

Education



UPDATE: 14-12-2019

CONGRATULATIONS to LSF education scholarship student Trang from all of the Lifestart Foundation team, we are so very proud of your achievements.

We should never underestimate the importance of providing educational opportunities for young females in developing countries.

Every girl who is provided with education is one less vulnerable woman of the future.

Trang has recently been accepted into 1st Year English Studies at Da Nang University of Foreign Languages and will be the first in her family to attend University. Like so many of our scholarship students, Trang values education and realizes it is the only way to break the poverty cycle.

In her final years of High School she achieved the title of an excellent student in 3 consecutive school years. Trang has had a LSF education scholarship for six years.

There are 3 people in Trang's family. Her grandmother is elderly and is not able to work and her mother works very hard as a laborer at a hotel. Trang's father is unwell with both heart and kidney problems and is unable to work. Her mum's income needs to support the whole family and pay back the debt from the expenses of Trang's father's treatment a few years ago.

You can read more about in previous posts about Trang here:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/904327902946063/?type=3&theater>

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/689009907811198/?type=3&theater>



UPDATE: 01-03-2020

LIFESTART FOUNDATION EDUCATION SCHOLARSHIP STUDENT

18 year old Thinh, is currently a 1st year student at Danang University Of Foreign Languages. Majoring in Japanese studies.

We should never underestimate the importance of providing educational opportunities for young females in developing countries.

Every girl who is provided with education is one less vulnerable woman of the future.

During her last three years at High school Thinh achieved the title of excellent student.

There are 4 people in Thinh's family. Her mother is a laborer at a factory and her father works a handyman when he is well enough as he suffers from kidney disease. Her elder brother is studying the Da Nang University of Architecture.

Thinh has received a Lifestart Foundation education scholarship since 2014.

We are immensely proud of all students in our scholarship program who somehow manage to excel despite the enormous challenges they face.



UPDATE: 08-03-2020

DOCTOR OF THE FUTURE - LUONG

When I read the letters of gratitude sent to Lifestart Foundation from the students we are supporting, I have no doubt as to the value and importance of the work we are doing. Below is a beautiful letter of gratitude from Lifestart Foundation Education Scholarship student Luong.

Dear Lifestart Foundation,

My name is Tran Thi Minh Luong, and I am a second year medical student at Hue University of Medicine and Pharmacy.

I am very happy and feel so lucky to have become one of your education scholarship recipients this school year. Through this letter, I would like to express my sincere gratitude to you all, and to share with you about myself as well as my plans since I received your sponsorship.

I was born into a family of seven members. My dad could not work after having a stroke which left him paralyzed on one side. Since then, my mum has taken over his role of the main breadwinner of our family. Over the last 6 years, my mum has been working hard everyday from early in the morning till late in the evening. She did every type of work from harvesting rice for people to working as a stevedore, to be able to support her disabled husband and her five children who all go to school. Despite many difficulties, she was determined not to let any of us give up on studying.

Last summer, disaster came again when my mum's eye retina became detached and she lost her eyesight. Now my siblings and I have to manage both to take care of our own lives and to support our parents with their medical treatment, and we are almost coming to a stand-still. Both of my elder sisters are going to university, however my second sister has put her study aside and gone to work, giving the opportunity of a good education to her younger siblings. My younger brother is going to university next year and my younger sister is in Year 7. They are too young and they have a long future ahead. I cannot image what is ahead for us. Sometimes I want to give up on everything however I know the only thing I should do at the moment is to study well with the belief of a better future ahead.

Growing up in a difficult situation has helped me be aware of the importance of study, made me more mature, more independent and know more about myself. During my study process, I have made a lot of effort to achieve what I have today. At the moment I am studying General Medicine to continue my dream of becoming a doctor who will heal people. Furthermore, my big dream is to become an international volunteer doctor who can travel to everywhere in the world with my team to cure patients, especially in remote areas where the medical facilities are difficult to access. That is my passion and my dream, however now it has become one of the burdens that my siblings and I must face. I looked for a scholarship to help ease the burden on my family, to support them to overcome this difficult stage, and also to find good opportunities for myself.

I still remember the day when I received the scholarship interview results. I felt very emotional and was so happy to see the relieved smile on my parents' face because from now on they no longer have to worry about me and my study. I am happy to know that there are people who care in this life and I don't have to fight alone. On my journey, I have met people who love and put their trust in me. This is the motivation, the invaluable material and spiritual support for my family and me and I have a strong belief that I can overcome the difficult path ahead.

The support from your scholarship will help me to focus on my study, broaden my knowledge and get closer to my targets. The scholarship money will be used to pay for my university fees, my living expenses, my study documents, supplies and also pay for the classes and courses to develop myself. At the scholarship presentation event, I also received a new laptop which was such a surprise. I am very delighted and grateful for that and the laptop is supporting me a lot in my study. The scholarship is a huge motivation for me to continue to complete myself and make more effort to achieve better results to be worthy of your expectations. Your caring has fueled my hope for a beautiful life.

In the meantime, I want to send my sincerest thanks to Ms Karen and everyone at Lifestart Foundation. I wish you all good health, success and happiness in life and work. I hope your organization will develop more and more to be able to give more opportunities to those in need.

Goodbye,

Tran Thi Minh Luong.

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UPDATE: 14-03-2020

CONGRATULATIONS DIEU FROM ALL OF THE LIFESTART FOUNDATION TEAM

Dieu has recently completed Year 12 and has been accepted into 1st Year at Danang University of Technology. She will study Electronics & Telecommunications.

While holding her Lifestart Foundation Education Scholarship, Dieu achieved the title of an excellent student over 3 consecutive years at High School.

As a consequence of her high Year 12 results, she was selected to go straight to University without having to sit the entrance exam.

We should never underestimate the importance of providing educational opportunities for young females in developing countries.

Every girl who is provided with education is one less vulnerable woman of the future.

Dieu's parents are rice farmers who work very hard every day to support their family and to make ends meet. Dieu's twin sister has also been the recipient of a LSF Education Scholarship and she too has been accepted into University.

We are so very proud of your accomplishments! The hard work really does pay off.

You can read more about Dieu here:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1049195941792591/?type=3&theater>



UPDATE: 17-04-2020

DOCTOR OF THE FUTURE - GIANG

I have never doubted the profound importance of our Lifestart Foundation Medical Scholarships and our significant investment in the dedicated young people that we support. All of our recipients demonstrate academic excellence and are from disadvantaged backgrounds.

During this covid 19 pandemic I think the world over has a heightened appreciation of our Health professionals and those who have dedicated their lives to this chosen this career path.

Giang is a fourth-year student at Hue University of Medicine and Pharmacy. He comes from a single-parent family. His parents divorced when he was studying in year 5 and he has been living with his mum since then. However not long after his parents divorced he went to stay with his grandparents because his mum needed to travel to work in Nha Trang in order to earn money for the family.

She is a housemaid with a very modest monthly income of 3.5 million dong, which is approximately \$152 USD per month. With this income, it was impossible for the family to manage their lives and to support Giang with a six-year degree studying general medicine.

Despite his difficult situation, Giang is determined and full of energy and enthusiasm.

Different from most university students, Giang took the university exam twice in order to reach his dream of studying medicine. To have enough money to cover his living expenses, Giang had to work long hours as a waiter in a restaurant. He tried hard to juggle his busy schedule at university and work so as he could survive and to hopefully achieve excellent results. He succeeded and achieved a study average of 3.59 out of a possible 4 when he received his Lifestart Foundation Scholarship. The full scholarship from Lifestart Foundation enabled Giang to stop working and it covers all tuition, books, rent and food costs.

Below is the beautiful letter of gratitude from Giang to Lifestart Foundation.

Dear Lifestart Foundation and my sponsor,

My name is Nguyen Bao Giang, a fourth-year student at Hue University of Medicine and Pharmacy, majoring in general medicine. I am one of the luckiest students who have received the precious scholarship from you and Lifestart Foundation. I am very delighted to know that you have chosen me for the scholarship, which is such a big surprise and brings great happiness to me. Even now when I am writing to you, I still think it is only a dream!

Your support is like drenching rain pouring into infertile land, it not only helps me to cover my expenses but also helps me to continue to reach my dream, which I almost decided to give up on one month before the scholarship news.

My family life has been incomplete since my parents divorced when I was studying in year 5. Since then, all of the family burdens are offloaded onto my mother's thin shoulders. Her job as a housemaid gives her a monthly income of 3.5 million dong, which makes it impossible for her to both manage her life and support my study in medicine. Recently, she was diagnosed as having knee osteoarthritis, which made me worry a lot. Thanks to your support, I can have money to cover my living expenses, and my mum can use her income to pay back our debts and have medical treatment. That is the very first precious thing I want to send my sincere thanks to you for.

I am a student who took the university entrance exam twice. I lost two years living in torment about whether to follow my passion or not. Fortunately, a motorbike accident helped me understand the meaning of a medical career and pushed me to make my decision. Now I am proud to be a medical student, to think about what I can do in the future. However, the journey to becoming a doctor is very long and everything seemed to be broken for me, both financially, physically and spiritually. I was really shocked to know how much the cost of medical studies could increase in two years, which was the same as the death penalty for my dream. I cried a lot and thought about giving up. However, there are always miracles in life.

My teacher told me about the Lifestart Foundation scholarship, and after reading the information and considering my situation, I decided to apply for the scholarship. I am so lucky that I was successful! Once again, my dream has been lit. I can still become a doctor to protect my loved ones and my patients. Lifestart Foundation has allowed me to have the right to dream about a new life which is completely the same as its name – Lifestart. That is the second precious thing I want to say thank you to you all for.

The day I told my family the good news, my mum just kept silent for a while, and I knew she was crying although she was trying to repress it. She said in a quiet voice "Try not to disappoint everyone in the foundation and those who are supporting you, son". Mum is just like that, she does not want to show her feelings in front of her son. It is not easy for her to be both a mum and a dad. My grandparents are totally different. My grandma was so happy that she kept talking a lot and asking me about every little thing from how I found the scholarship, how I wrote the application form, how the interview was, and even though I have just answered her, she asked me again and again. My grandma also burned incense to say thanks to our ancestors. My grandma told me that my grandpa kept showing off with our neighbours about me receiving a valuable scholarship, and also receiving a new laptop. I have not seen them as happy as that for a long time. At the moment I feel homesick a lot and I think if I could share this happiness with everyone directly it would be great. That is the third precious thing I want to thank you for.

People usually say, "Actions speak louder than words". That is totally true for me. I will make more effort in my study as well as taking part in more volunteer activities to be able to become a good doctor, who is devoted to his work and can help those in a more difficult situation than me. I will do this as my thanks to you and Lifestart Foundation. I hope Lifestart Foundation will develop more and more in the future and can continue to support the students in Hue University of Medicine and Pharmacy as well as other disadvantaged students in Vietnam. Last but not least, I wish you all good health, happiness, and success in life.

Thank you very much.

Yours sincerely, Giang

Nguyen Bao Giang.



UPDATE: 09-05-2020

Streets International Graduates

Lifestart Foundation has supported Buu and Ngoc through their hospitality training at Streets International.

They both graduated successfully after 18 months and ordinarily Streets would have found them work as Street's graduates are always in super high demand. Unfortunately, their graduation coincided with Covid - 19. Which meant that all hospitality employment opportunities were dashed. The hospitality industry, the world over has been dramatically affected by Covid- 19. However, there is light at the end of the tunnel as Vietnam has just allowed restaurants to re-open and Buu and Ngoc are super keen to get to work to put their training and skills into practice.

If you know of any opportunities for these two delightful, hardworking, exceptionally well trained young ladies, please send us a message.

BUU - on the left, comes from a family of eight. Her parents are rice farmers and they also work as laborers depending on the season. She needs to get a job to help support her large family. Buu has a keen interest in baking and would love employment in this area.

She has successfully completed the eighteen-month international training and apprentice program in professional cooking at Streets International and received her certificate in culinary arts in March 2020.

NGOC - on the right has been sponsored by Lifestart Foundation for many years. She comes from a family of four who face many challenges both economic and health related.

Ngoc was sponsored by Lifestart Foundation to join the vocational training course at Streets International and she has successfully completed the eighteen-month international training and apprentice program in professional food and beverage service and received her certificate in hospitality service in March 2020.

Ngoc would like to get a job as soon as possible to support her family and especially to take care of her mum who suffers from mental health problems.



UPDATE: 12-05-2020

INTERNATIONAL NURSES DAY

Our collective appreciation of our Health professionals could not be greater during this world pandemic that affects each and every one of us.

We send our deepest gratitude to all of the wonderful dedicated nurses in every corner of the world.

Lifestart Foundation is currently supporting 15 nurses to complete their International Master of Nursing studies.

Along with awarding a vast amount of General Medicine scholarships we believe that the best way to improve the long term health outcomes in a developing country is to capacity build nursing staff and nursing educators.

The nurses we are supporting all hold their Bachelor degrees and are working in a variety of roles throughout the hospital system. Their primary focus is to improve their skill level so as they can train and educate the next generation of nurses to

the highest level possible. Many of them have from 200 - 900 nurses under them - so the ripple effect of this type of capacity building will be enormous.



UPDATE: 12-07-2020

MEET LIFESTART FOUNDATION EDUCATION SCHOLARSHIP STUDENT HONG

We should never underestimate the importance of providing educational opportunities for young females in developing countries. Every girl who is provided with education is one less vulnerable woman of the future.

Hong is currently a 1st-year student at Danang University of Foreign Languages and is majoring in Japanese.

Her excellent GPA in the 1st semester was 3.67 out of a possible 4.0.

Hong's dream is to become a qualified Interpreter.

While holding her Lifestart Foundation Education Scholarship, Hong achieved the title of an excellent student over 3 consecutive years at High School. Her GPA in Year 12 was 9.0 out of a possible 10.

There are 6 people in Hong's family. Her grandmother is elderly and is not able to work anymore. Both parents are still working on the fields to grow veggies and rice. Her mother also sells soya milk to earn extra income despite her having poor health. Her elder brother is married with one child and is working at a factory in Hoi An. Her younger brother is studying in year 3.

Read more about Hong here:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/895223047189882/?type=3&theater>

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/685120751533447/?type=3&theater>



UPDATE: 17-09-2020

MEET STREETS INTERNATIONAL GRADUATE BUU

Lifestart Foundation Education Scholarship student Buu has been sponsored by one of our LSF supporters Jill from Australia through her hospitality training at STREETS International. Buu has successfully completed the eighteen month international training and apprentice program in professional cooking and she received her certificate in culinary arts in March 2020.

Buu comes from a family of eight. Her parents are rice farmers and they also work as laborers depending on the season. She has always been very motivated to gain employment to be able to help support her large family.

Buu graduated just as Covid-19 had taken hold and it had a dramatic impact on the hospitality industry, with many losing their jobs and indeed many businesses closing. Buu was very lucky to be offered a position that would give her secure employment and also help her to further develop her keen interest in baking.

This delightful, hardworking, exceptionally well trained young lady is currently working as a Commis Pastry Chef at Poulo Condor boutique resort & spa at the stunning Con



Dao Island. Her tasks include making various types of pastry and delicious desserts. Congratulations to Buu from all of the team at Lifestart Foundation. We wish you every success in your chosen career path.



UPDATE: 21-11-2020

DOCTOR OF THE FUTURE

CONGRATULATIONS Long from all of the Lifestart Foundation team, we are so very proud of your achievements. Lifestart Foundation Education Scholarship student Long has recently completed year 12 and has been accepted into Hue University of Medicine and Pharmacy to study General Medicine, achieving his long-held and cherished dream to become a doctor.

Long will join the current group of 20 outstanding Lifestart Foundation Medical Education Scholarship students at Hue University of Medicine and Pharmacy.

At the end of Year 12 he achieved a total of 28.65 out of a possible 30 in which he received 9.4 in Maths, 9.25 in Chemistry and 9.25 in Biology, and 0.75 bonus mark.

As with all of our scholarship students, despite enormous odds stacked against them they continue to inspire us with their accomplishments and determination.

During his last three consecutive years at Le Thanh Tong High School for Gifted Students, Long achieved the title of an excellent student.

Long comes from a family of five people including his parents, his two younger brothers, and Long. The family originally lived in Nong Son, a remote district of Quang Nam province. Long's parents used to travel very far away from home to work because it was so difficult for them to find employment in their hometown. That's why Long was sent to live with his grandfather in Hoi An since he commenced kindergarten.

You can read more about Long in a previous post here:

<https://www.facebook.com/TheLifestartFoundation/posts/1571553042890209>



UPDATE: 28-11-2020

CONGRATULATIONS DUYEN from all the Lifestart Foundation Team

Duyen has recently completed Year 12 and has been accepted into 1st Year at the Banking University of Ho Chi Minh City. She will complete her degree in Finance and Banking. While holding her Lifestart Foundation Education Scholarship, Duyen achieved the title of an excellent student over 3 consecutive years at High School. Duyen has had a Lifestart Foundation education scholarship for the past 6 years.

We should never underestimate the importance of providing educational opportunities for young females in developing countries. Every girl who is provided with education is one less vulnerable woman of the future.

Duyen comes from a family of six. Her parents are farmers who work very hard to support their family and she also has three siblings.

You can read more about Duyen here:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/894690717243115/>



UPDATE: 05-12-2020

LIFESTART FOUNDATION UNIVERSITY STUDENT UPDATE

👉 **CLICK HERE TO READ ALL ABOUT OUR UNIVERSITY SCHOLARSHIP STUDENTS:** <https://bit.ly/UniStudentsUpdate2020>

We are so very proud of each and every one of these students, many are the first in their family to attend University. Against all odds, through sheer hard work, determination, and the support of Lifestart Foundation, they have achieved amazing results.

At Lifestart Foundation we believe in long-term sustainable aid and we achieve this through education.



UPDATE: 06-12-2020

LIFESTART FOUNDATION - MASTER OF NURSING SCHOLARSHIPS

Lifestart Foundation has awarded 15 scholarships to Master of Nursing students to help them to complete their studies. The nursing profession in Viet Nam is not held in as high esteem as it should be and we hope that by capacity building nurses to attain their Masters will have a ripple effect of a more highly trained nursing team of professionals throughout Viet Nam.

It was our pleasure and honor to support these wonderful dedicated health care professionals.

The Masters' students travel to Thailand to complete their 2 year International Level Master of Nursing degree. All of the students awarded a scholarship have a profound desire to help and work in their communities in Viet Nam and to improve the standard of the nursing profession.

Below is a thank you letter from one of the students who received a scholarship from Lifestart Foundation. After reading it, I hope you will agree with me what a worthy recipient Trang is. She is a single mum with a monthly income of approximately \$245 USD. Trang has to manage to cover all of the living expenses for her son, her elderly mother, and herself. However, this has not discouraged her from pursuing her dream of developing a career path in nursing.

Trang's thank you letter.

Dear Lifestart Foundation,

My name is Nguyen Thi Khanh Trang, a lecturer at Hue College of Medicine. I am currently a nursing student of the Master's course at Hue University of Medicine and Pharmacy, which is connected to the Khon Kaen University of Thailand.

I am a single mum living with my elderly mother and my 6 year old son.

I am very happy and feel so lucky to receive the scholarship from Lifestart Foundation. This not only gives me material support but also provides wonderful spiritual relief which helps me to overcome the challenges in life. I am really very touched and grateful to you all.

When I was in high school, I learned many things but found it hard to decide on my future. I was not sure of which way I would go, and which career I would follow. After completing year 12 at that time, the nursing profession was a new major at Hue University of Medicine and Pharmacy, and I decided to take the course, even though I did not fully understand what it would entail. I only thought that nursing was about having the skills and techniques to take care of patients.

However, when I really got into it, I found a lot of difficulties with this career path. If I had not had a strong love for the work, which required me to please everyone, to be a good listener, and to be patient, I would not have been able to complete my role as a nurse. I know that there are many students who do not have a full understanding of the nursing profession and the role of a nurse in patient care. Therefore, after graduating, I decided to pursue a career in teaching nursing to contribute to helping students who want to follow this career.

Being a nursing teacher, studying to improve your working skills is indispensable. And joining the Master's program is a great opportunity for me to update my knowledge as well as to improve my English. Besides that, my highest ambition as a result of this course is to gain the necessary knowledge to do scientific research. For a nurse, doing research is extremely important to help them become more independent in making decisions in patient care. While attending this course, I have learned how to complete research and I have had the chance to publish my article in an international newspaper. However, the cost of this course is so expensive compared to my monthly income as a teacher, which has made the struggle real.

I was lucky to hear about the Lifestart Foundation scholarship from my University lecturers. The money from this scholarship is a great support, that I can use to pay for the tuition fees and other costs. Also receiving this support has given me greater self-belief, so I am confident I will succeed and complete the course.

After the course, I would like to apply what I have learned to my teaching and my research. I will take the first step in changing how students think about their career and train them with standard knowledge and skills, which will help them to be more independent in the future. I hope I can also make them more engaged with their work, and help them to improve their scientific research. Nursing staff can develop the nursing profession by developing new practices based on evidence. I hope that this will make the nursing profession become more respected in our society.

Finally, I would like to send my best wishes to everyone at Lifestart Foundation. I hope that you will have more and more success in the future to be able to support more students, who face difficulties but have the energy and optimism necessary to succeed.

My sincere thanks to everyone,

Nguyen Thi Khanh Trang

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: 12-12-2020

CONGRATULATIONS TUYET from all of the Lifestart Foundation team, we are very proud of your achievements.

We should never underestimate the importance of providing educational opportunities for young females in developing countries. Every girl who is provided with education is one less vulnerable woman of the future.

Lifestart Foundation Education Scholarship student Tuyet has recently completed year 12 and has commenced her 1st year studying Physical Therapy & Rehabilitation at Danang University of Medical Technology and Pharmacy.

As with all of our scholarship students, despite enormous odds stacked against them they continue to inspire us with their accomplishments and determination.

While holding her Lifestart Foundation Education Scholarship, Tuyet achieved the title of excellent student over the last 3 consecutive years at High School. Tuyet has had a full Lifestart Foundation education scholarship for the entire 6 years at Secondary and High School.

There are 5 people in Tuyet's family. Her parents are both rice farmers who work extremely hard to support Tuyet and her younger brother as best they can.

Click here to read more about Tuyet: <https://bit.ly/3fzB1zY>



UPDATE: 16-12-2020

CONGRATULATIONS THAO from all the team at Lifestart Foundation, we are very proud of your achievements.

Thao has completed year 12 and has been accepted into Ho Chi Minh University of Social Sciences and Humanities to study English Linguistics and Literature.

As with all of our Lifestart Foundation scholarship students, despite enormous odds stacked against them they continue to inspire us with their accomplishments.

During her last three consecutive years of studying in the English specialized class at Le Thanh Tong High School for gifted students, Thao achieved the title of excellent student. With her excellent year 12 results, she was selected to go straight to University without

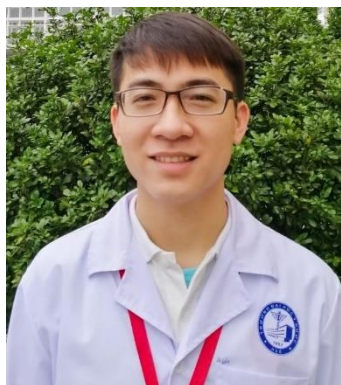
needing to sit the University entrance examination.

She has been a Lifestart Foundation scholarship recipient for 6 years. The life changing Lifestart Foundation scholarship has made Thao all the more determined to be a successful scholar and to break the poverty cycle by eventually graduating from University.

We should never underestimate the importance of providing educational opportunities for young females in developing countries. Every girl who is provided with education is one less vulnerable woman of the future. There are 5 people in Thao's family. Her mum makes lanterns while her dad is a builder's assistant. Thao's younger brother is currently in grade 8 and he is also an excellent student.

Click here to read more about Thao:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/751104491601739>



UPDATE: 20-12-2020

GREAT NEWS FROM MEDICAL STUDENT LAM – DOCTOR OF THE FUTURE

Congratulations Lam on achieving the maximum of 4.0 out of 4.0 in the second semester of Year 2! A perfect score. All of the team at Lifestart Foundation are extremely proud of your achievements.

Lam is a diligent third-year General Medicine student at Hue University of Medicine and Pharmacy. He has held a full Lifestart Foundation education scholarship since he was in grade 6 at Primary school.

Lam comes from a large and poor family that has experienced a lot of sadness in the past. Both his dad and his elder brother passed away in the same year, which left his mum and elder sister needing to work really hard to support the family.

During the past 2 years at university, Lam has always maintained excellent study results, but a perfect score this past semester is nothing short of outstanding. Besides attending classes, Lam spends an average of 7 hours per day on self-study. With his constant striving for excellence, he achieved a maximum of 7 A level marks for 7 subjects! We are extremely proud of Lam's academic achievements which would not have been possible without his hard work and the generous gift of his full Lifestart Foundation Education scholarship.

It has been an absolute pleasure to watch Lam grow and develop into a capable and delightful doctor of the future. We will keep you updated on Lam's progress.

You can read more about Lam here:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1940609585984551>



UPDATE: 26/12/2020

CONGRATULATIONS HUY from all the team at Lifestart Foundation, we are very proud of your academic achievements.

Huy has received a Lifestart Foundation Education scholarship since grade 8. He has now completed year 12 and has been accepted into Danang University of Technology to study Building Engineering.

Huy is vision impaired and lives with his family of 6, including his parents, his younger sister, 2 younger brothers and himself. His father works as a builder's assistant while his mum is a tailor. Sometimes his mum sells fried banana cakes at the local market and cooks for the local parties to earn extra income. Huy and his younger brother are not as fortunate as some children. Huy has been blind in one eye since birth and his brother has liver disease which has seen him already undergo two operations. As his youngest brother was just born this year, the family income completely depends on his dad, so he

needs to work very hard to support the big family.

With his excellent year 12 results, Huy was selected to go straight to University without needing to sit the University entrance examination. He has now moved to Danang and is settling into university and life in the big city.

As with all of our Lifestart Foundation scholarship students, despite enormous odds stacked against them they continue to inspire us with their accomplishments. Huy is a diligent and confident boy despite the challenges he faces with his vision. We are very proud of your achievements and wish you every success in your future path.

Click here to read more about Huy: <http://bit.ly/3reFgOp>



UPDATE: 02-01-2021

CONGRATULATIONS THAM from all the team at Lifestart Foundation, we are very proud of your achievements.

Tham has held a full Lifestart Foundation Education Scholarship since year 7. She has now completed year 12 and has commenced her 1st year studying Economic Law at Danang University of Economics.

Tham has always been one of our most diligent scholarship students with her excellent academic performance.

While holding her Lifestart Foundation Education Scholarship, Tham achieved the title of excellent student over the last 3 consecutive years at High School.

With her excellent year 12 results, Tham was selected to go straight to University without needing to sit the University entrance examination.

As with all of our Lifestart Foundation scholarship students, despite enormous odds stacked against them they continue to inspire us with their accomplishments.

Tham comes from a family of 5, including her grandma, her parents, her elder sister, and herself. Tham's grandma is elderly with failing eyesight and is unable to work. She stays at home to help with household chores. Tham's parents are both rice farmers who work very hard every day to support the entire family. Especially, Tham's dad who lost one of his legs after a bomb blast when he was 5 years old. His disability does not allow him to perform heavy work or do extra jobs to earn more income for the family but despite his disability Tham's dad is a hard worker and provider for his family.

We should never underestimate the importance of providing educational opportunities for young females in developing countries. Every girl who is provided with education is one less vulnerable woman of the future.

Over the years we have supported Tham and her family, not only with an Education Scholarship but also by providing her father with a three-wheeled motorbike and by building the family a kitchen and bathroom to improve their living conditions.

Click here to read more about Tham and her family: <http://bit.ly/3o3tDAi>

- ◆ A new three-wheeled motorbike donation for Tham's father: <http://bit.ly/2WRXorS>
- ◆ Kitchen & Bathroom Project for Tham's House (Original House): <https://bit.ly/2UgSNwJ>
- ◆ Kitchen & Bathroom Project for Tham's House (Complete House): <https://bit.ly/2rsDsMG>
- ◆ A bicycle donation for Tham: <http://bit.ly/37W0hOO>



UPDATE: 09-01-2021

CONGRATULATIONS DUYEN from all the team at Lifestart Foundation, we are very proud of your achievements.

Duyen has held a full Lifestart Foundation scholarship for the entire 7 years at Secondary and High School. She has recently finished year 12 and has been accepted into Danang University of Medical Technology and Pharmacy to study Nursing. She will be the first in her family to attend university.

We should never underestimate the importance of providing educational opportunities for young females in developing countries. Every girl who is provided with education is one less vulnerable woman of the future.

As with all of our scholarship students, despite enormous odds stacked against them they continue to inspire us with their accomplishments and determination.

Duyen lives with her family of three, including her dad, her younger brother, and herself. Sadly, Duyen's mother and twin siblings passed away during childbirth, leaving her father as the sole breadwinner for the family. Her father works as a farmer as well as a builder's assistant. Despite his impaired vision, possibly due to cataracts, he still works very hard to support the entire family as best he can.

Congratulations Duyen we wish you every success for the future in your noble career path.

Please click here to read more about Duyen's story: <http://bit.ly/381OUor>



UPDATE: 16-01-2021

DOCTOR OF THE FUTURE

CONGRATULATIONS Loc from all of the Lifestart Foundation team, we couldn't be more proud of your achievements.

Loc has held a full Lifestart Foundation Education Scholarship since grade 9. He has recently completed year 12 and has been accepted into one of the most prestigious universities in Vietnam - Hue University of Medicine and Pharmacy to study General Medicine, achieving his long-held and cherished dream to become a doctor. He will be the first in his family to attend university.

Loc will join the current group of 35 outstanding Lifestart Foundation Medical Education Scholarship students at Hue University of Medicine and Pharmacy. This cohort includes 20 who are studying General Medicine and 15 Master of Nursing Lifestart Foundation Education scholarship recipients.

At the end of Year 12, Loc achieved a total of 27.7 out of a possible 30 in which he received 9.2 in Maths, 9.0 in Chemistry, and 9.25 in Biology, plus a 0.25 bonus mark.

Loc is a brilliant and dynamic young man. During his last three consecutive years at Le Thanh Tong High School for Gifted Students, Loc achieved the title of an excellent student. During the time revising for the most important exam of a student's life – the National High School Graduation Exam, Loc spent an average of 9-10 hours per day on self-study which was in addition to his class time. He also attended many extracurricular activities held by the youth union in his school.

As with all of our scholarship students, despite enormous odds stacked against them they continue to inspire us with their accomplishments and determination.

Loc comes from a family that has experienced a lot of sadness in the past. Loc is a twin and his twin brother suffers from epilepsy. His dad passed away when he was 2 years old and his mum remarried when he was 8 years old. Since his mum remarried she left to live with her new family and has not supported Loc or his twin brother. Fortunately for Loc and his brother they were taken in by a good-hearted and kind uncle and his wife. Loc and his twin brother have been living with their uncle's family including Loc's grandmother, Loc's uncle, and auntie, and Loc's three cousins. His grandmother is old so she stays at home and helps with taking care of the younger children. His uncle and aunt are factory workers who work very hard to support so many people in their extended family.

Loc and his brother are lucky to have been taken in by their uncle and aunt and we can see that despite being very poor, they value education and have provided as best as they can with good living and study conditions for the two boys.

You can read more about Loc in previous posts here:

◆ Introducing Lifestart Foundation Scholarship student Loc: <http://bit.ly/38cNreU>

◆ Tablet Donation for Loc: <http://bit.ly/3oelkSb>



UPDATE: 23-01-2021

CONGRATULATIONS PHUONG from all the team at Lifestart Foundation, we are very proud of your achievements.

Phuong has received a full Lifestart Foundation Education Scholarship since year 7. She has successfully completed year 12 and has commenced her 1st year studying English Translation and Interpreting at Danang University of Foreign Language Studies. Thanks to her generous sponsor, she will now be able to continue her studies at university to realize her dreams.

As with all of our scholarship students, despite enormous odds stacked against them they continue to inspire us with their accomplishments and determination.

While holding her Lifestart Foundation Education Scholarship, Phuong achieved the title of excellent student over the last 3 consecutive years at High School.

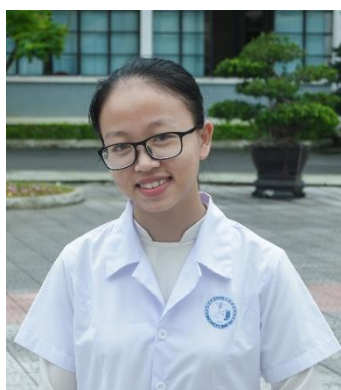
We should never underestimate the importance of providing educational opportunities for young females in developing countries. Every girl who is provided with education is

one less vulnerable woman of the future.

Phuong is a twin and comes from a large family of 7, including her parents, her 3 elder sisters and, her twin sister and herself. Both her parents are farmers who work very hard on the field to support their big family. Her father also works as a builder's assistant to earn extra income. Her eldest sister and second sister are working in a factory, their income helps support the family. Phuong's third sister is a third-year student at Danang University of Technology and her twin sister is a freshman at Danang University of Medical Technology and Pharmacy.

Click here to read more about Phuong:

- ◆ Introducing Phuong, a new Lifestart Foundation Education Scholarship student: <http://bit.ly/359BiWs>
- ◆ Phuong receives a donation of chickens: <http://bit.ly/38ZbUnf>
- ◆ Typhoon Damrey and Flood Donation for Phuong's Family: <http://bit.ly/3pQAYUs>



UPDATE: 24-01-2021

DOCTOR OF THE FUTURE – MEET THAI

I have never doubted the profound importance of our Lifestart Foundation Medical Scholarships and our significant investment in the dedicated young people that we support. All of our recipients demonstrate academic excellence and are all from disadvantaged backgrounds.

Thai is currently a fourth-year General Medicine student at Hue University of Medicine and Pharmacy.

She comes from a poor village in the Central Highlands, which is about 15 hours by bus from Hue.

There are 5 people in her family, including her parents, her elder sister, her younger brother, and herself.

Thai's parents are both farmers, who rely on a meager unstable income to support their family. They are deemed to be close-to-the-poor list by the government. Due to their unstable income, they needed to borrow large sums of money to

manage basic daily living expenses including their children's school fees. As a result, her family is in a very difficult economic situation.

Thai comes from a family that has experienced a lot of sadness in the past. When Thai was young, her parents bought a piece of land to grow coffee. But soon after the first harvest, there was a serious drought which caused a shortage of water for irrigation. In order to save the coffee land, her parents had to borrow money to hire workers to drill wells to find water but unfortunately, there was still not any water. After that, they had to sell the coffee land. Despite selling their land there was still not enough money to pay for drilling the well and the bank interest.

It never rains but it pours for Thai's family. A few days after selling the coffee land her mum had a stroke, which left her unable to walk or to see anything. At that time, Thai was in year 7. As you can imagine this made life even more difficult for her family. Luckily, thanks to the doctors' patience and devotion, Thai's mum's health gradually improved.

In the rural area where Thai was born and raised, unfortunately, there was a common belief that boys have more value than girls. People think that girls don't need to study much because when they get married, they will leave home and their parents will be further disadvantaged.

When Thai was 15 years old, despite her poor health, her mum gave birth to a baby boy. Two months after the baby boy was born, her family didn't have rice to eat!

You may think that this poor family really has had enough but in 2016, Thai's parents borrowed money to raise a herd of pigs so that her mum could stay at home to look after them. However, after one year, the price for selling pigs dropped significantly and two years later, the situation got worse when there were severe outbreaks of several animal epidemics which included Foot-and-Mouth Disease and African Swine Fever. This has left her family with a huge debt and their stock all dead.

Not discouraged by her disadvantaged situation and the many challenges in her life, Thai has made every effort with her study. Together with the dedicated support from her parents towards their children's studies regardless of their gender, Thai is motivated to study diligently in order to break the poverty cycle. Thai is a brilliant student and she had a 3.88 study average out of a possible 4 in her second year at university. Interestingly, her older sister is also an excellent student. She is now a Preventive Medicine student at Hue University of Medicine and Pharmacy too!

In addition to attending lectures and clinical practices, Thai also spends an average of 5 hours per day self-studying on weekdays and 12 hours per day self-studying on weekends. Before receiving her Medical Education Scholarship from Lifestart Foundation, she had to work part-time as a waitress to cover her living costs in Hue.

After receiving her Lifestart Foundation Scholarship Thai's life has changed for the better. An enormous burden is lifted from her shoulders and that of her families too. Besides studying, Thai is an active member of the Living Blood Bank and Cardiovascular club at university to help people in need.

Thai shared that it is her positive energy that has helped her to overcome a lot of difficulties in her life to realize her long-held and cherished dream of becoming a doctor.

We warmly welcome Thai into the Lifestart Foundation family. Stay tuned for more to come in future posts as we watch her progress with great interest.

Below is the beautiful letter of gratitude from Thai to Lifestart Foundation.

Dear Karen and everyone at Lifestart Foundation,

My name is Nguyen Thi Thai, a student of general medicine at Hue University of Medicine and Pharmacy.

Today I'm writing this letter to send my thanks to my sponsors, Ms. Karen and Lifestart Foundation's staff. Besides that, I would like to share with you a little about my life and my dream because you believed in me and have given me the chance to continue my study and complete myself.

I was born in a poor village, the people's lives in my area is very difficult. They have to work hard but they still don't have enough money for their lives; my family is in this same situation. Although my parents have to work hard, they still have a strong desire that their children will have a good education so that they will not have to work so hard and will be respected by other people in society. My parents always love us so much and give us the best things. Due to that big love, I tried so hard to study well and be accepted into Hue University of Medicine and Pharmacy. My biggest motivation was my family's love, my gratitude to the doctor who saved my mother from death, and the determination of an 18-year-old youth. It helped me to overcome the difficult times when I had to earn money so I could support my study. At that time, I used to think that I would not realize my dream. Being accepted into the University of Medicine and Pharmacy was an exciting thing and even more exciting was that my elder sister and I were accepted into the same university. My relatives and my neighbors gave their compliments to my family but they didn't know that there were a lot of worries and burden on my father's shoulders. He was also getting older and his eyesight becoming worse. He couldn't see clearly and he thought a lot of my mother's illness. My parents hid their worries so that I was able to focus on my study. But I understand clearly about my family's situation, so I tried to study harder and got a part-time job to support my study at the university.

I was very busy going to the clinics, to school, and doing my part-time job in the evening or going on duty at the hospital. I felt very tired. But luckily, I heard about Lifestart Foundation education scholarships and submitted my application. I had the chance to meet Ms. Karen and Lifestart Foundation's staff in Hoi An. I experienced feelings that I have never confided to my friends and I felt the warm affection of Ms. Karen and her staff for me. More luckily, I was informed that I would be one of the scholarship recipients. It was a huge relief to me and made me extremely happy. My family and my friends were very happy and sent me a lot of sincere congratulations.

Lifestart Foundation education scholarship has a big value, not only a material one providing me with support for my daily living expenses, my study, and helping my parents to reduce their financial burden, but it is also a huge spiritual gift. It's an acknowledgment of my effort in the past. In addition, it will encourage me to study harder in the future in order not to disappoint everyone who believed in me, helped me, and gave me this chance. I know that this is the opportunity for me to improve my knowledge as well as give back to the community though I can only participate in a few volunteer activities at the moment. But the biggest thing is that I will become a good doctor in the future.

I am very grateful to my sponsors, Ms. Karen and Lifestart Foundation's staff. I would like to send my sincere thanks to all of you and promise to use this scholarship appropriately. I will try to study hard every day and participate more in activities that will be a benefit to society.

I wish all of you and Ms. Karen good health and happiness.

Best regards,

Nguyen Thi Thai



UPDATE: 30-01-2021

CONGRATULATIONS DUYEN from all the team at Lifestart Foundation, we are very proud of your achievements. 🎉🎊

Duyen has been a Lifestart Foundation Education Scholarship student since year 7. She has recently finished year 12 and has been accepted into Danang University of Medical Technology and Pharmacy to study Physical Therapy & Rehabilitation.

Duyen comes from family of 6, including her parents, her elder sister, two younger brothers and herself. Duyen's parents are both working at a shoe factory in Dien Ban. In addition to working at the factory, they also raise and sell chickens and ducks to earn extra income to support their big family.

We should never underestimate the importance of providing educational opportunities for young females in developing countries. Every girl who is provided with education is one less vulnerable woman of the future.

As with all of our scholarship students, despite enormous odds stacked against them they continue to inspire us with their accomplishments and determination.

In her final three consecutive years of High School, she achieved the title of an excellent student.

Thanks to her generous sponsor, Duyen will now be able to continue her dream of completing her university degree to break the poverty cycle.

Duyen and her family are extremely grateful for the enormous help and support from her long-term sponsor as well as Karen and everyone from the Lifestart Foundation team. She shared that the scholarship and the dedicated support from everyone will be always a source of motivation for her to keep trying hard and striving for excellence.

Please click here to read more about Duyen: <http://bit.ly/3rUYqu6>

MEET ALL OF OUR UNIVERSITY STUDENTS AND GRADUATES HERE: <https://www.lifestartfoundation.org.au/wp-content/uploads/2020/12/University-Students-Update-Dec-2020.pdf>



UPDATE: 31-01-2021

MEET DOCTOR NHUNG – A LIFESTART FOUNDATION EDUCATION SCHOLARSHIP SUCCESS STORY

You may remember our scholarship student Nhung, a hard-working young woman who graduated from Hue University of Medicine and Pharmacy two years ago. Nhung has been sponsored by Lifestart Foundation for many years. It is a long road that we walk with our scholarship students, from the early days at Secondary school to the completion of a six-year degree. It can often be a 12- or 13-year journey.

Nhung has completed her six-year university Preventive Medicine degree at one of the most prestigious universities in Vietnam. As a result of her hard work and determination, and wonderful sponsors she was able to pursue her dream career as a Preventive Medicine doctor.

Since graduating, Nhung has been working as a **Preventive Medicine Doctor** at the renowned Family General Hospital in Danang city.

We couldn't be prouder of your achievements!

Recently Nhung has shared with us about her current life and we are so happy to learn that she is enjoying her life and work now.

Her daily duties at the hospital include examining and providing consultation and treatment for patients including nutritional therapy, psychotherapy, advocacy therapy and preventative counselling.

Nhung is also a leader of a group of young doctors who have just graduated. In this role she often guides and organizes the daily work for her colleagues. She is also the group's representative to discuss work-related issues with the hospital's management.



Nhung continues to work really hard to gain more knowledge and experience as well as to achieve her dream of further study to complete her Masters degree abroad. Her chosen long-term career is to become a clinical nutritionist or a family medicine specialist.

Nhung was born and raised in Hoi An and is the second child in a family of 5. Her family includes her parents, her elder brother, her younger sister and herself. Her father still works as a builder's assistant and her mother sells fish at the local market. Her elder brother is a taxi driver and he is now married. His wife is an accountant working in Hoi An. They have a
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lovely 5-month-old daughter. Nhung's younger sister, Lua – also a Lifestart Foundation Education Scholarship student, has just graduated from Hue University of Foreign Languages with a degree in Chinese language studies.

Congratulations Nhung, we wish you ongoing success in your noble career path!

Click here to read more interesting stories about Nhung:

- ◆ Nhung volunteers at the Lifestart Foundation workshop: <http://bit.ly/38dgHvi>
- ◆ A laptop donation for Nhung: <http://bit.ly/2Xc7vrS>
- ◆ Nhung graduates from Hue University of Medicine and Pharmacy: <http://bit.ly/3rRRISl>



UPDATE: 06-02-2021

CONGRATULATIONS Sang from all the team at Lifestart Foundation, we are very proud of your academic achievements.

Sang has received a Lifestart Foundation Education scholarship since grade 7. He has now completed year 12 and has been accepted into Ho Chi Minh University of Technology to study Mechanical Engineering.

Thanks to his generous sponsors from Australia, he is now able to continue his studies at university to realize his dream of becoming an engineer in the future. Sang is the first in his family to attend university.

As with all of our Lifestart Foundation scholarship students, despite enormous odds stacked against them they continue to inspire us with their accomplishments.

Sang's childhood was a difficult and very sad story. After his parents divorced he was abandoned by his mother and ultimately his father too. After Sang's mother left he lived with his father who had to stay away for work and subsequently left Sang living alone for a few years fending for himself! Neighbours in the country-side finally tracked down his disabled uncle who was taking care of Sang's elderly grandmother at that time. Since then, Sang has been taken in by his good-hearted uncle who works very hard to support the entire family despite his disability while his father who he rarely saw had to work far away from home.

Sang is a diligent student and always shows excellent academic performance despite his disadvantaged family situation. During his last three consecutive years at Le Thanh Tong High School for Gifted Students, Sang achieved the title of an excellent student. He was also a Physics superstar! He achieved the third prize in the provincial ranking contest for excellent students in year 11 in Physics and also won a Silver medal in the Olympic contest later that year. Despite the challenges Sang had to face during the last school year when schools were closed twice with the first time lasting for one month and the second time for three months due to the Covid-19 pandemic, he still managed to overcome the difficulties and achieved very good study results. He spent 6 hours a day on self-study in addition to his class time. With his excellent year 12 results, Sang was selected to go straight to University without needing to sit the University entrance examination. He has now moved to Ho Chi Minh City and is settling into university and life in the big city.

For the past few years, Sang's sponsors and Lifestart Foundation have supported Sang with not only a full Education Scholarship but also study tools as well as an e-bike and more nutrition to create the best learning conditions for him. Sang is very thankful for the dedicated help and care from his sponsors and Lifestart Foundation which has helped him to overcome all those obstacles to achieve success today.

Congratulations Sang we are very proud of your achievements and wish you every success in your future path.

Please click on the links below to read more about Sang's stories:

- ◆ Introducing new Education Scholarship student Sang: <http://bit.ly/2MtWdu8>
- ◆ Sang receives milk as additional monthly support from his sponsors: <http://bit.ly/3iOodT2>

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- ◆ Sang receives a new desk from his generous Lifestart Foundation sponsors: <http://bit.ly/39klOBa>
- ◆ Sang, our Physic superstar, receives an e-bike and tutoring classes from Nay: <http://bit.ly/3sZPOdg>
- ◆ Sang meets his generous sponsors from Australia: <http://bit.ly/39j8Pjy>
- ◆ Sang receives birthday gift boxes from his sponsors: <http://bit.ly/39km0Ao>



UPDATE: 21-02-2021

CONGRATULATIONS THANH FROM ALL THE LIFESTART FOUNDATION TEAM

Thanh is our most recent Education Scholarship student to graduate from university. He has recently completed a 4-year Bachelor degree in Occupational Therapy at Ho Chi Minh University of Medicine and Pharmacy. We are so very proud of his accomplishment and the young man he has grown into.

Thanh has held a full Lifestart Foundation education scholarship since grade 8. It is a long journey with each student when they are initially awarded the Lifestart Foundation scholarship for both our 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. Thanh is the first in his family to graduate from university.

There are 6 people in Thanh's family, including his mother, 2 elder sisters, 1 elder brother, 1 younger brother and himself. Thanh's parents divorced before he was born, left alone his mother became the sole breadwinner for the family. This has made their life very challenging.



In the past, his mum used to sell lottery tickets on the street to help raise enough money to support her 5 children. After the passing of Thanh's grandfather, her family moved to his grandmother's house so that his mum could look after her better. His mum was then able to stop working as a lottery ticket seller. She opened a small grocery shop at the grandmother house to help support her family.

Thanh loves his mum so much. She is very strong and this has motivated him to constantly strive for better.

Not being discouraged by his disadvantaged situation, Thanh has inspired us with his hard work in his studies. When he wasn't initially successful in the examination to get into the University degree that he had set his heart on in the first place, he was not put off, a determined Thanh decided to do one year of self-study at home and to try again. His determination paid off and he was accepted into the Ho Chi Minh City University of Medicine and Pharmacy to complete a 4 year degree in Occupational Therapy. Besides attending classes, Thanh also actively participated in extra-curricular activities including organizing summer holidays for pupils in elementary schools in Cai Be, Tien Giang.

Thanh was born in Duy Hai, a fishing village to the south of Hoi An. However, during 3 years at high school, Thanh had to live away from his family because his school was far from his house. This helped him to be independent and helped him to adapt to the life in the big city of Ho Chi Minh when he first moved there for university studies. At the present, Thanh has returned to Danang for work and has settled down for his life there. He has found employment at the famous Danang C Hospital and is currently working as a Physical Therapist. He hopes this career will not only benefit himself and his family in the future but more importantly the wider community. He hopes to be able to help patients, especially those who were born with disabilities to improve their mental and physical health thereby enhance the living standard for a lot of people.

Over the years we have supported Thanh not only with the full Lifestart Foundation Education Scholarship but also with basic necessities for his studies and living including providing him with a food allowance, rent allowance, a laptop, a bicycle and a second-hand motorbike.

It's been an absolute pleasure for the Lifestart Foundation to accompany Thanh through his education journey and watch him grow and develop into a capable young man. Once again, congratulations Thanh we wish you every success in your career path!

You can read more about Thanh here:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1126463917399126>



UPDATE: 27-02-2021

HAPPY VIETNAMESE PHYSICIANS' DAY!

Celebrated on February 27th, Vietnamese Physicians' Day is a professional observance in Vietnam that has been held annually since 1955.

On this occasion, Lifestart Foundation would like to express our heartfelt appreciation to Health professionals including but not limited to doctors, nurses, pharmacists, other medical staff and medical students all over Vietnam who have dedicated their lives to this noble career path, especially during this challenging time of the Covid-19 pandemic

that has affected each and every one of us the world over.

Over the past years, Lifestart Foundation has provided 60 medical scholarships to outstanding students in Central Vietnam. All of our recipients demonstrate academic excellence and are all from 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 have never doubted the profound importance of our Lifestart Foundation Medical Scholarships and our significant investment in the dedicated young people that we support.

Pictured in this post are some of our current medical and pharmacy scholarship students at Hue University of Medicine and Pharmacy.



UPDATE: 28-02-2021

Lifestart Foundation has awarded 15 scholarships to **Master of Nursing students** to help them to complete their studies. The nursing profession in Viet Nam is not held in as high esteem as it should be and we hope that by capacity building nurses to attain their Masters will have a ripple effect of a more highly trained nursing team of professionals throughout Viet Nam.

It was our pleasure and honor to support these wonderful dedicated health care professionals.

The Masters' students travel to Thailand to complete their 2 year International Level Master of Nursing degree. All of the students awarded a scholarship have a profound desire to help and work in their communities in Viet Nam and to improve the standard of the nursing profession.

Below is a thank you letter from one of the students who received a scholarship from Lifestart Foundation. After reading it, I hope you will agree with me what a worthy recipient Yen is. Yen is a Lecturer at Quang Nam Medical College. She graduated from Hue University of Medicine and Pharmacy. The reason why she wanted to study for her Masters Of Nursing was to improve her knowledge and to be able to improve the quality of teaching at her College.

Yen's thank you letter:

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182 Buckley Street, Essendon, Victoria, 3040, Australia

Tel +61 3 9331 2540

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Dear Ms Karen, and Lifestart Foundation,

My name is Truong Ho Ha Yen, a lecturer at Quang Nam College of Medicine. And I am a nursing student on the Master's course at Hue University of Medicine and Pharmacy which is connected to the Khon Kaen University of Thailand.

I am very happy and grateful to know that I have become one of the recipients of the scholarship from Lifestart Foundation.

I was born and raised in Quang Nam, a poor province with hard-working people. My dad is a disabled man so every financial issue is loaded on my mum's shoulders. My mum had to work very hard to raise us. After a long time of studying, I have become a nurse and work at Quang Nam College of Medicine. Taking care of the patients and teaching the next generation of nurses is my joy and happiness. Even though my income is not high, I can manage to cover my living expenses and help my parents. I am married and have a five year old daughter. To meet the soaring demands of society, as well as to develop myself for my job's requirements, I have decided to join the Master course of Nursing.

This course is a challenge for me because I have to overcome many difficulties to reach my dream. The course is totally taught in English which requires me to improve my English which has been neglected for a long time. Everything was tough however I was trying to be patient to get over the difficulties because this is a great opportunity for me to change myself. Besides that, I have to face financial problems because of expenses, school fees, and other additional costs to study in Thailand. In return, I learn a lot of things from Khon Kaen University. They have new teaching methods and a modern medical environment, which helped me broaden my horizons. The huge resources of information from prestigious sources available from the university library have supported me and increased my knowledge in the field of medicine.

After I finish this course, I will continue my job and step by step develop my career in the college where I work. I will make every effort to build my college into a university. I want to be able to inspire confidence and pass on my knowledge from the course to the nursing students in my hometown. That way they will be able to carry out research in the nursing area and bring the best care for their patients which is also the mission of a nurse.

My family and I were very happy to receive the scholarship from Lifestart Foundation. I do not know what to say other than to send our sincerest thanks to you all. Your prompt support has helped to ease my personal debts which I have during the course. The economic pressures are always the big obstacles that make my family and me feel worried. The scholarship has partly reduced the pressure on us and given me the motivation to overcome the difficulties and to focus on my study. My family is also more confident to support me and help me to complete my dream.

In the meantime, I would like to send my sincere thanks to Ms Karen, as well as Lifestart Foundation. I hope your organizations will develop more and more and can support the next generations to follow their dream and to contribute to a more developed Vietnam.

Best regards,

Truong Ho Ha Yen

Scholarships



UPDATE: 20-02-2021

LIFESTART FOUNDATION WARMLY WELCOMES OUR NEW OUTSTANDING MEDICAL STUDENTS TO THE LIFESTART FOUNDATION EDUCATION SCHOLARSHIP FAMILY

What a wonderful start to the Lunar New Year with this great news.

Lifestart Foundation has provided 45 Medical scholarships to outstanding students in Central Vietnam. They all come from disadvantaged backgrounds and have overcome many difficulties in order to realize their dreams of studying medicine.

Recently, Lifestart Foundation has awarded a new round of major Medical Scholarships at Danang University of Medical Technology and Pharmacy.

In this new round, six scholarships were awarded to super impressive 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.

Prior to receiving their Lifestart Foundation Medical Education Scholarships, many of our students do not have enough money to eat enough and survive in a big city like Danang.

In addition to all tuition costs and books, their Lifestart Foundation scholarship provides them with a food and rent allowance which enables them to have a balanced nutritious daily diet and safe accommodation.

This round of scholarships totalled \$43,750 USD.

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

Once again, we warmly welcome you all into the Lifestart Foundation family and we hope you will continue to inspire us with more accomplishments and your determination.

Please see here for the story published in Vietnamese by Danang University of Medical Technology and Pharmacy:

<http://dhktyduocdn.edu.vn/to-chuc-lifestart-foundation-trao-hoc-bong-cho-sinh-vien-truong-dai-hoc-ky-thuat-y-duoc-da-nang/>

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/>

Donation



UPDATE: 18-12-2019

A LAPTOP DONATION FOR TRINH

Anna Whitelaw, recently made a \$1,000 AUD donation to Lifestart Foundation and we agreed to use the money to purchase a new laptop for one of our university students Nguyen Do Yen Trinh.

Trinh has just commenced her 1st year at the Da Nang University of Foreign Languages, majoring in Japanese studies.

Trinh was orphaned when her mum passed away 7 years ago due to breast cancer. After her mother's death, Trinh went to live with her grandmother, her uncle and his wife. Her grandma is 85 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 sells duck eggs sometimes. 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 8.

Up until being introduced to Lifestart Foundation Trinh lived on the support of her relatives and a little from the local government. She received Lifestart Foundation education scholarship in 2018. Now we are supporting her with funds to rent a room in Danang to live, all food and living costs and all expenses to attend university.

Trinh is a lovely young girl who has been dealt a difficult set of cards so young in life, however, she is a diligent student and we are trying our best to support her in every way we can.

Trinh was super surprised and touched when she received the laptop from Anna. This is something she could never have imagined owning. She is very grateful to Anna for this donation and she believes that this laptop will support her a lot in her studies. [#Thankyou](#) to Anna Whitelaw for making this fabulous donation possible.



UPDATE: 25-02-2020

AN ELECTRIC SCOOTER DONATION

What a wonderful donation from one of our generous expat supporters Beatrice. This donation was given to Lifestart Foundation education scholarship student Dung.

Dung is a first year student at Danang University of Foreign Languages, majoring in English. Prior to receiving the scooter, Dung did not have any transportation and had to borrow her friends' bike or ask them for a lift to travel to her classes.

Dung's parents are rice farmers with two more children to support so purchasing a scooter for Dung was not possible.

[#Thankyou](#) Beatrice for making this fabulous donation possible.

You can read more about Dung here:

<https://www.facebook.com/TheLifestartFoundation/posts/2416394995072672>

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1120239804688204/>



UPDATE: 06-03-2020

Lunar New Year or TET in Vietnam is a special time for all families. Gifts at TET time are always very much appreciated.



Thank you to our long-time supporter Philip, for your generosity towards our LSF education scholarship students and their families during this time.



UPDATE: 30-05-2020

BOOKS - BOOKS - BOOKS

WHAT A WONDERFUL DONATION.



Our Lifestart Foundation Education Scholarship students are pictured receiving additional advanced school books. The books were generously donated by our long term sponsor and volunteer, Jill. They are enormously beneficial to our scholarship students who are all from very poor families.

All of the Lifestart Foundation students are extremely grateful for this donation as it will definitely help them with their studies. Our scholarship students work so hard and complete an enormous amount of daily study in hope of breaking the poverty cycle and to also realize their dream of completing Year 12 and to ultimately attend University.



UPDATE: 21-06-2020

A MUCH-NEEDED BICYCLE DONATION FOR SAM

Lifestart Foundation Education Scholarship recipient Sam received a bicycle from a generous ex-pat in Hoi An. Sam is studying in year 9 and is an excellent student. In Year 8 she received 9.4 out of a possible 10.

Sam comes from a family of six people. Her mum and dad are rice farmers earning only a very modest income. Sometimes her dad works as a builder's assistant and her mother assists at weddings to earn a little more income to make ends meet. Sam's elder sister is in Year 11 and her two younger sisters are in Year 7 and Year 3. The family income per month is 4,000,000 which is approx \$174 USD.

There is only one bicycle at home for Sam and her siblings to share. Sam has to walk to school every day, and she borrows the bike from her elder sister to travel to her extra classes at night. Having this bicycle donated will help Sam's get to classes more safely and save her traveling time which in turn will help her study as she will be less tired and have more time.



UPDATE: 19-07-2020

A NEW LAPTOP DONATION FOR DIEU

Lifestart Foundation Education Scholarship student Dieu is pictured receiving a much needed brand-new laptop from her generous sponsors from Melbourne, Australia.

Dieu is a first-year student at Danang University of Technology, majoring in Electronics & Telecommunications. While holding her Lifestart Foundation Education Scholarship, Dieu achieved the title of an excellent student over 3 consecutive years at High School.

As a consequence of her excellent Year 12 results, she was selected to go straight to University without having to sit the entrance exam.

A Laptop is such an important and indispensable tool, one which is taken for granted by many University students in developed countries. It's hard to imagine being able to complete your studies without one!

Students in developing countries face many difficulties including not having the equipment to give them the best chance to succeed.

This laptop will unlock endless opportunities for Dieu and will allow her access to faster writing and editing, facilitate group work and study, conduct research, and obtain high-quality information.

We should never underestimate the importance of providing educational opportunities for young females in developing countries. Every girl who is provided with education is one less vulnerable woman of the future.

Dieu's parents are rice farmers who work very hard every day to support their family and to make ends meet. Dieu's twin sister has also been the recipient of a LSF Education Scholarship and she too has been accepted into University.

We are so very proud of your accomplishments! The hard work really does pay off.

You can read more about Dieu here: <https://bit.ly/2BdiycX>



UPDATE: 02-08-2020

E-BIKE DONATION FOR HIEN

Lifestart Foundation Education Scholarship student Hien, is pictured receiving a much needed new E-bike from our generous donor from Australia, Ana.

Hien is an excellent student currently in year 9 at Le Tri Vien Secondary School located in Quang Nam province.

He has a study average 9.4 out of a possible 10 which ranks him first in his class.

At this stage Hien's dream is to study Medicine.

Hien comes from a large family. In the past there were 6 people in his family. But very sadly his father passed away three years ago due to an accident, leaving Hien's mum with four young children to raise alone. Since his father's death, all of the family responsibilities and financial pressure have rested upon Hien's mum's shoulders.

Every day he rides his bicycle to school as well as to his extra classes. However, when he has a class that is far away from his house, he is reliant on others to give him a lift to class.

The gift of an E-bike is not only material motivation but also a great spiritual support. It will help him have a means of independent transport to get to school and extra classes for his studies. In addition, in the future when he attends high school further from home the E-bike will be an enormous help.



UPDATE: 10-10-2020

A BICYCLE DONATION

A big thank you to expat Cyril for his generosity that made this wonderful bicycle donation possible.

The women pictured receiving their new bikes come from extremely poor families and they were in desperate need of basic means of transportation. The bicycles will help them go to the market daily and to have greater independence in their lives.

When they heard the good news from Lifestart Foundation that they were going to receive bicycles from Cyril, they were very surprised and appreciative.

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: 11-10-2020

BOOKS - BOOKS - BOOKS

Every year our staff purchase all of the supplies and books that our Lifestart Foundation Education Scholarship students need for the next school year.



It is an exciting time for our students as they value the educational opportunities they are given and they all LOVE books and study.

All of our students are academically gifted but from very poor families, so the purchase of new school supplies would not be possible for most families.

Pictured are a few of our students receiving some of their books.

Like to read more about what some of our University scholarship students are doing? click here:
<https://bit.ly/UniStudentsUpdate>

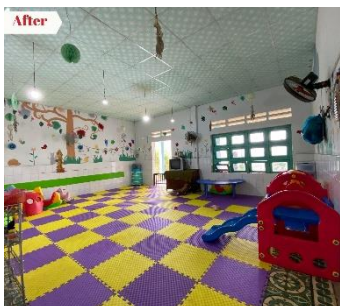


UPDATE: 22-11-2020

MUCH-NEEDED DONATION FOR TRUC XANH DAY CARE CENTER IN CAM KIM, HOI AN

The aftermath of typhoon Molave which hit Central Vietnam on October 28th has caused widespread devastation and damage to lives and properties all over the region.

One of the buildings impacted and damaged by typhoon Molave was Truc Xanh Day Care Center in Cam Kim, Hoi An.



Recently, Lifestart Foundation was very happy to present 2,100,000 VND to the representative from Truc Xanh Day Care Center Roy to support them to repair their ceiling and roof which caved in after typhoon Molave hit Hoi An. Repairs are completed and the children are now able to return to their classes after the typhoon.

Stay tuned for many more of Lifestart Foundation donation days which will bring much needed support to our flood, landslide and typhoon families.

You can still donate to our relief campaign via this link:
<https://www.lifestartfoundation.org.au/donate/>



UPDATE: 29-11-2020

A NEW LAPTOP DONATION

Dieu is a Lifestart Foundation Education Scholarship student, she is pictured receiving a much needed new laptop from our long time generous sponsor and volunteer Jill.

Dieu is a diligent second-year student at Danang University of Foreign Language Studies and her major is English Translation and Interpreting.

Unlike most students in developed countries who have iPhones, iPads and access to laptops and all of the latest technology, this is not the case with our scholarship students who are all from very poor families.

Dieu is extremely grateful for this donation as it will definitely help her with her studies at university. This laptop will help her finish all her assignments on time and she can also learn online more easily and conveniently. She will also have more opportunities to learn not only many useful skills, but also practical courses on YouTube thanks to this laptop, which will be beneficial for her career in the future.

We should never underestimate the importance of providing educational opportunities for young females in developing countries. Every girl who is provided with education is one less vulnerable woman of the future.

If you would like to read more about Dieu's story please click here: <https://bit.ly/2Fu5CNQ>



UPDATE: 13-12-2020

ANOTHER WONDERFUL ADVANCED BOOK DONATION

A big thank you to Lifestart Foundation's long term sponsor and volunteer Jill for your generosity that made this recent donation possible.



Twelve of Lifestart Foundation Education Scholarship students are pictured receiving much needed additional advanced books for the new school year. They are extremely beneficial to our scholarship students, who are all from very poor families.

All of the Lifestart Foundation students are very grateful for this donation as it will definitely help them with their studies. Our scholarship students work so hard and complete an enormous amount of daily study in hope of breaking the poverty cycle and to also realize their dream of completing Year 12 and to ultimately attend University.

COVID-19 Emergency Relief



UPDATE: 29-04-2020

Lifestart Foundation is so happy to be able to distribute \$7,500 worth of emergency relief hampers to disadvantaged families impacted by covid-19.

Our staff and scholarship students are pictured sorting and packing the supplies of household essentials destined to help hundreds of local families.



UPDATE: 14-06-2020

ONE OF MANY LSF EMERGENCY RELIEF DONATION DAYS.

Lifestart Foundation is committing a total of \$20,000 to emergency relief which will be provided to orphanages and hundreds of disadvantaged families who have been impacted by COVID -19.

COVID-19 has had a devastating physical and economical effect on so many people all over the world. Many families have been left without employment and income are struggling to put food on the table. Our emergency relief will ease their current burden.



to the amazing tally of \$20,000.

Our staff and scholarship students are pictured helping pack and load up the donation hampers. In this round of donations, each family was given much-needed household essentials.



UPDATE: 28-06-2020

\$20,000 OF EMERGENCY RELIEF SUPPLIED BY LIFESTART FOUNDATION.

Lifestart Foundation recently held one of many Emergency Relief Distribution Days to support 130 orphan children at Quang Chau Pagoda in Danang.



This round, Lifestart Foundation has delivered food and household essentials such as rice, vegan noodles, vegan foods, milk, dish-washing detergent, fabric softener, and much more, valued at approximately \$3,000. These supplies were donated by Lifestart Foundation and Karma Foundation.

Read more about this donation here:

<https://vietnamnews.vn/society/748636/scholarship-programmes-support-poor-people.html>

In May 2020, Lifestart Foundation delivered 160 gift parcels valued at more than \$7,500 to 160 disadvantaged students from Hoi An – Dien Ban (Quang Nam) and Thua Thien-Hue province whose families had been affected by Covid-19. Lifestart Foundation will continue the Emergency Relief Distribution Days to disadvantaged students in Hoi An, Duy Xuyen, and mountainous areas in Quang Nam province throughout June. This will bring our total emergency relief donation to the amazing tally of \$20,000.



UPDATE: 05-07-2020

\$7,500 OF EMERGENCY RELIEF GIVEN TO COVID-19 AFFECTED FAMILIES BY LIFESTART FOUNDATION

Lifestart Foundation in cooperation with the Association for Promoting Education in Dien Ban, Quang Nam province recently held one of many Emergency Relief Distribution Days for disadvantaged students and their families from Le Van Tam, Ly Tu Trong and Le Dinh Duong Secondary schools, all located in Dien Ban.

In this round, 80 relief parcels included household essentials such as cooking oil, fish sauce, washing powder, cereal, shampoo, shower gel, milk, soy sauce, seasoning, toothpaste, dish-washing detergent, and handwashing liquid, valued at approximately 60,000,000 vnd. These were donated by Lifestart Foundation, Karma Foundation, and generous supporters and were distributed to 80 disadvantaged pupils whose families have been affected by Covid-19.

Stay tuned for more of Lifestart Foundation donation days which will bring our total emergency relief donation to the amazing tally of \$20,000.



UPDATE: 26-07-2020

BEHIND THE SCENES

Lifestart Foundation has recently completed \$20,000 of emergency relief donations to disadvantaged families impacted by COVID 19.



Once the donated money is received, an enormous amount of work goes on behind the scenes prior to the goods arriving at their final destination. First there is the sourcing of goods, ensuring that we get the best prices possible, receiving and checking off all of the products, sorting and packing the hampers for each family, loading the trucks and then finally a fourteen hour round trip to the mountainous areas of Phuoc Son, Nam Giang and Dong Giang leaving Hoi An at 5 am and returning late that same evening.

In addition to the donations to the mountainous areas, LSF also supported many disadvantaged families in and around Hoi An, Duy Xuyen, Dien Ban, Da Nang and Hue.

A huge thank you to our Manager Ms Nhung for her outstanding organizational skills and to her hard working team Minh Phuong, Uyen and Thanh Phuong. We are also very grateful for the volunteer support from our Senior Education Scholarship students who are always happy to help with these days.

The lead up to these donation days are hard work and exhausting but the flip side is the happiness and joy felt by all involved when we are able to help these families who are in so much need.

Great work LIFESTART FOUNDATION TEAM!



UPDATE: 09-08-2020

RELIEF HAMPER FOR LIFESTART FOUNDATION SCHOLARSHIP STUDENTS AT HUE UNIVERSITY OF MEDICINE AND PHARMACY

Lifestart Foundation has committed a total of \$20,000 to emergency relief which has been provided to orphanages and hundreds of disadvantaged families who have been impacted by COVID-19.

Recently, Lifestart Foundation was very happy to be able to hold one of the many Emergency Relief Distribution Days for 13 outstanding Lifestart Foundation Education Scholarship students who are currently studying at Hue University of Medicine and Pharmacy.

In this round, the hampers included rice, household essentials, cooking oil, dishwashing detergent, fish sauce, toothpaste, washing powder, cereal and soy sauce. These were given to 13 disadvantaged students to support them to overcome difficulties during the COVID-19 pandemic.



UPDATE: 06-09-2020

LIFESTART FOUNDATION'S DONATION TRIP TO DONG GIANG DISTRICT, QUANG NAM PROVINCE

Lifestart Foundation has committed a total of \$20,000 to emergency relief which has been provided to orphanages and hundreds of disadvantaged families who have been impacted by COVID-19.



Recently, Lifestart Foundation was very happy to hold one of the many Emergency Relief Distribution Days for disadvantaged students and their families in the mountainous area of Dong Giang District, Quang Nam Province.

80 hamper boxes included rice, household essentials, cooking oil, fish sauce, milk, sugar, cereal and soy sauce valued at approximately 45,000,000 VND were donated by Lifestart Foundation and Karma Foundation.



These parcels were distributed to students from 28 schools (kindergartens, primary schools and secondary schools) in Dong Giang District to support them and their families to overcome difficulties during the Covid-19 pandemic. Among the recipients, there were 58 ethnic minority students.

The donation trip to the mountainous areas of Dong Giang, Nam Giang and Phuoc Son was a 14 hour round trip for staff and volunteers. They departed at 5 am from Hoi An, and arrived back at Hoi An at 7 pm. The team included four Lifestart Foundation staff and nine volunteers.



UPDATE: 13-09-2020

EMERGENCY RELIEF FOR DISADVANTAGED STUDENTS IN HOI AN & DUY XUYEN, QUANG NAM PROVINCE

Lifestart Foundation has committed a total of \$20,000 to emergency relief which has been provided to orphanages and hundreds of disadvantaged families who have been impacted by COVID-19.



Recently, Lifestart Foundation continued to hold one of our many Emergency Relief Distribution Days for disadvantaged students in Hoi An and Duy Xuyen, Quang Nam province.

In this round, 50 relief parcels included rice, household essentials, cooking oil, fish sauce, washing powder, cereal, soaps, milk, sugar and soy sauce, valued at approximately 28,300,000 VND.

These hamper boxes were donated by Lifestart Foundation and Karma Foundation. They were distributed to 50 disadvantaged students at Ly Thuong Kiet secondary school in Hoi An and Ngo Quyen secondary school in Duy Xuyen, whose families have been impacted by the Covid-19 pandemic.



UPDATE: 04-10-2020

DONATION TRIP TO THE MOUNTAINOUS DISTRICT OF NAM GIANG, QUANG NAM PROVINCE



support them and their families to overcome difficulties during the Covid-19 pandemic. Among the recipients, there were 63 ethnic minority students.

The donation trip to the mountainous areas of Dong Giang, Nam Giang and Phuoc Son was a 14 hour round trip for staff and volunteers. They departed at 5 am from Hoi An, and arrived back at Hoi An at 7 pm. The team included four Lifestart Foundation staff and nine volunteers.

Lifestart Foundation has committed a total of \$20,000 to emergency relief which has been provided to orphanages and hundreds of disadvantaged families who have been impacted by Covid-19.

Recently, Lifestart Foundation was very happy to hold one of the many Emergency Relief Distribution Days for disadvantaged students and their families in the mountainous area of Nam Giang District, Quang Nam Province.

90 relief parcels included rice, household essentials, cooking oil, fish sauce, milk, sugar, cereal and soy sauce valued at approximately 50,700,000 VND were donated by Lifestart Foundation and Karma Foundation. These hamper boxes were distributed to 90 unfortunate students at Thanh My primary school in Nam Giang District to



UPDATE: 18-11-2020

LIFESTART FOUNDATION'S RELIEF HAMPERS FOR DISADVANTAGED STUDENTS IN PHUOC SON DISTRICT, QUANG NAM

Lifestart Foundation has committed a total of \$20,000 to emergency relief which has been provided to orphanages and hundreds of disadvantaged families who have been impacted by COVID-19.

Recently, Lifestart Foundation was very happy to hold one of the many Emergency Relief Distribution Days for disadvantaged students and their families in the mountainous area of Phuoc Son District, Quang Nam Province.

80 hamper boxes including rice, household essentials, cooking oil, fish sauce, milk, sugar, cereal and soy sauce valued at approximately 45,200,000 VND were donated by Lifestart Foundation and Karma Foundation. These parcels were distributed to students from 8 schools (primary schools and secondary schools) in Phuoc Son District to support them and their families to overcome difficulties during the Covid-19 pandemic. Among the recipients, there were 63 ethnic minority students.

The donation trip to the mountainous areas of Dong Giang, Nam Giang and Phuoc Son was a 14 hour round trip for staff and volunteers. They departed at 5 am from Hoi An, and arrived back at Hoi An at 7 pm. The team included four Lifestart Foundation staff and nine volunteers.

Flood, Typhoon and Landslide Relief



UPDATE: 16-10-2020

Central Vietnam is no stranger to devastating floods. This year has been no exception but following directly on top of the difficulties many families are already experiencing with the impact of COVID 19 it makes life all the more difficult.

All of us the world over have been affected by COVID 19 this year in one way or another but can you imagine just for a minute what it would be like to face this type of devastation on top of everything else 2020 has thrown at us?



UPDATE: 20-10-2020

THIS IS WHAT IT LOOKS LIKE TO SURVIVE A LANDSLIDE AFTER THE FLOODS. 22 soldiers who were sleeping in their dormitory were not so fortunate - they perished on Sunday the 18th of October.

The rising death toll as of today is 105.

Please support our fundraising campaign to help those impacted by the floods and landslides in Central Vietnam to rebuild.



UPDATE: 21-10-2020

DEVASTATING FLOODS FOLLOWED BY DEATHLY LANDSLIDES. MORE FLOODS FORECAST LATER THIS WEEK.

22 soldiers who were sleeping in their dormitory were not so fortunate - they perished on Sunday the 18th of October.

The rising death toll as of today is 106.

Please support our fundraising campaign to help those impacted by the floods and landslides in Central Vietnam to rebuild.



UPDATE: 22-10-2020

ROOFTOP EVACUATION AND RESCUES

Can you imagine the desperation for families, the elderly, the sick, and children when climbing into the cavity of your roof as the floodwaters rise and then removing the roof tiles and waiting to be rescued?

The rising death toll as of today is 111.

Please support our fundraising campaign to help those impacted by the devastating floods and landslides in Central Vietnam to rebuild.

Please dig deep as we are on track to reaching our target!

Lifestart Foundation has been on the ground in Central Vietnam for 20 years helping the poor and disadvantaged.



UPDATE: 23-10-2020

RESCUED BY HELICOPTER, BOATS, AND RAFTS.

And these are the lucky ones who have been rescued!

The rising death toll as of today is 117.

Please support and share our fundraising campaign to help those impacted by the devastating floods and landslides in Central Vietnam.

Please dig deep as we are on track to reaching our target!

Lifestart Foundation has been on the ground in Central Vietnam for 20 years helping the poor and disadvantaged.

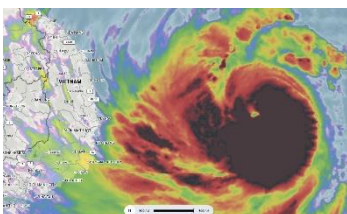


UPDATE: 24-10-2020

#THANKYOU to all of our amazing supporters, donors, and volunteers who make our projects possible. In particular a huge thank you to the donors who have supported our current fundraiser for those who are affected by the floods and landslides in Central Vietnam.

We have just reached 4,200 likes and our next goal is 4,300 likes so please help us raise awareness by liking and sharing our posts. It is an easy and simple way to help us.

Please support and share our fundraising campaign to help those impacted by the devastating floods and landslides in Central Vietnam to rebuild.



UPDATE: 27-10-2020

MASS EVACUATIONS TODAY - PLEASE HELP

Vietnam evacuates over 1.2 million people ahead of Typhoon Molave which is due to hit Central Vietnam on October 28th.

Please help by donating and sharing this post.

This region has been bombarded by historic flooding and deadly landslides for the past three weeks with Typhoon Molave being the 9th serious weather event.

Please support Lifestart Foundation's Fundraiser to provide emergency relief and to help these families to rebuild their lives, homes, and livelihoods.



UPDATE: 06-11-2020

THE AFTERMATH - PLEASE HELP

Central Vietnam has been devastated by 9 extreme weather events in the past 3 weeks. Please help by donating and sharing this post.

This region has been bombarded by historic flooding and deadly landslides for the past three weeks with Typhoon Molave being the 9th serious weather event.

Please support Lifestart Foundation's Fundraiser to provide emergency relief and to help these families to rebuild their lives, homes, and livelihoods.

www.lifestartfoundation.org.au



UPDATE: 13-11-2020

This weekend our beloved Central Vietnam was devastated once again by an extreme weather event - Typhoon Vamco.

To our friends and supporters in Ho Chi Minh City please come along to SUNDAY TRIVIA @ The Flying Pig on November 22nd and support this fantastic fundraising

event to help those in Central Vietnam to rebuild their lives, homes, and livelihoods. To our business supporters if you can support with a donation for the raffle that would be fantastic.

Please share and help spread the word. Special thank you to all of the volunteers: Elle Eye Chicoli, Dani Harris, and Pamela Kennedy for organizing the event. (Honorable mentions to Olay Ka, Dave, and Ben Boniface) Massive thank you to all of the generous sponsors for donating prizes.



UPDATE: 22-11-2020

SOLD OUT

The quiz tonight is fully booked out! But you can still come for the raffle, the more the merrier! 100% of all monies raised will go towards Lifestart Foundations Central Vietnam Flood, Landslide and Typhoon relief campaign.

Thank you to all of the amazing sponsors and volunteers- they have shown how generous the Thao Dien community is. AMAZING.

BoatHouse Restaurant: Vietnam, Flying Pig Saigon, The Snap Cafe, Thai Streetfood, Eddie's - New York Deli and Diner, Shelley's - Vegetarian Comfort Food, Eddie's Wok Express, Cheesecake Ngon, Bagel Brothers, Al Fresco's, Jaspas - HCMC, GREENie, House of Barbaard, White Sand Resort, Mia Saigon - Luxury Boutique Hotel, Fame Nails, Wax On Wax Off, Leelawadee Thai Therapy ThaoDien, Union Jack's Fish & Chips, Saigon Motorcycles, Saigon Dep Clinic & Spa, Pizza 4P's, Simple Place, Elle Eye Chicoli, Pamela Kennedy, Olay Kay. thank you to Curie Dang and Vickie De Leo from ISHCMC for helping to find and collect prizes and so many more!!

Central Vietnam has been devastated by 9 extreme weather events in recent weeks. This region has been bombarded by historic flooding and deadly landslides with Typhoon Molave being the 9th serious weather event in a month.

If you can't make it to tonight's fundraiser in Ho Chi Minh City please help us to provide emergency relief and to support these families to rebuild their lives, homes, and livelihoods: <https://www.lifestartfoundation.org.au/donate/>



UPDATE: 18-12-2020

\$30,000 OF EMERGENCY RELIEF DISTRIBUTED TO FLOOD, TYPHOON & LANDSLIDE AFFECTED FAMILIES IN CENTRAL VIETNAM

Central Vietnam has been bombarded by historic floods, typhoons, and landslides since early October. Typhoon Molave, which made landfall in the Central provinces of Vietnam 2con October 28th was the ninth tropical storm to hit Vietnam this year, not to mention preceding weeks of torrential rain resulting in floods and landslides. Following directly on top of the difficulties many families are already experiencing with the impact of COVID 19, it has made life all the more devastating.



Lifestart Foundation has raised a total of \$30,000 during our 30-day fundraising campaign to support the families affected by the deadly floods, landslides, and typhoons. We would like to express our sincere and profound gratitude to the amazing donors who have made this campaign so successful. A special thank you to our Vietnamese supporters living abroad and to the Ho Chi Minh City ex-pat community for their amazing help.

The Lifestart Foundation team has been super busy organizing and distributing aid to the neediest and most vulnerable. These images are a small sample of one of the many Emergency Distribution Days for affected families in Quang Nam province.

In this round, hamper boxes were distributed to flood and typhoon impacted families who were in need of basic supplies. The hamper boxes included cooking oil and much-needed house-hold necessities such as washing powder, cereal, milk, fish sauce, soy sauce, toothpaste, and shampoo. All of the families were extremely grateful for this support as it relieves some of their current burdens.

Stay tuned for many more Lifestart Foundation donation days which will include funding housing repairs, replanting of crops, and the repurchasing of livestock.

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: 27-12-2020

FINANCIAL AID DISTRIBUTED TO FAMILIES AFFECTED BY FLOODS, LANDSLIDES & TYPHOONS IN QUANG NAM PROVINCE

Lifestart Foundation is committing a total of \$30,000 which was raised during our 30-day fundraising campaign for emergency relief. Aid will be provided

to hundreds of families impacted by the devastating floods, typhoons, and landslides in October and November.

The Lifestart Foundation team has been very busy organizing Emergency Relief Distribution Days for those affected. These are all poor families who live in insecure houses and rely on their crops to earn enough money to survive. The historic

floods, typhoons, and landslides have caused severe damage to their houses, wiped out their crops, livestock, and livelihood. The money donated from generous supporters will help ease their current burdens. They will be able to rebuild their lives and start over by repairing and rebuilding homes as well as regenerating crops and buying livestock.

These images are just a sample of some of the families supported with funds to replant their crops. The families pictured in this post all rely on their crops to survive from day to day. You can see the images of devastation and then the regeneration after funds were provided. The families we support are all very honest and were provided funds according to what they lost, hence the difference in support.

Once again, we would like to express our sincere and profound attitude to the amazing donors, Vietnamese supporters living abroad, and Ho Chi Minh City ex-pat community who have made this campaign possible and so successful.

You can read more about our latest donation for families affected by floods and typhoons in Quang Nam here: <http://bit.ly/3aFdL39>

Stay tuned for many more Lifestart Foundation donation day posts which will include funding housing repairs, replanting of crops, and the repurchasing of livestock.



UPDATE: 30-12-2020

ROOF REPAIRS - FINANCIAL AID DISTRIBUTED TO FAMILIES AFFECTED BY FLOODS, LANDSLIDES & TYPHOONS IN QUANG NAM PROVINCE

Lifestart Foundation is committing a total of \$30,000 which was raised during our 30-day fundraising campaign for emergency relief. Aid will be provided to hundreds of families impacted by the devastating floods, typhoons, and landslides in October and November.



These images are just a sample of some of the families supported with funds to repair their houses. Images of damaged roofs and then the repairs after funds were provided are shown. The families we support are all very honest and were provided funds according to what they lost, hence the difference in support.

The Lifestart Foundation team has been very busy organizing Emergency Relief Distribution Days for those affected. These are all poor families who live in insecure houses and rely on their crops to earn enough money to survive. The historic floods, typhoons, and landslides have caused severe damage to their houses, wiped out their crops, livestock, and livelihood. The money donated from generous supporters will help ease their current burdens. They will be able to rebuild their lives and start over by repairing and rebuilding homes as well as regenerating crops and buying livestock.

Once again, we would like to express our sincere and profound attitude to the amazing donors, Vietnamese supporters living abroad, and Ho Chi Minh City ex-pat community who have made this campaign possible and so successful.

Click here to read more about our latest donations for families affected by floods and typhoons in Quang Nam:

◆ <http://bit.ly/2KUr3xT>

◆ <http://bit.ly/3aFdL39>

Stay tuned for many more Lifestart Foundation donation day posts which will include funding housing repairs, replanting of crops, and the repurchasing of livestock.



UPDATE: 03-01-2021

FINANCIAL AID TO REPLANT CROPS AND TO RESTORE A FAMILY'S LIVELIHOOD.

Lifestart Foundation is committing a total of \$30,000 which was raised during our 30-day fundraising campaign for emergency relief. Aid will be provided to hundreds of families impacted by the historic floods, typhoons, and landslides in the central region last October and November.



The Lifestart Foundation team has been very busy organizing Emergency Relief Distribution Days for those affected. Recently, our team has made a visit to our scholarship student Tuyet's family in Dien Ban, Quang Nam, whose crops and livestock shelter was severely damaged after a series of devastating floods and typhoons.

Tuyet is currently a 1st-year student studying Physical Therapy & Rehabilitation at Danang University of Medical Technology and Pharmacy. There are 5 people in Tuyet's family, including her grandma, her parents, her younger brother, and herself. Her parents are both farmers who rely on their crops to support their family.



After the floods and typhoon, 1,000 square meters of their crop of vegetables were submerged underwater and everything died. This meant no income for her family and no money to start over. In addition, the roof that sheltered their livestock was broken and blew away after typhoon Molave hit Central Vietnam. Much needed financial aid to replant and rebuild was provided by Lifestart Foundation.

The donated money from generous donors has eased their current burdens and helped them to start over by purchasing new seeds to grow new crops and provided a secure shelter for their livestock. You can see the images of devastation and then the regeneration and repairs after funds were provided.

Once again, we would like to express our sincere and profound attitude to the amazing donors, Vietnamese supporters living abroad, and Ho Chi Minh City ex-pat community who have made this campaign possible and so successful.



UPDATE: 07-01-2021

FINANCIAL AID TO RESTORE A FAMILY'S LIVELIHOOD

REPLANTING CROPS AFTER THE FLOOD

Lifestart Foundation is committing a total of \$30,000 which was raised during our 30-day fundraising campaign for emergency relief. Thanks to the donations we received from generous sponsors, we have been able to help many families impacted by the devastating floods, typhoons, and landslides in October and November.



The Lifestart Foundation team has been very busy organizing Emergency Relief Distribution Days for those affected. These images are just a sample of one of the families supported with funds to replant their crops. The family pictured in this post rely on their crops to support their entire family. The historic floods and typhoon wiped out their crops and livelihood. The money donated from generous supporters will help reduce their current burden and will enable them to rebuild their lives and start over by replanting crops. You can see the images of devastation and then the regeneration after funds were provided for seeds and seedlings.



UPDATE: 10-01-2021

FINANCIAL AID FOR HOUSING REPAIR, CROP REPLANTING AND LIVELIHOOD RESTORATION

Lifestart Foundation is committing a total of \$30,000 which was raised during our 30-day fundraising campaign for emergency relief. Aid will be provided to hundreds of families impacted by the historic floods, typhoons, and landslides in the central region last October and November.



The Lifestart Foundation team has been very busy organizing Emergency Relief Distribution Days for those affected. Recently, our team has made a visit to our scholarship student Ngoc's family in Dien Ban, Quang Nam, whose crops and livestock have been lost after a series of devastating floods and typhoon. In addition, her house was also damaged after the typhoon.

Ngoc has been sponsored by Lifestart Foundation for many years. She comes from a family of four who face a multitude of challenges both economic and health related. Ngoc's mum has severe mental health problems and is unable to work. They live with Ngoc's brother and auntie. Ngoc has recently completed her 18-month vocational training course at Streets International which was sponsored by one of Lifestart Foundation's long-time supporters. However almost as soon as Ngoc graduated, COVID-19 hit and shattered any dreams of employment in the hospitality industry. Due to COVID-19 job opportunities for work in the hospitality sector dried up overnight and unfortunately she struggled to find a job. In the interim Ngoc has found employment in Dien Ban but hopes eventually to use the skills she learned at Streets International.



After the floods and typhoon, all the vegetables the family were growing were submerged underwater and the 60 chickens and ducks they were raising died. In addition, their roof was damaged and the gas stove was broken after the floods and typhoon. Much needed financial aid to replant and rebuild and to purchase more ducks and chickens was provided by Lifestart Foundation.

The donated money from generous donors has eased their current burden and has helped them to start over by purchasing seeds to grow new crops and to restore their livelihood as well as make repairs to their house. This post includes images of devastation and then the regeneration and repairs after funds were provided.

Once again, we would like to express our sincere and profound attitude to the amazing donors, Vietnamese supporters living abroad, and Ho Chi Minh City ex-pat community who have made this campaign possible and so successful.

Click here to read more about our latest donations for families affected by floods, and typhoons in Quang Nam:

- ◆ Replanting Crops and Restore A Family's Livelihood: <http://bit.ly/38avyO8>
- ◆ Replanting Crops: <http://bit.ly/2KU3xT>
- ◆ Hamper Boxes Distribution <http://bit.ly/3aFdL39>
- ◆ Roof Repairs: <http://bit.ly/3o1Votd>

Stay tuned for many more Lifestart Foundation donation day posts which will include funding housing repairs, replanting of crops, and the repurchasing of livestock.



UPDATE: 14-02-2021

FLOODS AND TYPHOON MOLAVE DONATION UPDATE - AID TO REPLANT CROPS

Thanks to the donations we received from our generous sponsors, we have been able to help many families affected by a series of floods and typhoon Molave that impacted Central Vietnam in October and November of 2020.



These families were supported with financial aid to start over and rebuild their lives, and we are happy to report that they have now started to recover from the damage thanks to the enormous help from donors.

The below photos are of Mr. Nguyen Lieu's family, who is the father of our scholarship student Tham. Mr. Lieu is a rice farmer and despite his disability he works very hard to support his family. The devastating floods and typhoon submerged all of his crops underwater and everything died. The money donated will help reduce their current burdens. They will be able to rebuild their lives and start over by regenerating crops. You can see the images of devastation and then the regeneration after funds were provided.

You can read more about Mr. Nguyen Lieu's family here:

<https://www.facebook.com/TheLifestartFoundation/posts/3670425489669610>



UPDATE: 17-01-2021

REPLANTING CROPS - FINANCIAL AID DISTRIBUTED TO FAMILIES IMPACTED BY FLOODS AND THE TYPHOON IN QUANG NAM PROVINCE

Lifestart Foundation is committing a total of \$30,000 which was raised during our 30-day fundraising campaign for emergency relief.



Thanks to the donations we received from generous sponsors, we have been able to help many families impacted by the devastating floods, typhoon, and landslides in October and November. Every family was so grateful receive your help and we are happy to report that they have now begun to recover from the damage to their homes, livestock and crops - all thanks to you.

The Lifestart Foundation team has been very busy organizing Emergency Relief Distribution Days for those affected.

The photos in this post are of Mr. Nguyen Mich and Mr. Vien Quy Cuong families, who received funds to replant crops after they were totally ruined and submerged under the flood water.

Both families pictured in this post rely on their crops to support their entire family. The money donated from generous supporters will help reduce their current burden. They will be able to rebuild their lives and start over by regenerating crops. You can see the images of devastation and then the regeneration after funds were provided.

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



UPDATE: 20-01-2021

FINANCIAL AID DISTRIBUTED TO REPLANT CROPS

Lifestart Foundation is extremely happy to have been able to help many of the families impacted by the devastating floods and typhoon in Central Vietnam last October and November, thanks to the donations we received from generous donors.



In this round, families were provided with aid to replant their crops. The historic floods and typhoon have wiped out their crops, one of the main sources of food for their families. These families were all very grateful for the donations from the donors which have helped them to start over and we are happy to report that they have now started to recover from the damage thanks to your help. You can see the images of devastation and then the regeneration after funds were provided.

Once again, we would like to express our sincere and profound attitude to the amazing donors, Vietnamese supporters living abroad, and Ho Chi Minh City ex-pat community who have made this campaign possible and so successful.



UPDATE: 26-01-2021

RELIEF AID DISTRIBUTED TO FAMILIES AFFECTED BY FLOODS AND TYPHOON MOLAVE TO REPLANT CROPS

Lifestart Foundation is committing a total of \$30,000 which was raised during our 30-day fundraising campaign for emergency relief.



The Lifestart Foundation team has been very busy organizing Emergency Relief Distribution Days for those affected.

The families pictured here rely on crops to support their entire family. The historic floods and typhoon have wiped out all of their crops. Much needed financial aid to replant crops was provided by Lifestart Foundation thanks to the donations from amazing donors.

The donated money has helped reduce their current burdens and they are now able to start over. You can see the devastation and then the regeneration after the relief aid was distributed.

Stay tuned for many more Lifestart Foundation donation day posts which will include funding housing repairs, replanting of crops, and the repurchasing of livestock.

You can read more about our latest donations for families affected by floods, and typhoons in Quang Nam:

- ◆ Replanting Crops and Restore A Family's Livelihood: <http://bit.ly/38avyO8>
- ◆ Replanting Crops: <http://bit.ly/2KUr3xT>
- ◆ Hamper Boxes Distribution: <http://bit.ly/3aFdL39>
- ◆ Roof Repairs: <http://bit.ly/3o1Votd>
- ◆ Financial Aid for Housing Repair, Crop Replanting and Livelihood Restoration: <http://bit.ly/3b7DG3G>
- ◆ Financial Aid to Replant Crops: <http://bit.ly/3a4ewRt>
- ◆ Financial Aid Distributed to Replant Crops: <http://bit.ly/3ogZ5Ky>
- ◆ Floods and Typhoon Molave Donation Update - Aid to Replant Crops: <http://bit.ly/3qldLUK>
- ◆ Financial Aid to Restore a Family's Livelihood - Replanting Crops After the Flood: <https://bit.ly/2L2GV1B>



UPDATE: 07-02-2021

FLOOD AND TYPHOON MOLAVE DONATION UPDATE – RELIEF AID TO REPAIR HOUSES

Lifestart Foundation would like to express our sincere and profound attitude to the amazing donors, including Vietnamese supporters living abroad, and the Ho Chi Minh City ex-pat community who have made our relief campaign so successful. Aid continues to be provided to hundreds of families impacted by the devastating floods, typhoons, and landslides in October and November.

The Lifestart Foundation team has been very busy organizing Emergency Relief Distribution Days for those affected. These are all poor families who live in insecure houses. Typhoon Molave which hit Central Vietnam in late October 2020 has caused severe damage to their house and made their lives all the more difficult. Thanks to the generous donations from the amazing donors, these families were supported with funds to repair their houses. The families we support are all very honest and were

provided funds according to what they lost, hence the difference in support.

The money donated from generous supporters has helped ease their current burdens. They have been able to rebuild their lives and start over by repairing their houses.

Click here to read more about our latest donations for families affected by floods and typhoons in Quang Nam:

- ◆ Replanting Crops and Restore A Family's Livelihood: <http://bit.ly/38avyO8>
- ◆ Replanting Crops: <http://bit.ly/2KU3xT>
- ◆ Hamper Boxes Distribution: <http://bit.ly/3aFdL39>
- ◆ Roof Repairs: <http://bit.ly/3o1Votd>
- ◆ Financial Aid for Housing Repair, Crop Replanting and Livelihood Restoration: <http://bit.ly/3b7DG3G>
- ◆ Financial Aid to Replant Crops: <http://bit.ly/3a4ewRt>
- ◆ Financial Aid Distributed to Replant Crops: <http://bit.ly/3ogZ5Ky>
- ◆ Floods and Typhoon Molave Donation Update - Aid to Replant Crops: <http://bit.ly/3qldLUK>
- ◆ Financial Aid to Restore a Family's Livelihood - Replanting Crops After the Flood: <https://bit.ly/2L2GV1B>
- ◆ Relief Aid Distributed to Families Affected by Floods and Typhoon Molave to Replant Crops: <http://bit.ly/3qURPFU>

Stay tuned for many more Lifestart Foundation donation day posts which will include funding housing repairs, replanting of crops, and the repurchasing of livestock. This will bring our total emergency relief donation to the amazing tally of \$30,000.

Volunteers

WE NEED YOU!



UPDATE: 07-09-2020

WE NEED YOUR HELP

Are you an experienced online ESL teacher who would like to volunteer?

Our amazing medical scholarship students who are studying at Hue University of Medicine are super keen to improve their English language skills. Further development of their English is an invaluable asset to their future career prospects and post graduate studies.

We need a volunteer to teach online twice per week. Each class is for one and a half hours - total 3 hours per week

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Group 1 - 4 students - Tuesday 5.30 pm Vietnam time or 8.30 pm Australian time.

Group 2 - 5 students - Saturday 9.00 am Vietnam time or 12.00 pm Australian time.

If you are applying from another country please convert the time as appropriate.

Please forward your CV via DM if you are interested in helping and ready to start.



UPDATE: 20-09-2020

A VOLUNTEERS EXPERIENCE - MEET JILL - A LIFESTART FOUNDATION VOLUNTEER AND SPONSOR.



A sincere and heartfelt thank you to our ongoing volunteer Jill from the Sydney, Australia.

Jill is a long-time volunteer and has supported us both in Vietnam and continues to volunteer remotely. In addition to sponsoring an education scholarship student, Jill continues to teach English to our staff and students, has provided essential books, laptops and ipads to many disadvantaged students.

We asked Jill to write about her experience as a volunteer with Lifestart Foundation.

In Jill's words:

"I first started volunteering with Karen a few years ago when she was looking for someone to do customer service and sales training with the staff at the old workshop in Hoi An. I already sponsored a child and, as my work life was changing, I was keen to go and support LSF in other ways especially as much of my career has been spent training in service and sales. Vietnam has always been close to my heart and I'd been there many times before, volunteering with different organisations.

I absolutely loved my time with the staff at the LSF workshop and couldn't wait to go back. Since then I've returned many times training staff, teaching English, cleaning out the back shop, selling LSF products, writing articles and a myriad of other things that the girls working there didn't have time to do.

During the last few months, I've also been doing online English lessons with students who need help especially with speaking and listening to the language. It's a real privilege to be able to help these young people who work so hard to get where they are, and I love the contact I have with them once or twice a week.

One of the tasks the students do every year is to write letters thanking their sponsor for support. Once these have been translated into English they are sent to a few volunteers for editing. This is another job I do once or twice a year. It's so different from the English teaching and has taught me another new skill.

I'm incredibly fortunate to be involved with Lifestart Foundation. So many young people from disadvantaged backgrounds have been given an opportunity of a good education, thanks to LSF sponsors. The students' commitment to working hard, achieving their goals and making a difference in their own community is quite humbling and many have become, or are working towards becoming, doctors, translators, teachers and other professions that will enable them to make a change.

As for now I'm looking forward to the time restrictions are lifted and I can return to the country and catch up face to face with the students and staff at Lifestart Foundation."

Jill is an amazing long time supporter, sponsor and volunteer. Thank you Jill, from all of the team at Lifestart Foundation, you are a great support and we value your time and expertise. The staff and students are eternally grateful for her ongoing help.

And we all look forward to your return too Jill!

Housing Project



UPDATE: 07-06-2020

LIFESTART FOUNDATION HOME IMPROVEMENT PROJECT

Support for Lifestart Foundation Education scholarship student Nhan and her family.

Nhan's family comes from Dien Trung, which is about 20 km from Hoi An.

There are seven people in her family including her parents, her two sisters, two brothers, and Nhan.

Nhan's parents are rice farmers who work very hard to support their family on their modest income.

Nhan is studying in year 11 and she hopes to study Law in the future.

Their current house was purchased 20 years ago and it was made of bamboo. The family then repaired the house 10 years ago to make it safer for them to live in, however, they could not afford to finish it properly. The roof had many holes and was in very bad repair during the rainy and stormy seasons and would leak onto the family below. Nhan's parents would pick up old broken metal pieces that were thrown away by other households after the storms to cover the roof on their house. They usually cook on a simple wood stove to save money.

The modest but secure construction that Lifestart Foundation has built for Nhan's family includes a new tiled kitchen with gas cooking facilities, and new roofs for their living room and dining room.

The new structure and improvements will make life a lot safer and comfortable for this family.

This is made possible by Lifestart Foundations' fantastic supporters from Melbourne, Australia.

You can read more about Nhan here:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1807145369330974/?type=3>

Other Activities



UPDATE: 01-06-2020

Happy International #Children's Day from the #LifestartFoundation Team!

Let us all take a moment to think about how we can help children to reach their full potential. Be it through access to education, clean water, food or safe housing and then take that thought and turn it into an action. Even the smallest action can sometimes positively impact on a child's life.

We would also like to take this opportunity to send a special thank you to all of our wonderful sponsors who support our Educational Scholarship Project. You are directly contributing to a positive generational change of disadvantaged children in Central Vietnam. www.lifestartfoundation.org.au



UPDATE: 02-02-2021

GOODWILL WINE: SUPPORTING LIFESTART FOUNDATION

Entertaining? Valentine's Day shopping? Just relaxing over summer? Goodwill Wine will donate 50% of the profit from your purchase to Lifestart Foundation, so whatever the occasion, you can support us at the same time.

Wines are selected from boutique wineries across Victoria, Australia – a great addition to your next occasion and sure to be the talking point of the table. We also have a Vegan wine available.

Help yourself to some great summer wine and help us by ordering here: <https://goodwillwine.com.au/charities/lifestart-foundation>

Please note – Goodwill wines only ship within Australia



UPDATE: 04-02-2021

[Lifestart Monthly Members Club](#) - Monthly Giving: Join The Club!

- Great satisfaction.
- Convenience.
- Flexibility.
- Reduced paperwork and overhead expenses.
- Periodic updates.
- Tax Deductibility.

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

Lifestart Foundation Inc. is a Deductible Gift Recipient under Australian tax law. All donations exceeding \$2 are an allowable tax deduction to the donor. Donations are via Paypal and charged in AUD.



UPDATE: 16-02-2021

LOOKING FOR A GREAT 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
- Annual Food Allowance: \$500 USD
- Library Books: \$55 USD
- Bicycle: \$100 USD - Secondary School Educational Scholarship (full): \$3500 USD

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

<https://www.lifestartfoundation.org.au/.../gift.../>



UPDATE: 18-02-2021

[Lifestart Foundation](#) is celebrating a major milestone - 21 years of service to the disadvantaged 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 projects please consider a donation, joining our Monthly Members Club or running a fundraising event for us www.lifestartfoundation.org.au



UPDATE: 26-02-2021

Are you interested in supporting [#Lifestart Foundation](#)'s efforts to help disadvantaged students and families in Vietnam? Why not hold a fundraiser or start a "birthday pledge page"? In lieu of your upcoming birthday gifts, you could ask for a donation to Lifestart Foundation. 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: <https://www.lifestartfoundation.org.au/fundraise/>

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

For more information about our projects: www.lifestartfoundation.org.au

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.

Visit and support our Online Store here: <https://www.lifestartfoundation.org.au/get-involved/shop/>