

The 31th ASEACCU Conference 2025 in Taichung, Taiwan

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During the ASEACCU Conference 2025, held under the theme “Pilgrims of Hope: Spiritual Development and Action of Gen Z”, I was able to gain important learnings through meaningful discussion and exchange.

Firstly, I reflected on what it means to live as part of Generation Z. During the Conference, we found out that while we live in a world where the spread of social media often leads to feelings of isolation and loneliness, for our generation, matters such as health, freedom, self-direction, and financial stability are key to living a fulfilling and happy life. I realize how essential self-care and meaningful communities are. These will also help us to develop spiritual strength.

Secondly, through conversations with Catholic students and the time spent at Mass, I was reminded of the importance of being honest with myself, cherishing those around me, and treating everyone with respect. This experience allowed me to connect with my faith and to recognize the importance of living with care and respect for others.

Finally, I experienced the value of connections across borders. People from each country presented a cultural performance based on its traditions, and even the current trends of our generation. Transcending our cultural and linguistic differences, we were able to engage with one another and share our perspectives. I felt that such encounters, where people bring diverse viewpoints, can lead to new discoveries and deeper understanding.

I am truly grateful for this opportunity to meet and share meaningful time with others from around the world. I intend to value the relationships I built during this

conference and apply what I have learned to future encounters and to my own life in general.