

The 31st ASEACCU CONFERENCE 2025 in Taichung City, Taiwan

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The theme of this year's Conference was "Pilgrims of Hope: Spiritual Development and Action of Gen Z". After hearing about this theme, I wanted to get an idea of what I should do as someone in Gen Z to make this world a better place.

During the Conference, I learned about many things, such as the characteristics of Gen Z, or what other students thought about the world today, religion, or spirituality. Some students and professors gave presentations related to the theme, and I was surprised to learn that, despite coming from so many different countries and regions, Gen Z people share a lot of similar concerns about their future or felt multiple pressures and stresses. For example, several presentations underlined how the percentage of students who experienced mental instability or depression was relatively high.

However, I also learned that there is hope. One facilitator said we were agents of change, and I thought we had the ability to fulfil that role. I believe we can create a better future through hard work and communication with others in the real world.

Many of the participants were Catholic, so there were several opportunities to attend prayers before meals and Mass. It was my first time experiencing Catholic practices, but it was also significantly meaningful to me because it gave me a chance to reflect on my own beliefs. Through Mass and prayers, I was able to reflect inwardly, which brought me a sense of relief and peace of mind.

Also, communicating with individuals from different backgrounds, cultures, and perspectives was exciting. Everyone was kind and friendly and showed empathy towards others. This was especially true during the student performance time on Day 4 - we danced and sang together transcending differences in languages, beliefs, or genders. I strongly believe that this sense of unity will be the strongest counter balance to division and intolerance. We, as Gen Z, have the power to change the world, and have a responsibility to do so.

In addition to these discussions, we also had opportunities to enjoy the beautiful scenery and rich culture of Taichung. My personal favorite was the visit to the Taichung Gaomei Wetlands. We went there in the early evening, and the sunset was so beautiful. I took many pictures, enjoyed walking through the natural setting and talking with my new friends. The wetlands became one of the most memorable places I have ever visited.

Overall, attending ASEACCU broadened my horizons. I think my next objective will be to share the knowledge that I learned during this Conference with other Gen Z students

and people in even younger generations. I need to strive to be a good role model for them. Furthermore, discussing abstract topics in English also boosted my confidence. This experience will surely be among the most memorable of my life, and it will remain a source of confidence for me long after I graduate.