



MINISTRY OF HIGHER EDUCATION

Education  
**MALAYSIA**  
GLOBAL SERVICES

# YOULEAD 2025

15 - 18 November 2025

## Introduce myself

Hello! I'm Suttida Sungsanit, currently a first-year undergraduate student in the Faculty of Digital Arts and Science, focusing on Digital Communication. I am thrilled to have received a scholarship to attend the Youlead ASEAN School of Youth Leadership training program in Malaysia in 2025. In this space, I would like to share some unforgettable experiences from this training camp.



## What is Youlead? Asean School of Youth Leadership

Youlead is a camp dedicated to nurturing young leaders from universities across ASEAN. It emphasizes the significance of **DEIB** diversity, equity, inclusion, and belonging—as well as sustainability for the region's advancement.

### Key Features of the Camp:

- **Teamwork Development:** Engaging activities that foster collaboration among participants.
- **Global Trends Exposure:** Insights into innovation and strategic planning.
- **Leadership Education:** A focus on democratic principles in leadership, emphasizing justice, moderation, courage, and wisdom.

# DAY ZERO IN MALAYSIA



I started my trip on November 14. I flew from Don Mueang Airport and landed at Kuala Lumpur International Airport in Malaysia. I got to Don Mueang early in the morning, so I had breakfast with my family at the airport. My dad, mom, grandpa, grandma, and sister came to see me off to Malaysia. I was really happy. When it was almost time to board, I checked in my luggage and waited at the gate, feeling relaxed. But I didn't realize that when I arrived in Malaysia and was about to go through immigration, I forgot to fill out the entry form! I had to leave the line to complete it. Although everything went smoothly in the end, it took me an extra hour.

After I got through immigration smoothly, things were still crazy. I found out that my flight name and baggage carousel info were missing! At first, I was nervous, but luckily, I found a helpful staff member who helped me find my bag. I felt relieved and thought there'd be no more trouble... But I was wrong! Haha! I had to get to the meeting point at Terminal 1, but I landed at Terminal 2. So, I needed to take the airport's free bus to get where I needed to go.



On my way from Terminal 2 to Terminal 1, I accidentally got off at a parking stop, not realizing it wasn't Terminal 1. Confused and carrying a big bag and umbrella for the impending rain, I ran to catch the bus. Fortunately, staff saw me and held the bus just in time. Arriving at Terminal 1, I was welcomed by the Youlead project staff, wrapping up my chaotic day.



# DAY 1 IN MALAYSIA

On the first day of the camp, Youlead grouped all participants into 11 countries. I was in the Laos group, and throughout the camp, we have to present about our assigned country.

## The Morning Activities

In the morning, there was a speaker from Malaysia, which was a lot of fun. We had discussions and debates about problems in each ASEAN country and talked about how to solve them. Many people came up with great ideas, and I was really impressed with their abilities.

The second speaker emphasized ASEAN's strength using statistics and facts, generating excitement and discussion among the audience. While I didn't speak up, I absorbed all the information presented.

# TEAM BUILDING



## BREAKING NEWS!

In Malaysia, they whip up curry puffs too!!! While they might not quite rival the Thai ones in tastiness, the chicken curry puffs are still a morning snack that hits the spot!

 A close-up photograph shows a hand holding a golden-brown, flaky chicken curry puff. Below it, a white plate holds several more of these pastries. The background is a blue gradient.

Not long after that, he had us all do a team-building activity. We had to draw a map of ASEAN and mark the highlights of each country on paper. This was one of my favorite activities because it allowed me to talk more with my group members and collaborate in gathering information.

# YOULEAD FASHION SHOW



After listening to talks from many speakers, including a famous one from Thailand, Dr. Fuadi Pitsuwan, I felt that this session was one of my favorites and I gained a lot of valuable insights.

After listening all morning and afternoon, we got to do some team-building activities in the evening. This time, we had a fashion show using limited materials, and it had to represent ASEAN. It was a lot of fun! I talked with my friends and planned our design ideas. Even though we didn't win anything, I felt really proud of my friends and our work.



# DAY 2

## LOST IN MALAYSIA

### AN OFFICIAL OPENING CEREMONY

On the second day, we officially opened the camp. I had to rise early once again, but the breakfast was quite delightful. The person in the photo is my closest friend in the program, Chalisha, who hails from Indonesia. Though she is a few years my senior, I've stayed close to her throughout the camp, and we are even in the same group together.



### OPENING REMARKS BY THE 11TH HOUSE SPEAKER

On the second morning, we had the honor of hearing from a representative from Malaysia, who opened the event and spoke about leadership. Although the session was long and a bit boring at times, he was fun and had modern ideas. Someone asked him about being young and ambitious, which can lead to mistakes. His advice impressed me: "We are born with mistakes. Mistakes lead to growth, so it's not wrong to make them. Don't be afraid to make mistakes." This was the part that interested and impressed me the most that morning.



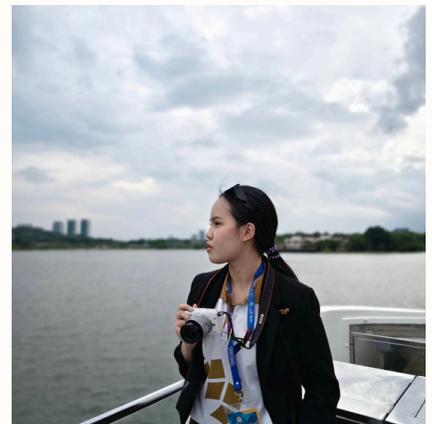
## Putrajaya cruise tour



## Putrajaya sightseeing Ferry

After we listened to the representative's talk in the morning, the afternoon was a lot of fun. We explored Putrajaya by taking a fairy boat ride, enjoying the beautiful views and the cool breeze. I also took many nice photos. This area is a popular tourist spot with lots of visitors.

There are people from different nationalities, like Chinese and Westerners, who have souvenir shops in Malaysia. I just found out that many foods and snacks here are a bit more expensive than in Thailand, but not by much, though still considered pricey. There are many restaurants in the center, but I didn't buy anything to eat because I was already full from the beautiful view.



## First Time visited Mosque

This is my first time visiting a mosque, and this mosque can hold up to 30,000 people. It's really big. Inside, it's very beautiful. The architecture is stunning and detailed. Most importantly, you can feel the love Muslims have for God. I truly admire them.

YOULEAD NEWS

AKEPT

# MALAY DAY 3

ASEAN SCHOOL OF YOUTH LEADERSHIP

## PIRATES TEAM BUILDING

Another interesting activity is a game where each group builds a boat using limited materials. This activity involves negotiation skills to buy or trade materials to make the most stable boat. Each group has to choose a captain and talk with nearby or other groups to find the

**best offer** for their boat. I felt like a businessman! The game was a lot of fun, and even though we didn't win anything, I didn't feel bad about it because everyone in the group had a great time and enjoyed each other's company.



## MALAYSIA TRADITIONAL SPORT

After we finished building the boat, we got to enjoy some games that reflect Malaysian culture. It was pretty cool to see that there are a lot of sports that are similar between Thailand and Malaysia, like sepak takraw, which both countries have. They also have a game where you walk on coconut shells, which is something both countries do. There's a slight difference in a game like bowling, where they use coconuts, but you can find those in Thailand too. It's interesting to see how much we share in terms of culture. Even though I ended up with a cramp, watching my friends play made me really happy.





Youlead news

# Youlead Gala dinner with traditional dress

## DAY 3



## Everyone is very creative! I'm so proud of them!

This gala dinner is a farewell event, but it's not the final one. It includes a food party and performances from different countries. Participants need to choose to present stories, songs, plays, or tales unique to their country. In the Lao group, I talked with a Lao friend about our presentation, and we decided to perform a short play about a Laotian ghost story called "Phi Kong Koi."



I'm specially really proud of the Thai group. Thailand chose to use short plays along with Muay Thai shows, which are so entertaining and cute in how they communicate and express themselves. It shows that they truly want to learn about Thailand's stories. I'm very thankful for their effort.

# Tour to Kuala Lumpur city



## We've crossed the finish line!



Finally, our trip ended after four full days. My friends and I finished the program and woke up early one more time for the last morning exercise. Even though I missed some days, starting this new day felt great. I listened to the final lecture from the international student education agency, and many friends were interested in studying in Malaysia. I saw it as a great opportunity, and most importantly, I gained wonderful friendships once again.

## 1st time w/ Twin Building

On the last day of the project, we were supposed to have a gala dinner like on the third day. But the program asked if we wanted to go into the city instead. For some of us who had never been to Malaysia, including me, it was our first time. We wanted to visit the famous landmark, the Twin Towers. The atmosphere there was great. I didn't expect Kuala Lumpur to be so beautiful and have so much space to walk around. It surprised me how the city blends urban life with nature and people so well, which impressed me a lot. I also found out that the Twin Towers are actually a shopping mall. We spent about 4 hours there. After taking pictures, I grabbed something to eat and relaxed at a nearby park.



# THE LAST DAY IN MALAYSIA



It was the day I had to go back. I had to wake up at around 4 AM to catch the 6 AM bus organized by the program, even though my flight was at 1 PM. If I waited for the next bus, I might miss my flight, so I had to get up early. My friend from Indonesia helped wake me up.

A cute moment was when we got on the bus, and those who weren't going waved goodbye to us. It was such a memorable scene. The bus got us to the airport very early, and most restaurants weren't open yet. Luckily, I had a Thai friend with the same flight as me, so I felt lucky to have someone to chat with while waiting.

We grabbed breakfast at Family Mart and Subway. After getting our food, we headed straight to the gate to wait comfortably. Finally, I arrived back in Thailand safely.



This training program gave me a lot of experience, but the best part was definitely making good friends from different ASEAN countries. I also learned about being a better leader, which inspired me to use this knowledge at my university. Thanks for following my diary so far!