紫地瓜，黃地瓜，糖，薑，黑糖

1. 將地瓜蒸熟並試吃甜度，不夠甜的話加一點糖。分批加入樹薯粉，攪拌均勻直到質地是手指戳下去不會回彈的程度，並混和體用手揉成小圓球。
2. 小火煮薑片跟黑糖 15 分鐘。
3. 將小圓球用 180 度 20 分鐘烤熟，從烤箱拿出之後撒上糖粉並配著薑茶吃。

Jerry's leek omelette

Jerry 的韭蔥蛋



Ingredients: leek, white sesame oil, black sesame oil, salt, pepper, egg

1. Add small pieces of leek, salt, white sesame oil, black sesame oil, and pepper, and let it rest for a while.
2. Add the seasoned leeks to the eggs and stir, pour the mixed egg liquid into the pot and wait for one side to cook, then turn over, confirm that the eggs are fully cooked and enjoy. (Jerry cooked many other things, but I only introduced the leek omelette in the upper right corner)

材料：韭蔥，麻油，香油，鹽，胡椒，蛋

1. 韭蔥切小段，加入鹽，香油，麻油，胡椒，靜置一段時間備用。
2. 將蛋加入調味過的韭蔥攪拌，將混和蛋液倒入鍋中等待一側熟後翻面，確認蛋全熟後即可享用。(Jerry 煮了很多其他東西，不過我只介紹了右上角的韭蔥蛋)

kohlrabi salad with wild garlic

涼拌大頭菜佐熊蔥



Ingredients: kohlrabi, sugar, salt, lemon juice, fish sauce, wild garlic, coriander, garlic, chili

1. Peel the kohlrabi and cut into small pieces.

2. Chop and mix all sauce ingredients, and add kohlrabi, put in the refrigerator overnight.

3. Enjoyed!

材料：大頭菜，糖，鹽，檸檬汁，魚露，熊蔥，香菜，蒜，辣椒

1. 大頭菜去皮切小塊。

2. 所有醬汁材料切碎混和，加入大頭菜，放在冰箱一個晚上後即可享用。

Lazy breakfast set 懶惰的早午餐拼盤



Grill everything you want, cut everything up, and serve it on a plate.
把所有想吃的東西烤一烤、切一切，端盤上桌。

The Sauna of the week 每周桑拿時間

I've been to several different saunas since I arrived, including Kotiharjun Sauna, Yrjönkatu Swimming Hall, and Cafe Kuusijärvi. We have five booking quotas of private sauna per month at HOAS property, I used it whenever I could.

When I went to Kotiharjun Sauna, I tried to avoid the crowd so I went there at two in the afternoon. Since I didn't know how to make löyly in that sauna, it became super hot very fast. On that day, an outgoing Japanese girl who worked in Tallinn chatted with everyone in the sauna. I remembered there was a French woman who spoke fluent German and teach German in French who was in town for a language conference, and a Finnish woman came to town to visit her sister. It was such a fresh experience.

I liked the sauna in Cafe Kuusijärvi, the lake is chilly and the environment is relaxing. I am not used to swimming outdoors during winter, therefore Yrjönkatu Swimming Hall was my only exercise place in winter. Sauna is definitely something I will miss a lot!



我來之後去過幾個不同的桑拿，像是 Kotiharjun Sauna, Yrjönkatu Swimming Hall 和 Cafe Kuusijärvi。我住的公寓每個月有五次免費的私人桑拿預訂額度，冬天的時候我經常使用。

記得第一次去 Kotiharjun Sauna 時，因為想避開人潮，我在開門時間（下午兩點）就排隊進去，但是進去之後我不知道怎麼為那個桑拿添加蒸氣，也因為 Kotiharjun Sauna 是柴燒的桑拿，一開始溫度非常非常高，可惜那時我沒有足夠長的浴袍可以讓我圍著到外面乘涼。當時有個在塔林工作的日本女生跟所有走進桑拿房的人聊天，我因此得知跟我一起蒸桑拿的還有一個教德文的法國人、一個到赫爾辛基探親的芬蘭人，氣氛輕鬆愉快。

Cafe Kuusijärvi 的桑拿很棒，場地坐落在湖邊，湖水很冷，搭配桑拿很清爽，整個環境令人放鬆。Yrjönkatu Swimming Hall 幾乎完整地複製室外桑拿的體驗，泳池底下有個大斜坡，深度從 30 公分延伸到 3 公尺，游泳、沖澡、桑拿是個很棒的循環。桑拿絕對是我會很想念的一件事！

【關於感覺的書寫，我的練習】

Write as how I felt, an exercise.

閱讀指南

任何括號裡的文字都是原意的翻譯或再詮釋，讀者可以從表格中任意位置開始閱讀，中文字詞的詞性由字詞前後文順序決定。

Reading instructions

Any words in the brackets are the translate or interpretation of the original words. Readers can pick whatever direction or order to read through the form. The part of speech of the words of Mandarin in these form are decided by the order of reading and related context.

甚麼是感覺的書寫？

我透過對芬蘭——臺灣兩地進行聯想練習，嘗試用字詞將斷裂的、漂浮的、混亂的感受如其所示地表達。作為一種方法上的模擬，我建議讀者從任意方位開始，將字詞自行拼湊成合理／不合理的字句，或完全以字詞的方式閱讀。如同我在芬蘭時，我看到各種不理解的事情也是憑據著這樣的意圖，去想像與詮釋我所經驗的一切。

What is 'write as how I felt'?

I engage in an associative exercise between Finland and Taiwan, attempting to articulate fragmented, floating, and chaotic feelings using words. As a methodological simulation, I suggest readers start from any direction, piecing words together to form coherent or incoherent phrases, or simply read them as individual words. Just as when I was in Finland, I found myself interpreting everything I experienced based on those intentions, trying to make sense of everything I couldn't quite grasp.

Think about Finland(想到芬蘭)

關於存在 (About exsistence)	點與點 (dot and dot)	?	Cloud_Berry (雲莓)	期待 (expectation)
稀薄 (thin)	不可言喻的 (ineffable/ inaffable)	啪滋 (Pa Zi)	自由 (free, freedom)	Being(存在)
探索 (explore)	飽滿 (Full)	light (輕盈的、淺的 、亮的)	散步 (walk, wander)	關於存在 (About exsistence)
啪滋 (Pa Zi)	迂迴 (detour, roundabout)	存 (save)	關於存在 (About exsistence)	關於存在我所能說的 (About exsistence what I want can say)
沒有獎品 (no prize)	蘋果 (apple, omena)	沒有 (nothing, something)	mustikka (藍莓 , blueberry)	高麗菜 (imported cabbage)
Obliviation (遺忘)	Honey claw (蜜掌)	與線 (and line, string, route)	啪滋 (Pa Zi)	喜悅 (joy)
風 (wind)	彈跳 (bounce)	swoosh (颯颯)	關於存在 (About exsistence)	橘色 (orange as color)

想到臺灣 (Think about Taiwan)

		<p>安靜作為動詞 (Silence as verb) 。黏 (sticky, close) ， 平靜 (calm) ，眼淚 (tear) 。暗 (dark) ，人 (human) ！ 堆積 (accumulation, pile up) 。裂縫 (crack) …</p> <p>關於存在我想說的 (About existence what I want to say) ： 很多人 (many people) 。轟—轟 (houng—houng) ， 左右張望 (look right and left, moving one's head) ， 快樂 (happy) 。前進 (moving forward) ，濕 (wet, moist) ， 大字型 (shape as the word 'big' in mandarin) ， 低沉的咚咚咚咚咚 (Low boom boom boom boom boom) 。 高低 (high and low) 。障礙物 (obstacle the object) ， 楊桃糖 (Carambola candy) ，倒 (back, fall down) ， 植物的綠色 (Green of plants) ，關於感受 (about feeling) ？</p>		

感覺書寫練習背後的小故事

▶表格呈現方式是有意義的，關於臺灣的所有字詞被塞在正中間的格子，以至於其他格子空間被壓縮的呈現方式是有意為之。

▶沒有獎品指的是在芬蘭的時候感覺做很多事都不需要說明「為甚麼」，行動本身已是意義的一環。

▶swoosh／颼颼是風聲，六個月裡大概五個月都是風大的日子。

▶蜜掌有個可愛的故事：有次在朋友的生日聚會跟一個芬蘭人聊天，他問我知不知道甚麼芬蘭文，我回答mansikka（草莓），但他聽成另一個字，然後表示驚訝我知道那個字，他說_____（他聽錯的字）是以前芬蘭人對於熊的稱呼，因為熊是神聖的動物，不能直呼其名，又因為熊很愛吃蜂蜜，所以用蜂蜜爪子（手掌）的芬蘭文代稱，我現在已經忘記蜜掌的芬蘭文，但我仍然記得這個可愛的故事。

▶大字形指的是大字形的躺，或英文裡的海星形的躺。

Stories behind the exercise

Δ The appearance of the table is intentional. The fact that all words related to Taiwan are crammed into the center of the table, causing compression in the other grid spaces, is deliberate.

Δ 'No prize' refers to the feeling I felt in Finland that many actions didn't require a 'why.' The action itself was meaningful.

Δ 'Swoosh' represents the sound of the wind, and for about five out of six months when I stayed in Finland, it's windy.

Δ There's a cute story about 'Honey claw': Once at a friend's birthday party, I was chatting with a Finn. He asked if I knew any Finnish words, and I said 'mansikka' (strawberry). He misheard it as another word and expressed surprise that I knew that word. He explained that '___' (the word he misheard) was an old Finnish term for a bear because bears are considered sacred animals, and their name couldn't be directly mentioned. Instead, they used 'Honey claw' in Finnish as an alias. I've since forgotten the Finnish term for 'Honey claw,' but I still remember this cute story.

Δ 'shape as the word 'big' in mandarin' refers to the lying-down shape resembling the 'big' characters or, in English, the shape of a starfish.

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These people are not included in the article, but are indispensable elements of my exchange life.

Editor/Designer/Writer/Photographer/Publisher: Yen-Ching Lu

Any reviews or comments goes to: yenchinglu.hs09@nycu.edu.tw

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任何評論與建議請聯絡：yenchinglu.hs09@nycu.edu.tw

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這本小誌並非述說「生活本該是如此」的感嘆。
生活在思及生活前已然發生，看見與發現本身就是目的。
獻給所有努力生活的每一個你。

This zine does not lament about 'how life should be'. Life happens before we even contemplate it. Seeing and discovering are the purposes in themselves. Dedicated to every single one of you who strive to live.

