

那些動物

教我的事

課堂中的特別講師

在秋末的某個週四午後，陽明交大、北藝大和政大三校聯合開設的跨校通識課程正在熱烈進行。這一天，特別邀請到治療犬的志工父母帶著可愛的治療犬來到課堂，讓學生們難得有機會與這些狗狗互動，教室裡充滿了歡聲笑語，氣氛格外熱鬧。

這門名為「那些動物教我的事」的跨領域通識課程，由生理學科暨研究所的李怡萱教授所發起。在這個動物與人類關係日益緊密、受到廣泛關注的時代，這門課程正是這一趨勢的縮影。它不僅僅是一堂普通的課，而是一場跨越生命科學、生理醫學、心理學、哲學及表演藝術等多個領域的知識探索之旅。

Special guest lecturers in the lecture hall

On a Thursday afternoon in late autumn, an engaging interdisciplinary general education class, jointly offered by National Yang Ming Chiao Tung University (NYCU), Taipei National University of the Arts (TNUA), and National Chengchi University (NCCU), was in full swing. That day, the class welcomed special guests: therapy dogs, giving students a rare opportunity to interact with these adorable animals. The classroom buzzed with laughter and excitement, creating an especially lively atmosphere.

Titled **Lessons Taught by Animals**, this interdisciplinary course was initiated by Professor Yi-Hsuan Lee from the Department and Institute of Physiology. As the relationship between humans and animals receives growing attention, this course reflects that shift. More than just a typical class, it offers an intellectual journey across multiple disciplines, including life sciences, medical physiology, psychology, philosophy, and performing arts.

WHEN ANIMALS BECOME OUR TEACHERS

文／特約記者邱怡瑄 · 圖／李怡萱教授提供、秘書處

By / Carol Chiu ·

Image courtesy of / Professor Yi-Hsuan Lee and Secretariat

在旅程的開始，先來了解李怡萱老師是如何一手策劃這門課的。她提到，早在陽明交通大學合校之初，陽明大學就與政大和北藝大展開了教務合作，但由於種種原因，這些合作課程未能如願實現。當時擔任副教務長的她心中燃起了一個念頭：為什麼不嘗試開設一門真正跨校、跨領域的課程呢？

「我曾經在台北醫學大學開過一門通識課，叫做『腦與心的對話』，當時的反響相當不錯。」李老師回憶道。在北醫的經歷中，她參與了校犬與治療犬的相關課題，甚至將其轉化應用於醫學系神經生理學的教學，成為獲獎的特優創意課程，並結識了一群熱愛動物的動輔師與治療犬主人夥伴。「所以我想，為什麼不把這種成功的經驗移植過來，以動物為主題來規劃課程呢？動物是最具跨領域、跨文化、跨性別的存在，可以成為大家共同的語言！」這個想法很快獲得了政大和北藝大的支持。

The therapy dog brings joy and warmth to students.

治療犬為同學們帶來療癒時光



To understand how this unique course came to be, we must first look at Professor Lee's vision. Before the merger of National Yang-Ming University (NYMU) and National Chiao Tung University (NCTU), NYMU had already begun academic collaborations with National Chengchi University and Taipei National University of the Arts. However, due to various challenges, these joint courses never came to fruition. While serving as Deputy Dean for Academic Affairs, Professor Lee had a thought: Why not create a truly interdisciplinary, cross-university course?

"I once taught a general education course at Taipei Medical University called The Dialogue Between Brain and Mind, which received an overwhelmingly positive response," Professor Lee recalled. Building on this experience, she delved into research on campus dogs and therapy dogs, incorporating the topic into the neurophysiology curriculum at the School of Medicine. This innovative teaching approach later earned recognition.

Through this work, she connected with a passionate community of animal-assisted therapists and therapy dog owners. "It made me wonder: why not build on this success and design a course centered around animals? Animals transcend disciplines, cultures, and even gender; they can serve as a universal language for everyone." Her idea quickly gained support from NCCU and TNUA, paving the way for this groundbreaking course.



Professor Yi-Hsuan Lee 李怡萱教授

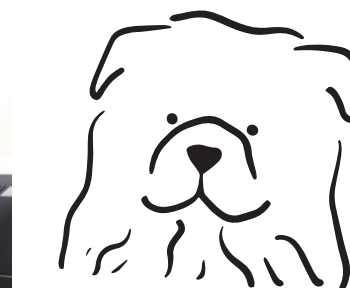
Animals provide more than just comfort; they can form a natural emotional connection with humans.

動物的陪伴，不只療癒，更是最自然的情感交流

從科學、療癒力、生死學哲思到舞蹈

在這門課中，李老師邀請了來自三校不同領域的老師協助授課，包括生命科學的余震亞老師、神經科學的小鼠研究專家廖文霖老師、探討人與動物共存的勞維俊老師、探討實驗動物倫理的曲在雯老師、從動物倫理出發的嚴如玉老師、研究人性與動物性的郭文瑞老師、專注於動物訓練和腦科學的林世傑老師、剖析動物與人類痛楚的尼大衛老師，以及從莊周夢蝶進行生死哲思的鄭凱元老師，還有從舞蹈和武術詮釋動物想像的魏雋展老師等。

李老師自己負責的課程內容涵蓋了兩個主要方向：動物療癒力量的腦科學和從寵物臨終談生死學的科學。這些授課老師雖然不一定是動保相關領域的專家，但他們透過自己的專業找到與動物的連結，讓學生們從生命科學到哲思倫理，再到肢體舞蹈，體會到動物能教會我們許多寶貴的知識。



An unconventional syllabus

In this course, Professor Lee brings together faculty members from three universities, each contributing expertise from their respective fields. Guest lecturers include Professor Jenn-Yah Yu, an expert in life sciences; Professor Wenlin Liao, a neuroscientist specializing in mouse model research; Associate Professor Louis Lo, who explores human-animal coexistence; Associate Professor Tzai-Wen Chiu, who examines ethical issues surrounding laboratory animals; Professor Karen Yan, who approaches the subject through the lens of animal ethics; Professor Wen-Jui Kuo, who studies the nature of both humans and animals; Professor Shih-Chieh Lin, who focuses on animal training and neuroscience; Associate Professor David Niddam, who analyzes pain in both humans and animals; Professor Kai-Yuan Cheng, who reflects on life and death through the lens of Chuang Tzu's Butterfly Dream; and Chun-Chan Wei, who interprets animal imagery through Butoh and martial arts.

Professor Lee herself teaches two key aspects of the course: the neuroscience behind the healing power of animals and the scientific exploration of life and death through pet end-of-life care. Although these instructors are not necessarily experts in animal-related fields, they draw connections to animals through their own areas of expertise, allowing students to explore valuable lessons from animals, spanning life sciences, philosophical ethics, and even physical movement through Butoh.

這門課程已經連續開設三年，授課人數逐年增長，並廣受學生好評。李老師表示，由於這是一門跨校、跨領域的課程，讓不同科系的同學們能夠吸收到更多元的知識，而授課老師們也不斷優化教學內容，增加新的授課成員，讓課程內容更加豐富。

安安教我的事

「動物對我們情感的影響是深遠的，」李老師說。「我們常常發現，當你感到孤獨或沮喪時，不只是寵物、甚至在路上偶遇的動物，常常能帶來即時的慰藉。」面對寵物的臨終，我們常常感到無助和悲傷，但這也是一個讓我們重新思考生命意義的機會。李老師提到她與狗狗安安的相遇，當時她剛與

The course has been running for three consecutive years, attracting a growing number of students and receiving enthusiastic feedback. Professor Lee emphasizes that its interdisciplinary and cross-university structure allows students from diverse academic backgrounds to engage with a wide range of perspectives. Meanwhile, the teaching team continues to refine the curriculum, welcoming new faculty members to further expand and enrich the course content.

Lessons from An-An

"Animals have a profound impact on our emotions," Professor Lee reflects. "When we feel lonely or down, it's not just our pets; even an unexpected encounter with an animal on the street can bring us comfort." Facing the end of a pet's life often leaves us feeling helpless and sorrowful, but it can also be an opportunity to reflect on the meaning of life.

前一隻寵物告別，臨終照護的記憶和離去的傷痛尚未平復。安安出現在她的課堂上，虛弱乖巧，靜靜地聽完了三小時的課。下課後，李老師和先生商量後，決定將安安帶回家，並正式收養。

不久後，安安在家中四處亂咬，於是李老師帶著牠去上寵物訓練課。她笑著說，寵物上課其實是給主人上課，「這讓我明白，動物的行為通常是出於本能的反應對人以及對環境的感受，我們需要理解他們的需求。」聰明的安安很快通過訓練，甚至考取了治療犬證照，偶爾會到北投附近的小學特教班出任務。李老師提到，安安出任務時會披上像醫師的小白袍，十分帥氣，牠也知道自己今天有任務要工作！

Professor Lee shares the story of how she met An-An. At the time, she was still grieving the loss of her previous pet, struggling with memories of end-of-life care and the pain of parting. One day, An-An appeared in her classroom, weak but quiet, and sat through a three-hour lecture without making a sound. After class, she and her husband discussed it and decided to bring An-An home, officially welcoming him into their family.

Before long, An-An began chewing on everything in the house, prompting Professor Lee to enroll him in pet training classes. With a smile, she reflects that training a pet is often more about training the owner. "I came to realize that animals' behaviors are instinctive responses to their environment and the people around them. It's up to us to recognize and meet their needs."

An-An quickly adapted to the training and even became a certified therapy dog. From time to time, he visited special education classes at elementary schools near Beitou. Professor

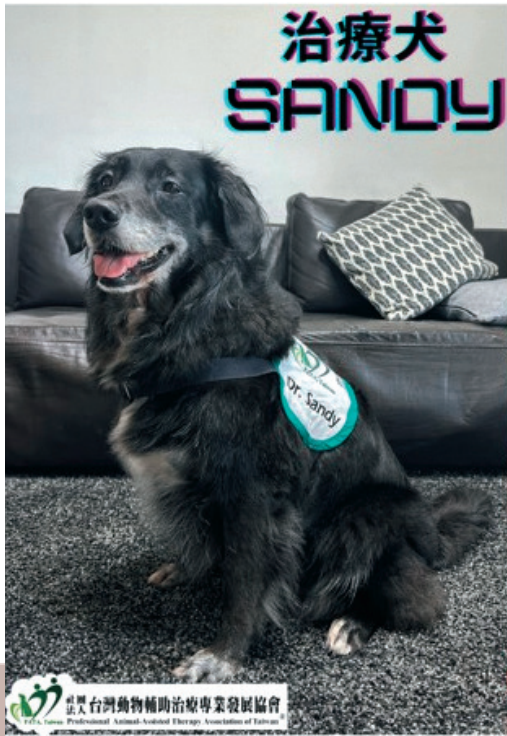
陽明交大 光復校區



陽明交大 陽明校區



政治大學



台北藝術大學



Students at NYCU, TNUA, and NCCU enjoyed a delightful afternoon with visiting therapy dogs. 來到陽明交大，北藝大與政大的治療犬，與同學們一起度過愉快的下午

「為什麼我們對寵物的愛與對經濟動物、實驗動物的看法會有所不同呢？」李老師思考道。或許是因為寵物是家庭的一部分，而經濟動物則被視為食物；社會文化背景影響了我們的觀念。她強調，我們必須更深入地理解動物倫理的複雜性。面對不同類型的動物，我們的態度和認知確實存在差異。李老師提到，實驗動物、經濟動物和寵物之間的倫理問題都需要更全面的思考。在進行動物實驗時，必須考慮研究目的在進行科學實驗時，如何能以「三R原則」(Refinement 優化/精緻化、Reduction 減少/減量、Replacement 替代/取代)，以確保尊重動物的權益，並盡量減少對動物的痛苦和不適。隨著科技的進步，許多替代方案也相繼出現，例如運用AR擴增實境技術或細胞培養來取代實驗動物。「我們必須理解動物的需求與權益，這是我們作為人類的責任。」李老師再次強調。



Dr. An-An Dr 安安

Lee fondly recalls how An-An would proudly wear his little white coat—just like a tiny doctor—whenever he was on duty, fully aware that he had an important role to play.

"Why do we perceive pets so differently from livestock or laboratory animals?" Professor Lee ponders. Perhaps it's because pets are seen as part of the family, while livestock are categorized as food. Social and cultural backgrounds shape our perspectives, influencing how we relate to different animals. She emphasizes the importance of understanding the complexities of animal ethics, acknowledging that our attitudes and perceptions toward various types of animals can differ significantly.

Professor Lee discusses the ethical considerations surrounding pets, livestock, and laboratory animals, stressing the need for a more comprehensive approach. In scientific research, for instance, ethical responsibility requires adherence to the Three Rs Principle: Refinement, Reduction, and Replacement to minimize animals' suffering and discomfort.

With advancements in technology, alternative methods are emerging, such as AR simulations and cell cultures, reducing the reliance on animal testing. "As humans, we have a responsibility to understand and respect animals' needs and rights," Professor Lee concludes.

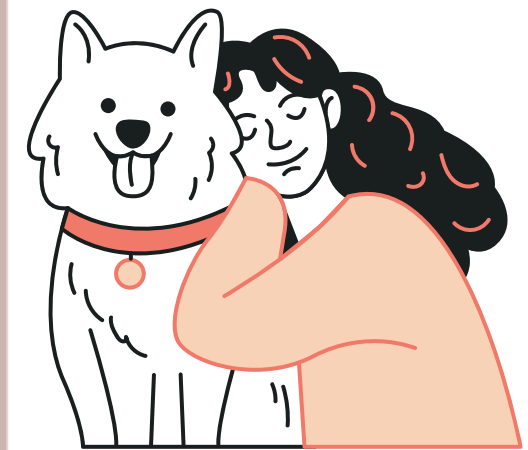
Dr. An-An and Professor Lee on duty together
安安與李老師一同出任務



重新思考動物與人類的關係

當天也向李老師請教關於「零撲殺政策」的課題，觀察到校園中流浪狗的減少與多年來動保觀念以及推動TNR（捕捉－絕育－放回，Trap-Neuter-Return）有關，也希望透過教育方式讓學生能理解動物天性，以及用相對正確的思維去面對，進而改善整個大環境的觀念。

從「動物教我的事」課程出發，思考的不僅是關於動物的學習，更是對人類情感、倫理與責任的深刻探討。透過這門課，學生們可以更全面地理解人與動物之間的關係，還能反思自身的價值觀與行為。這不僅促進了彼此的情感連結，也讓他們學會珍惜生命中的每一刻。在這個動物與人類關係日益緊密的時代，這門課程提供了一個平台，讓學生們探索動物對我們生活的影響，並思考如何在日常生活中實踐對動物的尊重與關懷。李老師希望，透過這樣的學習經歷，學生們能夠成為更具同理心的個體，並在未來的生活中，持續推動人與動物之間的和諧共處。■



Rethinking the relationship between humans and animals

That day, we also asked Professor Lee about the "zero euthanasia policy." The decline in stray dogs on campus is closely linked to growing awareness of animal welfare and the implementation of Trap-Neuter-Return (TNR) programs. She stressed the importance of educating students about animal behavior, enabling them to develop a more informed and responsible mindset. By fostering the right perspectives, we can gradually shift societal attitudes toward a more compassionate approach to animal welfare.

The course "Lessons Taught by Animals" is not just about understanding animals; it also examines human emotions, ethics, and responsibility. Through this class, students develop a deeper appreciation of the complex relationship between humans and animals while reflecting on their own values and behaviors. Beyond strengthening the emotional bond between people and animals, the course encourages students to cherish life's precious moments.

As the connection between animals and humans becomes increasingly significant, this course serves as a platform for students to explore how animals influence our lives and how we can integrate respect and care for them into our daily actions. Professor Lee hopes that this learning experience will deepen empathy and inspire students to advocate for a more harmonious coexistence between humans and animals.