

Education



UPDATE: 2018-01-12

Educating disadvantaged young Central Vietnam students.

Lifestart Foundation Educational Scholarship program introduces Buu.

Buu has recently received an education scholarship from Lifestart Foundation. He is now studying in year 9 and in year 8 he had a study average 9.2 out of a possible 10 which ranked him first in his class.

Buu comes from a family of eight people including his grandmother, parents, four elder sisters and Buu. His grandmother is 83 years old and stays at home under the care of his parents. Buu's parents are rice farmers and his dad also works as a builder's assistant during the summer season to earn extra income for the family. Two of Buu's sisters are factory workers and are already married living and living away from home. The other two sisters are still students. Buu's parents need to work very hard to support

the entire family, especially the three children's education. They are now in a very difficult economic situation with their income only allowing a little over \$1 per day per person for each family member to live on. This has to cover food, all household expenses and education costs.

Buu is an excellent and diligent student. He completes five hours of homework every day and he also does housework each day to help his family, which includes feeding the chickens, looking after the cows and cleaning the house.

At this stage Buu would like to be an agricultural engineer. He is interested in learning how to create new plants which produce much larger crops for the farmers in the future. The scholarship from Lifestart Foundation will help Buu to realize his dream.

Lifestart Foundations investment in the disadvantaged youth of Central Vietnam to date is in excess of 14 Billion vnd (approx \$850,000.00 aud)

We are committed to breaking the poverty cycle of Central Vietnam's brightest scholars via education.

Lifestart Foundation Education Scholarship Project - provides fully comprehensive scholarships through Secondary and High school and onto to University.

Scholarships cover all tuition fees, books, uniforms and the all important extra classes. Our Year 12 Central Vietnam students need to leave home to attend University for between 4 - 6 years depending on their chosen degree, so funding for accommodation and food needs to be provided too.

Scholarships are awarded to academically gifted students from very poor families.

If you like and support what Lifestart Foundation is doing across so many projects please consider a donation, joining our Monthly Members Club or running a fundraising event for us www.lifestartfoundation.org.au



UPDATE: 2018-01-19

Educating disadvantaged young Central Vietnam students.

Lifestart Foundation Educational Scholarship program introduces Nhi. Another doctor in the making.

Nhi has recently received an education scholarship from Lifestart Foundation. She is currently studying in year 7 and she has successfully finished her first semester exam receiving a study average 9.1 out of a possible 10 which ranked her first in her class.

All of our Lifestart Foundation Scholarship students come from very challenging situations and Nhi is no exception. Nhi's dad passed away 7 years ago after a motorbike accident, leaving Nhi's mum widowed with two little daughters to raise. Since then all the family responsibilities have been on Nhi's mums shoulders. To earn money for her family, she had to travel far away to work and had to leave the girls at home with their grandparents. At the moment, Nhi's mum is working at a sewing factory in Sai Gon. She sends money to the grandparents every month to support the two girls and only visits home twice per year. The grandparents are old so they cannot work very much. What they can do is to grow some veggies and to try to catch fish in the river to sell to earn a little which can help improve their daily meals. Nhi's younger sister is in year 3 and as the girls grow their mum needs to work even more to support their daily life as well as their education.

Despite her disadvantaged situation, Nhi has always been an excellent student. She completes three hours of homework every day and also does housework each day to help her grandparents, which includes sweeping the floor, washing the dishes and cooking.

When Nhi and her grandmother heard the good news that Nhi would receive a scholarship, they wept tears of relief. Knowing that Nhi's future would now look much brighter.

At this stage Nhi would like to become a doctor who can cure and help disadvantaged people in the future. The scholarship from Lifestart Foundation will help Nhi to realize her dream.



UPDATE: 2018-03-31

Educating disadvantaged young Central Vietnam students.

Lifestart Foundation Educational Scholarship program introduces Trinh.

Trinh has recently received an education scholarship from Lifestart Foundation. She is now studying in year 11 and has successfully finished her first semester exams receiving a study average 9.0 out of a possible 10 which ranked her first in her class.

Over the years I have heard hundreds of extremely sad and compelling family stories and just when I think I have heard it all, I meet Trinh.

Despite all of the challenges she has faced in her young life already, Trinh is a gifted scholar and one we at Lifestart Foundation are so happy to be able to support.

Trinh became an orphan after her mum passed away 6 years ago due to breast cancer. After her mums death, Trinh went to live with her grandmother, her uncle and his wife. Her grandma is 84 years old now and she stays at home and grows some veggies.

Trinh's uncle is blind but despite this he mills rice to earn a living. Her auntie who has mental health problems is a rice farmer and she also raises pigs and occasionally sells duck eggs. They have three children of their own.

When Trinh entered high school, she moved to stay with another aunt who is a scrap merchant. The reason for the move was so that Trinh could travel at night to her extra classes more safely. This aunt has one boy who has cerebral palsy and one girl who is in year 6. Trinh normally visits her uncle's family and grandmother on the weekend. Trinh lives on the support from her relatives and a little from the local government.

She has always been an excellent and diligent student. She completes six hours of homework every day and she also does daily housework to help her aunt's family. She sweeps the floors, cleans the house and washes the dishes.

At this stage Trinh would like to become a doctor and holds a strong desire to help disadvantaged people in the community. Trinh has had a sad story at every turn in her young life so Lifestart Foundation is very happy to be able to help her in her final years of school and to hopefully get her closer to her dream of studying Medicine at University.



UPDATE: 2018-04-22

A Letter of Gratitude from Lifestart Foundation Education Scholarship Student LE THI NHUNG

It is always very special to hear just how much our help has been appreciated and how it has positively impacted a young life. We are very proud of Nhung's diligence and determination to overcome her life challenges. The below letter was received from Nhung this week.

To Lifestart Foundation and my sponsors,

It has been almost one year since I graduated from the Hue Pedagogy University, majoring in Maths, and also one year since my sponsorship from Lifestart Foundation came to a conclusion. Thanks to Lifestart Foundation, I received huge support for a total of seven years (2009 – 2016). I am really so grateful and therefore want to express my sincere thanks to Lifestart Foundation as well as my sponsors.

My family used to be in really difficult situation. My father passed away when I was a little girl and after that my mother had to raise my sister and I alone. She also had to take care of my grandmother who was elderly and could only help by doing some of the housework. The situation got worse when my mum began to get sick frequently, resulting in many obstacles in the study path of my sister and I. Due to my mum's ill health, I had to help with her small business after school each day. However, being aware of the critical importance of education, I still tried to prioritize my study.

Fortune smiled on me the day I was awarded the Lifestart Foundation Education Scholarship. You can't imagine how fortunate and honoured I felt, and my family was really happy for me too. The scholarship did not only support me financially to have better conditions to continue my study, but was also an enormous source of motivation for me to overcome so many challenges and to try to live up to everyone's expectations. The scholarship also helped my mother to have much less burden on her shoulders.

Thanks to my scholarship, my study conditions were better, helping me to graduate from University one year ago. I also have just passed the entrance examination for my Master degree in Maths. I am now pursuing this study for the next two years. I am also tutoring students to earn some money for my study.

As I had already been in a difficult situation trying to afford my education, I truly understand the desire of young disadvantaged students to attend school and to get a good education. It is because of this first hand understanding, that I would like to support those who cannot afford extra classes. After graduation, I started free extra classes for students in Year 12. I had to take revision classes for the entrance examination for my Master degree far away, unfortunately I then

had to cancel the year 12 classes. I still nourish the dream of establishing a centre providing free courses for poor students and will try my best to make this come true.

Without the support from Lifestart Foundation and my sponsors, it would have been very challenging for me to get through those tough times and to achieve my dream of completing my education and becoming a teacher. Without my scholarship, I might not have been able to finish my study and probably would have had to drop out to help my mother instead.

I am extremely grateful for tremendous support from Lifestart Foundation over such a long period of time. I really hope that I too can contribute my time and effort together with Lifestart Foundation, to continue their mission. Although right now I still have more study, I will aim to do my best during the next two years.

I wish Lifestart Foundation prosperity, good health, success and good luck in the future. I also want to send my sincere thanks to my sponsors and hope everyone will be happy, healthy and successful. I hope that every recipient of a Lifestart Foundation Education Scholarship will study well and will be able to achieve their dreams in the future.

Yours sincerely,

Le Thi Nhung

Here is the link to the last story we wrote about Nhung:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1105195246192660/?type=1&theater>



UPDATE: 2018-05-12

A Letter of Gratitude from Lifestart Foundation Education Scholarship Student VO THOI NAY - who is currently studying Nuclear Physics at University.

It is always very special to hear just how much our help has been appreciated and how it has positively impacted a young life. We are very proud of Nay's diligence and determination to overcome his life challenges. The below letter was received from Nay this week.

To Lifestart Foundation and my sponsor,

My name is Vo Thoi Nay, a student who has been receiving an Education Scholarship from Lifestart Foundation and my sponsor. Today I am writing this to express my deepest gratitude for all of the support that Lifestart Foundation and my sponsor have given to me.

I received my Lifestart Foundation Education Scholarship in year 7 and now I am a freshman at Hanoi University of Science, Vietnam National University, majoring in Nuclear Physics.

Before I was awarded this scholarship, my parents had struggled to afford to pay for the education of their 3 children. Being aware of their hard work, I always tried to concentrate on my study and achieve good study results. Knowing about my family's difficult situation as well as the effort I put into my study, a teacher at my secondary school recommended Lifestart Foundation to me. After doing research, I learned that Lifestart Foundation is a non-government organization that was founded to support disadvantaged people. Therefore, I decided to apply for the Lifestart Foundation Education Scholarship. My family and I were extremely happy when Lifestart Foundation informed me that I was selected to be a scholarship recipient. The life of myself and my family then turned to a whole new page, which was less difficult. I also felt more confident about my future.

Indeed, the Lifestart Foundation Education Scholarship has assisted me a lot with my study and the life of my family. Every school year, Lifestart Foundation always prepares me with new books, notebooks, stationery as well as pays for my school fees and extra classes. Not only does the foundation care about my study, but they also care about my family and their financial conditions and the health of every family member.

Thanks to the great support from Lifestart Foundation, my own life and that of my family have had remarkable improvements. The burden of expenditure for their children has been greatly reduced from my parents shoulders. I also

have more than adequate study resources and stationery and at the same time, can put 100% of my focus into my study. Consequently, I have obtained a number of achievements so far that I am very proud of.

Without Lifestart Foundation's support, my parents would have had to continue to work very hard so that they had enough money to raise the three of us. Especially because the University tuition fee is a great sum of money, they would otherwise have had to borrow student loans to afford my study and pay interest every month. As for me, I would not have had new books, stationery and uniforms every year and would have had to re-use those of my older brother instead. Without Lifestart Foundation's tuition fee support I also would have had to study by myself instead of being able to go to extra classes. I would have also had to go a long way to school and extra classes without the scooter provided by the foundation. Moreover, I would otherwise have to be working more to support my parents and spend less time on studying. Indeed, if it is not for Lifestart Foundation's endless assistance for me so far, I would never have been able to put 100% effort into my study and to obtain such achievements.

Apart from all of the material support, Lifestart Foundation also organizes social Day Out trips and get-togethers for students in the Lifestart Foundation Education Scholarship Program, free English extra classes, and other meaningful entertaining and charitable events. The friendliness and outgoing characteristics of the Lifestart Foundation staff makes us feel like we are at home and part of a family.

Lifestart Foundation also provides me with a lot of other valuable support for my optimum study conditions. I was also given a bicycle to get to University and a laptop so as I can complete my studies to the best of my ability. I also want to use this chance to thank Lifestart Foundation and my sponsor for the laptop that you gave to me at the end of year 12, just prior to entering University. I was really excited and amazed at the news of getting such a valuable and meaningful gift. Having a laptop is really essential at University for IT classes, presentations, English self-study and online research. Possessing your own laptop is very crucial for every university student as it can help them a lot with their study. Therefore, the laptop given to me by Lifestart Foundation was very timely support. As my family situation is still difficult, had it not been for Lifestart Foundation's support, I am not sure when it would be possible for me to get such a laptop and for sure my study at University would be certainly more difficult without one.

Via this letter, I want to sincerely thank you Lifestart Foundation and my sponsor for your good heart and generous support for me and my family. I promise you that I will put my best effort into my study in return for the hope and faith of my family, teachers and Lifestart Foundation.

Last but not least, I wish Lifestart Foundation as well as my sponsor good health and happiness in life. May Lifestart Foundation continue to thrive so that more and more disadvantaged students like me can be supported.

Yours Sincerely,

Vo Thoi Nay

Here are the links to the previous posts we wrote about Nay:

<https://www.facebook.com/.../a.4855616481560.../1285442968167886>

<https://www.facebook.com/.../a.4855616481560.../1140738972638287>



UPDATE: 2018-05-26

Educating disadvantaged young Central Vietnam students.

Lifestart Foundation Educational Scholarship program introduces Nguyen.

Nguyet received an education scholarship from Lifestart Foundation in year 7. She is now studying in year 8 and she has successfully finished her first semester examinations receiving a study average 8.9 out of a possible 10 which ranked her second in her class.

As with all LSF Scholarship students, Nguyen has a very difficult family situation. Her dad passed away 13 years ago after an accident, leaving her mum with two small children to raise. Since then all the family responsibilities have rested upon Nguyen's mums shoulders. To earn money for her family, her mum has worked every day as a hotel room attendant however the income was never stable enough for the family to manage their living expenses as well as the children's school fees. Nguyen's brother will finish year 12 this summer and he is thinking about looking for a job to support his mum after graduating high school. Their mum still hopes that she can send him to college but this also means the family financial burden will be even greater than ever.

Despite her family difficulties, Nguyet has always been an excellent student. She completes four hours of homework every day and also does housework each day to help her mother, which includes sweeping the floor, washing the dishes and cooking.

The scholarship from Lifestart Foundation will help Nguyet to realize her dream of completing her education and our mentoring program will ensure that she has the very best advice for her future career path.



UPDATE: 2018-06-16

A LETTER OF GRATITUDE FROM LIFESTART FOUNDATION SCHOLARSHIP STUDENT - NHUT

To Lifestart Foundation and my sponsors,

Growing up in a poor coastal countryside in Cam Thanh District, Hoi An City where the soil is sour and floods are frequent, I was often addressed with a harsh tone: Nhut, Nguyen Van Nhut. In my poor village, it is very difficult for one to pursue their education. It was even more difficult especially for me when my family had such a difficult financial situation. Nevertheless, with my own efforts and a bit of good luck, I was awarded the Lifestart Foundation Secondary School Scholarship.



I am confident to say that the Lifestart Foundation Secondary School Scholarship, which was given to me in 2010, was a tremendously meaningful gift to me. The scholarship was presented to me at the time I needed it the most and since then has had a positive impact on my life even from the smallest things. Furthermore, it helped

me to have the best conditions so that I could be accepted into Le Thanh Tong High School for gifted students and then at the completion of year 12 I was awarded a scholarship from FPT Greenwich University.

Before being chosen for the Lifestart Foundation Scholarship, I was very sad about my family's difficult situation. My mother is a single mum and had to raise 2 kids and support them to go to school. She worked really hard all day at the market. However, what she earned was only enough for a little food for the three of us. When someone got sick or there was a tuition fee amount due to be paid, my mum had to ask around to borrow money. We were living in such a flimsy house that when there was heavy rain or strong wind, it was at risk of falling down completely.

What I really appreciate and feel thankful for is that my teachers at Huynh Thi Luu Secondary School, on knowing my family situation, they always cared for and supported me to have the best study conditions. My school fee was able to be deferred until the end of the school year or the school would give me support so that I could pay for it. And then the good luck came. It was a turning point of my life that, thanks to the recommendation of the Red Cross of Huynh Thi Luu Secondary School, I was awarded the Lifestart Foundation Secondary School Scholarship in year 6. The scholarship was extremely valuable as it paid for all of my study related expenses. Because my family was very poor, when receiving the scholarship, I was really happy and excited. It was just like a shower on the drought of my life.

Lifestart Foundation Scholarship has changed my life profoundly. Finally I got a new bike to ride to school instead of walking for hours. Finally I could have the pride of being able to pay school fees by deadlines without borrowing any money. Finally I received new shirts, new shoes, new schoolbag and new books, which was just like a dream come true to me. Most importantly, the heavy burden on my mother's shoulder was eased a lot and I had the best conditions to study and maximize my abilities to eventually be accepted into Le Thanh Tong High School for gifted students and then on to FPT Greenwich University.

Back in 2010, just imagine without the Lifestart Foundation Secondary School Scholarship, would I have been able to continue my education while my family's financial situation was so difficult? Would I have been fully-prepared with best conditions for the entrance examinations to Le Thanh Tong High School for gifted students and then to apply for a scholarship to FPT Greenwich University? No matter what, there is one certain thing that is my mum would have had to bear a much heavier financial burden on her shoulders.

I am currently studying Business Administration at FPT Greenwich University, one of the best international universities in Vietnam. FPT Greenwich University is the alliance between FPT University and International Greenwich University (UK). I am also lucky to be one of the two recipients of the 50% scholarship of the university. For everything that I have today, I strongly believe that the Lifestart Foundation Secondary School Scholarship has played a very important role in my success, right from when I was in Year 6.

I think that in life, the help that is most meaningful is to give others opportunities to learn and experience. Education is the key for a good character and mind. A person with a good character and mind is definitely a helpful person in society.

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I believe that granting disadvantaged students the best study opportunities like what Lifestart Foundation did for me and is still doing is the most meaningful and practical action in life.

Above all, my family and I want to send our most sincere gratitude towards Lifestart Foundation. Thank you very much for giving me this meaningful scholarship so that I can carry on with my study journey.

Best regards,

Nguyen Van Nhut



UPDATE: 2018-07-08

LIFESTART FOUNDATION SCHOLARSHIP STUDENT - LY

Ly is one of the most recent students to receive a Lifestart Foundation Education Scholarship, thanks to her generous sponsors Đêm Nhân Ái (Night of Compassion group) from Australia. Her dream of becoming a doctor in the future just became a little bit closer.

Ly has just completed Year 8 with a study average of 9.2 out of a possible 10 and she is ranked first in her class. Ly does six hours of homework each day on top of her regular classes and also finds time to help her family with the household chores. Ly is from a single parent family and lives with her mum who is a rice farmer, elderly grandparents and two aunts, one who suffers from the effects of agent orange and one aunt who is disabled. Her family is listed on the poor list by the government as their income for 6 people is a meagre 1,500,000 vnd or approx \$75 usd per month.

With such a low income it is impossible for Ly's mum to manage all of the expenses for just their basic living costs let alone find the money for Ly's education.

We are excited to welcome Ly into our Lifestart Foundation scholarship project and we look forward to her continued success. With all of the additional help and support that will now be afforded her she can embark on her future studies with a new found confidence.



UPDATE: 2018-07-14

LIFESTART FOUNDATION SCHOLARSHIP STUDENT - NHAN

Educating young Central Vietnam female students to reach their potential.

Nhan has recently received her Lifestart Foundation scholarship. Her dream of becoming a Lawyer is now a lot closer.

Below is the letter of gratitude that Nhan wrote to us after receiving her scholarship.

Dear Lifestart Foundation,

My name is Le Thi Thanh Nhan. I am currently in year 10 and I live in Dien Ban district, Quang Nam province.

Today I am writing this letter to express my gratitude. Thank you for giving me the Lifestart Foundation Secondary Scholarship which provides me with much better study conditions to achieve my dreams. Besides that, I also want to share a little more about my family and myself, as well as my current study and life.

My family has 7 members. My parents are both rice farmers and our monthly income is low, and not sufficient for our needs.

My study result in the last school year was very good and I was ranked first in my class with the study average of 9.2. My most favourite subject is Chemistry and my teachers are also very thoughtful and caring. Extra-curricular activities at school are important and interesting to me and at the moment, I am taking extra classes in Math and Physics. I also plan

to take extra classes in English soon. Every day, I spend about 5 hours on self-study to memorize the knowledge, complete my homework and read reference books. In the next school year, I will try my best to maintain and improve the study result that I achieved in the last school year.

In my free time, I often help my parents do the housework. My dream career path in the future is to become a lawyer. I think I would really love this job as this profession is to bring fairness to everyone and the society.

My family and I were so happy when I was awarded the Lifestart Foundation Secondary Scholarship. It helps me have better study conditions, develop and complete myself to follow my dreams and ambitions. At the same time, the scholarship lessens the financial burden for my family a lot and it is a great source of motivation for me to try even harder in my study.

I want to thank my sponsor and wish you and your family good health.

Best regards,

Le Thi Thanh Nhan



UPDATE: 2018-07-19

LIFESTART FOUNDATION SCHOLARSHIP STUDENT - TAM

Educating young Central Vietnam female students to reach their potential.

Would you like to sponsor a deserving student? Like what LSF is doing and have wondered how you could get involved? Here is a perfect opportunity to impact on one young persons life.

Tam is the most recent student to receive a LSF scholarship. Lifestart Foundation is currently supporting Tam while we look for a donor to take over her sponsorship. Tam is an orphan and she lives with her elderly grandmother as sadly her parents both passed away within 10 days of each other when she was five years old.

Tam is ranked first in her class and is an excellent student.

The family have very poor living conditions and try to manage on 1 million vnd per month (approx. \$50 per month)

Orphans are particularly vulnerable as they often live with very elderly relatives making their future extremely precarious.

We warmly welcome Tam into the LSF family and hope to provide her with as much support as possible.

If you are interested in supporting Tam with an education scholarship, please contact us directly: <https://www.lifestartfoundation.org.au/contact/>

Below is the letter of gratitude that Tam wrote to us after receiving the news that we would help her.

Dear Ms. Karen and Lifestart Foundation,

My name is Dang Thi Thanh Tam and I am a student in year 9 at Ong Ich Khiem Secondary School.

I am currently living in Dien Ban District, Quang Nam Province.

Today, I am writing this letter to send my sincere thanks to Ms. Karen and Lifestart Foundation who have given care and support to me and awarded me the valuable Lifestart Foundation Secondary Scholarship.

Regarding my family background, I am an orphan. I have been living with my grandmother since I was a little child, we are very poor. My grandmother is already old and often gets sick. My own health is not so good as well.

My study average in the last semester is 8.9 out of a possible 10 and my most favorite subjects are History, Literature and Chemistry. I usually raise my hand to express my opinions in class, help my classmates and actively join in extracurricular activities at school. At the moment I am attending 4 extra classes, including Math, Physics, Chemistry,

English. At home, I spend 3 to 4 hours per day on self-study to memorize the lessons, do exercises and read advanced books. In my free time, I also do household chores daily, read books or play badminton.

My goal for the new school year is to try my best to take part in the History contest for excellent students at the province level. My dream career is to become a good doctor to treat sick and poor people.

When I learned that I was selected to receive this scholarship, my family and I were so happy. This scholarship is so valuable and meaningful to me. It not only helps my family overcome many daily difficulties but also gives me great motivation and determination to study better and follow my dream.

I promise I will study hard so as not to disappoint you.

Once again sincerely thank you and I wish Ms. Karen and Lifestart Foundation good health.

Best regards,

Dang Thi Thanh Tam



UPDATE: 2018-07-21

LIFESTART FOUNDATION CONGRATULATES HIEN.

We couldn't be more proud of Hien, who has just completed her Law degree and has graduated with a distinction. Hien has had a Lifestart Foundation education scholarship for the past 6 years. She has been a diligent and committed student and it has been an absolute delight to watch her grow into the confident and accomplished young woman she is today. The LSF team wishes her every success pursuing her future dreams and we know that she will remain connected to her "other family"

We received this heartfelt letter of gratitude from Hien this week.

Dear Mr. Philip, Mr. Tuan Anh, Ms. Karen and all Lifestart Foundation staff,

My name is Nguyen Thi Thu Hien, a very recent graduate from the Law Department of Danang University of Economics. I am writing this letter to you as I have so many things that I want to tell you. I have now officially finished my bachelor's degree, which gives me such a solid foundation for me to continue my plans for the future. One thing I am sure of today, I know that I am truly a lucky person to be one of the students to receive support from Lifestart Foundation during the past 6 years.

I was born into a disadvantaged family in Dien Ban province. My family has 3 children, so we often told each other to try our best with our study, to make our parents happy. My parents had to work very hard to provide us with food and to send us to school. However, the fact that all 3 of us got into university was a huge pressure on their shoulders. My father became ill, leaving a heavier burden on my mother and therefore, our learning paths could have been stopped.

Right at that time, I heard about Lifestart Foundation via the recommendation of my high school. In the summer of year 10, I attended the first interview of my life, had the chance to share everything that I had been going through, and received compassion and support from Lifestart Foundation staff, and Ms. Karen. After several interview rounds, I learned that I had been successful and I began to receive support. I received this support from year 11 up to now, the completion of my Law degree.

Being granted this scholarship changed my life and my family's life completely. Our life became much better and full of hope. Thanks to the scholarship, I was able to afford my school fees, living costs and many other expenses related to my study, which created very good conditions for me to follow my dream.

Since year 11, thanks to Lifestart Foundation staff's guidance and mentoring, I already had an orientation for my career path and never ceased to study well to achieve good results for the university entrance examination. After that, I was really fortunate to receive ongoing support with a university scholarship from Lifestart Foundation. This enabled me to have more time to do further research to widen my knowledge and to complete internships from the early days to get hands-on experience. Besides that, I also had opportunities to get involved in extracurricular activities to enhance my soft skills, as well as to work part-time to help support my family. Thanks to my scholarship, the burden was lessened a lot for my family and we could now have a better life. My parents do not have to work as hard as before and their health has improved a lot, which is what I feel most grateful for.

During the university years, thanks to the support both financially and mentally from Lifestart Foundation, I was always able to maintain my study capacity which has resulted in the fact that I am going to graduate with a distinction degree, being the valedictorian of Business Law Department. When I stepped onto the stage, I was always thinking about Lifestart Foundation and all of the support that I have received from you. It is always engraved in my mind that everything that I have today is thanks to all of your good hearts.

I also want to take this chance to send my most sincere gratitude to Ms. Karen, Mr. Philip, Mr. Tuan Anh and all Lifestart Foundation staff. I feel extremely appreciative for all the good things that you have given to me and all other scholarship students as well.

For all the years I have spent with Lifestart Foundation, I have had so many memorable experiences. It gives me great happiness to have another small family, where there is our loving Karen, who dedicates all her life to the success of Lifestart Foundation and to the education of many generations of students like me.

There is also the lovely staff who always try their best to support us in study as well as in our lives. Then there are the dedicated volunteers who helped us improve our English skills. Also the senior scholarship students who are always willing to give us study advice enthusiastically and also junior scholarship students who are optimistic and academically excellent despite their difficult situations.

I will always remember the summers that I volunteered to make lanterns, recycled paper bags and bracelets with the workshop makers. I will always remember our Day Out trips to Danang City with other scholarship students, the English class with Mr. Peter; and especially, I will forever keep it in my heart the first meeting full of laughter with Mr. Philip and Mr. Tuan Anh, my sponsors. Years have passed by and the biggest gift I have received from you all is your love.

Now, I am ready for my new journey. I will always remind myself to never stop learning and having experiences to live up to your expectations. And hopefully one day, I can come back and be a part of Lifestart Foundation like Mr. Philip, Mr. Tuan Anh, Mr. Peter, and contribute to the mission of Lifestart Foundation.

To end my letter, I wish you all good health and success in life. I also wish Lifestart Foundation continued success to reach out to and support more disadvantaged students like me!

Best regards,

Nguyen Thi Thu Hien



UPDATE: 2018-07-28

LIFESTART FOUNDATION CONGRATULATES - NGUYET

Nguyet is our most recent Education Scholarship student to graduate from the University of Finance and Marketing in Ho Chi Minh City and we are so proud of her achievement. We are equally proud of the compassionate and confident young lady she has grown into.

I remember when Nguyet received her scholarship nine years ago and her family life was extremely difficult, I also remember her expressing that the scholarship was a lifeline for her and took her out of a very dark period in her life and it gave her hope for her future.

Nguyet has been sponsored for the past nine years by the congregation of St Michaels Church Uniting in Melbourne. It is a long journey with each student when they are

initially awarded a LSF scholarship for both our LSF team who are involved in every aspect of the students education journey and also for the sponsor.

It can take up to twelve years before they graduate University, but when they do we are all "over the moon" with happiness and know that we have helped another young person to break the poverty cycle via education.

Below is the recently received gratitude letter that Nguyet sent to her sponsors and LSF.

Dear St. Michaels Church congregation and Lifestart Foundation,

My name is Tran Thi Minh Nguyet, the student who has been receiving your sponsorship for the past 9 years.

I might have sent you a lot of letters before, but this letter is the most special one to me. Only several days after I finish this letter to you, I will have graduated from the University of Finance and Marketing in Ho Chi Minh City, majoring in

Marketing. I am going to officially complete my studies and get ready to experience real life as well as to implement the plans that I have nourished for a long time into action. I am very lucky to be one of the students to have received the Lifestart Foundation Education Scholarship and your support during the past 9 years, which is such a long time.

Nine years ago my family was in a very difficult situation with a lot of children to support and my parents worked as hard as they could to raise their 4 young children. When my 3 younger siblings were still little, the financial worries were not too bad. However, when we were all starting to grow up, the financial burden of tuition fees, food and other living expenses were not a small number anymore. I still remember very well when my parents had to go to work from early mornings until 7-8pm at night. My father often told me "Now that you are still little, I can manage to afford raising you all. But when you get into high school and then university, I don't know how can I manage that?"

I still remember the day my head teacher in year 9 gave me advice about the interview for the Lifestart Foundation Education Scholarship. At that time, I was still a little girl with long hair, dark skin and I followed my mother to Lifestart Foundation's old workshop on Phan Chau Trinh Street. On that day, I saw a lot of other students with their parents. It was also my first time to meet Karen and the Lifestart Foundation staff. I took the chance to tell them everything about the challenges that my family and I had to overcome. Everyone listened to me and showed their compassion and encouragement.

I began to receive your support after that interview as I was successful in receiving the education scholarship. At that time, I was so innocent. I was about to receive new books, new uniform like my other peers, and my parents would not have to worry about my school fees at the start of each new school year. I also could never have imagined that I would receive your ongoing support until now when I have completed my bachelor's degree at university.

At the beginning, I did not even know how to correctly spell the name of Lifestart Foundation and my sponsors and to this day I still keep a small piece of paper with 2 names on it: Lifestart Foundation and St. Michaels Church. However, now they are already engraved in my mind without a need of a reminder note.

The scholarship has altered the life of my family and me so much. I have been able to spend my school years fully supported in the most meaningful way. I have had a better life that has been filled with hope. Lifestart Foundation and my sponsors have helped me with my tuition fees, living costs and other expenses related to my studies. I was provided with very good conditions to enable me to be able to make my dreams come true. I was also given gifts and taken to the fun Day Out trip to Danang City with other Lifestart Foundation scholarship students. I never thought that I would receive such compassion.

I have spent 4 years away from home studying at university in Ho Chi Minh City, to pursue my dream career path. I will have officially become a fresh graduate on July 25th and I will be more than ready to apply my knowledge to real life. What I have gone through and achieved so far, it is thanks to the support from everyone in St. Michaels Church, Karen and Lifestart Foundation staff. You all were by my side and granted me many opportunities as well as given me so many beautiful memories. I am so very appreciative of your valuable support.

The past years hold so many beautiful memories to me that I wish I could adequately describe my feelings into words. I have not yet met my sponsors in person, I do not even know what you all look like. Even after 9 years. Likewise, you only know me via Lifestart Foundation and also my letters and images that I send to you each year. Nevertheless, you have provided me with much needed support. I want to thank you all so much for bringing many good things to me over such a long time. I have always had a wish of being able to meet you in person so that I can directly express my gratitude to you for your support.

I also wonder later on when I no longer receive your sponsorship, if I can still continue writing letters to you or not. I still want to keep that habit of writing to you, all of you who I already consider as members of my family.

As for Karen, I can feel her valuable contributions to the success of Lifestart Foundation, supporting the education of disadvantaged children like me. Indeed, we always feel thankful to her and consider her as our mother. Without Lifestart Foundation and Karen, we would have not have received the support to continue to go to school.

I also would like to send my thanks to Lifestart Foundation staff. No matter how long I have received your guidance and mentoring, I still remember you all. You supported me a lot when I was volunteering at Lifestart Foundation in my summer holidays. You also mentored me during the entire duration of my studies. I sincerely thank you – you are special people and a part of my life that I will never forget.

I am now a young lady who is excited about the new journey ahead. I will always try my best in life so as not to let you down. I hope that one day I will be capable enough to contribute back to Lifestart Foundation and to be able to help other disadvantaged students.

I wish you happiness in life and good health to continue the good work that you have been doing. May Lifestart Foundation be even more successful and be able to help other disadvantaged children like me in the future. Thank you everyone.

Best regards,

Tran Thi Minh Nguyet



DONATIONS - UPDATE: 2018-04-25

Lifestart Foundation Education Scholarship Project - Educating young female students from disadvantaged backgrounds in Central Vietnam - A donation for Trang.

Trang received her LSF Education Scholarship in year 7. She is now studying in year 11.

As with all LSF Education Scholarship students, Trang comes from a very poor family. Her situation was made worse when her father passed away 2 years ago, leaving behind Trang, her mum and her elderly grandma. Trang's house is in the countryside, about 6 kilometers from her school. Every day her mother works very hard in the rice fields to support the whole family, but it is a struggle to make ends meet. Their monthly income is around 3 million vnd which is approx \$136 USD. With such a meagre and unstable income the family cannot afford to support Trang with the healthy meals that a growing girl needs.

Where possible, in addition to providing full education scholarships, LSF tries to supplement and help each family with practical donations. One such donation was a flock of chickens for Trang's family.



Trang is pictured here receiving a donation from generous LSF sponsors. With this money, the family has purchased a flock of chickens which in the near future will supplement the family diet with daily eggs and the family will also breed and sell the chickens and eggs to add to their income.



UPDATE: 2018-06-09

Educating disadvantaged young Central Vietnam students.

Lifestart Foundation Education Scholarship Project – A Hamper box donation for a scholarship student.

As well as supporting disadvantaged students with scholarships that provide all tuition fees, books, stationery, uniforms and the all important extra classes, the LSF education scholarship project also provides the students with additional support. This comes in a variety of practical and useful ways to help ease the burden for the students and their family.

Duyen is pictured here receiving a donation of a hamper box from her generous LSF sponsor. The hamper box includes daily basic household and cooking supplies which not only support the student but will also help the family to reduce their monthly expenditure. Sometimes it is easy to overlook that when you are from a very poor

family, items such as toothpaste can often be a luxury.



UPDATE: 2018-07-03

Educating disadvantaged young Central Vietnam students.

Lifestart Foundation Education Scholarship Project – A birthday gift donation for one of our LSF scholarship students.

As well as supporting disadvantaged students with scholarships that provide all tuition fees, books, stationery, uniforms and the all important extra classes, the LSF education scholarship project also provides the students with additional support. This comes in a variety of practical and useful ways to help ease the burden for the students and their family.

Xuan Thu is pictured here receiving a donation of a birthday gift from her generous LSF sponsors from Queensland Australia. She received clothes, shoes, some personal items and treats and was "over the moon".



UPDATE: 2018-07-09

A Laptop Donation for Lifestart Foundation University Scholarship student TOAI.

Toai received a new Laptop as a result of us doing a mini fundraiser recently for him. Thank you to the kind donors who helped with part of the costs for this purchase - (\$400 aud). Our mini fundraiser covered almost half of the cost of the Laptop for Toai. We are still hoping to raise the funds for the balance which is another (\$550 aud).

This Laptop is a most important donation for Toai, who like all University students needs to have ready access to good equipment. A Laptop is a vital and necessary tool for University studies no matter what country you are studying in. We realize that it was so important not to have further delay in receiving a Laptop so we have purchased the Laptop and hope that a few of our kind supporters will help Toai with the balance.

We aim to equip all of your Year 12 LSF scholarship students who graduate and then pass the University entrance examination with a new Laptop. This will enable them to complete their subsequent degree without further disadvantage.

Toai is one of our shining stars and you can read more about him here:

<https://www.facebook.com/.../a.4855616481560.../1507383025973878>

<https://www.facebook.com/.../a.4855616481560.../1257008644344652>



UPDATE: 2018-07-16

A Laptop Donation for Lifestart Foundation University Scholarship student NAY.

Nay received a new Laptop from a generous sponsor from the USA. This Laptop is a most important donation for Nay, who like all University students needs to have ready access to good equipment. A Laptop is a vital and necessary tool for University studies no matter what country you are studying in.

We aim to equip all of your Year 12 LSF scholarship students who graduate and then pass the University entrance examination with a new Laptop. This will enable them to complete their subsequent degree without further disadvantage.

Nay is one of our shining stars and you can read more about him here:

<https://www.facebook.com/.../a.48556164815.../1732091370169708/...>

<https://www.facebook.com/.../a.485561648156.../875346999177487/...>



UPDATE: 2018-07-24

Educating disadvantaged young Central Vietnam students.

Lifestart Foundation Education Scholarship Project – A birthday gift donation for one of our LSF scholarship students.

As well as supporting disadvantaged students with scholarships that provide all tuition fees, books, stationery, uniforms and the all important extra classes, the LSF education scholarship project also provides the students with additional support. This comes in a variety of practical and useful ways to help ease the burden for the students and their family.

Dat is pictured here receiving a donation of a birthday gift from his generous LSF sponsors from Queensland Australia. He received clothes, some personal items and treats and was "over the moon". Dat is growing at a rapid rate and was very much in need of some new clothes that fit.

You can read more about Dat here:

<https://www.facebook.com/.../a.485561648156.../936242516421268/...>



UPDATE: 2018-07-30

A Laptop Donation for Lifestart Foundation Secondary Education Scholarship student Nhi.

Nhi received a pre loved Laptop from a generous donor from Australia. This Laptop is a most important donation for Nhi, who like all students these days she needs to have ready access to good equipment in order to maintain her excellent academic results. Nhi is a diligent student and is ranked 1st in her class. A Laptop is a vital and necessary tool for your studies no matter what country you are studying in.

If you would like to read more about Nhi's story please click here:

<https://www.facebook.com/TheLifestartFoundation/posts/1620870864625093>



UPDATE: 2018-08-06

A Donation for Lifestart Foundation Secondary Education Scholarship student Loc.

Loc received a new Samsung Galaxy Tablet from one of our generous donors in Australia. This Tablet is a most important donation for Loc, who like all students these days he needs to have ready access to good equipment in order to maintain her excellent academic results. Loc is a diligent student and is ranked 2nd in his class this year with an average score of 9.1. A Laptop or tablet is a vital and necessary tool for your studies no matter what country you are studying in.

If you would like to read more about Loc's story please click here:

<https://www.facebook.com/.../a.4855616481560.../1107747929270725>

Scholarships are awarded to academically gifted students from very poor families.



UPDATE: 2018-05-19

Medical Scholarship Project - Central Vietnam Doctors of the future.

On May 14th Lifestart Foundation launched and awarded a new round of major Medical Scholarships at Hue University of Medicine and Pharmacy.

These scholarships are the most valuable on offer at the University.

The first four scholarships were awarded to super impressive first year students who have demonstrated academic excellence and are from extremely disadvantaged backgrounds. By way of their chosen vocation they also meet our criteria of completing a degree in an area that will not only benefit themselves and their families in the future but more importantly the wider community.

We are delighted to be able to make these inaugural scholarships available via the Geok Hua Wong Charitable Trust.

We will post more about the individual recipients in future posts.

If you are interested in sponsoring a doctor through University and would like to know more about our part or full Medical Scholarships please see here for further details: <https://www.lifestartfoundation.org.au/projects/education/>

See here for more information about one of our successful graduates from Hue University of Medicine and Pharmacy - Dr. Tran Van A who is now specializing in Pediatric Oncology:

<https://www.facebook.com/TheLifestartFoundation/posts/1187416464637204>

<https://www.facebook.com/TheLifestartFoun.../757558110956377>

<https://www.facebook.com/TheLifestartFoun.../622651561113700>

Please see here for the story published in Vietnamese by Hue University of Medicine and Pharmacy:

<http://huemed-univ.edu.vn/trao-hoc-bong-lifestart-foundatio...>



UPDATE: 2018-06-23

Medical Scholarship Project - Central Vietnam Doctors of the future. Introducing Khang

In May 2018 Lifestart Foundation launched and awarded a new round of major Medical Scholarships at Hue University of Medicine and Pharmacy.

These scholarships are the most valuable on offer at the University.

The first four scholarships were awarded to super impressive first year students who have demonstrated academic excellence and are from extremely disadvantaged backgrounds. By way of their chosen vocation they also meet our criteria of completing a degree in an area that will not only benefit themselves and their families in the future but more importantly the wider community.

The first student to receive a Medical Scholarship is Khang. Khang comes from a very poor countryside area 350 kmls from Hue and only has his single mum to support him. Her unstable income is from rice farming and a few cows. His mum works very hard from early morning till late evening and has to ask everywhere for loans to pay for his study. She has some symptoms of kidney disease but doesn't dare to go to hospital for a check up because they have no money.

Khang is a freshman majoring in General Medicine and hopes to become a paediatrician in the future. He spends 40 hours per week on self study, this is on top of 20 hours of tutorials and 20 hours of practicals. Such dedication!

The below letter was written by Khang after learning of his successful scholarship application.

My warmest greetings to Lifestart Foundation

My name is Nguyen Thanh Khang, a freshman majoring in General Medicine at Hue University of Medicine and Pharmacy.

My family lives in a poor countryside area and I come from a very disadvantaged background – my mum is a single mum who also has to take care of my grandmother. We are listed as a poor household by the government. Our income is dependent on only some rice fields and a few cows. Now that I am going to university, the financial burden is much heavier on my mum.

Thanks to information from my university, I got to know about Lifestart Foundation Medical Scholarship Program and was given instructions to fill in the application form. During the interview in Hoi An, I had an opportunity to share with Karen and the staff about myself as well as my family. Also thanks to the interview process, I was able to understand more about Lifestart Foundations, charitable activities, working style and enthusiasm of the staff there. When the interview ended, I held a big hope that I could receive the scholarship. I was nervous and really looking forward to the result.

It was a burst of feeling when I was informed that I was selected for the scholarship. At that moment I just wanted to scream out loud because of such great happiness. I then made a phone call to share the good news with my mum. Apart

from being happy, I am also aware that I have to study well, take part in more voluntary activities so as not to let my sponsor down.

The scholarship has a big meaning to my family and I. It helps me to afford my school fee, living costs and more reference books. Thanks to the scholarship, my family situation will be less difficult and the burden of my tuition fee is also much lessened. I am now able to fully concentrate on my study and extracurricular activities without worrying about my study journey ahead.

In the second year of university, the subjects will become harder and harder. Thus I need to manage my time effectively in order to achieve good results in all subjects. I will give it my best effort, trying to apply the knowledge from my own body to understand the lessons better. I will also sign up for some clubs at my university, participate in voluntary activities to enhance my soft skills and to help other people.

After graduation, I hope to be able to come back to my hometown and work in the province hospital to help the people there and also my family. If possible, I also want to work at a private hospital to improve my skills and to earn extra income as well. My biggest dream is to have a clinic of my own.

I am really grateful to my sponsor because I could never imagine I could receive such huge support like this. Lifestart Foundation has given me wings to fly and follow my dream. I promise to study well, have a good character, practice my knowledge and become a loving and helpful medical practitioner to my family and the whole community. I will try my best to live up to my sponsor's expectations. Sincerely thank you.

Nguyen Thanh Khang



UPDATE: 2018-06-30

Medical Scholarship Project - Central Vietnam Doctors of the future. Introducing Hoai.

In May 2018 Lifestart Foundation launched and awarded a new round of major Medical Scholarships at Hue University of Medicine and Pharmacy.

These scholarships are the most valuable on offer at the University.

The scholarships were awarded to super impressive first year students who have demonstrated academic excellence and are from extremely disadvantaged backgrounds. By way of their chosen vocation they also meet our criteria of completing a degree in an area that will not only benefit themselves and their families in the future but more importantly the wider community.

Hoai, was a successful applicant of a LSF Medical Scholarship. Please read her Letter of Gratitude that she sent to us recently.

My warmest greetings to my sponsor, Karen and Lifestart Foundation staff!

My name is Bui Thi Ngoc Hoai, a freshman majoring in General Medicine at Hue University of Medicine and Pharmacy.

I was born into a disadvantaged family. In the past, my parents were rice farmers and all the family income was completely dependent on 2 rice fields which often lost all of the crops due to extreme weather conditions. Despite that, my parents still sent my sister and I to school with the hope that in the future, we would not have to work in the rice fields. When my sister and then I began university, the family financial situation became worse and worse as there are too many expenses to pay for our education. That is why my parents decided to move to Saigon, in hope of making a better living. However, because they are both nearly 50 years old, their working capacity has started to decrease. My dad has stomach problems and my mum has been under treatment for heart disease and blood pressure problems for years. At the moment, my family monthly income is unstable. My dad sells ice-cream on the street and my mum does casual work. With that unstable and limited amount of income, my parents have to save and sacrifice a lot to afford our study. I want to have good results during my university time to deserve their love and sacrifice, as well as to support my family in the future.

I was lucky to be recommended by Hue University of Medicine and Pharmacy for the medical scholarships offered by Lifestart Foundation. I also got the chance to go to Hoi An for the interview. After the interview, I felt a sense of comfort

and relief as I had the opportunity to share my own difficulties as well as those of my family with Lifestart Foundation. I was also hoping to be one of the scholarship recipients.

My wish came true when I was informed of the news that I was selected for the scholarship. I felt extremely happy. This happiness is not only for myself but also for my family, teachers and friends. The scholarship is very valuable to me and my family both financially and mentally. It helps my family with the current difficulties and helps me continue to go to school and accomplish my dreams and ambitions. The scholarship is also a great source of motivation for me to try harder in the coming years.

Next year, I will put in more effort not only with my study but also with voluntary activities. After graduation, if possible I am going to study further such as completing a master's degree to broaden my knowledge and experiences in order to become a good doctor and dedicate myself to bring happiness for my patients and the whole community.

Many thanks to Lifestart Foundation for giving me such a precious opportunity! I will always try my best to live up to your faith and expectations. Sincerely thank you.

Bui Thi Ngoc Hoai



UPDATE: 2018-08-04

Medical Scholarship Project - Central Vietnam Doctors of the future. Introducing Huong.

In May 2018 Lifestart Foundation launched and awarded a new round of major Medical Scholarships at Hue University of Medicine and Pharmacy.

These scholarships are the most valuable on offer at the University.

The scholarships were awarded to super impressive first year students who have demonstrated academic excellence and are from extremely disadvantaged backgrounds. By way of their chosen vocation they also meet our criteria of completing a degree in an area that will not only benefit themselves and their families in the future but more importantly the wider community.

Huong was one of the most compelling candidates in this round of interviews. His hometown is 8 hours by bus from Hue, where he is now a student. After a super tough and very sad early life, Huong, despite the odds being against his success, he is an excellent student, worthy of being accepted in Hue University of Medicine and Pharmacy to study Medicine. That is no mean feat, even for students with adequate

support.

He is the youngest of 12, his father died when Huong was 6 and his mother, a domestic violence survivor and scrap metal collector has struggled to make ends meet. Their meagre income is only 1 million vnd per month.(approx \$50 per month)

Huong has worked doing all sorts of jobs in his spare time and holidays just to get enough money to eat and keep studying. He collected scrap metal, made and sold cakes and worked in the fields.

Huong now spends 70 hours on self-study each week and completes 32 hours of tutorials and practicals, such is his dedication.

I could probably write a book on this impressive young man with what I have learned about him and his struggle to get an education. We warmly welcome Huong into the Lifestart Foundation family. More to come in future posts as we watch his progress with great interest.

Below is the gratitude letter he sent to Lifestart Foundation after finding out that he was a successful applicant.

Dear Lifestart Foundation,

My name is Ho Si Huong - a freshman at Hue University of Medicine and Pharmacy.

I was born into a poor family with many siblings. My father had 2 wives and he had 12 children. Even when he was alive, my mother was the breadwinner of our family; therefore, all aspects of life were very difficult and complicated.

When I was in year 1, my father got terribly sick. My mother had to ask around for money to help pay for his medical treatment but he still could not make it and he passed away.

After that, my siblings and I had to work part-time to be able to afford our own education and support ourselves. Life has continued just like that for me up to now.

When I was recommended to apply for the Medical Scholarship from Lifestart Foundation by my university, I was really happy because maybe I could finally get a chance to have better study conditions and the scholarship could somehow lessen the financial burden for myself and my family.

I was feeling excited on the interview day not only because I might have a chance to be successful with my scholarship application, but also because I had some new experiences that I had never had before.

When I heard that I was selected to receive the Medical Scholarship, I had so many mixed feelings and I did not know what to do. I was so happy because now I will have much better conditions to complete my study and at the same time, I was feeling excited and nervous because I had just received such huge support.

The scholarship will help me a lot with much better conditions to afford my study and living expenses.

My plan for the next school year is to allocate my time so that I can improve my English.

In the future, I want to become a good doctor. It does not really matter to me where I am going to work, as long as I can apply my knowledge and skill to treat sick people.

Last but not least, thank you for everything!!

Best regards,

Ho Si Huong



UPDATE: 2018-08-18

Medical Scholarship Project - Central Vietnam Doctors of the future. Introducing Thinh

In May 2018 Lifestart Foundation launched and awarded a new round of major Medical Scholarships at Hue University of Medicine and Pharmacy.

These scholarships are the most valuable on offer at the University.

The first four scholarships were awarded to super impressive first year students who have demonstrated academic excellence and are from extremely disadvantaged backgrounds. By way of their chosen vocation they also meet our criteria of completing a degree in an area that will not only benefit themselves and their families in the future but more importantly the wider community.

Thinh is an excellent candidate for a LSF scholarship. His study result in the first semester of the first year was 3.53 out of possible 4.0.

He spends at least 35 hours per week on self study in addition to 14 hours on tutorials and 8 hours on practicals each week.

As with all of our LSF scholarship students, Thinh has a difficult and sad back story which he explains in his letter of gratitude below.

We are confident with the financial pressure now relieved and the full support of our LSF team, this will allow Thinh to aspire to even loftier heights.

Thinh's letter of gratitude to his sponsor and Lifestart Foundation.

My name is Phan Ngoc Thinh, a student of class Y1F at Hue University of Medicine and Pharmacy.

I am writing this letter to express my gratitude to you.

© **Lifestart Foundation Inc 2015**

182 Buckley Street, Essendon, Victoria, 3040, Australia

Tel +61 3 9331 2540

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I was born and grew up in a disadvantaged family in Binh Dinh province. On 20 January 2018, the gate of the company my father was working for fell down on him causing his back to break in 3 places and he also suffered damage to both of his lungs. After this terrible accident he lost his capacity to work. My mum has to help him with his daily routines, even including sitting up. Expenses for his medical treatment and checkups have been costly. At the moment, my father's health condition has improved a little but he still needs help from others for his daily care. To add to this my mum also has spinal problems, which does not enable her to do hard work. Sadly both of my parents are getting older and hardly have any working ability to support our family.

After the scholarship interview with Lifestart Foundation, I was feeling both delighted and nervous. I was delighted because it was my first time to Hoi An. The people there were very kind and friendly to me. Thanks to the interview, I also made new friends who were also attending the interview. After the interview we walked around the ancient town and enjoyed meals together with the Lifestart Foundation staff. Everything was such a wonderful and memorable experience for me. Despite that, I was feeling nervous at the same time when thinking of the interview result. I knew that all of the candidates came from disadvantaged families with difficult situations just like me.

When I was informed of the news that I was selected for the scholarship, I was really happy and excited. This scholarship will help me to afford my living and study expenses. My family now has to worry less about the monthly financial support for me and the burden of a large amount of the expense has been lessened. It is also great motivation for me to study even more.

My plan for next year is to try harder and put even more effort into my study. At the moment, I am still thinking of different options of a specialized field I want to work in after graduation. Perhaps it will be either Pediatrics or Internal Medicine. After I graduate as a doctor my dream is to come back to my hometown to treat the people there.

I wish everyone at Lifestart Foundation good health to continue their philanthropic work of helping disadvantaged young students accomplish their dreams and learning journey like me.

Best regards,

Phan Ngoc Thinh

Workshop Makers



UPDATE: 2018-01-15

Meet Lifestart Foundation Workshop product maker - Ken - Ken is from the Co Tu Ya Ya ethnic minority group in the Central Highlands of Vietnam. She learnt to weave nine years ago when she first moved to Dhroong village.

Ken's husband is a village policeman, and they have a nine year old daughter. For Ken, weaving is a way to get together with other women and to chat about their families.

Ken hopes the weaving group will succeed and last for a long time.

All of the products made by Ken and the brocade weaving group are lovingly hand made. They take an extraordinary amount of time to firstly produce the fabric and then the product. They are all absolutely stunning pieces.

Lifestart Foundation supports this group of extremely talented crafts women by providing an outlet for them to sell their beautiful #handmade products both at our workshop 14 Nguyen Thai Hoc Street, Hoi An or via our online catalogue.

Contact us to purchase Ken's product!

<http://www.lifestartfoundation.org.au/contact/>

Download the full catalogue of our workshop products

http://www.lifestartfoundation.org.au/.../lifestart_catalogue...

If you like and support what Lifestart Foundation is doing across so many projects please consider a donation, joining our Monthly Members Club or running a fundraising event for us. www.lifestartfoundation.org.au

Volunteers

WE NEED YOU!

UPDATE: 2018-01-31

Volunteer Opportunity in Hoi An, Vietnam!



Customer Service volunteer needed for the Lifestart Foundation Fair trade shop.

- Small retail store sales or management experience required
- Native speaker or fluent in English
- Available to start April 2018
- Best suited for someone already residing in Hoi An or someone ready to relocate for a period of time.

You can also help by sharing this post for us. Thank you.

Please email your expression of interest to karenleonard@mail.com and include your CV and cover letter.



UPDATE: 2018-04-17

A big Thank You to Cindy from France who recently volunteered at Lifestart Foundation in Hoi An. During this time Cindy was a great help in our fair trade shop. We wish her well on her next adventure. Thank you again Cindy we will miss you.



UPDATE: 2018-05-23

A huge Thank you to our volunteers and supporters, Peter and Michelle from Melbourne.

Peter and Michelle are the owners and founders of Change Revolution Group. With over 20 years in the "People Development" industry.

Peter and Michelle have both been recognized both nationally and internationally for their efforts in making a difference within organisations in both Australia and New Zealand. Michelle has presented to hundreds of people at World Conventions in both the U.S. and Europe.

Peter's passion in the field of people development has had him recognized for his achievements in assisting industries, businesses and leaders in the development of their people and achieving long term measurable benefits of developing more of their potential.

Peter has presented to people on the world stage at international conventions in the U.S, Europe and Asia and his greatest passion is working with business leaders to assist them in improving the productivity and profitability of their organisations.

Peter and Michelle volunteered by designing a tailor made personal development program for our Lifestart Foundation staff and then they flew over to Hoi An to work individually with each staff member.

This was a unique and valuable experience for our staff who all gained so much from their expertise. We hope to welcome them back in the future to further capacity build our staff members.



UPDATE: 2018-05-31

Short-Term Senior Designer Volunteer needed for both print and digital design to help refresh our marketing materials.

REQUIREMENTS:

10+ years experience in Wordpress, HTML and Adobe (InDesign, Illustrator and Photoshop), Microsoft Office (Word, excel), social media and email marketing (Mailchimp). Must be organized, with professional communication skills and a native English speaker.

Please pm expressions of interest.



UPDATE: 2018-06-27

A big ThankYou to Lifestart Foundation volunteer Peter, an experienced ESL teacher who is originally from the USA and now resides in Hoi An. We are extremely grateful to Peter for the time he spent tutoring English at Lifestart Foundation. Peter is pictured helping our Education Scholarship student Nay. Nay is a brilliant student who won the second prize in the National Physics competition for gifted students in January, 2017. This success has given him the opportunity to go straight to any University in Vietnam without having to complete an entrance exam. Nay also had the opportunity of a scholarship to study in Russia but for now he will complete his degree in Nuclear Physics in Hanoi and he will look for International scholarships for his post - graduate studies.

The English classes with Peter enabled Nay to improve his communication skills. Peter tutored Nay twice per week and they were working on getting Nays English to a level so as he is ready for any international scholarship applications that might be available in the future. In addition to teaching English, Peter and his partner were a tremendous help during the flood season when we needed to move all of our stock. We are very grateful for the support.



UPDATE: 2018-07-04

A big ThankYou to Lifestart Foundation volunteer, Erica from Western Australia.

Erica was a great support to our LSF staff during her time with us. Erica helped to capacity build and support each staff member in their role. Along with many numerous other adhoc tasks Erica was a great addition to our team. We sincerely thank her for her time, energy and enthusiasm despite all of the challenges she faced. Erica arrived during the floods and subsequently had a nasty accident resulting in a hospital visit and then surgery in her first week with us. Not to be put off, she soldiered on and was a great volunteer.



UPDATE: 2018-07-11

A huge thank you to Frank who recently volunteered with Lifestart Foundation in Hoi An. During his time with us in addition to so many other adhoc tasks and projects, Frank taught ESL and capacity built our staff. We loved having Frank volunteering with us and we miss him and his energy. All of the LSF team send our best wishes to him

now that he has returned to his home and family in Canada. Our loss, Canada's gain. Thank you Frank for all of your hard work and support.



UPDATE: 2018-07-17

YOUNG VOLUNTEERS - Lifestart Foundation Education scholarship students display great personal qualities

We are often asked "How do you select your scholarship students?"

If we had endless funding (which we don't!) we would give LSF Education Scholarships to many thousands of worthy students. Due to available funding it was decided that our criteria for the very valuable LSF scholarship would be:

1. students needed to be diligent, academically gifted and value education
2. students needed to come from extremely poor families and were at risk of not being able to complete their education
3. students needed to display a strong social conscience, both in their desired career path and their enthusiasm and willingness to "give back"

A group of our LSF education scholarships students are pictured here volunteering at the Lifestart Foundation Workshop during their recent summer holiday break. Many of our LSF Education Scholarship students came into the Lifestart Foundation Fair Trade workshop and volunteered during this period. The LSF team were very grateful to have the extra hands to help out and it was a great opportunity for the students to spend some time together and to meet with like minded young people.



UPDATE: 2018-07-18

Volunteer - Jill - A GREAT volunteer who we are very grateful for.

Jill has volunteered with Lifestart Foundation both in Hoi An and back in Australia on a regular basis over many years.

When in Hoi An, Jill helps at our workshop, teaches ESL and capacity builds our staff along with a hundred other adhoc tasks. She arrives, rolls up her sleeves and tirelessly volunteers full time. Back in Australia she continues her volunteering by helping our staff with English translations and she is not retired!

Jill is also an all important Education Scholarship sponsor of one of our disadvantaged students. She is pictured donating much needed Laptops and an ipad to our high achieving scholarship students.

Great volunteers just "get it" meaning that you feel privileged that you have the opportunity to be of service, you require no pats on the back and you leave with a wonderful feeling of happiness that you have completed a task and contributed and helped make a difference either to an individual or to the organization that you were volunteering with.



UPDATE: 2018-07-25

Sending a big thank you to our ongoing volunteer Paul.

Paul helps with admin tasks and tutoring of our LSF Education scholarship students.

Originally from the UK, Paul now resides in Hoi An.

Among Paul's distinguished career highlights he was a senior Lecturer in Physics and Mathematics in the UK, a Chief Moderator at Oxford University and an Assessor at the

University of Cambridge. LSF staff and students are very grateful for his ongoing volunteering and support.



UPDATE: 2018-08-01

A BIG thank you to our ongoing volunteer Ray.

Ray helps us with all of our maintenance and handy man jobs at Lifestart Foundation and is "on call" whenever we call him or scream in the case of catching a mouse. Being an all female team in Hoi An we are very grateful for all of the things Ray helps us with which include anything from supervising tradies, painting, building repairs to catching a mouse - well he almost caught it!

Ray is from country Victoria, Australia but currently resides in Hoi An.

THANK YOU RAY, we will have a " Ray list" ready for you when you get back from holidays!



UPDATE: 2018-08-11

Are you leaving Danang or Hoi An?

Please consider doing what Rose and her family (pictured below) did last year. They donated their household items to Lifestart Foundation. Their donation included kitchen

utensils, bedding, toiletries and more...



We in turn passed the goods onto 9 of our Education Scholarship students who were leaving home to commence 1st Year University in Hue, Hanoi, Ho Chi Minh City and Danang. This year we have 20 Year 12 Central Vietnam scholarship students who we will be sending off to University soon and they need supplies to set up their rented rooms. Our scholarship students are all from very poor families and will all live in either a dormitory or a shared rental room. They have next to nothing so these care packs are so gratefully received.

The students are all from poor families and will live away from home for between 4 to 6 years depending on their degrees.

Any donations would be much appreciated and can be dropped off at 14 Nguyen Thai Hoc Street, Hoi An.



UPDATE: 2018-01-31

Lifestart Foundation - A Book donation for disadvantaged students - Our education scholarship students are pictured here receiving advanced books which are a very useful and needed addition for their studies. This great donation was provided by a Lifestart Foundation Gift Certificate and the photo was sent to the mum of the donor as a Christmas present. Apart from this being a meaningful Christmas gift to the donors

mum, the gift of much needed books encouraged our students who come from very disadvantaged backgrounds to try even harder with their studies.



UPDATE: 2018-08-07

Recycled textbooks for poor students. Every year all Lifestart Foundation education scholarship students come to the LSF office to receive their new textbooks and other supplies for the new school year. They are encouraged to return their old textbooks from the previous school year and their old books are then given to poor students from schools in Quang Nam Province. Via this annual activity, Lifestart Foundation hopes to develop the spirit of sharing and recycling.

Pictured is Giang, one of LSF Education Scholarship Administration team, with a representative from Chu Van An High School. Chu Van An High School received these recycled books to distribute to disadvantaged children at their school. This school is also one of the schools in Dai Loc who have students directly receiving support from Lifestart Foundation Education scholarships.



UPDATE: 2018-08-14

Recycled textbooks for poor students. Every year all Lifestart Foundation education scholarship students come to the LSF office to receive their new textbooks and other supplies for the new school year. They are encouraged to return their old textbooks from the previous school year and their old books are then given to poor students from schools in Quang Nam Province. Via this annual activity, Lifestart Foundation hopes to develop the spirit of sharing and recycling.

Pictured is Giang, one of LSF Education Scholarship Administration team, with a representative from Ngo Quyen Secondary School. Ngo Quyen Secondary School is another school who has received these recycled books to distribute to disadvantaged children at their school. This school is also one of the schools in Duy Xuyen who have students directly receiving support from Lifestart Foundation Education scholarships.



UPDATE: 2018-04-14

Lifestart Foundation - Typhoon Damrey and Flood Donation UPDATE

Thanks to the donations we received from many of our generous supporters, we were able to help many families who were affected by the typhoon and floods that impacted Central Vietnam at the end of 2017. The families we were able to help have children in our Lifestart Foundation education scholarship project, so they are families that we know and also know that the impact of the typhoon and flood was real and genuine. Our families were all directly affected by Typhoon Damrey and the subsequent flood

and we are happy to report that they have now recovered from the damage to their homes, crops and loss of livestock with your help.

Many chickens and pigs were purchased and are being raised as well as complete replanting of crops and vegetables after the flood water subsided. Every family was so happy to receive this type of help, nothing could replace their endless hours of labour but we were able to lend significant support by helping them to start over.

We would like to send our sincere thanks to all of our donors, including Ben Wade and Maxine Turner who made a contribution to the donation tally after raising money via a GoFundMe page.

The above photos are of Quynh's family, who received support to replant all of their crops. You can read more about them here:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1014169448628574/?type=1&theater>

If you like and support what Lifestart Foundation is doing across so many projects please consider a donation, joining our Monthly Members Club or running a fundraising event for us. www.lifestartfoundation.org.au



UPDATE: 2018-05-22

Lifestart Foundation - Typhoon Damrey and Flood Donation UPDATE

Thanks to the donations we received from many of our generous supporters, we were able to help a lot of families who were affected by the typhoon and floods that impacted Central Vietnam at the end of 2017. The families we were able to help have children in our Lifestart Foundation education scholarship project, so they are families that we know and also know that the impact of the typhoon and flood was real and genuine. Our families were all directly affected by Typhoon Damrey and the subsequent flood and we are happy to report that they have now recovered from the damage to their homes, crops and loss of livestock with your help.

Many chickens and pigs were purchased and are being raised as well as complete replanting of crops and vegetables after the flood water subsided. Every family was so happy to receive this type of help, nothing could replace their endless hours of labour but we were able to lend significant support by helping them to start over.



The above photo is of Phuong, her family received support to re purchase the chickens pictured.

Her family lost all of their chickens during the flood so they were thrilled to be able to have new ones to raise which provide eggs, food and income for her family.

You can read more about them here: <https://www.facebook.com/.../a.48556164815602.../961881230524063>



UPDATE: 2018-06-19

Lifestart Foundation - Typhoon Damrey and Flood Donation UPDATE

Thanks to the donations we received from many of our generous supporters, we were able to help many families who were affected by the typhoon and floods that impacted Central Vietnam at the end of 2017. The families we were able to help have children in our Lifestart Foundation education scholarship project, so they are families that we know and also know that the impact of the typhoon and flood was real and genuine. Our families were all directly affected by Typhoon Damrey and the subsequent flood

and we are happy to report that they have now recovered from the damage to their homes, crops and loss of livestock with your help.

Many chickens and pigs were purchased and are being raised as well as complete replanting of crops and vegetables after the flood water subsided. Every family was so happy to receive this type of help, nothing could replace their endless hours of labour but we were able to lend significant support by helping them to start over.



The above photos are of Vy's family, who received support to re-plant the crops and vegetables. You can read more about them here: <https://www.facebook.com/.../a.48556164815.../1170580446320806/...>

UPDATE: 2018-07-10

Lifestart Foundation - Typhoon Damrey and Flood Donation UPDATE



Thanks to the donations we received from many of our generous supporters, we were able to help many families who were affected by the typhoon and floods that impacted Central Vietnam at the end of 2017. The families we were able to help have children in our Lifestart Foundation education scholarship project, so they are families that we know and also know that the impact of the typhoon and flood was real and genuine. Our families were all directly affected by Typhoon Damrey and the subsequent flood and we are happy to report that they have now recovered from the damage to their homes, crops and loss of livestock with your help.



Many chickens and pigs were purchased and are being raised as well as complete replanting of crops and vegetables after the flood water subsided. Every family was so happy to receive this type of help, nothing could replace their endless hours of labour but we were able to lend significant support by helping them to start over.



The photos in this post are of Duyen's family, who received support to re-plant their crops and vegetables and they received funds to purchase another pig.

UPDATE: 2018-07-31

Lifestart Foundation - Typhoon Damrey and Flood Donation UPDATE.



Thanks to the donations we received from many of our generous supporters, we were able to help many families who were affected by the typhoon and floods that impacted Central Vietnam at the end of 2017. The families we were able to help have children in our Lifestart Foundation education scholarship project, so they are families that we know and also know that the impact of the typhoon and flood was real and genuine. Our families were all directly affected by Typhoon Damrey and the subsequent flood and we are happy to report that they have now recovered from the damage to their homes, crops and loss of livestock with your help.



Many chickens, ducks and pigs were purchased and are being raised as well as complete replanting of crops and vegetables after the flood water subsided. Every family was so happy to receive this type of help, nothing could replace their endless hours of labour but we were able to lend significant support by helping them to start over.

The photos in this post are of Ngoc's family, who received funds to purchase chickens and ducks.

You can read more about Ngoc here: <https://www.facebook.com/.../a.485561648156.../936910339687819/...>

We hope that this series of updates has given our donors a glimpse of how their support helped families after the floods.

Projects



UPDATE: 2018-04-07

LIFESTART FOUNDATION - Kitchen & Bathroom Project - Building Kitchens & Bathrooms for extremely poor families -

Having a kitchen and bathroom is a luxury that many of us take for granted. In fact we would not even consider it to be a luxury but rather a necessity. Many families that Lifestart Foundation support do not have either. They use wood to cook their daily meals in very crude conditions and they also do not have plumbing, running water or a toilet.

The modest but secure construction that Lifestart Foundation will build for them will include both a kitchen with gas cooking facilities and a tiled bathroom with a toilet and shower. The construction will be made of brick and cement. The first family to be the recipient of this project is the family of one of our Education Scholarship students, Binh, pictured in this post. If you are interested in finding more information about his family, follow our previous post here about them

<https://www.facebook.com/TheLifestartFoundation/posts/1573771146001732>



UPDATE: 2018-04-20

Kitchen & Bathroom Project - Building kitchens & bathrooms for extremely poor families. This is made possible by one of Lifestart Foundations fantastic supporters.

Having a kitchen and bathroom is a luxury that many of us take for granted. Many families that Lifestart Foundation supports do not have either. They use wood to cook daily meals in very crude conditions and also they do not have plumbing, running water or toilets.

Linh is one of our Lifestart Foundation Education Scholarship students and her family come from Dien Phuong, which is over ten kilometers from Hoi An. Linh's family have been selected to receive a newly built kitchen and bathroom.

There are five people in Linh's family including her grandma, her parents, her younger brother and Linh. Linh's grandma is elderly with failing eyesight and is unable to work. She stays at home to help with the household chores. Linh's parents are both rice farmers who have to work very hard every day to support the entire family. Linh's dad also works as a builder's assistant in the quiet seasons to improve the family's income. Her little brother is studying in year 3 while Linh is completing year 8. Linh dreams of becoming a doctor in the future. She received excellent results in year 8 with a study average of 9.3 in the first semester. We are very proud of Linh's achievements.

Their family income is 4,000,000 dong per month – approximately \$232 AUD for five people.

Their current house was built over 25 years ago. They have an old dark kitchen with a simple wood stove for cooking. The family could not afford a toilet or a bathroom. The modest but secure construction that will be built for them will include both a kitchen and bathroom with a toilet and shower and will be made of brick and cement.

We will keep you updated on the building progress over the coming weeks so as you can follow the story of this family and the building progress.



UPDATE: 2018-05-09

LIFESTART FOUNDATION
- Kitchen & Bathroom
Project - Building Kitchens &

Bathrooms for extremely poor families



The second family to be the recipient of this project is the family of one of our Education Scholarship students, Linh, pictured in this post.

These are the before and after photos of the kitchen and bathroom that we have built for Linh's family.

Having a kitchen and bathroom is a luxury that many of us take for granted. In fact we would not even consider it to be a luxury but rather a necessity. Many families that Lifestart Foundation support do not have either. They use wood to cook their daily meals in very crude conditions and they also do not have plumbing, running water or a toilet.

The modest but secure construction that Lifestart Foundation has built for Linh's family includes both a kitchen with gas cooking facilities and a tiled bathroom with a toilet and shower. The construction is made of brick and cement. If you are interested in finding more information about her family, follow our previous post here: <https://www.facebook.com/TheLifestartFoundation/posts/1714085318636980>



UPDATE: 2018-01-10

Lifestart Foundation super soft Australian wool scarves.

Feeling a little chilly at the moment. Pop into Lifestart Foundation and pick up a beautiful infinity scarf. 240,000 vnd. Limited stock available.

14 Nguyen Thai Hoc Street, Hoi An.



UPDATE: 2018-01-13

Knute is one of the handmade sock creatures that we sell at the Lifestart Foundation Fair Trade shop. , 14 Nguyen Thai Hoc Street, Hoi An.

Great to hear about Knute and her travels. Thanks for sharing Rebekah!

"Knute has travelled to 7 countries with me now! She also comforted my Mum for her last few weeks on earth and I believe she has a bit of Mums spirit inside so she comforts me."



UPDATE: 2018-01-22

artist" that exists in every child.

Lifestart Foundation is collaborating with Tohe to showcase the artwork of disabled Vietnamese children. Tohe's mission is to ignite the artistic talent and imagination of disadvantaged and disabled Vietnamese children. Tohe seeks to give the youth an opportunity to explore and innocently express themselves, to dream and develop "the

Each Tohe product presents a young artist's painting or drawing. Lifestart Foundation is currently featuring the notebooks pictured which are made of 100% cotton canvas. You can support Tohe's young artists with a purchase from our shop. We will post more Tohe products soon!



UPDATE: 2018-04-16

Lifestart Foundation is collaborating with Tohe to showcase the artwork of disabled Vietnamese children. Tohe's mission is to ignite the artistic talent and imagination of disadvantaged and disabled Vietnamese children. Tohe seeks to give the youth an opportunity to explore and innocently express themselves, to dream and develop "the artist" that exists in every child.

Each Tohe product presents a young artist's painting or drawing. Lifestart Foundation is currently featuring the cosmetic pouches pictured which are made of 100% linen. You can support Tohe's young artists with a purchase from our shop. We will post more Tohe products soon!



UPDATE: 2018-05-21

Lifestart Foundation is collaborating with Tohe to showcase the artwork of disabled Vietnamese children. Tohe's mission is to ignite the artistic talent and imagination of

disadvantaged and disabled Vietnamese children. Tohe seeks to give the youth an opportunity to explore and innocently express themselves, to dream and develop "the artist" that exists in every child.

Each Tohe product presents a young artist's painting or drawing. Lifestart Foundation is currently featuring the glasses cases pictured which are made of 100% cotton canvas. You can support Tohe's young artists with a purchase from our shop. We will post more Tohe products soon!



UPDATE: 2018-05-24

Introducing Lifestart Foundations latest initiative - LongLife Premium Essential Oils and Oil Diffusers.

As with all of our other projects we hope that this will enable us to become a self sufficient organization in the near future.

LongLife Premium Essential Oils and Oil Diffusers.

To complement our existing range of LongLife Natural Body Products, Lifestart Foundation now offers a superb range of 8 premixed premium Essential Oils using only highest quality ingredients. Available at the Lifestart Foundation Workshop, 14 Nguyen Thai Hoc Street, Hoi An.

12 ml Oils - 300,000vnd. Oil Diffusers - 800,000vnd

Our current range of Premium Essential Oils include:

Love - Orange Sweet, Lavender, Bergamot, Petitgrain, Sage, Ylang Ylang.

Truth - Orange Sweet, Petitgrain, Bergamot, Lemon, Rosemary, Spearmint

Peace - Mandarin, Lime, Lavandin Grosso, Palmarosa, Lavender Maillette, Marjoram Sweet, Myrrh

Harmony - Orange Sweet, Lavender Maillette, Marjoram, Bergamot, Neroli

Tranquility - Cedarwood Atlas, Grapefruit Pink, Orange Sweet, Frankincense, Rose Absolute

Wisdom - Orange Sweet, Cedarwood Atlas, Juniperberry, Lavender Bulgaria, Patchouli, Cinnamon Bark

Happiness - Lavandin Grosso, Grapefruit White, Lavender Maillette, Patchouli, Ginger

Long Life - Lemongrass, Eucalyptus, Peppermint, Lime, Lemon, Myrtle

The LongLife logo incorporates the Chinese symbol of longevity. It stands for a long, healthy, prosperous life, a symbol found everywhere in Hoi An, Vietnam. The LongLife product line also incorporates bamboo, another symbol of longevity because of its durability, strength, flexibility and resilience. This flexibility and adaptability can teach us how a long happy life can be found by lessons from nature.

Our projects that will help us to become a self sufficient organization include: LSF Lantern Making and Traditional Painting classes, Traditional Tea Ceremonies, LongLife Natural Body Products, Lifestart Foundation Wine.

All profit from these initiatives help fund Lifestart Foundation philanthropic projects in Vietnam.



UPDATE: 2018-05-31

Natural Body Products - LongLife Natural Body Products are handmade by Lifestart Foundation Workshop members using the highest quality natural ingredients and 100%

pure essential oils that will leave your skin feeling great and your senses revived. Our products are made under license from Crusoeden Body, a proudly Australian owned and run company, producing the highest quality natural and organic products for the face, hair and body, founded by Jayne and Neville Boyle.

LongLife Natural Body Products are gentle on your skin and environmentally friendly. The LongLife logo incorporates the Chinese symbol of longevity. It stands for a long, healthy, prosperous life, a symbol found everywhere in Hoi An, Vietnam. The LongLife product line also incorporates bamboo, another symbol of longevity because of its durability, strength, flexibility and resilience. This flexibility and adaptability can teach us how a long happy life can be found by lessons from nature.

Our current range of products include:

- Shampoo - 125 ml - 180,000 vnd
- Conditioner - 125 ml - 180,000 vnd
- Face & Body Wash - 125 ml - 180,000 vnd
- Face & Body Lotion - 125 ml - 240,000 vnd
- Soothing Lip Balms - 10 gm - 100,000 vnd
- Hand Creme - 100 ml - 180,000 vnd
- Natural Insect Repellent - 50 ml - 240,000 vnd
- Natural Body Bars - 50 gm - 120,000 vnd

All proceeds from the sale of LongLife Natural Body Products will help fund future philanthropic projects in Vietnam to help those living in challenging situations become self-sufficient.

If you like and support what Lifestart Foundation is doing across so many projects please consider a donation, joining our Monthly Members Club or running a fundraising event for us.

All LongLife products are available at the Lifestart Foundation Workshop: 14 Nguyen Thai Hoc Street, Hoi An. Vietnam.

or contact us to purchase LongLife products!

<http://www.lifestartfoundation.org.au/contact/>

Read here for detailed information about our LongLife products: <http://www.lifestartfoundation.org.au/lifestart-foundation-workshop/longlife/longlife-products/>



UPDATE: 2018-07-22

Goodwill Wine: We Propose A Toast...

Whether you will be celebrating a birthday, enjoying dinner with close friends or looking for a delicious glass of vino to compliment your next master chef dish – treat yourself to a Lifestart Foundation Goodwill Wine. We also have a Vegan wine available.

Wines are selected from boutique wineries across Victoria, Australia and then branded with a Lifestart Foundation label – a great addition to your next occasion and sure to be the talking point of the table.

All monies raised will go to supporting disadvantaged Vietnamese people to become self-sufficient through training and education programs.

Click here <http://www.goodwillwine.com.au/chariti.../lifestart-foundation> to purchase your Goodwill Wine and

remember... enjoy & drink responsibly!

Please note – Goodwill wines only ship within Australia

Other Activities



UPDATE: 2018-01-06

Free Class - Coming to Hoi An? Join us for a FREE Vietnamese Language Class! 14 Nguyen Thai Hoc Street.

Learn more: <http://www.lifestartfoundation.org.au/lifestart-foundation-workshop/classes-and-tours/free-classes/>

for us.

UPDATE: 2018-01-11



Trip Advisor 2017 Certificate of Excellence. Congratulations to our awesome Team at Lifestart Foundation for another Certificate Of Excellence. I already know that our staff are an amazing dedicated group and it is lovely to know that our customers and supporters who visit the Lifestart Foundation workshop think so too! To book a tour visit our website:

<http://www.lifestartfoundation.org.au/lifestart-foundation-workshop/classes-and-tours/>



UPDATE: 2018-01-14

Interested in supporting Lifestart Foundation's efforts to promote self-sufficiency in Vietnam? Why not start a "birthday pledge page"? In lieu of your upcoming birthday gifts, you will ask for donations to Lifestart. Your network of family and friends will be excited to support your cause on your birthday! The personal connection and selfless sacrifice of one's birthday is a great way to give back. To set up a birthday pledge page visit us at: <http://www.lifestartfoundation.org.au/.../pledge-your-birthday.../>

A few tips on your efforts:

1. It's best to start fundraising a few months prior to your birthday to get the ball rolling
2. Choose a catchy title, "\$27 for my 27th Birthday"
3. Share your reason for donating to LSF
4. Include a photo
5. Email your link to all your family and friends



UPDATE: 2018-04-05

Want to take home an original Vietnamese gift for your family and friends? How about a traditional hand-painted Vietnamese card or a mini lantern made by you? That's what these friends did when they attended the Lifestart Foundation half-day art tour. Apart from having a great time, their participation also contributed to the philanthropic work of Lifestart Foundation. For more information on Lifestart Foundation classes or to sign up

visit: <http://www.lifestartfoundation.org.au/lifestart-foundati.../.../>



UPDATE: 2018-05-20

Lifestart Foundation is celebrating a major milestone - 18 years of service to the disadvantaged and disabled community in Vietnam. We have grown from very humble beginnings to an organization that now delivers significant services to those most in need. Our success would not be possible without our dedicated staff and our amazing group of supporters from all corners of the world.

If you like and support what Lifestart Foundation is doing across so many project areas, please consider a donation, joining our monthly Member Club or running a fundraising event for us.

For full project details visit our website www.lifestartfoundation.org.au



UPDATE: 2018-05-27

Lifestart Monthly Members Club - Monthly Giving: Join The Club!

- Great satisfaction.
- Convenience.
- Flexibility.
- Reduced paperwork and overhead expenses.

- Periodic updates.

- Tax deductible donations

All proceeds help fund Lifestart Foundation philanthropic projects that help disadvantaged Vietnamese people and their families to become self-sufficient. www.lifestartfoundation.org.au



UPDATE: 2018-06-03

LOOKING FOR A GREAT LAST MINUTE GIFT IDEA???

please consider donating a Lifestart Foundation gift certificate to a family or individual we support in Vietnam.

Certificates include:

- A Family of Chickens: \$50 USD
- Library Books: \$55 USD
- Bicycle: \$100 USD
- 1 Year Scholarship: \$485 USD
- Three-Wheeled Motorbike: \$1800 USD
- Secondary School Educational Scholarship: \$3500 USD

To sign up to donate a gift certificate, visit us at:

<http://www.lifestartfoundation.org.au/do.../gift-certificates/>



UPDATE: 2018-06-22

TripAdvisor Hall Of Fame. Our 2018 Certificate of Excellence makes it five years in a row and puts us in the Trip Advisor Hall of Fame. Congratulations to our awesome Team at Lifestart Foundation for another Certificate Of Excellence. I already know that our staff are an amazing dedicated group and it is lovely to know that our customers and supporters who visit the Lifestart Foundation workshop think so too!



UPDATE: 2018-06-23

It's back and you're invited to our Our Annual Non Event.

To purchase your ticket go to: <https://www.lifestartfoundation.org.au/donate/>