

Education



UPDATE: 13-03-2021

MASTER OF NURSING SCHOLARSHIPS

"The dream that I have nurtured for a long time has come true..."

Lifestart Foundation has awarded 15 scholarships to **Master of Nursing students** to help them to complete their studies. The nursing profession in VietNam 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 VietNam. 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 VietNam 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 Huong is. Huong is working at Hue University Hospital. She graduated from Hue University of Medicine and Pharmacy and joining the Master of Nursing course has always been her long-held and cherished dream, which will help her to build a solid foundation for her career. Now with the wonderful support from Lifestart Foundation, she is finally able to fulfil her dream.

Huong's thank you letter:

Dear Ms Karen Leonard and everyone at Lifestart Foundation,

My name is Huong. I am currently working at Hue University Hospital. I am one of the nursing students attending the Master's course at Hue University of Medicine and Pharmacy which is connected to the Khon Kaen University of Thailand, and I am also one of the students honoured to receive the scholarship from Lifestart Foundation.

I am very delighted and happy to receive this scholarship. This is great encouragement which means a lot to me both materially and spiritually. I am very grateful for the care and the warm heart of Ms Karen and everyone at Lifestart Foundation. Your sympathy together with your enthusiasm have created a huge motivation for me in my study and my life.

Regarding my family, my parents are elderly so they cannot support me financially. I am a nurse working at the hospital with an average income which is just enough to cover my living daily expenses to support myself and my children. With the encouragement from my family, I decided to follow the ambitious dream of joining the Master of nursing course where I am trained in English by the professors at Khon Kaen University in Thailand. The dream that I have nurtured for a long time has come true, even though the cost is quite high. With the support from Lifestart Foundation, the economic difficulties are eased. Now I can focus on my study and my work. In addition to the encouragement from my family and the determination of myself, your support is really important to me.

Being one of the fortunate recipients of a Lifestart Foundation scholarship, I feel really proud and I will keep striving to achieve good study results. That pride will not only be a motivation for me to build a solid foundation for my career but also help me to fulfil my dream of sharing everything I learn with the nursing staff who are working at Hue University Hospital, and to also share my passion for doing evidence-based research and practices.

When I received the sponsorship from you, a lot of burden on my shoulders has reduced. Thinking about my future, my family and all the supporters from Lifestart Foundation, I promise to study hard to complete the course and try to become a good person for my family and my community.

Once again, I would like to send my sincere thanks to Ms Karen, Ms Nhung, Ms Phuong and everyone at Lifestart Foundation. I would also like to thank Mr Nguyen Vu Quoc Huy – Rector of our university and Ms Nguyen Thi Anh Phuong, the connection between us and the foundation. I wish you all lots of joy, happiness and success in work and life.

Best regards,
Duong Thi Dieu Huong



UPDATE: 20-03-2021

DOCTOR OF THE FUTURE – MEET LINH

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. 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.

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

There are 4 people in her family, including her dad, her younger sister, her younger brother and herself. Linh's childhood was a difficult and sad story. When Linh was young,

her parents usually quarrelled in the presence of Linh and her siblings and sometimes she even left her house without saying anything. Her parents officially divorced when she was in the first year at university, leaving her dad as the sole breadwinner of the family. After divorcing, her mother did not provide any support. Linh's dad is a motorbike driver, who relies on a meagre unstable income to support the entire family.

Although her dad is over 50 years old, he has to do a lot of hard work such as carrying heavy loads in the early mornings and late at night along with a full day of motorbike driving. Linh's family is deemed to be close-to-the-poor list by the government. Due to her father's unstable income, he needed to borrow large sums of money to manage their living expenses including his children's school fees. As a result, her family is in a very difficult economic situation. Before receiving her Medical Education Scholarship from Lifestart Foundation, Linh had to work part-time as a tutor to cover her living costs. She tried very hard to manage her busy schedule at university and to work so as she could survive and to hopefully achieve excellent results. Each summer vacation and Tet holiday, Linh and her siblings sold goods at the local market to share the burden of the daily expenses with their dad.

Despite her difficult circumstances, Linh is highly motivated to study diligently in order to break the poverty cycle. Linh is a brilliant student and always achieves academic excellence. She had an outstanding 3.88 study average out of a possible 4.0 in her second semester of year 2 at university, achieving the title of an excellent student! In addition to attending lectures and clinical practices, Linh also spends an average of 8 hours per day self-studying. Besides studying, Linh also actively takes part in extra-curricular activities. She is a member of the Internal Medicine club and the Life Skills Club at university.

After receiving her Lifestart Foundation Scholarship Linh's life has changed for the better. An enormous burden is lifted from her shoulders and that of her families too. The full scholarship from Lifestart Foundation enabled Linh to stop working and it covers all tuition, books, food allowance and also a new laptop which will be enormously beneficial for her studies.

Linh shared that it is her dad who she respects and admires the most. He has raised three children on his own. Despite coming from a disadvantaged background, he always encourages her and her siblings to study harder so as they will have a good future. This has motivated her to overcome a lot of challenges in her life and to realize her long-held and cherished dream of becoming a doctor, which will not only benefit herself and her family but more importantly the wider community.

We warmly welcome Linh 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 Linh to Lifestart Foundation.

----- Linh's thank you letter:

Dear everyone at Lifestart Foundation,

My name is Tran Thi My Linh, a third-year student of general medicine at Hue University of Medicine and Pharmacy. I'm writing this letter to express my gratitude to Lifestart Foundation for giving me this extremely meaningful education scholarship.

My family's situation in the past was very difficult. My parents divorced and myself and two siblings live with my father, so all of our expenses are on my father's shoulders. My mother doesn't provide any support for us so my father is the breadwinner. He works as a motorbike driver but he is old so he often gets sick. In the past, he broke his leg, so now when he does something which is too strenuous, he feels pain in that leg and he also has high blood pressure. I have a younger sister and brother. My sister is in year 11 at Nguyen Hue High School and my brother is in year 9 at Ly Tu Trong Secondary School so my father has a lot of expenses for our family. We all appreciate this, so every summer vacation, we help him to sell lemons at the market to earn more money to support our studies but we tend to earn just a little. Currently, besides studying at school, I am working as a tutor to get more income to support my family's daily expenses. I am trying my best to have a better life as well as to improve my exam results. In addition, I am participating in the study clubs at school to improve my knowledge in specialized areas. I always spend time learning English every day because I think that this is the key to increasing my knowledge. At the moment as well as in the future, I will participate in volunteer activities that provide free treatment for people who live in difficult situations and need help.

I will continue to be associated with Lifestart Foundation to help them and share my experiences with other lucky students who, like me, receive support from them. When I attended the Lifestart Foundation education scholarship interview in Hoi An, I was very nervous even though Ms. Karen and her staff were so friendly. However, the interview was more like a chat to learn more about my life and situation. It was also a chance for me to talk about the challenges and the effort I make in life. I felt so lucky when I heard that I would be chosen to be an education scholarship recipient. I was really happy and very grateful to Lifestart Foundation. This scholarship is a huge motivation to encourage me to make the best effort in studying. It is also an encouragement that my efforts in life are acknowledged. There are always a lot of kind people around me who are ready to help and encourage me to continue with my dreams. Regarding my family, it is an extremely big support. The financial burden on my family will be reduced and I will be able to continue my study and pursue my chosen path. When I received this scholarship, I promised myself that I would study harder and put more effort in.

Finally, I would like to send my best wishes to you and everyone at Lifestart Foundation. I wish the Foundation more success in the future and hope that they are able to help other disadvantaged people. I wish you and everyone at Lifestart Foundation good health, happiness with your families and success in your work.

Best regards,

Tran Thi My Linh



UPDATE: 27-03-2021

GREAT NEWS FROM LIFESTART FOUNDATION SCHOLARSHIP STUDENT DIEU

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

Dieu is a diligent second-year student at Danang University of Technology, majoring in Electronics and Telecommunications. She has held a full Lifestart Foundation education scholarship since she was in grade 8 at secondary school.

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.

During her last 3 semesters at university, Dieu has always maintained excellent study results, but a perfect score this past term is nothing short of outstanding. Besides attending classes, Dieu spends an average of 6 hours per day on self-study. With her constant striving for excellence, she achieved a maximum of 7 A level marks for 7 subjects (namely Physics, Macroeconomics, Technical Drawing, Mathematical Analysis, Linear Algebra, Labs Of General Physics and History of Vietnamese Communist Party)! We are extremely proud of Dieu's academic achievements which would not have been possible without her hard work and the generous gift of her full Lifestart Foundation Education scholarship.

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 comes from a family of 8: her parents, four elder sisters, her twin sister and herself. The four elder sisters are all married and live with their own families. Dieu's parents are rice farmers which means they 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!

In her fourth year at university, Dieu will be choosing which major to follow. Currently, she plans to study Telecommunications. Dieu shared that she will try her best to pursue this major in order to make her dream come true and to get a decent job that will not only benefit herself but also her family.

We will keep you updated on Dieu's schooling and progress!

You can read more about Dieu here:

1. Introducing New Scholarship Student Dieu:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/751103451601843/>
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1049195941792591/>
2. Dieu Accepted to Danang University of Technology:
<https://www.facebook.com/TheLifestartFoundation/posts/2857764727602361>
3. A Laptop Donation for Dieu:
<https://www.facebook.com/TheLifestartFoundation/posts/3140454706000027>



UPDATE: 10-04-2021

DOCTOR OF THE FUTURE – MEET LOAN

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. Over the years, Lifestart Foundation has provided 60 Medical Scholarships to outstanding students in Central Vietnam. All of our recipients demonstrate academic excellence and are from disadvantaged backgrounds.

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

Loan was born and raised in a small village in Hiep Duc, Quang Nam. There are 5 people in her family: her parents, her elder brother, her younger brother, and Loan. Her father is a builder's assistant while her mother works as a rice farmer. She also grows vegetables and raises pigs but the income from selling vegetables and pigs is only enough to buy food for her family. In recent years, her father has suffered from back pain and sciatica and sometimes is unable to walk. The cost of his medical treatment has been a huge pressure on the family and he is the main breadwinner. His unstable work has meant that the family's total income is reduced and as a result, her family has had to borrow money to support their living expenses and school fees for their children. Loan herself has suffered from Basedow's disease for a long time and this is another added financial pressure to pay for her monthly medication.

Despite her difficult situation, Loan is determined to study diligently in order to break the poverty cycle for her family. Loan is a brilliant student and always puts 100% effort into her studies. She had an outstanding 4.0 study average out of a possible 4 in her second year at university, achieving the well-deserved title of excellent student! In addition to attending lectures and clinical practice, Loan also spends an average of 4 hours per day self-studying on weekdays and 8 hours per day self-studying on weekends. Besides studying, Loan also actively takes part in extra-curricular activities. She is a member of the Blue Blouse volunteer club and Paediatrics club at university.

After receiving her Lifestart Foundation Scholarship Loan's life has changed for the better. The scholarship covers all tuition, books, rent, and food costs and also a laptop which will help her focus completely on her studies to achieve her desired goals. Her elder brother has now found employment which helps him to have enough income to cover his own expenses. As a consequence an enormous burden is lifted from Loan's shoulders and that of her families too.

Loan shared that it is her father who she admires the most. He is a good role model for her family. He is a good husband, a dedicated father, and a dutiful son to his parents. He has sacrificed all his life to his family without complaint. Despite coming from a disadvantaged background, he always encourages his children to strive harder in order to have a good future. This has helped Loan to overcome a lot of difficulties in her life to realize her long-held and cherished dream of becoming a doctor, which will not only benefit herself and her family but more importantly the wider community.

At present, Loan is interested in Paediatrics. She would like to study more about this field in the future in order to become a skilled Paediatrician.

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



UPDATE: 17-04-2021

MASTER OF NURSING SCHOLARSHIPS

"My dream is that I will upgrade the nursing role in VietNam to a new level."

Below is a thank you letter from Bao - 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 Bao is. Bao graduated from Hue University of Medicine and Pharmacy and he is currently working at Hue Central Hospital. While the number of male Nurses make up a small percentage in the Vietnamese health sector, Bao is an exception and he has nurtured a strong passion for this career path since he was in high school. With the much-needed funds from Lifestart Foundation, he is now provided with better learning conditions to realise his dream of studying master's course abroad to expand his horizons and more importantly to redefine the way people think about the Nursing sector.

We hope you enjoy reading Bao's thank-you letter:

Dear Everyone at Lifestart Foundation,

My name is Dang Quoc Bao. I am married with two children and live with my family at my mother-in-law's house.

I was very excited, happy, proud, and emotional when receiving the scholarship from Lifestart Foundation. It is the reason why I am sending this letter to you. My wife and I are working to support my two children and my mother. Although my mother had another family and had subsequently had three more daughters with her second husband, we all face difficult situations. My mother didn't raise me, but she gave me the chance to exist in this life, so I have to take responsibility for her now. As you know, "the biggest guilt of a person is to not be responsible for his/her parents". In spite of my low income, I have to share a part of it to support her.

Regarding my current family, my mother-in-law is getting older, and she often gets sick when the weather changes. I love her like my mother. My wife and I and my children will look after her when she gets sick. My wife is an officer at Thua Thien Hue Department of Health Care. My son is in year 6 Secondary school. He appreciates his parents' busy work so he goes to school by himself. Besides studying at school, he also helps us to take care of his grandma and look after his younger sister. My daughter is in year 2 in Primary school. She is also like her brother and can go to school by herself. Besides studying, she also helps do some chores in my house and plays with her brother.

I have been working at the Heart Emergency Department of Hue Central Hospital since 2016. My daily duty is to take care of the patients. Besides that, I have a part-time job in my free time, taking care of patients at their homes to get more income to improve my life. Even though I have limited time, I am aware that I have to study to improve my knowledge to serve in the community. I know that it will be very difficult, but I believe that I can do it.

I am doing a Masters in Nursing course in Thailand and though I know that my English is not as good as my classmates, I still follow that course with willingness and determination. I think "we will not become a very good student in 1 or 2 days, the important thing is that we don't give up". Professors may possibly have observed how I work as they seem to understand me, appreciate me and share lots of information with me.

I remember when I was a year 12 student, my teacher said that: "your dream will control your life". At that time, my friend told me that: "if you dream a lot it will make your life difficult". I replied that: "You're wrong! A small dream is similar to a small life". When I was 18 years old, I dreamed of changing one thing in my life. And I went on my dreaming path, made my dream come true and it is also the reason why I am following this course. After I graduate with a Masters, I plan to continue studying nursing at Ph.D. level. My dream is that I will upgrade the nursing role in Viet Nam to a new level.

I was so excited when I heard that I will receive Lifestart Foundation scholarship with my classmates. I was very grateful to Ms. Karen, Ms. Nhung, and Ms. Phuong for choosing me. I also show my deep gratitude to sponsors who extract a part of their income to contribute to Lifestart Foundation. After receiving the scholarship, I was aware that I have to be more responsible for the community. When I got the backpack from Lifestart Foundation, I donated it again to my son and told him: "Don't give up your dream, if your dream is big, there will be someone who believes in you. Please help people who are poorer than you and me too". This scholarship means a lot to me. I will spend a lot of time on my study and join an English class to improve my communication.

Once again, I would like to thank Ms. Karen, Ms. Nhung, and Ms. Phuong for listening to my presentation. Thanks to you and your staff, I had the opportunity to receive a Lifestart Foundation education scholarship.

I wish you all good health and lots of energy.

Sincerely,
Dang Quoc Bao

UPDATE: 24-04-2021

MASTER OF NURSING SCHOLARSHIPS

"After finishing this course, I am confident that I will have the ability to update the knowledge and processes in nursing departments at all the hospitals in Quang Tri Province."

Below is a beautiful letter of gratitude from Van – one of the Master of Nursing students who received a scholarship from Lifestart Foundation.

After reading it, we hope you will agree with us on what a worthy recipient Van is. Van has nurtured her dream of becoming a nurse from a young age since she looked after her mother when she was in the hospital. With all of her hard work and determination, Van was

accepted to study Nursing at Hue University of Medicine and Pharmacy and she graduated as valedictorian of her

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university class in 2014. She is currently the Director of Nursing at Quang Tri Department of Health and manages more than 700 nurses and midwives working across all health facilities.

We hope you enjoy reading Van's letter:

Dear Karen and everyone at Lifestart Foundation,

My name is Le Thi Huong Van, a student of the Nursing Master course at Hue University of Medicine and Pharmacy which is connected to Khon Kaen University of Thailand. I was lucky to be one of the students in my class who received a Lifestart Foundation education scholarship.

I was born and raised in a poor village in Quang Tri Province. My parents are rice farmers. My mother often gets sick, so my father is the breadwinner with a salary of 3 million vnd per month. Regarding my mother, although she often gets sick, she still tries to go to work; she will do anything when people need to hire her. She said that she would try to have enough money in order to support our studies. My family has 3 children and I am the eldest one. My 2 younger siblings are also studying. Currently, I am a nursing leader with the Quang Tri Department of Health Care. We are in a difficult situation, as we have to pay back the loan my family took out to send me to university. We also must support my younger brother and sister who are at university and all this is not easy.

Due to the existing situation of nursing in VietNam in general and in Quang Tri in particular, I had a strong desire to study a nursing master course, especially the international nursing master course. This would broaden my knowledge and my vision for the future and help me to improve my specialized professional field. Therefore, when I heard about this master course, I decided to submit my application and was accepted into it. The program was linked to Khon Kaen University in Thailand, so the tuition fee would be very high. It was a huge amount of money considering my living conditions and situation and my current salary level. After a long time thinking about it and receiving encouragement and motivation from my family and my colleagues, I decided to take the entrance exam and attend the course. After finishing the first year, even though I was faced with a lot of financial difficulties, I still thought that my decision was completely right and I also got quite good study results. I think that by completing this master course, I will gain a lot of specialized knowledge, a clearer vision, logical thinking, and management and problem-solving skills. In addition, I will do better and be more professional in the scientific research area. Improving my English is one of the results that I am also looking forward to.

After finishing this course, I am confident that I will have the ability to update the knowledge and processes in nursing departments at all the hospitals in Quang Tri Province. I will guide and encourage them to do scientific research and apply the results to caring for patients. I will share my experience and management skills with other nursing leaders who are also working at the hospitals.

In addition, I will try to help my nurses be more confident in their work in order to receive good feedback from patients, colleagues, and leaders. Finally, the last purpose is to help promote the nurses' skills, the quality of care they provide and contribute to making a success of the treatment process and patient care at the hospital as well as protecting and taking care of people's health.

My family and I were so excited when I was informed that I would receive this precious scholarship. It was not only material support but also a huge spiritual encouragement that helped me overcome the challenges in study as well as in life.

On this occasion, I would like to send my deep gratitude to Ms. Karen and Lifestart Foundation's staff as well as sponsors who contributed to giving me this meaningful scholarship.

Finally, I wish you all good health and best wishes. I hope Lifestart Foundation will develop more in order to help other disadvantaged students in VietNam and always be a fire to bring hope to young Vietnamese students for generations to come. Thank you so much!

Best regards,

Le Thi Huong Van



UPDATE: 01-05-2021

MASTER OF NURSING SCHOLARSHIPS

Duc was another Lifestart Foundation's Master of Nursing Scholarship recipient we would like to introduce. She completed her Bachelor's degree in Nursing at Hue University of Medicine and Pharmacy in 2015. Before joining the Master's course, Duc worked at the Intensive Care Unit at Vinh International Hospital in her hometown Nghe An. While working there, Duc found that she needed to broaden her knowledge in evidence-based practice, instead of just applying experience-based practice into clinical care. Therefore, joining the Master's course in Nursing is a great chance for her to gain more knowledge in the field. With the wonderful support from Lifestart Foundation, Duc is now able to realise her dreams of not only accumulating more valuable knowledge for herself but also contributing to building

a stronger nursing system in VietNam.

Below is a thank you letter from Duc to Lifestart Foundation when she was informed that she had been chosen for the scholarship. We hope you enjoy reading her letter of thanks.

Dear Karen and Everyone at Lifestart Foundation,

My name is Nguyen Thi Duc, 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. Today I am writing this letter to express my sincere thanks to Lifestart Foundation for the scholarship which you have so generously given me.

I come from a family living in a poor rural area of Nghe An province. My dad is a soldier but is now retired. My mum is a rice farmer. At the moment, I am focusing all of my time on the Master's course. When I have time, I do some part-time jobs like tutoring or working as a health visitor, to have extra income for my studies.

I still remember that my purpose for choosing to study for a nursing major, for me, I had had the chance to be in contact with hospital nurses when I was very young, and I have nurtured the dream of becoming a good nurse since then. I remember that I received the highest exam scores in my class, which would have enabled me to study Medicine. However, I had chosen to study Nursing from the beginning, and up until now, I have never regretted my decision.

Because of my passion for nursing, I studied hard and put a lot of effort into practical skills. As a result, I was always the one who received the highest results in my class at university and had a chance to visit Nepal to exchange knowledge with students from Finland and Nepal for two weeks. In addition, I was keen to take part in volunteer activities in Nam Dong and Hue, and other student exchange events between VietNam and America, Finland, and Korea. During four years of nursing studies at Hue University of Medicine and Pharmacy, I accumulated plenty of essential knowledge and skills to be able to begin my new career as a nurse. After three years of work, I received a lot of positive feedback from the nurses and board members of the hospital where I used to work. In particular, I won first prize in the contest for the most gifted nurse at the hospital, and many other top prizes for nursing staff at the hospital. I also received affection and thanks from patients and their families, which made me even more committed to my chosen career and more determined to enhance and develop this career path.

As a result of totally focusing on my studies, I achieved good scores with a GPA of 3.8 out of a possible 4.0. Before, during, and after graduating, I always tried to apply what I have learned into the nursing profession of my country, especially practices based on evidence. Besides that, I also wanted to make use of my research topic: "Teaching Additional Clinical Nursing Knowledge to Nursing Staff via Mobile Phone Applications". I always hope that the nursing staff can use this application as a support tool to update and improve their knowledge with information from within VietNam, and abroad, in order to give the best care possible to their patients.

I was so happy and delighted to receive the sponsorship from Lifestart Foundation. The scholarship can help to cover a part of my study expenses. My family and I want to show our sincere gratitude to you. I do not know how to describe my appreciation. I will try my best to finish the course on time to be able to contribute my knowledge and my experience to the development of the nursing profession of our country.

The support from your foundation means a lot to me, as well as to those who are working and will work with us, and who will receive our care after we finish this course. Once again, I would like to send my deepest thanks to everyone at Lifestart Foundation. I wish you all good health, happiness, and lots of joy in life.

Regards,
Nguyen Thi Duc.



UPDATE: 08-05-2021

DOCTOR OF THE FUTURE – MEET NHON

At Lifestart Foundation, **Education Scholarships** are our largest and most important project as we believe that via education we can break the poverty cycle for future generations. We also believe that by nurturing and encouraging fine minds in particular in the health sector, we will help the development of Vietnam and its people.

Nhon was another successful applicant of a Lifestart Foundation Medical Scholarship. He is currently a 4th-year student at Hue University of Medicine and Pharmacy, majoring in General Medicine. As with all our scholarship students, Nhon's family has a very difficult economic situation. His family is deemed to be close-to-the-poor list by the government. The family's income is only 3,000,000 VND or approximately 130 USD per month, which makes it very difficult for them to support their children with their schooling while having to manage

their daily expenses. Unfortunately, his dad has suffered from osteoarthritis and his younger sister has had spinal disease for many years so this is another additional financial burden to pay for their monthly medication costs.

Prior to receiving his Lifestart Foundation education scholarship, Nhon didn't have enough money to have a healthy diet and survived on as little as 25,000 VND (approx \$1.08 USD) per day for food. In order to reduce his family's economic burden, he worked part-time as a tutor to cover his own living expenses.

Not being discouraged by his disadvantaged family circumstances and the many challenges in his life, Nhon has made every effort in his studies in order to realise his dream of becoming a skilled doctor. He achieved a GPA of 3.45 out of a possible 4.0 when he received the scholarship. Nhon completes a total of 55 hours self-studying per week during normal weeks and 70 hours self-studying per week on the days leading to exams. This is in addition to his tight schedule of attending tutorials at university and doing clinical practice at hospitals. Besides his academic studies, Nhon also joins in extra-curricular activities at university and volunteer programs to help disabled and disadvantaged children as well as donating blood. He is also a member of the Cardiology Club at university.

After receiving his Lifestart Foundation Scholarship Nhon's life has changed for the better. An enormous burden is lifted from his shoulders and that of his family too. The full scholarship from Lifestart Foundation enabled Nhon to take some time off from working so that he will be able to completely focus on his studies and it covers all tuition, books, food allowance, rent costs, and also a new laptop which will be a great support tool for his studies.

Once again, we warmly welcome Nhon into the Lifestart Foundation family. Stay tuned for more to come in future posts as we watch his progress with great interest.

Below is a beautiful letter of gratitude from Nhon to Lifestart Foundation when he found out that he had been chosen for the scholarship. We hope you enjoy reading his letter of thanks.

Dear Karen and Lifestart Foundation,

My name is Le Hong Nhon, a student at Hue University of Medicine and Pharmacy, majoring in general medicine. Today I am writing to send my sincere thanks to you and to tell you about myself, my family as well as my current study and my future plans so you can understand more about me.

I was born and raised in Quang Tri, a province of sun and wind. My family includes seven members who are my parents, my three elder sisters, my younger sister, and me. My parents are rice farmers who have been working the fields for their entire lives. They are aware that it is impossible for them to both manage their life and support five children to go to school if they only rely on farming, so after finishing their daily farming work, my dad also works for other farmers to get extra income, while my mum tries to arrange our family housework so as my dad can totally focus on his job. When my first two sisters went to university, there were a lot of additional expenses arising making my parents worry a lot and they had to get student loans to pay for them. At the moment, they are still maintaining that loan for my third sister and me. Besides that, they also borrow from their acquaintances. In addition to financially supporting me in my study, my parents are also the ones who always encourage me when I have any difficulties with my living far from home, from studying issues to other things in life. They are also the motivation that pushes me in my study and raises me up when I fall down.

When I found out that I was chosen for the scholarship from your foundation, I was very happy and I felt so special. I just wanted to jump up and shout out "mum and dad, I achieved a scholarship!" It is really a huge motivation for my family and me both in the material and spiritual sense, which helps me to be more confident to walk in my journey of becoming a good doctor in the future to help those in need. Besides that, the additional gift that you gave me – the new laptop - is also an extremely useful tool which can support me a lot in my study to make my dream come true. You all have left a deep impression on me since the interview in Hoi An and your scholarship presentation event in Hue. You are all not only very professional, thoughtful and caring but also very friendly and willing to give me good advice.

My current study is going quite well. Even though I was new to clinical lessons at the hospital when I started, I have got used to them now. My aim for this school year is to master the subjects of pathology and symptomatology, which are the

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basic foundations for becoming a physician. I will also arrange my time effectively and try my best in other subjects. I will take part in volunteer activities in and out of my university, to be able to support people in difficult situations like you are doing for me. My future plan is to look for a stable job in the cardiac sector, and then continue to study further in this area to become a good heart specialist.

Finally, I would like to say thanks to Lifestart Foundation and Ms Karen for caring about my situation, supporting me, and being my motivation, which enables me to continue to fight the challenges in the way I have chosen. I wish you all lots of joy, happiness, and success in life.

Goodbye and hope to see you again soon.

Yours sincerely,

Le Hong Nhon.



UPDATE: 09-05-2021

MASTER OF NURSING SCHOLARSHIPS

Introducing Thuy - one of the Master of Nursing students who received a scholarship from Lifestart Foundation. Thuy is currently a lecturer at Danang University of Medical Technology and Pharmacy and is teaching more than 400 Nursing undergraduate students - a cohort of promising nurses of the future. Since a young age, Thuy has held a strong passion for taking care of her family as well as the wider community so she has chosen to follow a Nursing major at university.

Thuy is also a person who is always willing to share the knowledge about her field of expertise to more and more people, that's the reason why she has chosen to pursue a career in teaching. Thuy shared with us that it's her dynamic students who have motivated her to develop her professional skills in order to become a good lecturer with advanced qualifications. Studying a Master's course in Nursing not only helps her foster and expand her knowledge but also to realise her dream of sharing the much-needed useful knowledge and expertise to more students and upgrading the role of the nursing community in Vietnam.

Below is a beautiful letter of gratitude from Thuy. After reading it, we hope you will agree with us what a worthy recipient Thuy is.

Dear Karen and everyone at Lifestart Foundation,

My name is Pham Thi Thuy, 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.

Today I'm writing this letter to send my sincere thanks to you and Lifestart Foundation for giving me such a large amount of money to support my studies. I would like to take this opportunity to share some information about myself with you all.

First of all, I would like to tell you about my family and myself. I was born and raised in a farming family, as my parents are rice farmers in Hue. After I graduated from the Bachelor's degree in Nursing at Hue University of Medicine and Pharmacy in 2011, I accepted a position at Da Nang University of Medical Technology and Pharmacy working as a lecturer in the nursing department. My task is to teach nursing theory and practical skills to students who are specializing in anesthesiology nursing, and helping patients with their recovery.

In the morning, I often direct, guide and support students who are doing their internship at the hospitals in Da Nang City, and in the afternoon, I teach theory and practical skills at the university. Now, after 8 years of trying to gain admission as a postgraduate student, I have been accepted into the first nursing Master's course at Hue University of Medicine and Pharmacy, which is linked to the Khon Kaen University of Thailand.

I was both very excited to be accepted, but I was also worried as the tuition fees are so high, and there are also work requirements. I also needed to move to Hue with my 2 year old child to study. It can be said that this was the most difficult period for my family; I had to pay a large amount of money, and my husband's salary is not high. He is part of an electrical repair team for a private company in Da Nang. His wage depends on the company's orders so it is very unstable at times.

I was really surprised and excited when I heard that I was to receive a scholarship from Lifestart Foundation. Moreover, when I heard Ms. Karen talking about the establishment of Lifestart Foundation I became very emotional and was full of admiration for a foreigner who desired to contribute to the development of Viet Nam. I promise that I will try my best to transfer my knowledge to my students who will directly take care of health for people. With that desire, I also have a lot of plans for the future on how to develop professional teaching such as focusing on developing health care programs for the

elderly to meet the needs of the majority of the aging population in Viet Nam and internationally. I would also hope to promote scientific research for nursing students and people who are working in the nursing area.

Finally, I would like to send my deepest thanks to you and everyone at Lifestart Foundation for supporting me with this scholarship. I hope in the future that the Foundation will continue to bring happiness and motivation to students who are having difficulties in their studies.

I wish you all good health, happiness and success in life.

Best regards,

Pham Thi Thuy



UPDATE: 12-05-2021

TODAY IS INTERNATIONAL NURSES' DAY!

The International Nurses' Day, which is organised annually on May 12th, celebrates the tireless contributions of the Nursing community to societies all over the world.

On this special day, we would like to send our gratitude to all of the wonderful dedicated nurses, who play a vital role in our well-being,

especially during this world pandemic.

Lifestart Foundation has recently supported 15 nurses to complete their International Master of Nursing studies.

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

The nurses we have supported all hold their Bachelor's 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 at their respective hospitals, so the ripple effect of this type of capacity building will be enormous.

Pictured in this post are some of our Master of Nursing scholarship students who graduated recently. Also in attendance were Professor Nguyen Vu Quoc Huy, Rector of Hue University of Medicine and Pharmacy, Associate Professor Hoang Bui Bao – Vice-Rector, Associate Professor Nguyen Minh Tam – Vice-Rector, Associate Professor Nguyen Khoa Hung – Vice-Rector, Dr. Nguyen Van Hung - Head of Office of Personnel Management, Administration, Inspection & Legislation, Dr. Nguyen Thi Anh Phuong - Deputy Head of Office of Science, Technology & International Cooperation, Dr. Phan Trung Nam - Deputy Head of Office for Graduate Academic Training as well as representatives and senior lecturers from the university's faculties.



UPDATE: 15-05-2021

#HIGH_ACHIEVEMENT_AWARD – MEET THUY, DOCTOR OF THE FUTURE

Over the years, Lifestart Foundation has provided a total of 60 Medical scholarships to outstanding students in Central Vietnam. Besides major medical scholarships, we also present High Achievement Awards to medical students who demonstrate excellent academic results. It was our pleasure and honor to support these fine minds in the health sector in their learning path.

Pictured in this post is Thuy, a 4th year General Medicine student at Hue University of Medicine and Pharmacy. She was one of the two students who received a High Achievement Award from Lifestart Foundation. Thuy is the first in her family to attend university.

Thuy's family includes four people living in Binh Phuoc province which borders Cambodia. Her family is deemed to be close-to-the-poor list by the government which means they are in a difficult economic situation.

Due to her dad's old age and unstable health conditions because of spinal disease and a herniated disc, he cannot work much to financially contribute to the family, on the other hand, he still has to get monthly medical treatment. Therefore, her mum, who is often hospitalised due to vestibular disorders and persistent dizziness, is the main breadwinner of the family with her job as a housemaid giving her only 3 million vnd (approx. \$130 usd) per month. As a result, her family has had to borrow a lot of money to manage their lives and support their children with their education.

Despite her family's difficult economic situation, Thuy is a brilliant and diligent student who always shows academic excellence and has a strong desire to become a good doctor. Thuy shared she has nurtured her dream of becoming a doctor from a young age since she usually saw her mum being hospitalised, her younger brother has also suffered from acute pneumonia and her dad also had a problem with his knees that made him unable to walk but he didn't dare to go to the hospital for a checkup because they had no money. All of this has motivated her to study harder to become a skilled doctor in order to not only cure for her family members but also to be able to help the wider community.

During her first three years at university, Thuy always maintained her title of an excellent student. In her third year, she ranked first among the students in her year level. Her GPA in the first semester of year 4 was 3.72 out of a possible 4.0 – an outstanding score considering the difficult curriculum of year 4, the heaviest year among her 6 years at university so far.

In addition to her classes at university and clinical practice at hospitals, Thuy spends 4 hours per day self-studying during normal weeks and 15 hours per day on the days leading to exams. Besides studying, she also actively participates in a number of extra-curricular activities and volunteer clubs as well as donating blood. She is currently the monitor of her class and also a member of the Internal Medicine Club at university.

Thuy admires her dad the most because he is a very dedicated and hard-working person despite his health problems. He is also like a teacher who has taught her and her younger brother all subjects since they started school until year 9. He has inspired her to try her best in her studies as well as in her life in order to become a good citizen as well as a qualified doctor.

Thuy shared that Internal Paediatrics is her favourite specialty as she has a special love for children. She hopes to study more about this field in the future in order to become a skilled Paediatrician and will constantly strive harder to realise this long-held and cherished dream. Now with the wonderful support from Lifestart Foundation, we are confident that Thuy will continue to inspire us with more accomplishments. Once again, congratulations Thuy on your academic achievements and we wish you every success in your future endeavours.



UPDATE: 22-05-2021

DOCTOR OF THE FUTURE – INTRODUCING TAN

In December 2020, Lifestart Foundation awarded a new round of major Medical Scholarships at Danang University of Medical Technology and Pharmacy. The first 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.

Tan was another outstanding Lifestart Foundation scholarship recipient. She comes from Binh Dinh province, which is about 7 hours by bus from Danang. Tan is currently a 4th year General Medicine student and she is the first in her family to attend university.

Like all of the students in our [#Education Scholarship](#) project, Tan has a difficult and sad back story which she explained in her letter of gratitude below.

Not being discouraged by her difficult situation, Tan has always tried her best in her studies and attained outstanding academic results. Her GPA in the first semester of year 4 was 3.7 out of a possible 4.0, achieving the title of excellent student!

Tan spends 50 hours self-studying per week on normal weeks and 75 hours per week on the days leading to exams, which is on top of 20 hours of tutorials at university and 25 hours of clinical practice at the hospital.

Tan shared with us that she really admires the Vietnamese Teacher Nguyen Ngoc Ky. Despite his disability, his determination has helped him to overcome all difficulties and achieve success. He has also shown that although we can neither decide where we are going to be born nor our appearance when we are born, we can choose our own way of living and taking responsibility for your own life. This has motivated Tan to study diligently in order to achieve her goals and to break the poverty cycle.

After receiving the Lifestart Foundation scholarship, Tan's life has changed for the better as it has helped alleviate many of the financial burdens on her shoulders and that of her family too. The scholarship covers all tuition, books, rent, and food costs and it will enable Tan to completely focus on her studies and to realise her cherished dream of becoming a skilled doctor. We believe that a disadvantaged background doesn't have to be a barrier to success and we are also confident with the full support of our Lifestart Foundation team from now on, this will allow Tan to inspire us with more

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accomplishments.

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

We hope you enjoy reading Tan's thank-you letter:

Dear Ms Karen and everyone at Lifestart Foundation,

First of all, I would like to send my sincere thanks to Karen and Lifestart Foundation for taking the time to consider my application and presenting a valuable scholarship to me. My name is Tan, currently, I am a fourth-year student, majoring in General Medicine at Danang University of Medical Technology and Pharmacy. Today, I am writing to express my gratitude to Ms. Karen and Lifestart Foundation. I was born into a family in difficult circumstances; our family income depends mainly on rice farming. My family has 6 people including my parents, two younger brothers, a younger sister, and me. I am the eldest sister in my family.

Although my family's living condition is extremely difficult, my parents have always tried to support us with our studies. However, our family life has become harder since I commenced university. Studying in university means a lot of expenses, so my parents had to work harder and sometimes they also borrowed money from our relatives for me. The first three years of university have passed and though my parents could not financially support me much, I have received a lot of love and care from them, which is a big motivation for me to try harder. My family life did not change much until the end of the year 2019 when my mum was seriously ill and had to be hospitalized. She was diagnosed with blood cancer and transferred to a hospital in Saigon. Since then, my family has had to face many difficulties, my dad had to temporarily leave his job to go to Saigon with my mum for her treatment. Because of the enormous medical treatment expenses, we had to sell our rice, cows, and pigs to pay for the expenses, however, her health was not getting better but worse. When my family's financial condition meant they could not cover those expenses, we had to borrow money from our relatives. When Lunar New Year 2020 was close, the doctor agreed to discharge my mum so that she could welcome Tet holiday with our family and asked her to do periodic health checks weekly instead of residential treatment because her health was not getting better and our financial situation had become more difficult. Since we were not able to cover many expenses including travel and my mum's medical treatment, my family's debt was increasing enormously. My mum's health was getting worse and worse, and in May of 2020, she passed away. All my family members were devastated, especially my dad and though he did not say a word, we all could feel that.

Since the day my mum left us, my dad has been the only breadwinner in our family. He had to work very hard to raise his children and pay off our debts, therefore life has become even harder for us. In addition to sending money to me monthly, my dad had to earn money to cover all daily living expenses and tuition fees for my younger brother and sister. In the countryside, rice farming is not a stable job and mostly depends on crop season and weather, so our income is also unstable and sometimes he has to borrow money to send to me. Being fully aware of the family's situation since I was a freshman at university, I have tried to do a part-time job to cover my living expenses. I have worked as a tutor for two and half hours per day, from Monday to Friday. Besides that, I have also worked at wedding parties at the weekend. Though doing these jobs is time-consuming, I can earn enough money to cover my living expenses. However, studying is always my first priority, so I have tried to spend time reviewing the topics that I find difficult to understand or emailed my teachers to ask about them. When exams were close, I did not work at the wedding parties and took some days off from tutoring to prepare for them. In general, my life is not as comfortable as my peers' but on the other hand, I can support my family somewhat so I am very happy about that.

I am very lucky to have been introduced to Lifestart Foundation scholarships for medical students by my school. When I received an interview schedule in Hoi An, I was very worried and nervous, but when I met the staff at the interview, I felt much more confident, probably thanks to their enthusiasm. At the end of the interview, I was very relieved because this was the first time I had shared the many difficulties that my family and I have experienced, as well as my thoughts and feelings. I have never shared this with anyone before. I would like to say thank you very much to Ms. Karen, Nhung, and Uyen for listening to my story. While waiting for a result, I really hoped that good luck would come to me and my dream came true when I received an email announcing that I would be presented with the valuable scholarship. I was overjoyed and no words could express my feelings at that time, besides the feeling of happiness but I was also very worried. I was glad that the scholarship would support me in my learning journey ahead, but I was still worried about how to study hard enough to be deserving of your kindness. What if my study results were not as good as expected? As for my family, when I announced the good news, everyone was very happy for me, especially my dad, he was very delighted and also said that "You should try to study even harder in order not to disappoint them".

This scholarship means a lot to me and my family, it not only has material value, helping me pay for my study and monthly living expenses but also is an invaluable spiritual gift that is a great motivation for me to put more effort into my studies so that I can meet your expectations of me. The scholarship is also a source of motivation for me to be more confident in my learning path ahead.

I would like to express my gratitude to Ms. Karen and Lifestart Foundation for giving me this precious opportunity. Although I have nothing to give in return, I promise to put my best effort into studying in order to be deserving of your expectations and the faith that everyone has put in me. Finally, I would like to send best wishes and my sincere thanks to Ms. Karen and Lifestart Foundation. I hope Lifestart Foundation will be more and more successful to help those with disadvantaged circumstances have a brighter future. Thank you!

Yours sincerely,

Pham Thi Tan



UPDATE: 29-05-2021

DOCTOR OF THE FUTURE – MEET MAI

In February 2021, Lifestart Foundation awarded a new round of major Medical and Pharmacy Scholarships for 9 super impressive students at Hue University of Medicine and Pharmacy, who have demonstrated academic excellence and are all 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.

Mai is one of the successful applicants for this round of scholarships. She is the first in her family to attend university. Like all of our scholarship students, Mai has a difficult and sad back story which she explains in her letter of gratitude below.

Not being discouraged by her difficult family situation, Mai is a determined and diligent student. She achieved a GPA of 3.65 out of a possible 4.0 in the second semester of year 2. Every week she spends a total of 70 hours self-studying and on the days leading to exams, she spends 100 hours per week for self-study. This is on top of 15 hours of classes and 25 hours of clinical practice and duty at university and hospitals. Besides academic studies, Mai is also a member of the Asian Medical Student Association and she has also organised volunteer activities helping disadvantaged children and patients.

After receiving her Lifestart Foundation scholarship, Mai's life has changed for the better. We believe that with the support from the Lifestart Foundation education scholarship, the financial distress of her family has been lifted from her mother's shoulders and it will enable Mai to completely focus on her studies and to realise her cherished dream of becoming a skilled doctor.

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

Below is a beautiful letter of gratitude from Mai to Lifestart Foundation. We hope you enjoy reading her letter of thanks.

Dear Ms. Karen and everyone at Lifestart Foundation,

My name is Tran Thi Thanh Mai. Currently, I'm a 4th year General Medicine student at Hue University of Medicine and Pharmacy. Today I'm writing to express my gratitude to you and Lifestart Foundation for giving me a great opportunity to receive this valuable scholarship. For me, this scholarship not only represents material help to me but also gives me great encouragement to overcome all my difficulties to realise my cherished dream of becoming a doctor.

I'm the oldest child of a family of 5 people, including my parents, two younger brothers, and myself. My parents used to work making paper handicrafts; my dad also had other jobs to earn extra income to cover our living expenses. Unfortunately, my dad passed away in a traffic accident in 2017, leaving my mum widowed with three children to raise who were all of school age. Before the sudden death of my dad, my family was not very well-off, but my parents still earned enough money for us to attend school, although at that time I hadn't entered university so the tuition fees for us were not high. After my dad passed away, my whole family was very sad and desperate due to the huge personal loss and the financial distress of my family. At that time, I used to think about dropping out of school to get a job to support my mum since my family's economic condition was not enough to support my studies. But my mum was the one who prevented me from dropping out of school, she persuaded me to continue studying to make my dream of becoming a doctor come true. Because of my mum, I was determined to work hard in order not to disappoint her and make my dad happy since I always believe that he is watching me. During that time, I had to fight against my depression after my father passed away and I tried to keep myself busy by studying, working part-time, and participating in volunteer activities to help the community.

At present, my mum is the sole breadwinner of my family. Our entire family lives on my mum's unstable income from making papercrafts. For a long time, my mum has suffered from a thyroid condition and arthritis as she ages. My younger brother is currently a first-year student at Danang University of Technology and my youngest brother is studying in year 11, so they have not financially contributed to our family yet. Being aware of my family situation, I have worked part-time as a tutor to cover my own living expenses. However, studying is always my first priority, so I have tried to arrange the

tutoring schedule in the afternoons, after classes at university so that the commuting time will be reduced, and I only spent 2 days a week tutoring with 2.5 hours per day. In the afternoons when there are no classes, I spend the whole time studying in my university library. My family and I were overjoyed when I found out that I would receive this valuable scholarship from Lifestart Foundation! This scholarship means a lot to me. It is a really huge motivation for me and my family in both the material and spiritual sense. The scholarship will help cover my tuition fees and reference materials and also provide me with a food and transportation allowance to cover my living expenses. My mum will be less worried about my studies as an enormous financial burden has been lifted from her shoulders. Now, she can fully concentrate on working to support my two younger brothers. Receiving this scholarship is a great source of motivation for me to strive harder in my studies in order to fulfill my dream. Thanks to this scholarship, I can take time off from working part-time to fully focus on my studies.

Currently, I'm a 4th year General Medicine student at Hue University of Medicine and Pharmacy. My schedule in this 4th year at university is quite hectic. The 4th year of university is an important one when the curriculum includes the major specialised subjects of the six-year study program and the period of doing clinical practice and duty at the hospitals also makes up the majority of the study time. Therefore, I have spent more time self-studying than in previous years in order to achieve successful results. My self-studying time varies according to my classes and duty schedules. On the days when I have classes and duty schedules all day, I can only spend a maximum 5 hours on self-study, while on the other weekdays, I often spend 10 hours per day self-studying. On the weekends, I spend a majority of my time self-studying. Besides that, I have also joined an academic club on the weekends, which I found very useful. Among all subjects I have learned, I like Biochemistry, Pharmacology, research-related and laboratory-related subjects the most. I believe that preclinical testing plays a crucial part in diagnostic and treatment procedures of clinical doctors.

In this second semester, I will study 3 subjects including Obstetrics, Paediatrics and Research Methodology. In addition to class time, I will do clinical practice in Obstetrics and Paediatrics at two hospitals. Since Obstetrics and Paediatrics are new subjects which are quite different and much more difficult compared to Internal Medicine and External Medicine, I felt a bit lost to start with. Besides the classes, clinical practice and duty, my schedules are quite tight for this semester. Therefore, I have set out a detailed plan on the number of lessons I should learn a day to maximise my self-study time but still be able to manage my time effectively in order to be less stressed out. This semester, I will continue to work harder to achieve the best results I can and help my mum with household chores. If I have an opportunity, I hope I can join some school or local volunteer programs to help those in need and to contribute to the development of my hometown. I'm also aware that English is very important for medical practitioners. Therefore, I will enroll in an IELTS course at an English center to foster my skills. My expected IELTS score is a minimum 6.5 and I plan to take the test next summer so I will try my utmost to reach this goal.

To close this letter, once again, I would like to express my sincere gratitude to you and everyone at Lifestart Foundation for giving me this precious opportunity. I promise to constantly try harder to make my dream come true so as not to disappoint you, who have placed your trust in me. I hope that Lifestart Foundation will grow more and more to be able to help more disadvantaged students like me to realise their dreams. I wish you all good health, happiness and that your work will go well.

Yours sincerely,

Tran Thi Thanh Mai



UPDATE: 05-06-2021

DOCTOR OF THE FUTURE – INTRODUCING THANG

Recently, Lifestart Foundation has launched and awarded a new round of major Medical Scholarships at Danang University of Medical Technology and Pharmacy. 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. The first 6 scholarships were awarded to super impressive students who have demonstrated academic excellence and are all 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.

Thang is an excellent candidate for a Lifestart Foundation scholarship. As with all our Lifestart Foundation scholarship students, Thang has a difficult and sad back story.

Despite her difficult family situation, Thang is motivated to study diligently in order to break the poverty cycle for her family. She achieved a GPA of 3.52 out of a possible 4.0 when she applied for the scholarship. Every day she spends an average of 5 hours self-studying besides attending classes at school and doing clinical practice at the hospital and on the days

leading up to the exams, she spends at least 10 hours a day revising the lessons. Besides studying, Thang is also a member of the Students' Union of her faculty where she has organised volunteer activities helping disadvantaged children and she is also a member of her faculty's Volleyball Club.

We believe that with the support from the Lifestart Foundation education scholarship, the financial distress of her family has been lifted from her mother's shoulders and it will enable Thang to completely focus on her studies and to realise her cherished dream of becoming a skilled doctor.

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

Below is a beautiful letter of gratitude from Thang to Lifestart Foundation. We hope you enjoy reading her letter of thanks.

Dear Karen and everyone at Lifestart Foundation,

My name is Nguyen Thi Chi Thang, currently, I am a fourth-year student, majoring in General Medicine at Danang University of Medical Technology and Pharmacy. Today, I am writing to express my gratitude to Karen and everyone at Lifestart Foundation for giving me a great opportunity to receive a valuable scholarship from Lifestart Foundation.

I am the youngest of a family who are rice farmers in a poor area of the countryside of Vinh Linh district, Quang Tri province where the weather is very harsh with many storms and floods all year round. In the past, my family's living expenses mainly depended on my father's meager retirement pension, but since he was seriously ill and became bedridden, our family life has become more difficult. His medical treatment expenses then were more than 400 million dong, which is too much for my family. That year was also the time I received an offer of admission from a university. My mum had to worry a lot about my tuition fees, accommodation fees, and living expenses. However, in order to let me fulfill my dream of being a doctor, I have never heard any complaints from my mum about our difficulties. Understanding my mum's heart, I have tried to study very hard and also took a part-time job. I have worked 3 days a week as a tutor for a student in year 8, for one and half hours per day. Every month, with a salary of one million dong and an allowance from my family, I can manage to pay my own expenses. Although studying and working makes me quite tired, and doing a part-time job has also occupied valuable study time, it has helped us temporarily overcome our current difficulties. My elder brother, who was working in Dong Nai, had to quit his job to come back home and take care of my parents.

In my second year of university, my father, unfortunately, passed away. That is a great loss for me and all my family members. I understand that the passing of my father left a great sadness in the hearts of each family member. However, my mum and my elder brother had to put aside their sadness to comfort me and encourage me to study harder despite the family's difficult situation. Currently, my family is raising a small flock of chickens, and providing meat and eggs for sale. In recent years, because natural disasters and epidemics have been more and more complicated, our family's financial situation has become more and more difficult.

Fortunately, I was introduced to the Lifestart Foundation scholarship program through my University. According to what I found out, Lifestart Foundation is a non-governmental organization, established with a strong mission to help families and students who are facing many difficulties to continue to go to school and fulfill their dreams. I am very happy to have an interview and then to receive the valuable scholarship. I am very grateful to everyone at Lifestart Foundation for caring for and listening to my thoughts and dreams. When I received the news of the scholarship, I was extremely delighted. My mum and my elder brother were filled with happiness when they heard the good news. That was the first time since the day my dad passed away that I saw my mum smiling so happily. It seemed as if a part of her worries had been removed. She was very proud of me and I could see the happiness on her face. The scholarship can help me cover my tuition and living expenses, therefore, my family will not have to continue applying for a student loan for me and become further in debt. My mum and my elder brother will be less worried about my studies as they have had their financial burden partly reduced.

The Lifestart Foundation scholarship has an enormous value not only materially but also spiritually. Receiving the scholarship is both a blessing and a motivation for me to continue to fulfill my dream. It will help me and my family with our financial problems, and I can continue pursuing my study path. Thanks to the scholarship, I can pay for all my expenses and take time off from doing my part-time job to spend more time on self - studying not only my major subjects but also English. English is currently my weak point but I will try my best to finish my free English course online and look for another one in the near future to improve my skills.

After graduation, I will continue to study to be a medical specialist. Although I have not decided what I should specialize in yet because I have not finished studying at all of the faculties at university, I will eventually return home and work at the hospital in my hometown. At that time, I can take good care of my mum, my brother, and everyone in my hometown where the quality of healthcare services and facilities is still poor. Hopefully, I will soon become a good doctor, being able to treat many patients. If I have an opportunity, I hope I can also join the medical volunteer programs, examining and treating those in need without any fees.

Lifestart Foundation Scholarship is a very meaningful gift for me and my family. I am very grateful to Karen and everyone at Lifestart Foundation for presenting me with this precious gift. I will do my best to be deserving of your tremendous support. Thank you!

Yours sincerely,

Nguyen Thi Chi Thang



UPDATE: 06-06-2021

GREAT NEWS FROM OUR LITERATURE TALENT NGOC

Our Lifestart Foundation scholarship student Ngoc, is specializing in Literature at Le Thanh Tong High school for gifted students. She has just finished year 11 and is now preparing to enter her final year at high school.

We are delighted to share that Ngoc has won Third Prize in Literature at the Provincial-ranking Contest for Excellent Gifted Students and also a Bronze medal in Literature at the annual prestigious Olympic Competition for Excellent Students in the Southern Provinces.

As with all of our scholarship students, despite enormous odds stacked against them they continue to inspire us with their accomplishments and sheer determination. Since Grade 1, Ngoc has always achieved the title of excellent student and has ranked first in her class over the last 10 school years. She achieved an outstanding GPA of 9.4 out of a possible 10 in year 11, which ranked her first in her class! Ngoc spends an average of 6 hours per day self-studying besides attending classes at school and at the important extra classes.

Ngoc is the only child in her family. She was born and raised in a single-parent family in a rural area of Dien Ban, Quang Nam. She lives with her 58-year-old mum who currently assists at a local kindergarten to earn a meager living. Sometimes she also collects scrap to earn extra income to cover the family's daily expenses. The full Lifestart Foundation Education Scholarship Ngoc has held since grade 7 at secondary school has taken a huge financial burden off her mum's shoulders and it has helped Ngoc to completely focus on her studies to achieve her goals.

The Lifestart Foundation team is so very proud of Ngoc's academic achievements, which would not have been possible without her hard work and the generous gift of her full Education Scholarship. It has been an absolute pleasure to watch Ngoc grow and develop into a capable young woman.

We hope that with the dedicated support from her sponsors and everyone at Lifestart Foundation, she will continue to excel and inspire us with more achievements in the future. We will keep you updated on Ngoc's progress.

Please click on the links below to read more about Ngoc:

1. Introducing new LSF Scholarship recipient Ngoc:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1413250352053813/>
2. Ngoc accepted into Le Thanh Tong Highschool for Gifted students:
<https://www.facebook.com/TheLifestartFoundation/posts/2361172520594920>
3. An E-bike donation for Ngoc:
<https://www.facebook.com/TheLifestartFoundation/posts/2149092958469545>



UPDATE: 12-06-2021

MASTER OF NURSING SCHOLARSHIPS

“For several years now I have wished that I could continue to study, to improve my specialized knowledge, both for myself and for my hospital's nursing team.”

Below is a thank you letter from Mai - 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 Mai is. Mai is currently the deputy head of the nursing department of Binh Dinh Province General Hospital. As Mai was born into a medical family, she has nurtured her dream of working in the medical profession from an early age. However, due to her disadvantaged family background when she was young, Mai had no choice but to study at a local medical college where there the tuition-free policy was applied. After graduating from Binh Dinh Medical College in 1998, she started working immediately in order to financially support her family. Despite her busy work, Mai has always had a passion for studying in order to broaden her knowledge. After completing her Bachelor's degree at Hue University of Medicine and Pharmacy, Mai then has cherished her dream of following a Master's course – a course that will help her to improve her professional skills as well as to upgrade the levels of the nursing team at her hospital. Now with the wonderful support from the Lifestart Foundation scholarship, she is finally able to fulfill her dream.

We hope you enjoy reading Mai's thank-you letter:

Dear Karen and Everyone at Lifestart Foundation,

My name is Tran Thi Vu Mai and I am from Quy Nhon City, Binh Dinh Province. I graduated from Hue University of Medicine and Pharmacy with a general nursing degree in 2010. Now I am participating in the Master of Nursing course of Khon Kaen University in Thailand. Today I'm writing this letter to send my sincere thanks to Ms. Karen and Lifestart Foundation for giving me this precious scholarship which will make so much difference to my life and studies.

There are four people in my family. My husband, my eldest son is in high school and my second child is in primary school. I was born into a professional family - my mother was a pharmacist (she is retired now), and my father was a doctor but I was not lucky like other children because when I was only 1 year old, my father passed away. My mother took care of the 3 children on her own - I am the youngest in my family. When I chose my career path, I realised I liked the idea of working in the medical profession. In my opinion and understanding, medicine is an extremely noble career that also makes a major contribution to society.

I am now working in the nursing department of the general hospital in Binh Dinh Province and I became a deputy of that department in July 2015. I am managing nearly 900 nurses, midwives, and technicians. At that time of being appointed to this position I just had a nursing Bachelor's qualification, and I thought my knowledge was too limited, so I needed to upgrade my degree. For several years now I have wished that I could continue to study, to improve my specialized knowledge, both for myself and for my hospital's nursing team. My dream came true when I heard that the Hue University of Medicine and Pharmacy was linking with the Khon Kaen University of Thailand to introduce a Master of Nursing degree. I submitted my application and now I am attending that course.

If I have good study conditions and complete my Master's qualification successfully I would like to continue my study path and my career, to help my patients and my colleagues to achieve the best results possible.

My family and I were very happy when we heard that I will receive the educational scholarship to help me with my studies. I would like to send my deepest and sincere gratitude to Lifestart Foundation. I haven't any words to fully express my happiness. It is a big motivation for me, supporting part of my university fees and helping reduce my financial worries. This scholarship will let me focus on my studies and work. Thank you so much!

In closing, I would like to wish all of you good health, and to send you my best wishes, and thank you again for supporting me so much.

Best wishes,

Tran Thi Vu Mai



UPDATE: 19-06-2021

MEET QUYEN, FUTURE DOCTOR OF CENTRAL VIETNAM

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.

Quyen was one of the candidates who left a strong impression on the Lifestart Foundation team during her interview for a Lifestart Foundation Medical Scholarship.

Quyen comes from the Central Highlands' mountainous province Gia Lai, which is about 9 hours by bus from Danang city. She is the first in her family to attend university. The family survive on a meager income, definitely not enough to support their daughter through a Medical degree at University.

Despite her difficult family situation, Quyen is a diligent student and always shows excellence in her studies. Since commencing her studies at Danang University of Medical Technology and Pharmacy, she has always put 100% effort into her studies. All of her hard work paid off when she achieved the maximum 4.0 out of a possible 4.0 in the first semester of year 3, ranking first among all of the students in her year level. Such an outstanding achievement!

Quyen is a delightful young woman, who shared with us that it's her dedicated mother who has inspired her to overcome all the challenges in her life to realise her dream of becoming a skilled doctor.

Below is a beautiful letter of gratitude from Lifestart Foundation Education Scholarship student Quyen. As with all of our scholarship students, Quyen has a difficult back story. After reading it, I hope you will agree with me what a worthy recipient Quyen is.

Dear Ms. Karen and everyone at Lifestart Foundation,

My name is Nguyen Thi Bao Quyen, a third year student of general medicine at Da Nang University of Medical Technology and Pharmacy. I was one of the lucky students to receive an educational scholarship from Lifestart Foundation. I was really excited and happy when I heard that I would receive this scholarship. Through this letter, I would like to send my sincere thanks to you all.

I come from a farming family. I'm the oldest child in my family and I have 2 siblings at home with my parents and they still face a long education journey ahead. All living expenses and school fees for 3 siblings depend on our family's vegetables and rice crops. If we have enough land and good weather, my family don't face difficulties. The weather in the highlands is extremely severe, there are 2 seasons in one year but the rainy season is more than a half year and it rains continuously every day for 6 months, so my family can't plant any crops; all activities are cancelled during this season. In the dry season, it's time for my parents to work hard and earn enough money to cover the whole year. However, the weather sometimes changes, the crops can also be lost, so our life is more and more precarious.

When I took the university entrance exam 3 years ago, my mum had an accident, so her ability to work decreased and my dad became the sole breadwinner in my family. All the burden of expenses in my family was on my dad's shoulders. After the accident, my mum made the best effort to help my dad.

I was born and raised in a suburban village near the city where the majority of the population is ethnic minorities. When I was young, I saw a lot of young children who had not received good health care especially when they were babies. Because of the tradition they believe when babies are born they will grow up on their own without special care. Because of what I saw and despite my difficult family situation, I always try to study hard and cherish a dream of becoming a Pediatrician.

When I received my university result, I had the difficult choice to make whether I should continue pursuing my dream or give it up and find a job to help my family. The cost of study at university is not small, in addition a medical major is a long process of study and my parents' health is getting worse. But in the end, they supported me to continue my dream.

Putting aside all the difficulties, I moved to Danang where my dream came closer to reality. I started by adapting to a new learning environment, a new living environment and new people. To begin with I found many new things surprising but now I have confidently overcome everything and settled down to my own life. I know how to study by myself and how to calculate expenses more carefully for my present life. Besides that, I always look for support from scholarship funds, trying to study hard to obtain one from the university. I appreciate more things on my path every day; hardship in life is not unique to anyone. Everyone has to face their own challenges, but the way they choose to cope with them is the most important thing. There are many people that today's successes have been exchanged with youth and they had to overcome many

obstacles.

Life is a gradual training process and the word "coping" is a prerequisite. Up to now, I am doing well in my studies. I was in the top 3 of the whole course at the end of Year 2, with a cumulative score of excellent. The next journey still has plenty of difficulties, but I will continue to work hard to reach my dream. The next goal is to achieve good 3rd year results and continue to accumulate excellent grades. Beyond that I am working on good graduation results so that I will not be disappointed with my effort. After completing my studies to become a pediatrician, I will go back to my hometown to work and fulfill that part of my dream. When I work at the medical facilities in my hometown, I will have the chance to improve my own experience and skills. This will also be the foundation for me to continue to follow my studies at an advanced level in the future.

Youth is a process of continuous struggle, making mistakes and then correcting mistakes and achieving dreams; I am not afraid of the difficulties I will face to achieve success. And fortunately, at my age, I have received great support from my parents. In addition to trying to cover the family's expenses, my parents always support and encourage me in my studies, helping me every time I have difficulties. My two younger siblings also see how hard our family's life is, so they seem to be more mature for their age, and they know how to be more thoughtful. My family is a great source of encouragement and motivation for me.

Whilst on this difficult path, I received a scholarship from the Lifestart Foundation. Thank you Ms. Karen and Lifestart Foundation for trusting in me and giving me this chance. Thank you for providing me with the material resources to cover my living costs enabling me to have a better education.

The first time I received the information about the interview from the scholarship foundation, I was very happy but also worried about many things. I had never done an interview before for a scholarship and knew that Lifestart Foundation had considered many things before inviting me to attend. After going through the interview rounds, I was waiting hopefully for the result. The day I heard the news that I had received the scholarship, I still did not believe it was true. My mother shed tears full of happiness. This is a great material support so that I have money to pay for my studies. Having received the scholarship, my family will be less stressed than before and my parents can focus on working to send my younger sister to university. The scholarship not only helps my future but also indirectly helps my younger sister's future. Furthermore, this is also a great motivation for me to continue to try harder to get closer to my dream. I feel that on the way to fulfilling my dream, I am no longer alone and receive a lot of support from everyone. I will respectfully remember this help and try to study even harder so that I can help other people in difficult situations like me in the future.

Since receiving the scholarship in the first semester of this school year, I have been more motivated, less worried about life and have spent more time on my studies.

Once again, I would like to send my gratitude to Ms. Karen and everyone at the Lifestart Foundation. Wishing everyone good health and success in your work and your lives. Hopefully Lifestart Foundation will grow more and more to be able to help more people.

Thank you so much!
Nguyen Thi Bao Quynh



UPDATE: 20-06-2021

HIGH SCHOOL SENIOR NHU QUYNH WINS 2ND PRIZE IN THE PROVINCIAL MATHEMATICS COMPETITION

Our Lifestart Foundation Education Scholarship student Nhu Quynh is a Maths superstar who has just finished year 12 at high school. She has been a Lifestart Foundation Scholarship recipient since grade 8.

Quynh was born and raised in the countryside in Dien Ban, Quang Nam. She comes from a big family of 6 people, including her elderly grandmother, her parents, her older sister, her twin sister, and Quynh. Since her dad cannot work much due to epilepsy, all of the responsibilities rest upon her mum's shoulders, who works very hard to support the entire family. Quynh's twin sister is also a Lifestart Foundation Education Scholarship recipient and she is an excellent student too.

Quynh is a diligent student who has always succeeded in achieving the title of excellent student for many years despite her disadvantaged family situation. In addition to her hectic schedule of classes at school and at extra classes, Quynh spends 7-8 hours a day on self-study. As a result of her diligence, she achieved an outstanding

GPA of 9.0 out of a possible 10, ranking first in her class! Like other Vietnamese students, Quynh also helps her parents with household chores.

Maths has always been Quynh's passion since she was a young girl. She was selected as a representative for the Maths advanced team at her school. She tried her best in the exam and came in 2nd place in the Provincial-ranking Contest for Excellent Year-12 Students. Besides that, she also won a Prize in the "Olympiad of Talent in English" contest at school level.

Each high school senior will soon sit the National High school Graduation Exam. This exam is considered the most important exam of a student's life. Quynh's dream is to become a Maths teacher so she is putting her utmost effort into studies and revision in order to gain acceptance into her favourite university.

Congratulations to Quynh from all the team at Lifestart Foundation. We are very proud of your accomplishments and look forward to your future endeavours.



UPDATE: 26-06-2021

MEET HANH - LIFESTART FOUNDATION'S FIRST PHARMACY EDUCATION

SCHOLARSHIP RECIPIENT AT HUE UNIVERSITY OF MEDICINE AND PHARMACY

In February 2021, Lifestart Foundation awarded a new round of major Medical and Pharmacy Scholarships for 9 super impressive students at Hue University of Medicine and Pharmacy, who have demonstrated academic excellence and are all 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. Hanh is a compelling candidate in this round of interviews and she is one of our first two Pharmacy Education Scholarship recipients at Hue University of Medicine and Pharmacy.

Hanh comes from a small village in the Central province of Quang Tri. Her parents' total income is only 4 million vnd per month, which makes it very hard for them to manage their family's daily life while having to support Hanh with her medical studies. In order to keep their children in school and to earn extra income from more farming work, her parents had to apply for several big loans, which has made their lives all the more difficult. In 2012, her father was diagnosed with chronic liver disease; as a result, her family was under huge pressure due to the cost of his medical treatment. Before receiving the full Pharmacy Education Scholarship from Lifestart Foundation, Hanh survived on as little as 25,000 vnd per day for food. She used to drop out of her important extra English classes to save money for her mum's medication when she became sick.

Hanh is extremely hard-working and determined to break the poverty cycle. She is the first in her family to attend university. She spends a total of 56 hours a week self-studying on normal weeks. This is on top of over 50 hours of classes at school and clinical practice at hospitals each week. On the days leading up to the exams, she spends 84 hours a week on self-study. Such dedication!

Hanh takes her studies very seriously. Without doubt, she has always shown excellent academic achievements over the last three years at university. In her second semester of year 3, she achieved a GPA of 3.89 out of a possible 4.0. An outstanding score!

Hanh shared with us that this is her "life-changing" scholarship, as she has never received such enormous financial support before. Besides covering all tuition fees, rent, food allowance, the Lifestart Education scholarship also enables Hanh to enrol in extra English courses that she has always hoped to join.

Hanh has had a great interest in Pharmacy since she studied at high school. She loves studying about different kinds of medicine, how to produce them as well as how to use medication properly to avoid problems such as side effects and drug resistance.

The scholarship from Lifestart Foundation allows Hanh to continue to follow her dreams of becoming a skilled Clinical Pharmacist not only to help her parents improve their health, but also to contribute to the well-being of the society. With the full support from Lifestart Foundation, we believe that this will inspire her to even dizzy heights.

Below is a beautiful letter of gratitude Hanh sent to Lifestart Foundation after finding out she has been chosen for a scholarship. We hope you enjoy reading her letter of thanks.

Dear Ms Karen and everyone at Lifestart Foundation,

My name is Hoang Thi My Hanh. I am currently a 4th year student at Hue University of Medicine and Pharmacy, majoring in Pharmacy. Through this letter, I would like to express my deepest gratitude to you for your precious scholarship.

I was born and raised in a large family of 6 people: my parents, my elder sister, my younger sister, my younger brother and me. My parents are now in their 50s and are rice farmers. My elder sister got married and has her own family, while my younger sister and brother are in year 7 and year 4 respectively. My family's financial condition has faced many difficulties due to my parents' health. My dad has chronic liver disease, and my mum was diagnosed with a peptic ulcer so they have to go for medical checkups regularly. However, they still work very hard to earn money so that my younger siblings and I can continue following our studies. My younger brother and sister are all in good health and their studies are going well.

In terms of my life, I found myself truly fortunate to receive tremendous support from Lifestart Foundation. When I received the good news that I could go to Hoi An for an interview, I was overjoyed but also quite worried about my chances of receiving a scholarship. However, I became less worried whilst my friends and I were waiting for our private interviews, talking with the staff at Lifestart Foundation who were very nice to us. After the interview, I was really delighted that I had had this great opportunity to honestly share with you all the information about my current studies and life as well as my future goals and plans. The moment I received an email announcing that I would be presented with the valuable scholarship, I was overjoyed and touched that my dream had finally come true. For me, this is not only material support, but also a great source of spiritual motivation for me to overcome the difficulties in my life. Thanks to this precious scholarship, the burden of my study and living expenses has greatly been reduced from my parents' shoulders. More importantly, since I received your valuable scholarship, I have had more confidence in pursuing the brighter future ahead.

As for my studies, the program for the first semester included many specialized subjects with a huge amount of new knowledge for me to absorb. Besides that, my timetable was quite busy and I had to study more practical lessons than in previous semesters. Therefore, last semester I found myself very busy but still tried to spend much time doing self-study so as to get a grasp of my subjects. During the last semester, I also encountered a few difficulties as there were many topics related to my major that I found quite difficult to understand. However, I managed to overcome all these difficulties by studying even harder and asking my friends and teachers for help.

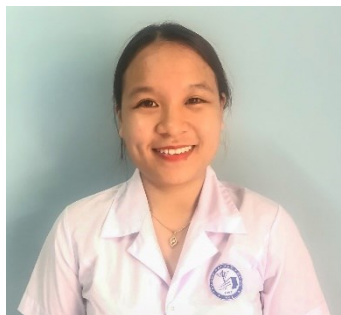
Looking back at 2020, I was quite satisfied with my studies as I put my best effort into them and reached some goals that I had set myself, in particular achieving a target of a cumulative GPA which is enough to satisfy my school requirement for doing the final year project to graduate. In my university, students have to either take a graduation exam or do a final year project. In order to be allowed to do the final year project, I must be in the top 30 students, with the highest cumulative GPA achieved over three and a half years at college. As my current cumulative GPA is quite high, I will be able to choose a topic that I am passionate about and will do well in. Therefore, I will try my best to finish it successfully.

This semester, I have set a target GPA of 3.45 out of a possible 4 and am determined to achieve this goal despite the study program for the second semester being very difficult with many major subjects. I will try to spend more time doing self study and plan my study schedule more effectively. Besides that, I will also ask seniors for useful advice about studies, and spend time studying in groups with my friends. Regarding my plans for learning English, I will try to study this on my own first and then take an English course this April with the aim of improving my English skills. This will be beneficial for me for studying foreign documents related to my course and I plan to take the IELTS exam next year. Besides that, my long-term goals are to expand my specialized knowledge and gain more useful skills so that I can work at a hospital that I have always dreamt of with a major of Clinical Pharmacy.

I wish Ms Karen and everyone at Lifestart Foundation good health, happiness and success in life. I would also like to send my sincere thanks for all the good things that you have done for me and other students in difficult circumstances, enabling us to overcome many hardships and to have better lives in the future.

Best wishes,

Hoang Thi My Hanh



UPDATE: 03-07-2021

MASTER OF NURSING SCHOLARSHIPS

"As a lecturer, I strongly believe that improving nursing capacity is essential to enhance the role of nurses in Vietnam to help them to become independent health professionals."

Binh graduated from Hue University of Medicine and Pharmacy in 2014 with a Bachelor's degree in Nursing. A career in nursing has always been her passion since she was very young. With her excellent study results during her 4 years at university, after graduating, Binh was offered to stay at the university to work as a lecturer assistant at the Faculty of Nursing.

While working at Hue University of Medicine and Pharmacy, Binh has always reminded herself to constantly study more in order to improve her professional skills and to be able to give quality lectures to her students. A Master's course in Nursing is a prestigious opportunity for Binh to broaden her horizons as well as to help enhance the quality of training of Nurses. With the support from Lifestart Foundation's Master of Nursing Scholarships, Binh is determined and motivated to reach her goals.

Below is a letter of gratitude that Binh wrote to Lifestart Foundation where she shares her goals and plans after graduating from the Master of Nursing course. After reading it, we hope you will agree with us what a worthy scholarship recipient Binh is.

Binh's thank-you letter:

Dear Everyone at Lifestart Foundation,

My name is Vo Thi Diem Binh, a nursing student on the Master's course at Hue University of Medicine and Pharmacy which is connected to Khon Kaen University of Thailand.

I'm writing this letter to show my deep gratitude as well as to share my feelings with you from the time when I heard I was to receive a Lifestart Foundation education scholarship.

Now I am living with my husband and my parents-in-law. When I started this Master's course in Thailand, the cost was a large amount of money as it had to cover my tuition fees and travel expenses. Therefore, over the last two years, my family has faced some financial difficulties; in addition, my first child was born just a few weeks ago, so the economic situation is even more difficult at the moment. However, although I have just given birth, I still continue to study and am trying my best to finish my graduation thesis on time.

When I joined this course, I chose to specialise in the Community Nursing field which is still not developed in Vietnam. This is a required course for Nursing students at Hue University of Medicine and Pharmacy but until now there are no staff certified in this course at Hue University of Medicine and Pharmacy. Therefore, after finishing this course, I would like to utilise the knowledge I have acquired to contribute to high-quality human resources for nursing training at my workplace in particular and to enhance the role of nurses in Vietnam's health care system in general. Capacity building for community nurses plays an important role in improving the quality of health care, especially at the primary care level.

When I started this course, my financial situation was very difficult, but I was so fortunate to learn about the Lifestart Foundation scholarships. After successfully applying for the scholarship this was very timely much-needed financial support. I now feel more secure and can continue to complete my studies.

Through meeting and talking to Karen and Lifestart Foundation's staff, I realize that the Lifestart Foundation is very generous, always reaching out to help and support disadvantaged students on their chosen paths. I was very excited and emotional when I received Lifestart Foundation's education scholarship as I know that there are a lot of kind-hearted people who are willing to help me and others in difficult situations. It motivates me to try to study harder and to make more effort every day to complete my course so that I can contribute in a small way to developing nursing skills in VietNam.

Finally, I would like to sincerely thank you for your generous support. I wish you all good health and success in life. I hope Lifestart Foundation will develop more, and that other disadvantaged students will receive your support like me.

Sincerely yours,

Vo Thi Diem Binh



UPDATE: 04-07-2021

MEET SAM – LIFESTART FOUNDATION TALENTED ENGLISH STUDENT

As with all of our Lifestart Foundation's Education Scholarship students, besides always striving their best in their studies, they also amaze us by the number of accomplishments they achieve each school year.

Sam is one of the most outstanding Lifestart Foundation scholarship recipients, who has always demonstrated academic excellence through her learning path.

Sam has succeeded in achieving the title of excellent student for many consecutive years and in her final year at secondary school, she achieved a GPA of 9.5 out of a possible 10, ranking her first in her school. Currently, Sam has just finished her first year at high school. Every day she self-studied for 5 hours in addition to attending classes at school

and extra courses. On the weekends she spent 8 hours per day on self-study. As a result of her diligence, she achieved a GPA of 8.8 out of a possible 10, ranking 1st in class!

Sam has shown talent in English since Primary school. Since then, she has joined the advanced English team to represent her school in English competitions. In this past school year, Sam was one of the five students allowed to study in the specialised English team for year-10 students at her high school. She won a Bronze medal in English at the Provincial level Olympic Contest – a well-deserved achievement for all of her continued hard work.

Congratulations Sam from all the team at Lifestart Foundation. We believe that she will continue to excel in her studies and inspire us with more accomplishments in the future. We will keep you updated on Sam's progress.

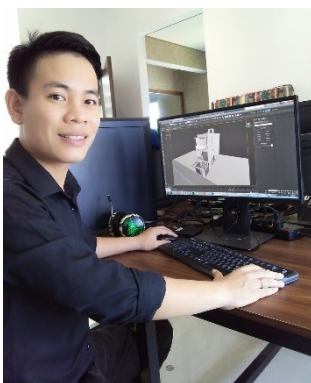
If you want to know more about Sam, please click here:

1. Bicycle Donation for Sam:

<https://www.facebook.com/TheLifestartFoundation/posts/3085325271512971>

2. Milk Donation for Sam:

<https://www.facebook.com/TheLifestartFoundation/posts/3849840301728127>



UPDATE: 17-07-2021

THE LONG ROAD FROM ABJECT POVERTY TO BECOMING A SUCCESSFUL ARCHITECT MEET LIFESTART FOUNDATION'S VERY FIRST SPONSORED STUDENT KHANH: THEN & NOW

Over the past 20 plus years, Lifestart Foundation has provided hundreds of Education Scholarships to disadvantaged students across the Central Vietnam region to help them complete their education. Many of them received valuable life-changing scholarships from when they were small children through to when they graduated from university as mature young adults.

Khanh is Lifestart Foundation's very first sponsored student and first university graduate. He received a full Lifestart Foundation Education Scholarship when he was 13 years old.

Khanh was born into an extremely poor family of 4 in the countryside of Cam Chau, Hoi An. His father, who worked as a bricklayer, was the sole breadwinner for the family. His mother, a housewife spent her time as primary carer for Khanh's sister Ngoc.

Little Ngoc was born with profound cerebral palsy, which left her unable to sit, walk, or chew her food. Ngoc had spent her entire life confined to a wooden bed. Sadly, she was denied early medical attention, as the family didn't have money to pay for her medication or treatment. Without a doubt, the family was trapped in the poverty cycle.

Like many young people with a sibling with a disability, Khanh has always demonstrated maturity, kindness, and sensitivity way beyond his years. Perhaps less commonly, he has never seen any other option but to take care of his little sister, from a sense of responsibility and duty and deep love, with no sense of burden or resentment.

Fortunately, a huge financial burden was lifted from Khanh's shoulders and that of his family too since he received his full scholarship and his younger sister was supported by Lifestart Foundation to help her and her mother overcome their daily challenges.

It is no secret that Khanh wouldn't have been able to complete his education without the much-needed support from the Lifestart Foundation Education Scholarship. Each school year Lifestart Foundation paid for his school fees, all additional classes, uniforms, shoes, and books.

Khanh had a great passion for design. After studying diligently up to year 12, he was accepted to study Architectural Design at Danang University of Architecture. Khanh is also the first in his family to attend university. He spent the next 5 years realising his dream of completing his university degree to become an architect. Subsequent sponsorship from generous LSF supporters has helped Khanh through his tertiary education.

A career in Architecture requires a person's lifetime commitment to constant education and their willingness to continue their studies throughout the span of their career. Though Khanh is now an experienced architect, he continues to study and upskill by enrolling in design courses to enhance his professional skills in addition to working incredibly hard to gain more experience. He really loves his chosen career path.

Khanh had been through his deepest darkest times in the past, and then Lifestart Foundation shone a light on his life. Khanh shared with us that he is forever grateful for the enormous support from Lifestart Foundation and his sponsors, who have accompanied him through so many years to help him achieve the success he enjoys today.

Khanh is now happily married and has a three-year-old son. It's been an absolute pleasure for Lifestart Foundation to accompany Khanh through his education journey and to watch him grow and develop into a capable, successful, and accomplished adult.

My very first story about Khanh and his family predated Facebook and in those days "Blogs" were how I shared stories.

If you would like to read more about Khanh and his family and how Lifestart Foundation initially helped him.

Please click here:

https://www.travelblog.org/Asia/Vietnam/South-Central-Coast/Quang-Nam/Hoi-An/blog-476859.html?fbclid=IwAR3srteM3RNqIs1VWCMPYmIFQpbhogJNUUB5UzUd_0Aqfyll91_30Qpj2l

For subsequent updates - please click here:

1. 2014:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/760241710688017/>

2. 2015:

<https://www.facebook.com/TheLifestartFoundation/posts/914338458611674>



UPDATE: 24-07-2021

DOCTOR A – AN OUTSTANDING LIFESTART FOUNDATION SUCCESS STORY THE ROAD FROM POVERTY TO BECOMING A RESPECTED PAEDIATRIC ONCOLOGIST

An exceptional role model for all Lifestart Foundation Education Scholarship students.

It is a very long road from the first meeting with a prospective Lifestart Foundation scholarship recipient to the completion of their University degree. After the awarding of the initial scholarship, it is then often a 12 - 14 year educational journey requiring a significant financial investment, endless hours of mentoring, and regular support from our LSF team. Words cannot describe how thrilled and overjoyed we are when our students complete their chosen degrees and move into the world of meaningful employment.

You may remember A, one of the very first students who received an Education Scholarship from Lifestart Foundation. A was sponsored by Lifestart Foundation for many many years.

A was born into a poor family in the Cam Thanh area of Hoi An and is the eldest child in a family of three. His mother used to make handmade products from coconut leaves and his father worked as an assistant laborer after finishing his duties in the army. A's father's health was not good and the family income was unstable.



Exceptionally bright from a very young age, A and his family feared that he would have to drop out of Secondary school due to the cost of the school fees. One of A's teachers could see that he was extremely bright and had real potential and that his family couldn't afford the education he needed, indeed, he was at risk of having to drop out of school. This teacher introduced A to Karen, the founder of Lifestart Foundation to see if LSF may be able to help. This life-changing meeting resulted in a full Lifestart Foundation Education Scholarship for A.

Despite his disadvantaged background, the delightful, respectful, well-mannered A always knew that education was his only hope to lift his family out of the poverty cycle. Due to his dedication to his studies at the end of Year 12, he was the top student in the entire province with approximately 2000 students.

A had always dreamed of becoming a doctor but if he wasn't able to finish Secondary School he knew this would never be possible. Fortunately, since receiving his LSF scholarship at 15 years of age, the family's financial burdens were greatly reduced. The scholarship provided A with everything he needed to complete Secondary School. He was the student with the highest marks in year 12 and when he took his University entrance examination, he also had the top marks at which point he was then accepted into Hue University of Medicine and Pharmacy to study General Medicine. Lifestart Foundation supported A with a full University Scholarship and he then spent the next six years realizing his dream of completing his University degree to become a doctor.

After graduating from University, A commenced his working life as a Paediatrician at Danang Hospital for Women and Children - Paediatrics being his favourite specialty. A continues to be completely dedicated to gaining more knowledge

and experience as medicine is a profession that requires a commitment to lifelong learning. Recently A has shared with us about his present life and work and we couldn't be more proud of his achievements.

Currently, he has finished his "Specialist Level 1 Doctor" program and has just been promoted to the Deputy Head of Paediatric Subspecialties Department, specialising in Paediatric Haematology and Oncology at the Danang Hospital for Women and Children. He has also recently opened a new Paediatric clinic in Dien Ban. Such a wonderful accomplishment!

A is now happily married and he and his wife have recently welcomed their second daughter. He is extremely grateful to Lifestart Foundation and his sponsors for helping his family to break the poverty cycle, which in turn has enabled them to have a new and much-improved life.

Congratulations A, you continue to inspire us and make us so very proud. We wish you ongoing success in your family life and your career path!

My very first story about A and his family predated Facebook and in those days "Blogs" were how I shared stories.

If you would like to read more about A and his family and how Lifestart Foundation initially helped him.

Blog: <https://www.travelblog.org/Asia/Vietnam/South-Central-Coast/Quang-Nam/Hoi-An/blog-474048.html?fbclid=IwAR1jhMjyBYkxoaOa1Ob0KTb6E6kGjUxcR3d4azeOSjRSp3PtEliSCPlc7Fg>

For subsequent updates about A's journey - please click here:

1. 2014:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/757558110956377/?type=3>
2. 2016:
<https://www.facebook.com/TheLifestartFoundation/posts/1187416464637204>

A was also featured on this video about Lifestart Foundation Education Scholarships: <https://youtu.be/LMd-tp21Q-0>



UPDATE: 31-07-2021

WONDERFUL NEWS FROM OUR PHYSICS SUPERSTAR NAY! A FULL SCHOLARSHIP TO STUDY IN PARIS.

As with all of our Lifestart Foundation scholarship students, despite enormous odds stacked against them they continue to inspire us with their accomplishments and determination. We have never doubted the profound importance of our education scholarships and our significant investment in the dedicated young people that we support. Nay, as you may remember, is a super impressive Lifestart Foundation education scholarship student.



He has held a full Lifestart Foundation scholarship since Year 7. Nay was one of the top students at his high school and was always the school representative to attend important contests where he won many academic awards, including the second prize in the National Physics competition for gifted students in January 2017. This success gave him the opportunity to go straight to any University in Vietnam without having to complete an entrance exam. To nurture his long-held passion for nuclear physics, Nay decided to follow a Nuclear Physics major at Hanoi University of Science, Vietnam National University – one of the most prestigious universities in Vietnam.

While studying diligently in order to complete the Bachelor's degree in Vietnam, Nay also dreamt of studying nuclear physics abroad to develop himself and broaden his horizons. During his first two years at university, he tried his best in his studies as well as extracurricular activities so that it would be advantageous for him to apply for any scholarships to pursue his ambitions.

All of his hard work paid off – Nay was one of only 2 Vietnamese students who successfully passed both written and oral entrance exams taken in 2020 to

study at L'école Polytechnique, one of the most prestigious higher education institutions in France! The university is well-known for its "Polytechnicien Engineer" program - a six-year program. Students who finished their 2nd year at their universities in Vietnam were eligible for this program so Nay commenced his study in Paris from the third year. Nay was also awarded the Eiffel Scholarship to study for his diploma degree in the next few years, which is a full scholarship granted by the French government. We couldn't be more proud of Nay's wonderful achievements!

In order to be well-prepared for his studies in France, Nay took an intensive French language course while in Vietnam. His study in France would be in French so he needed to learn French immediately!

Nay comes from a family of 5, including his parents, his elder sister, and his elder brother. His dad is a rice farmer and his mum is a fruit seller at Hoi An market. Prior to receiving the full Lifestart Foundation education scholarship, his parents had struggled to afford to pay for the education of their 3 children. There is no doubt that Nay would not have been able to achieve what he has without his hard work and importantly his Lifestart Foundation scholarship. After receiving this valuable scholarship, the life of Nay and his family improved dramatically. He was also able to fully focus on his studies and obtain such lofty achievements.

Nay is a bright and enthusiastic young man who is a super positive role model to our younger LSF Scholarship students. Congratulations Nay, we wish you every success in your education path as well as your career in the future.

Below is a letter from Nay to the younger Lifestart Foundation Education Scholarship students. We hope you enjoy reading it.

Dear fellow Lifestart Foundation Education Scholarship students,

My name is Vo Thoi Nay, a student who has received the valuable Education Scholarship from Lifestart Foundation. I'm from Hoi An, Quang Nam and currently, I'm completing the "Polytechnicien Engineer" program at L'École Polytechnique University in Paris, France. Today I am writing this to express my sincere gratitude to Lifestart Foundation for all of the support that has been given to me. I'd also like to share with you about my current life and suggest some useful study tips I have had after living in France for a while now.

Before I was awarded this scholarship, my parents had struggled to afford to pay for the education of their 3 children. Being aware of their hard work, I always tried to concentrate on my study to achieve good study results. I am so lucky to have been introduced to the Lifestart Foundation scholarship by a teacher of mine when I was in grade 7. I applied for this scholarship in order to help reduce the financial burden on my parents' shoulders. Thanks to the great support from Lifestart Foundation, the life of myself and my family then turned a whole new page, which was much less difficult. I also felt more confident about my future. My family was not only financially secure after I received my scholarship, but this was also a motivation for me to strive harder with my studies to help our family break the poverty cycle. Besides the education scholarship, Lifestart Foundation also provided me with various study tools and means of transportation to help me achieve more fruitful results and reach the goals I had set. Apart from all of the material support, Lifestart Foundation also organised fun outing trips and exchange days where myself and other students could meet senior students to get hands-on experiences before entering university life. Not only did the foundation care about my study, but they also cared about my family and their financial conditions and the health of every family member. I am forever grateful for all the enormous support that Karen, the Lifestart Foundation team, and generous sponsors have provided me over years. Your precious support has always been a source of motivation for me to try harder in my studies.

Thanks to the wonderful help from Lifestart Foundation and the great encouragement from my parents, I have made remarkable achievements in my studies. All of my efforts paid off when I passed the entrance exam to study the Engineer program at "Polytechnicien Engineer" program at L'École Polytechnique University in Paris, France in summer 2020 - a full international scholarship! This course is conducted in French and will last four years. I have now moved to live and study in France. Apart from the heavy study curriculum and impacts of Covid-19 pandemic, everything is going smoothly for me. At present, I have adapted to my new life here. I have made new friends and have got used to living in a new environment. For those who wish to study abroad, I advise you to do in-depth research regarding your plans, actively collect information and consultations from different sources to avoid being overwhelmed or confused.

Now, I would like to share with you all some effective study methods at university to help you find even higher motivation in your studies.

At first, I was asked to share the difficulties I have encountered during the last three years at university and how I overcame them. However, I suppose that everyone has their own different kinds of difficulties, but with the tremendous support from all of the team at Lifestart Foundation, the difficulties are not big obstacles for our studies. The real difficulty we need to deal with is when we cannot find motivation in studies at school as well as in self-study.

I believe that many among us feel excited when learning new things or being able to solve a quiz or an exercise. We all have the desire to study and to complete ourselves. Perhaps because the act of study has been with us since we were very young children, or perhaps because of the different approaches to studies that have made us forget the root of studying is to acquire knowledge, beautify our personalities and improve our intellectual capacity. I believe that spending your time, money, and effort on your studies is a worthy investment. Learning is an adventure that holds great excitement and abundant astonishment. I also believe that knowledge helps us lead a happier and more enjoyable life. Knowledge helps us perceive nature, society, and the environment around us clearer; which helps us have a different point of view towards life. In general, from my study experiences over the years, learning is a worthy and deserved pursuit to be taken into account.

The learning process starts from when we are young and it continues to happen and repeat every day. This may make us forget that we are truly fortunate to have a chance to study, to go to school, and to meet many teachers and friends. Although teachers play an important role in guiding and orienting the ways we study; on the other hand, I believe that self-study is also invaluable. Therefore we should definitely develop good study habits. Why don't we try reading books and newspapers, just like we brush our teeth every day? At first, we can spend about 30 minutes a day self-studying, then we

can extend this amount of time gradually. If we can maintain that good habit, the learning process will be as easy as eating every day.

Besides studying at school and self-studying, learning life skills and doing sports are also critical for a student. These are what I have observed after half a year of studying in France. Getting used to a computer programming language such as Python, Java, being competent in Microsoft Office applications and other popular softwares is also essential for students in France. There are many group assignments and projects at a French university that require your knowledge of these applications, so you also need to be a tech-savvy person.

As well as developing intellectually, a student should be aware of their physical health, especially for those who study far from home or study abroad. So take up a suitable sport which you are interested in. It not only helps promote your health but is also a wonderful way to unwind after a hard-working day. I believe that in order to achieve good study results besides working hard students need to do regular exercises to keep fit and broaden their necessary life skills.

Above are my thoughts on study tips from a personal perspective. I hope these experiences can give you a source of motivation and help you to study better. Last but not least, I wish you all and everyone at Lifestart Foundation good health and safety during these uncertain times of the world pandemic.

Yours sincerely,

Vo Thoi Nay

You can read more about Nay here:

1. Introducing Education Scholarship Student Nay:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/875346999177487/>
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1140738972638287/>
2. Nay Our Physics Superstar – Goes to Korea:
<https://www.facebook.com/TheLifestartFoundation/posts/2309840792394760>
3. A Laptop Donation for Nay:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1794544630591048/>
4. Nay receives private ESL tutoring from a volunteer
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1786540538058124/>
5. A Letter of Gratitude from Nay:
<https://www.facebook.com/TheLifestartFoundation/posts/1732091533503025>



UPDATE: 01-08-2021

GETTING READY FOR A NEW SCHOOL YEAR IN VIETNAM!

The beginning of the school year is quickly approaching. So our Education Scholarship students are ready for the new academic year, Lifestart Foundation's staff have purchased all of their supplies, uniforms, and books that they need for the new semester.

All of our students are very excited and extremely grateful for this annual donation as they value the educational opportunities they are given.

They are all academically gifted but from very low-income families who struggle to equip their children with all that is needed to complete their education, so the purchase of new school supplies, uniforms, and books would not be possible for these families.



Pictured are a few of our students receiving their school books and stationery at the annual Supply Day organised every summer. This is also a memorable day for students in the same year level to meet up and connect with each other, and to share their goals and plans for a new school year.

Our scholarship students work so hard and complete an enormous amount of daily study in hope of breaking the poverty cycle and also realize their dream of completing Year 12 and ultimately attend University.



UPDATE: 07-08-2021

LIFESTART FOUNDATION MEDICAL SCHOLARSHIPS

INTRODUCING LANG – FUTURE DOCTOR OF CENTRAL VIETNAM

WHEN PERSISTENCE AND DETERMINATION PREVAIL

Lang was a “stand out” candidate in the interview for the new round of Lifestart Foundation Medical Scholarships at the Danang University of Medical Technology and Pharmacy. He has successfully met the criteria for a Lifestart Foundation scholarship: Demonstrating academic excellence, Being from an extremely disadvantaged background, and pursuing a degree in an area that will not only benefit himself and his family in the future but more importantly the wider community.

Different from most university students, Lang's journey to becoming a doctor is a lengthy and tough process. It took him 7 years to be finally accepted to study General Medicine in order to reach his long-held and cherished dream, which he explains the reasons in his letter of gratitude below.

Lang is a typical well-rounded student despite the challenges he has faced in his life. Besides actively taking part in a number of voluntary activities for disadvantaged children, he also achieved an impressive GPA of 3.81 out of a possible 4.0 in the first semester of year 3. The full scholarship awarded to Lang covers all tuition fees, books, food allowance, and rent costs, and it also enabled him to take time off from working part-time to entirely focus on his studies.

Congratulations Lang we warmly welcome you into the Lifestart Foundation family. Stay tuned for more to come in future posts as we watch his progress with great interest.

LANG'S THANK-YOU LETTER:

Dear Ms. Karen and the Lifestart Foundation scholarship team,

My name is Thai Bao Nhi Lang, I am a third-year General Medicine student at Danang University of Medical Technology and Pharmacy.

I was born and raised in a small town in Gia Lai province. Since I was young, I have always dreamt of becoming a good doctor so that I could treat my family as well as people in my hometown. When I was 2 years old, my father left us to live with his lover. My mum had to work hard to raise three children on her own, both my elder sister and brother had to drop out of school when they were in year 12 and year 7 respectively although their studies were going very well, in order to give me the opportunity to continue my study. Although I have received great support from my family, my study path was not easy as it has been interrupted many times.

2011 was the first year I took the university entrance exam, however, I was not qualified enough to major in General Medicine - a major that I have always dreamt of studying. That year, I got into both Ho Chi Minh University of Economics and Danang College of Medical Technology 2 (It is the Danang University of Medical Technology and Pharmacy now). Being fully aware that I had just the one passion I wanted to follow, General Medicine, I chose to study at the Medical College instead of the University of Economics. During those years, I worked many part-time jobs such as serving and washing dishes at restaurants, helping salesgirls at a market prepare goods to sell at 4 am and working as a tutor to earn money to cover my living expenses. With my best efforts, I continuously achieved the school's encouragement scholarship for 6 consecutive semesters and ranked third in the list of graduates, with a score of 8.6 when I graduated.

“The more I study, the more enthusiastic I am about it.” During my college years, I still dreamt of retaking the medical entrance exam and becoming a doctor, so in my 3rd year of college, I quietly prepared to take it again and finally got into Tay Nguyen University, majoring in General Medicine. However, life likes to play tricks on me, and the moment I received an offer of admission from a university I learned that my elder sister had been cheated and was in debt for more than 300 million VND. As a result, my family had to sell our land and mortgage our house so that we could help her. I had to conceal my exam result and asked permission from my mum to go to Sai Gon to work to support my family.

In my first year in Saigon, I couldn't find a job so I applied for a part-time job at a coffee shop that provided me with a living wage. After that, with the help of an acquaintance, I worked at a clinic with a salary of 4.2 million VND/month. Everything was gradually getting back to normal in our family when my father and my mum got back together after drifting apart for many years. My father paid all the debts and regained the house for my family.

Our life was gradually getting better. The fire of passion kept rising up in me so I told my father about my dreams and difficulties as well as my story of giving up studying General Medicine. My whole family then encouraged me to continue pursuing the dream if I still wanted to, so I enrolled in a medical conversion class at Hong Bang University in the hope of being able to transfer from a physician to a doctor in a short time.

I thought that everything would be fine if I tried my best, but life was still playing tricks on me and the day I took the graduation exam, my father passed away due to a traffic accident. When my father passed away, my family had to face many difficulties with the money borrowed for my father's treatment. My family was deep in debt for hundreds of millions of dong, but I still remember the words my father told me, so I tried to finish the exam as well as I could. I achieved a GPA of 8.67 and graduated with Distinction, majoring in Assistant Physician. Shortly after that, my elder sister-in-law borrowed money to run a small food stall selling mussel noodles but her business was not going well, so she had to stop, and then again we were burdened with a huge debt.

When I was about to stop studying, my mum, my elder brother, and my sister encouraged me to retake the National High School Exam to see if I could pass and we could manage the finances later. That was also what my father told me before he passed away. Therefore, I studied hard for the exam and sat for it like other candidates born in 2000. Finally, with the exam results that year, I got into both Tay Nguyen University majoring in Medicine and Pharmacy, and the Danang University of Medical Technology and Pharmacy with a major in General Medicine. When my family members received the news, they burst into tears since I achieved what I did not believe that I could do. They had also always worried about how I could pursue my passion and wanted me to continue with my higher education. So instead of spending the money that people donated to my father's funeral on paying off our debts, my mum gave it to me to commence university and I officially became a freshman at the age of 25 at Danang University of Medical Technology and Pharmacy.

Currently, due to the effects of cervical fibroids, my mum cannot do heavy work, she just works as a cake seller day by day to make a living. My elder sister, after the default that year, had an asthma attack, and now her own family economic condition is completely dependent on her husband's family. My brother-in-law is a builder's assistant with an unstable income and they have to raise their small child. My elder brother and sister-in-law only earn money by going to the forest to collect firewood and sell to households making wine, but they have to take care of their small children and pay monthly interest on the debts of my sister-in-law and my dad's treatment expenses. I am currently working as a tutor and a motorbike taxi driver for Grab agent to cover my living and studying expenses.

I usually tell my friends that "I'm like arguing with my destiny to become a doctor". At an age when my friend's lives have gradually stabilized in their career, I have chosen a tough path and even sacrificed my youth to become a doctor – a dream for both me and my family. But after all, I realized that when I went back to university, every day I am at school is a very happy day for me because I know that I am realizing my childhood dream step by step. I have always tried my best to achieve the best academic results. During the past 2 school years, I have always been in the top student group, with high scores compared to others at the same year level as me. Although I had to cover all my own living expenses by working as a tutor and a motorbike taxi driver, I have also received help from a patient whom I was treating when I worked in Ho Chi Minh, with my tuition fees being paid for my first 2 years of university. She lent me money interest-free and I promised to pay back the money after I graduate and am earning money. This makes me feel that I am very lucky to always receive support in my study path. I really like working as a tutor, but it occupied a lot of my study time, so I haven't fully focused on my studies, especially my final exams.

Currently, in Vietnam, there is only a focus on treating medical conditions and less attention is paid to preventive and restorative medicine. I want to become a rehabilitation doctor and return to my hometown so that I can bring the knowledge and the newness of medicine to help my relatives and other people in my hometown where the quality of healthcare services and facilities is still poor.

After I graduate from university, I will take the residency entrance exam because this is the best way for me to become a good doctor in both skills and knowledge. I will stay in the city for a while so that I can gain more knowledge and experience, then I will return to my hometown and run a physical therapy center to support disabled children. However, I realize that I have a long journey with many difficulties ahead. In order to work towards fulfilling my dream, next semester I really want to do an English course and work towards getting an IELTS certificate as I know that learning a foreign language is very important for any kind of job. The study program for each school year has become increasingly heavier as we have to both study theory at school and do clinical practice at a hospital. We are also rostered on night duty at the hospital. However, I feel very happy to be able to do things related to a job that I have wanted to do since I was a child. I try to study even harder to finish all the semesters with the best results.

I was introduced to the Lifestart Foundation Medical scholarship through the Department of Student Affairs at my university. The day I received the news that I could go to Hoi An for an interview, I was very happy but also quite worried. I was glad that I was going to meet and share my feelings with Ms. Karen and Lifestart Foundation staff, and that I would have a chance to receive the scholarship, but I was also worried because I usually feel stressed when I am in the middle of exams or have important things to do. I was afraid that I might not perform well at the interview because I could not stay calm. When I received an email announcing that I would be presented with the valuable scholarship, I was overjoyed and had to re-read the email 2 or 3 times to believe that it was true. When I called my mum to inform her about it, she burst into tears because she knew that my hard work and effort had paid off.

I was extremely delighted to be one of the students who has received support from Lifestart Foundation through the medical scholarship program. As for me, this is a great honour and a blessing that not everyone can easily get. From now on, in addition to the encouragement of my family and the guidance of my teachers, I also receive tremendous support from the Lifestart Foundation scholarship. This is not only financial and material support to help me and my family to reduce our

financial burdens, but also a meaningful source of spiritual motivation for me to have more confidence to overcome difficulties and pursue my dreams.

I promise to always try my best to achieve the best academic results and fully equip myself with medical knowledge and ethics so that I can become a good person for our society and a talented, virtuous doctor in the future so that I am deserving of the faith that teachers and the Lifestart Foundation have put in me.

Finally, I would like to send my sincere thanks to Ms. Karen and Lifestart Foundation staff for the valuable scholarship. I wish you all good health, happiness, and success in your lives.

Yours sincerely,

Thai Bao Nhi Lang



UPDATE: 14-08-2021

MASTER OF NURSING SCHOLARSHIPS

Nuong comes from the Central Highland province of Dak Lak. She graduated from Ho Chi Minh City University of Medicine and Pharmacy in 2015 with a Bachelor's degree in Nursing. After her university graduation, she commenced her working life as a nurse at Tay Nguyen Eye hospital, before pursuing her teaching career at Buon Ma Thuot University.

A career as a nursing instructor has always been Nuong's dream. There are few places in her hometown, which offer Bachelor's degree courses in nursing. So as a lecturer's assistant at the five-year-old university with a very young Nursing faculty, Nuong always strives to deliver the best lessons she can to improve her students' professional skills. She also constantly studies to broaden her knowledge in the field.

Joining the Master of Nursing course has always been Nuong's long-held and cherished dream. Gaining her Masters will help her to build a solid foundation for her career. Now with the wonderful support from Lifestart Foundation, she is finally able to fulfill her dream.

Below is a letter of gratitude that Nuong wrote to Lifestart Foundation where she shares her goals and plans after graduating from the Master of Nursing course. After reading it, we hope you will agree with us what a worthy scholarship recipient Nuong is.

Dear Karen and everyone at Lifestart Foundation,

My name is Nuong, from Buon Ma Thuot city, Dak Lak province. Currently, I am a nursing student in the Master's course at Hue University of Medicine and Pharmacy which is connected to the Khon Kaen University of Thailand.

When I knew I would receive the scholarship from Lifestart Foundation, I felt so lucky and happy. For me, this not only gives me very real motivation to study in a material sense but also provides me with great spiritual strength which helps me to overcome all the challenges in life.

It is totally true when people say, "Every family has its own situation". Our situations are many and various. By the time I heard about this scholarship, I already knew about others who have unfortunate lives and who have to face difficult futures, but nevertheless, they seem to have an internal fire that helps them have the energy to counter this.

Even though I am married and am working, providing all the daily needs for my family is still my personal burden. My parents are not really old, but they can not afford to cover their own living expenses through the income they earn from farming work. My husband's income, together with my modest income, is only just enough for a normal life for a family of four people.

I am currently working as a lecturer's assistant at Buon Ma Thuot University. In order to keep my job, I had to sign a commitment to study for a Master's degree. This commitment is at the root of all our problems because the course is very expensive (about \$6,500 USD), together with other additional costs. My family had to borrow 150 million dong from the bank and 50 million dong from our relatives to pay for those costs. Although we have always known there would be a lot of difficulties, I have never thought about giving up because studying for a Master's qualification is my dream and this will enable me to continue my teaching job, and I can inspire my students by my experience.

Life is not extremely harsh for me. Alongside the disadvantaged situations like others, there are also kind hearts like yours. Even though you have your own work to worry about, nevertheless you still care for us and give us such meaningful gifts. I also know that you have done this before for many post-graduate students. This scholarship is not only for me but also for my family, who will overcome all the difficulties along with me thanks to your support.

I am really touched and grateful to Lifestart Foundation. This scholarship will support my studies and help me to believe in myself and in the future ahead. I will try my best and channel all my difficulties into action so as not to disappoint your generous hearts.

Sincere thanks,

Ngo Thi Bich Nuong



UPDATE: 21-08-2021

INTRODUCING NEW LIFESTART FOUNDATIONS LATEST EDUCATION SCHOLARSHIP STUDENT – TUNG

#Educating young Central Vietnamese students to reach their potential.

Tung is the most recent student to receive a full Lifestart Foundation Education Scholarship. As with all of our scholarship students, Tung has a difficult and sad back story which he explains in his letter of gratitude below.

Tung's family has very poor living conditions and they try to manage on 3 million VND per month (approx. \$130 USD per month), but despite all the odds stacked against him, he has amazed us with his diligence and excellent academic accomplishments that he has achieved.

After receiving the full Lifestart Foundation Education Scholarship, Tung's life has changed for the better. An enormous burden has been lifted from his shoulders and that of his family too.

We warmly welcome Tung into the Lifestart Foundation family and hope to provide him with as much support as possible.

TUNG'S THANK-YOU LETTER:

Dear Mr. John, Hannah, Ms. Karen, and everyone at Lifestart Foundation,

My name is Tran Thanh Tung, the lucky student who has recently received a precious scholarship from Lifestart Foundation. I am currently a year 10 student in a Maths specialized class at Le Thanh Tong high school for gifted students in Hoi An. Via this letter, I would like to express my deepest gratitude to you for this valuable scholarship and share with you some information about my family and my current studies.

I was born into a disadvantaged family of 5 members, sadly my mum left me when I was just a 5-month-old baby, and tragically my dad passed away due to a traffic accident when I was in year 4. Since then, I have lived with my grandmother and my aunt. My grandmother is nearly 90 years old so her health is not good and she often gets sick. As a result, my aunt is the only income earner for us. She works assisting in a food store to make a living.

Being fully aware of how difficult my family situation is, whenever I have free time from my study I try to help the family with some housework such as cooking rice, washing dishes, and washing clothes by hand.

Looking back at what I have gone through in year 9, I was extremely delighted that I achieved a very good GPA of 9.2 out of a possible 10 and I was ranked 1st in my class. Throughout my secondary school years, Maths has been my all-time favorite subject as I find it really interesting, and it has enabled me to develop my critical thinking skills. Maths is what I excel in and feel most confident in. Last school year, I took part in Maths contests at the district and provincial levels for gifted students in year 9, and happily, I won the consolation prize in the contest at the district level.

Le Thanh Tong high school for gifted students is one of the two top schools in Quang Nam province and it is an honour to be accepted to study at this school. It has a great reputation for its students achieving high marks in important contests for gifted students. Studying at this school will enable me to advance my Maths skills and make friends with other students who share my passion for the subject. In order to be fully prepared for the entrance exams to get into Le Thanh Tong high school, I attended 3 extra classes in Maths, Literature, and English. Every day, I spent about 8 hours doing self-study in addition to attending my regular classes. I tried to do as many Maths exercises as possible to improve my skills and to pass the exam with flying colors. Finally, all my hard work and effort paid off! I went very well in the entrance exams and was admitted into the school with good final results. I felt so happy with this great achievement and will try to study even harder in my future learning journey.

This summer, I am taking Maths specialized classes at school and attending extra ones in English, Physics, and Chemistry at my teachers' houses in preparation for my first year in high school. Every day I do self-study for about 5 hours, completing assignments given by my teachers and looking for more advanced exercises on the Internet to practice, in the hope of getting into the specialized Maths team at school. This will enable me to take part in a Maths contest at the provincial level for gifted students in grade 10. I will try my utmost to do well in the contest and to be in the top 10 students with the highest

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GPA in my class. Besides studying, I also play football in a high school team to expand my social circle and also stay healthy.

In the future, I would like to become a programmer and I am very passionate about majoring in a subject related to computers. A job in this field would provide me with a very dynamic and creative working environment in which to challenge myself. Furthermore, working in this industry, I will be able to earn a decent income to support myself, my family and hopefully be able to help other people in disadvantaged circumstances in society.

On the day I joined a scholarship interview with Ms. Karen at Lifestart Foundation, I was really nervous as this was my very first time, but I felt extremely lucky and delighted that I received this opportunity and then of course the scholarship. My family and I are really grateful to you for your tremendous support, enabling me to continue my learning journey and look to a brighter future ahead. This meaningful scholarship is also a great source of motivation for me to try harder in my studies and to overcome the many obstacles coming my way. In addition, recently I also received many valuable gifts from Lifestart Foundation, including a brand new electric bicycle and a hamper box of essential goods for my family. At the time I was really worried about the means of transportation to get to my new high school as it is far from my house. Luckily Lifestart Foundation fulfilled my hopes by presenting me with an electric bicycle to make my daily commute much easier and safer. During the difficult times of the pandemic, a meaningful gift including many daily essentials from Lifestart Foundation has also helped my family overcome our difficulties and save money to cover other living expenses.

Once again, I would like to send my sincere thanks to Mr. John, Hannah, Ms. Karen, and the Lifestart Foundation team for your kindness and generosity. I have nothing to give in return but will try harder in my studies to become a good person and contribute back to society. I wish everyone good health, success in work, and happiness in life.

Kind regards,

Tran Thanh Tung



UPDATE: 28-08-2021

CONGRATULATIONS to Thao from all the team at Lifestart Foundation. We are so very proud of your achievements.

Thao has recently completed year 12 and has been accepted into Danang University of Science and Technology.

She will major in Electronics and Telecommunications Engineering (Vietnamese-American Advanced Training Program).

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

Thao comes from a family of four, including her parents, her elder sister, and herself. Sadly, Thao's father passed away in 2014 due to stomach cancer, leaving her mum with two children to raise alone. Since then, she has been the sole breadwinner for the family with all of the family responsibility resting on her shoulders. To make ends meet, she worked at a small noodle shop in Hoi An to support her children with their learning path and to cover their daily expenses. Fortunately, since Thao received a full Lifestart Foundation Education Scholarship in year 8, her family's life has improved dramatically.

Thao is a diligent student and has always tried her best with her studies despite her difficult background. Each day she spent between six to seven hours at home on self-study. During her last three consecutive years at high school, Thao achieved the title of excellent student. With her excellent study results over the whole of Year 12, she was selected to go straight to University without needing to sit the University entrance examination.

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. 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.

Once again, congratulations Thao on your well-deserved success. We look forward to your greater accomplishments in your study path ahead!

Click here to read more about Thao:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1187421744636676/>



UPDATE: 04-09-2021

DOCTOR OF THE FUTURE – MEET HOA

At Lifestart Foundation, **Education Scholarships** are our largest and most important project as we believe that via education we can break the poverty cycle for future generations. We are committed to nurturing and encouraging fine minds in particular in the health sector.

Hoa was another successful recipient of a Lifestart Foundation Medical Scholarship. She is currently a fourth-year student at Hue University of Medicine and Pharmacy, majoring in General Medicine.

Born into a large family with financial difficulties, in the past, in addition to her studies, Hoa and her siblings used to help her mother sell goods at the local market. In the summer, in order to earn some extra income, they also sold rice paper and rice dumpling cakes on the beach. Life continued to be a struggle so in 2010 Hoa's father borrowed a large sum of money to start raising prawns in hope of being able to support his family. Unfortunately, the business failed so they were subsequently in huge debt. Since then, heavier burdens have rested upon Hoa's parents' shoulders, not to mention the monthly medication to treat Hepatitis B disease for all members of the family and the increasing school fees each year for their children.

Prior to receiving her Lifestart Foundation education scholarship, Hoa didn't have enough money to have a healthy diet and survived on as little as 26,000 VND (approx \$1.13 USD) per day for food. As a result, she had to work part-time to cover her own living expenses, which included delivering leaflets or tutoring.

Despite her disadvantaged background, Hoa has always made every effort in her studies in order to have a brighter future for herself. When school is really busy, Hoa tries to spend at least 4-5 hours a day on self-study. During a normal week, she usually spends 8-9 hours per day on weekdays and 11-12 hours per day on weekends. She achieved a GPA of 3.47 out of a possible 4.0 when she received her Lifestart Foundation scholarship.

After receiving her Lifestart Foundation Scholarship Hoa's life has changed for the better. An enormous burden was lifted from her shoulders and that of her family too. The full scholarship from Lifestart Foundation covers all tuition, books, food allowance, rent costs, and also a new laptop which will be a great support tool for her studies. The scholarship has given Hoa great motivation to reach her dream of becoming a skilled doctor, to financially assist her parents, and to support her younger siblings with their learning path.

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

Below is a beautiful letter of gratitude from Hoa to Lifestart Foundation when she found out that she had been chosen for the scholarship. We hope you enjoy reading her letter of thanks.

HOA'S THANK-YOU LETTER:

Dear Karen and Lifestart Foundation,

My name is Le Thi Hoa, from Trieu Phong district, Quang Tri province. I am a student at Hue University of Medicine and Pharmacy, majoring in General Medicine.

I am very delighted and happy and feel so lucky to receive the valuable scholarship from you. This gives me both a really strong sense of spiritual support, as well as bringing me a lot of motivation as I do not have to worry about financial concerns. I feel I can now face whatever challenges lie ahead of me. Therefore, I am writing to send my sincere thanks to you, Karen, and everyone at Lifestart Foundation. I also want to share a bit more information about my family, myself, and my future plans.

When I became one of the recipients of a Lifestart Foundation scholarship, I already knew that every family had its own difficulties and problems. I have many friends who had difficult situations at home, but they always tried hard in their studies and in their lives.

My family situation is difficult, too. There are 9 members in the family, including my parents, my six siblings, and me. My parents are quite old now, and they have had to struggle so hard through their working lives that their health is no longer good. However, they still have to work hard to earn even a small amount of money for us to go to school. My dad is 55 years old, he already has white hair and he is working as a stevedore for a factory in Ba Ria Vung Tau. My mum is almost 50 years old and her job is gathering scrap wood for a company, also in Vung Tau. Of the seven children, my eldest brother is a sixth-year student at the Danang Faculty of Medicine and Pharmacy, majoring in General Medicine. My next brother is a first-year student at the Political University. The youngest two of the family are in year 10 and in year 2 at school.

My eldest sister is married, and my other sister, who successfully began the marketing major at Danang University of Economics, decided to give up her studies and went to work instead, to earn money because of our family's financial situation.

Regarding my own studies, I have just finished the first clinical course at the hospital. It was quite tiring but I was happy with it and it has left me with many good memories. Eight weeks of clinical practice is not long but it was enough for me to understand more about my future job. I had the chance to meet many patients and each of them had their own issues. There were the ones with difficult lives and diseases but they were always happy and optimistic. They have inspired me, helping me to cherish life more and more, and pushing me to try harder in study and work.

There were the ones who had to experience the terrible pain between life and death, and there were also the devoted doctors who tried their best to keep them alive. There were also the ones needing treatment with kidney machines three times per week and sometimes more. And there were the ones who were born with heart disease, having to struggle with breathing difficulties. I felt so sorry for them all and told myself to study well in order to help these patients overcome their pain and to become healthy people.

At the moment, I am halfway to my dream. I will try my best to fulfill my dream of becoming a good doctor and come back to my hometown to help the patients, to take care of my parents, and support my younger siblings.

When I knew that I would receive the scholarship from Lifestart Foundation, my parents and other family members were very delighted and happy. We are very grateful to the foundation for giving me this chance and supporting me to make our dream come true. My parents told me to try harder, so as not to disappoint everyone's expectations.

This scholarship means a lot to me. I will use it to pay for my school fees, purchase some medical kits for my clinical practice time at the hospital, some books and textbooks, and also additional documents for my extra study. I will also spend a little on studying English to improve my English and a reasonable amount for my living expenses. I was also very happy to receive the new laptop from you. It has helped me a lot in my study, supporting me to research many necessary documents, work on presentation slides, discover many good exercises, and research good videos for study on the Internet. It is so useful for me.

Finally, I would like to send my sincere thanks to Ms. Karen and Lifestart Foundation for giving me such good study conditions and helping me to get closer to my dream. I do not know what to say but thank you very much to you all. I wish you all good health, happiness, and success.

Yours sincerely,

Le Thi Hoa



UPDATE: 05-09-2021

GREAT NEWS FROM TALENTED BIOLOGY STUDENT NHI

Lifestart Foundation Education Scholarship student Nhi has just finished year 10 at high school. Nhi comes from a family of 5 in Dien Ban, including her grandparents, her mum, her younger sister, and Nhi. Sadly, her dad passed away 10 years ago after a motorbike accident, leaving Nhi's mum as the sole breadwinner of their big family. At present, her family has to make ends meet by living on her mum's meager income from selling noodles. Nhi's grandparents are old so they cannot work very much. What they can do is to grow veggies, raise some chickens and try to catch fish in the nearby river for the family. Nhi's younger sister has just finished year 6 and she is a very good student too.

Not being discouraged by her disadvantaged background, Nhi is a diligent student and always tries her best in her studies. Thanks to the full Lifestart Foundation Education Scholarship Nhi received in year 7 that has lightened her family's financial burden, Nhi has been able to fully focus on her studies and is one step closer to reaching her education and career goals. In her first year at high school, despite the much more difficult curriculum compared to that of secondary school, Nhi has made every effort in her studies. In addition to attending classes at school and the all-important extra classes, she spent an average of 5 hours per day on self-study.

Nhi has demonstrated talent in Biology since she first studied this subject in year 6. In this past school year, Nhi was one of the 6 students allowed to study in the specialised Biology team for year-10 students at her school. They represented their school at the Provincial level Olympic contest in Biology where Nhi has successfully won a bronze medal, a well-deserved achievement after all of her hard work.

At this stage, Nhi would like to pursue a career in Medicine. Biology is one of the three mandatory subjects in the entrance exam to study at a Medical university so she is full of excitement and motivation to study in more depth about this subject. Nhi promised to always strive harder in her studies in order to realise her dream of becoming a doctor to cure

disadvantaged people as well as to help her and her family break the poverty cycle. Congratulations Nhi from all the team at Lifestart Foundation we look forward to more of your accomplishments!

If you want to read more about Nhi, please click here:

1. Introducing Nhi, New LSF Education Scholarship Recipient:
<https://www.facebook.com/TheLifestartFoundation/posts/1620870864625093>
2. Flood Relief for Nhi's family:
<https://www.facebook.com/TheLifestartFoundation/posts/3824164867629004>



UPDATE: 11-09-2021

MASTER OF NURSING SCHOLARSHIPS

Cuc completed her Bachelor's degree in Nursing at Hue University of Medicine and Pharmacy in 2012. After her university graduation, she commenced her career as an assistant lecturer at DaNang University of Medical Technology and Pharmacy.

Throughout her career as an assistant lecturer, Cuc has realised the constant need to update her knowledge in order to improve the quality of her teaching. Joining the Master of Nursing course, especially an international one, was always her long-held and cherished dream.

When Cuc started her Master's degree, she had to ask for help from her parents in her hometown Quang Binh to look after her four-year-old son so that she could completely focus on her studies. Finance was also a burden for her due to the steep tuition fee and all of the other expenses associated with the Masters degree. However, Cuc didn't let all of the obstacles affect her studies; on the other hand, she always worked hard to overcome all of the difficulties she had to face.

With the wonderful support provided by the Lifestart Foundation scholarship, a great burden was lifted from Cuc's shoulders and she was able to realise her dreams of not only accumulating more valuable knowledge for herself but also contributing to building a stronger nursing system in VietNam by training them with evidence-based practice.

Below is a letter of gratitude that Cuc wrote to Lifestart Foundation where she shares her goals and plans after graduating from the Master of Nursing course. After reading it, we hope you will agree with us what a worthy scholarship recipient Cuc is.

Cuc's thank-you letter:

Dear Karen and everyone at Lifestart Foundation,

My name is Doan Thi Kim Cuc. My hometown is in Vo Ninh Commune, Quang Ninh District, Quang Binh Province. I'm a lecturer in the Nursing Department of Da Nang University of Medicine and Pharmacy Technology. Currently, I am a nursing student of the Master's course at Hue University of Medicine and Pharmacy, connected to the Khon Kaen University of Thailand.

Firstly, I would like to send my sincere thanks to you and Lifestart Foundation.

I was born and raised in a poor village in Quang Binh Province, I appreciate the value of studying and working. I have a lot of siblings, my parents are rice farmers and often get sick, so my family's economic situation always faces a lot of difficulties. When I was young, I had a dream that I would become a medical officer to help my parents and my community as well as myself. And that dream came true when I was accepted into Hue University of Medicine and Pharmacy in 2012.

It is very important to study and improve the knowledge of a lecturer who is teaching nursing students, especially if they are studying in an academic environment. I registered to do the International Master's course to enhance my qualifications. This is a very good chance for me to study and learn more knowledge and skills in my field. However, my family and I are faced with a lot of financial difficulties due to high tuition fees and other expenses for my study and daily activities. Although my husband and I have permanent jobs with basic salary levels, it's really difficult to have enough for my study and to raise my 4-year-old child.

My family and I were very excited and grateful to you and Lifestart Foundation for awarding me this scholarship. We are so happy that there are charity organizations that help and care for people in disadvantaged situations. Your support helps us have more belief in ourselves and motivates us to strive for a better future. Also, this scholarship has a huge value to me. It is the source of financial support that means a lot to me and my family as it will help me to pay a part of my tuition fee and reduce the economic burden on my family next semester.

In the trend of international integration, the development of nursing in Viet Nam is really necessary. Therefore, I always have a strong desire to contribute to increasing the role of health care teams after finishing the master's course. Besides that, I will help my university in training people studying a Bachelor of Nursing who will be an important resource in our health care system in the future. I always hope that I can develop a deeply caring unit for chronic diseases in Viet Nam. Through this care unit, students will be trained to be more professional in their chosen field. It will make it easier for students to apply for jobs after graduation as well as improving the service quality for the patients. Lifestart Foundation's support and interest are the motivation for me to achieve this dream.

Once again, from the bottom of my heart, I would like to send my deep gratitude to you and Lifestart Foundation.

Sincerely,
Doan Thi Kim Cuc



UPDATE: 19-09-2021

CONGRATULATIONS Nhu Quynh from all the team at Lifestart Foundation. We are so very proud of your accomplishments!

Quynh received the Lifestart Foundation Education Scholarship in year 8. Recently she has finished year 12 at high school and has been accepted to study International Business Administration at Foreign Trade University in Ho Chi Minh City, one of the most prestigious universities in Vietnam.

Quynh is a bright and diligent student who has always achieved the title of excellent student over many years. In addition to her hectic schedule at school and at extra classes, Quynh spent 7-8 hours a day on self-study. As a result of her diligence, she achieved an outstanding GPA of 9.0 out of a possible 10 in year 12, ranking first in her class!

Quynh was one of only two students who received the second-highest marks in the recent National High school Graduation exam at the provincial level. There were 5807 students from Quang Nam who took the exam.

Since Quynh was a young girl, Maths has always been her passion. She was selected as a representative for the Maths advanced team at her school. She tried her best in the exam and came in 2nd place in the Provincial-ranking Contest for Excellent Year-12 Students.

With her excellent study results over the past three years at high school and her Maths prize, Quynh was selected to go straight to University without needing to sit the University entrance examination. Besides that, Quynh also successfully finished the recent National High school Graduation Exam with flying colours too: she achieved outstanding scores of 9.80 out of a possible 10 in both Maths and English! What a great accomplishment and we couldn't be more 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.

Quynh was born and raised in the countryside in Dien Ban, Quang Nam. She comes from a big family of 6 people, including her elderly grandmother, her parents, her older sister, her twin sister, and Quynh. Since her dad cannot work a lot due to epilepsy, all of the responsibilities rest upon her mum's shoulders, who works very hard to support the entire family. Fortunately, since receiving the valuable Lifestart Foundation Education scholarship, the life of Quynh's family has improved a lot as she has been provided with the best possible conditions for her studies. Xuan Quynh – Nhu Quynh's twin sister is also a Lifestart Foundation Education Scholarship recipient and she is an excellent student too.

Once again congratulations to Quynh from all the team at Lifestart Foundation. We are very proud of your accomplishments and look forward to hearing about your future endeavours.



UPDATE: 25-09-2021

FROM A DISADVANTAGED BACKGROUND TO A SUCCESSFUL SOFTWARE TESTING ENGINEER. MEET DUY – A LIFESTART FOUNDATION EDUCATION SCHOLARSHIP SUCCESS STORY

Duy was a recipient of the Lifestart Foundation Education Scholarship from high school until the completion of his university graduation. During his six years of sponsorship, Lifestart Foundation witnessed his growth from a young shy boy in Year 11th to an accomplished Japanese-speaking software engineer. Duy is also the first in his family to graduate from University.

Duy comes from a family of four, including his parents, his younger sister and himself. They live in the countryside in Dien Ban, Quang Nam. Duy's parents are both rice farmers who rely on their crop and livestock farming to make ends meet. In the past, Duy's father was the main breadwinner of the family. Besides farm work, he also worked as a builder to earn extra income. Unfortunately, twelve years ago, his dad had a serious accident when he fell off the scaffolding at a construction site. After the accident, the doctor said that he was no longer able to do heavy work and he would have difficulty walking. Since then, all the financial burden for the family including all the living expenses as well as education expenses for Duy and his younger sister rested upon his mother's shoulders.



Fortunately, a huge financial burden was lifted from Duy's mum's shoulders and that of his family when he and his sister received a full Lifestart Foundation Education Scholarship. They no longer needed to worry about education costs for their two academically gifted children and they were able to reallocate money to much-needed food and medical expenses for the family.

Each school year the Education Scholarship paid for his tuition fees, uniforms, stationery and also allowed Duy to attend the all-important and expensive extra classes necessary to complete his education, giving him great hope and confidence for the future. Duy said 'without his Lifestart Foundation Secondary Scholarship I would not have finished year 12'.

Duy was a gifted language student and was already quite proficient in English during his high school years. He worked incredibly hard in order to gain acceptance to study at his preferred university. As a result of his diligence, he passed the University Entrance Exam and was accepted into Danang University of Foreign Language Studies. Duy spent the next four years completing his Bachelor's degree in Japanese studies as he loved the Japanese culture and would like to master Japanese language skills. A subsequent scholarship from generous Lifestart Foundation sponsors helped Duy through his tertiary education. Thanks to the scholarship, he didn't need to apply for part-time work to cover his daily expenses at university. With the wonderful support from Lifestart Foundation both financially and via the mentorship provided, he was able to put 100% of his focus into studies to expand his knowledge to be well-prepared for his future career. As a result of his constant efforts, Duy was able to graduate with a Distinction degree – a great achievement!

Since graduating, Duy has been working as a Software Testing Engineer at a Japanese IT company in Danang. His daily duties include writing and executing test cases based on the documents given by the customers, tracking any bugs that have arisen via the test case system as well as reporting defects, and communicating with Japanese customers regarding the issues during the processes, all in Japanese! Recently Duy has shared with us about his current life and we are so delighted to learn that he is enjoying his life and work. He has also been promoted to the team leader of a group of 6 members, which is the result of his hard work and determination. This occupation has helped Duy to gain much valuable IT knowledge that he had not been familiar with previously, to improve his Japanese skills, and to develop himself in a professional working environment as well.

Throughout his journey from a Japanese language student to a young software engineer, Duy has always wholeheartedly supported like-minded fellow students and other Lifestart Foundation's university scholarship students as well. During his summer holiday break, he used to ride 1 hour to and from his home to Lifestart Foundation twice per week, to provide Japanese tutoring for one of the Lifestart Foundation's high school scholarship students, who would like to study Japanese when she entered University. Duy has always been an excellent student and he took on the role of tutoring very seriously. After graduation, Duy has also been dedicated to giving advice and recommending internship companies for fellow Japanese language students and other university students in the Lifestart Foundation's education project as well.

Duy shares that he feels lucky to have been chosen to receive the valuable Lifestart Foundation Education Scholarship, lucky to have the support that has led him to the success he enjoys today and helped him to become who he is today – a confident, extremely well educated young adult. Now he can support himself and help support his parents too.

Duy continues to work really hard to gain more knowledge as well as to achieve his dream of going to Japan to broaden his knowledge. However, due to Covid-19 restrictions, he hasn't been able to make that dream a reality just yet. He hopes when the pandemic is over he can complete his goals and plans in the future. We are so very proud of your accomplishment and the young man you have grown into! We wish you ongoing success in your career path.

Click here to read more interesting stories from Duy:

1. Introducing Duy:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1126516264060558/?type=3>
2. Duy's volunteering at Lifestart Foundation:
<https://www.facebook.com/TheLifestartFoundation/posts/1591657707546409>
3. Duy's university graduation:
<https://www.facebook.com/TheLifestartFoundation/posts/2359035187475320>



UPDATE: 02-10-2021

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

An has recently completed year 12 and has commenced her 1st year studying English Translation and Interpreting at Danang University of Foreign Language Studies. An has been a Lifestart Foundation scholarship recipient since year 7 and she is the first in her 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.

While holding her Lifestart Foundation Education Scholarship, An achieved the title of excellent student over the last 3 consecutive years at High School. With her excellent study results over the last three years, An was selected to go straight to university without

needing to sit the University entrance examination.

Foreign Languages, especially English has been An's passion since she was in primary school. This is also a great motivation for her to attend a Foreign Language University and subsequently follow a foreign language-related career in the future. An usually spent an average of 5-8 hours a day self-studying in order to be well-prepared for the National High school Graduation Exam. We are so happy to hear that after months of revision and preparation, An has successfully passed the exam and achieved an outstanding score of 9 out of a possible 10 in English! The life-changing Lifestart Foundation scholarship has made An 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.

An comes from a poor family of five: her parents, her younger brother, her younger sister, and An. Her parents are both rice farmers with a very limited income. Sometimes her dad works as a painter or a builder's assistant to earn extra income. Both of An's parents both work very hard just to cover their daily expenses and to support their three children with their schooling. The Lifestart Foundation Education Scholarship awarded to An has been a huge relief to her family as they no longer needed to worry about the school fees and other necessary expenses for An. Instead, they have been able to concentrate on supporting their two younger children.

Once again, congratulations An on your well-deserved success. We look forward to your greater accomplishments in your study path ahead!

Click here to read more about An:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/987272077984978/>



UPDATE: 09-10-2021

FUTURE DOCTOR OF CENTRAL VIETNAM – MEET LAN

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.

Lan is one of our recent Lifestart Foundation [#Medical](#) Scholarship recipients. She is currently a fourth-year General Medicine student at Danang University of Medical Technology and Pharmacy. Lan comes from the Central Highland's Dak Lak province. She is the first in her family to attend University, and as with all of our education scholarship students, Lan's background is a sad and difficult one, which she explains in her letter of gratitude below.

Lan was an excellent Physics student during her high school years, and she had a long-held and cherished dream to become a doctor. Unfortunately, completing a degree in Medicine is a lengthy and costly journey, which was a big challenge for Lan and her family as they had little money to support her with a six-year tertiary degree. So that she wouldn't be a burden for her parents at first she decided to follow a 4-year major which was less expensive. However, studying Medicine seemed to be her fate. Lan shared, that her Year 12 marks in Mathematics, Chemistry, and Biology were so good that she was accepted into Medical University.

Not discouraged by her disadvantaged situation and the many challenges in her life, Lan is a diligent student and always strives to do her best in her studies. She achieved a GPA of 3.33 out of a possible 4.0 when she received her Lifestart Foundation Medical scholarship. Lan spends 5 hours each day self-studying on weekdays and 11 hours each day on weekends. Besides academic studies, Lan is also an active member of the Blue Star Club, where she and other members usually organise voluntary activities to help those in need in remote areas.

Before receiving the life-changing Lifestart Foundation Medical scholarship, Lan's family had to apply for a big loan to pay for her university studies. In order to share the financial burden with her mum, Lan also worked part-time to cover her own expenses. The full Lifestart Foundation Medical scholarship came as timely support which has eased the heavy financial burdens on Lan's shoulders and that of her mother too. It pays for Lan's tuition fee, books, rent, and food allowance and also enables her to take time off from work so she can completely focus on her studies.

We warmly welcome Lan 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 Lan to Lifestart Foundation. We hope you enjoy reading her letter of thanks.

Lan's thank-you letter:

My name is Tran Thi Lan, a year 4 student of general medicine at Da Nang University of Medical Technology and Pharmacy. Today I'm writing this letter to send my deepest thanks to Lifestart Foundation with all my sincerity and love.

I was born into a family with difficulties. In the past, my dad worked as a carpenter, and he also planted coffee and pepper in a small garden but often had poor crops, so the quantity of the produce was not much. My mum stayed at home to do the housework and helped my dad with farming. My dad worked hard to support 4 people in my family.

The day I decided to follow a medical major was a tough decision because this degree is much longer than other ones, but my parents still supported me and said that they would try their best to work hard and save money so that I could pursue this career. However, unfortunately, when I had been studying at the university for only 2 months, I received the terrible news that my dad had suddenly passed away because of a brain stroke. From that time, the burden that had been on my dad's shoulders transferred to my mum. The debt of 150 million couldn't be paid back to the bank (50 million for building our current house, 50 million for my elder sister studying at university, and the rest for my studies). My elder sister had recently got married and my younger sister was in year 10 at that time. My mum's eyes were not good and she also didn't have a job. Her hands were so weak that she couldn't even ride a motorbike by herself. However, when my dad passed away, she looked for many jobs to earn a living despite being nearly 60 years old. She planted vegetables to sell, washed dishes for others, and collected scrap, but the income was not much, sometimes just 50,000 VND per day.

At the moment, my family's income is still not stable and my mum is doing many jobs to earn as much as she can. Therefore, when I started my first year at university, I searched for a part-time job with the hope that I could help my mum in some way. At present, I am working at a specialty product shop, my working time is from 5pm to 9pm every day. I go to the hospital in the morning, study at university in the afternoon and hurriedly go to work at 5pm. If I am on duty at the hospital, I work all day on the weekends. The rest of the time I self-study at home. This year, my younger sister has started her studies at Da Nang University of Foreign Languages, so my family has huge financial difficulties. My mum borrowed and got student loans to cover school fees, my younger sister also got a part-time job to pay for her living expenses because my mum couldn't afford to support our monthly expenses.

I was so lucky when DaNang University of Medical Technology and Pharmacy recommended the general medicine scholarship awarded by Lifestart Foundation. After submitting my application, I was so surprised and excited when I received the email that informed me that the interview would be in Hoi An. When I went to the interview, I did hope that I would be one of the lucky students to receive this scholarship because if I could get it, my mum would not be so worried about me and I could focus more on my studies. The day I got the good news that I had passed the interview at Lifestart Foundation, I cried. I was very emotional and so excited when I knew that my life would be better and the difficulties would be reduced a lot. Apart from myself, my family and my friends were also very happy and extremely excited. This scholarship is very valuable to me, both physically and mentally. I don't have any words to express my gratitude to the Lifestart Foundation for granting students in difficult circumstances like me, the motivation to continue our dreams and become good doctors.

This school year, I will try to improve my knowledge and skills, participate in volunteer activities and continue studying even harder to get better academic results. With the support of Lifestart Foundation, I will stop my part-time job to focus on my studies. I also plan to take an English course which will be useful for my degree. After graduation, I intend to do

further study at a higher level such as a Master's degree. I plan to constantly improve my expertise and skills to become a doctor as my dad had hoped.

In the future, I hope to return to my hometown to work, taking the knowledge and technology that I have learned at university to help poor patients get the best access to medical care. Two fathers (my biological father and my adoptive father since I was 3 years old) passed away because of serious illnesses. My mum also has heart disease, so she is the motivation for me to try to become a Cardiologist in the future.

I would like to send my sincere and deepest thanks to Lifestart Foundation, Ms. Karen, and members of the organization for granting me and other students this great support and helping us see the brightness on our rough path ahead. I will continuously try my best in order not to disappoint Lifestart Foundation's beliefs and expectations, and to be worthy of your support. Thank you so much!

Kind regards,

Tran Thi Lan



UPDATE: 16-10-2021

CONGRATULATIONS THU from all the team at Lifestart Foundation. We are so very proud of your accomplishment!

Thu received a full Lifestart Foundation Education Scholarship in year 7. She has recently finished year 12 and has been accepted into University to study Finance and Banking at Danang University of Economics.

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

Thu comes from a family of five. Her grandmother is elderly and is unable to work anymore. Her dad is the main breadwinner for the family. The family lives on his meagre income from a carpentry job while her mum's health is not good so she stays at home to

take care of Thu and her younger sister. To share the housework with her mum, Thu also does some light tasks such as washing dishes, cooking, doing laundry, or cleaning the house. The education scholarship awarded to Thu has been a huge assistance for her family over the past 6 years and helped change their life for the better. The full scholarship covered Thu's tuition fees, books, uniforms, supplies, and all of the important extra classes Thu had to take to support her education.

During year 12, Thu specialised in Geography at Le Thanh Tong High school for Gifted students in Hoi An. She values the importance of education and also recognised that education is the only hope to help her break the poverty cycle. Every day she spent from 5.5 hours to 7 hours on self-study. As a result of her diligence, Thu achieved the title of excellent student during her last three consecutive years at high school. She also competed in several competitions and won many prizes, including the gold medal in the Geography Olympic competition in Ho Chi Minh city.

With her excellent study results over the last three years, Thu was selected to go straight to university without needing to sit the University entrance examination. 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 want to read more about Thu, please click here:

1. Xuan Thu receives hamper box from her generous sponsors:

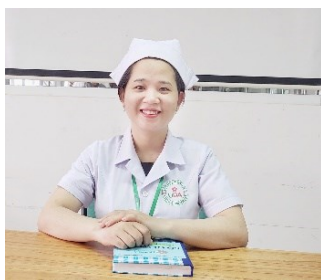
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/140>

2. Electric bike donation for Thu:

<https://www.facebook.com/TheLifestartFoundation/posts/2053555841356591>

3. Congratulations Thu. Gold - Gold – Gold:

<https://www.facebook.com/TheLifestartFoundation/posts/2361166253928880>



UPDATE: 23-10-2021

MASTER OF NURSING SCHOLARSHIPS

My comes from the Northern Central province of Ha Tinh. She graduated from Hue University of Medicine and Pharmacy with a Bachelor's degree in Nursing in 2013. After university graduation, she moved to live in Danang and commenced her career as an assistant lecturer at Dong A University in Danang.

Although My was very busy with her work, she always had a great passion for ongoing study in order to broaden her knowledge. Joining a Master's course in Nursing, especially an international one, has been her long-held and cherished dream. A course that will not

only help her to gain new and useful knowledge in a more professional way, improve her capability in the field but also help her to share this knowledge and expertise with more nursing students and afterward upgrade the role of the nursing community in Vietnam. Now with the wonderful support from Lifestart Foundation, she is halfway to reaching her dream. Her long-term plan is to pursue a Doctoral degree in Nursing and Healthcare so she is striving hard every day to realise the goal she has set.

Below is a thank you letter from My. After reading it, I hope you will agree with me what a worthy recipient My is.

My's thank-you letter:

Dear Karen and everyone at Lifestart Foundation,

My name is Tran Thi My, 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. This course is the first international nursing Master's qualification which has been honored to receive Lifestart Foundation scholarships. For me, the scholarship not only makes a huge difference to my material circumstances but is also great spiritual encouragement that helps me overcome any difficulties in my life.

I was born into a poor family - my parents are rice farmers – but from an early age, I dreamed that when I grew up I would somehow change my circumstances to help my family and my neighbours. A career in medicine was my choice when I was in high school. I was so lucky that I was accepted into Hue University of Medicine and Pharmacy, majoring in general nursing. After graduation, I had the chance to work at DaNang University of Dong A, as a teaching assistant. This job helped me get a lot of nursing experience as well as giving me the opportunity to promote my passion, transfer my knowledge and help develop the clinical skills of young nursing students.

After 5 years of working at the university, I realized that this position not only required a solid foundation of nursing skills and techniques but I also needed more scientific research ability and knowledge of research papers from around the world. Therefore, I decided to register for this Master's course. When I started this course, I not only gained additional nursing skills but also had the chance to develop more professional skills in an international environment. However, it has not been easy because meeting my expenses while I studied was a big challenge.

I was so lucky to hear about the Lifestart Foundation's education scholarship through Hue University of Medicine and Pharmacy. I was very excited when I heard that I was one of the students who was honored to receive the scholarship from Lifestart Foundation - particularly as this was the first time that Lifestart Foundation gave scholarships to postgraduate students. I was very emotional and so grateful to Lifestart Foundation. This scholarship will help me take a step further in learning and researching. It also helps my self-belief which I will carry forward into my future. I will always try my best to study and develop in order not to disappoint your trust and your generosity. I hope that after completing this course, I will have a lot of opportunities to contribute in a small way to developing nursing in Viet Nam.

To close this letter, once again, I would like to send my deep gratitude to everyone at Lifestart Foundation. I wish you all good health and success in life. I hope Lifestart Foundation will develop more, and that other disadvantaged students in Viet Nam will receive your support like me. These scholarships help to fire up the young people of Viet Nam, and they will make such a contribution in the future.

Sincerely,
Tran Thi My



UPDATE: 30-10-2021

MEET THAO – A SPEECH-LANGUAGE THERAPIST OF THE FUTURE

Thao is currently a fourth-year Physiotherapy student at the Danang University of Medical Technology and Pharmacy, majoring in Speech-Language Therapy.

Thao has been a Lifestart Foundation Education Scholarship recipient since year 7. It's a long road we walk with our scholarship students, from when they were young children until they complete their tertiary education.

Thao comes from a large family of six, including her parents, her elder sister, her younger sister, her younger brother, and Thao. They live in the countryside in Dien Ban, Quang Nam. Like many of our scholarship students, her parents are rice farmers. Before receiving the Lifestart Foundation Education Scholarship, a huge financial burden rested upon her parents' shoulders as they had to manage their daily living expenses as well as having to support their children with their studies on a very meager income. To make ends meet, her father also worked as a builder's assistant in Danang to earn extra income. Their family's total income was as little as 2,500,000 vnd or \$147 aud per month.

Thao neither had an opportunity to attend the all-important extra classes nor was she able to purchase enough essential stationery before she was awarded the Lifestart Foundation Education Scholarship because her parents had to support 3 children with their very limited income. The scholarship granted to Thao covered all of her tuition fees, books, uniforms, stationery and also enabled her to enroll in extra classes that she had always hoped to join.

Since she was just a little girl, Thao has always held a dream of working in the Medical field. After working diligently through her high school years and successfully completing Year 12, Thao applied for her dream course to study Physiotherapy at Danang University of Medical Technology and Pharmacy and was accepted. A subsequent full tertiary scholarship has helped Thao to continue her studies at university. Thao shared that this is the "life-changing" scholarship for her because "if it hadn't been for this valuable scholarship, my parents wouldn't be able to afford to my university education." Thanks to the scholarship, Thao didn't need to work part-time to cover her own expenses and worry so much about finances. This has helped her to completely focus on her studies to achieve her dream and helped ease the burdens on her parents' shoulders. Her parents, therefore, were able to reallocate the money to support her elder sister, who is also studying at Danang University of Medical Technology and Pharmacy.

Thao is a bright and diligent student. During the last three years at university, she has always achieved academic excellence. She had a GPA of 3.38 out of a possible 4.0 in the first semester of year 3, achieving the title of very good student. Besides attending tutorials at school, she spends 4 hours on self-study every day.

Sharing more about her studies, Thao said that Speech-language Therapy is still a newly emerging major in Vietnam so she has had a chance to study with many international teachers, which not only helps her to gain new useful knowledge but has also improved her English skills. Thao told us that she really loves her major and she can see how it will really benefit the community. She has been able to acquire valuable knowledge related to basic instincts of a human, such as eating or speaking, through which she hopes in the future she will be able to help patients, especially those who were born with disabilities to improve their mental and physical health.

We are very proud of Thao's determination and achievements over the past ten years. We will keep you updated on her future after graduation.

You can read more about Thao here: <https://www.facebook.com/thelifestartfoundation/posts/1969387179773458>



UPDATE: 06-11-2021

CONGRATULATIONS XUAN QUYNH from all the team at Lifestart Foundation. We are so very proud of your academic achievements!

Quynh has held a full Lifestart Foundation Education Scholarship since year 8. During the last three years, she has always been an excellent Maths student at Le Thanh Tong High school for Gifted Students in Hoi An. Every day she spent an average of 6-7 hours on self-study and 9-10 hours on the days leading up to exams. As a result of her diligence, Quynh achieved a GPA of 9.1 out of a possible 10 in year 12 – an outstanding score!

With her excellent study grades over the past three years, Quynh was selected to go straight to University without needing to sit the University entrance examination. Besides that, she also successfully passed the National High school Graduation Exam with excellent results too: she received 9.20 in Maths and 9.80 out of a possible 10 in English – what a great accomplishment!

Besides being a talented Maths student, Quynh has had a strong passion for English. She is also a very dynamic and confident student – she achieved many accolades in extra-curricular competitions such as 1st prize in the writing contest

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about Teachers and 1st prize in the Book presentation contest. All of the above has been a great source of motivation for Quynh to follow her chosen career path as a Marketing major at university. Quynh has been accepted into the prestigious University of Economics and Law, Vietnam National University in Ho Chi Minh City to study Marketing – her long-held and cherished dream. At this stage, she is interested in Digital Marketing and will make the best effort into her studies to realise that dream in the future. Her twin sister, Nhu Quynh - also a LSF Education Scholarship recipient, is an excellent student too. She has just been accepted into Foreign Trade University in Ho Chi Minh City to study Business Administration.

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. Quynh was born and raised in the countryside in Dien Ban, Quang Nam. She comes from a large family of 6 people, including her elderly grandmother, her parents, her older sister, her twin sister, and Quynh. Since her dad cannot work a lot due to epilepsy, all of the responsibilities rest upon her mum's shoulders, who works very hard to support the entire family. Fortunately, since receiving the valuable Lifestart Foundation Education scholarship, the life of Quynh's family has improved a lot as she has been provided with the best possible conditions for her studies. The life-changing Lifestart Foundation scholarship has made Quynh all the more determined to be a successful scholar and to break the poverty cycle by eventually graduating from University.

Click here to read more about Quynh:

1. Introducing new LSF scholarship students:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1375333619178820/>
2. Quynh accepted into Le Thanh Tong High school for Gifted Students:
<https://www.facebook.com/TheLifestartFoundation/posts/1894322377279939>



UPDATE: 23-10-2021

LIFESTART FOUNDATION'S SUCCESS STORY - MEET HIEN THE JOURNEY FROM POVERTY TO VALEDICTORIAN TO BECOMING A SUCCESSFUL LAWYER

Over the past 20 plus years, Lifestart Foundation has provided hundreds of Education Scholarships to disadvantaged students in Central Vietnam to help them complete their education.

You may remember one of our remarkable students Thu Hien. She is proof that "Not everyone begins life at the same starting

line, but whether one can grow and develop further or not depends on their effort." Hien successfully graduated from Danang University of Economics in 2018, and was the valedictorian of the Business Law Department.

Hien was born into a very poor family in the countryside of Dien Ban. There are five members in her family, including her parents, her elder sister, her elder brother, and herself. Both Hien's mother and father worked extremely hard as rice farmers and her father also did additional work as a handyman to earn extra income. Before receiving the Lifestart Foundation Education Scholarship, her parents' total monthly income was only 3,000,000 vnd or \$130 usd per month, which made it extremely challenging for them to manage their daily life while having to financially support their two older children who were studying at universities as well as Hien with her education expenses. Hien was an excellent student for many years at both Secondary and High school. Being aware of her parents' hard work, she always tried to concentrate on her studies to achieve good results as she believed that education was the only way for her to help her family break the poverty cycle.

Luckily, there was light at the end of the tunnel. The Lifestart Foundation Secondary School Education Scholarship awarded to Hien turned the life of herself and her family onto a whole new page. Each year the Lifestart Foundation scholarship paid for her school fees, the all-important additional extra classes, uniforms, shoes, and books. This took a huge financial weight off the shoulders of her family and she was also provided with the best possible learning conditions. As a result of her diligence and determination, she was accepted into Business Law at DaNang University of Economics, where she spent the next four years studying to realise her dream. Subsequent sponsorship from fantastic Lifestart Foundation supporters allowed Hien to continue her Tertiary education fully supported.

Hien would not have been able to achieve what she has today without her hard work and more importantly the LSF Education Scholarship. During her university years, thanks to the scholarship that covered all of her school fees, living costs, a laptop, rent, food allowance, and many other expenses associated with her Bachelor's degree studies, Hien was able to maintain her academic excellence. This also enabled her to have more time to do further research, widen her knowledge, and complete internships from the early days to get hands-on experience. Besides academic studies, she also had opportunities to get involved in extracurricular activities organised by her university to enhance her soft skills. Hien also volunteered at the Lifestart Foundation workshop and joined many Lifestart Foundation donation days. The support

from Lifestart Foundation scholarship helped Hien develop significantly throughout her 4 years at university. She successfully graduated with a distinction degree and was the valedictorian of the Business Law department.

After graduation, Hien commenced her career as a legal specialist for a real estate company in Ho Chi Minh City and that was the first time Hien had lived so far from home. She has been living and working in Ho Chi Minh City for nearly 3 years and we are happy to learn that she is enjoying her life and work there. Hien is delighted that her current salary is enough to cover her living costs and support her family in the countryside. Her parents do not have to work as hard as before and their health has improved a lot as their children are all settled now, which is what she feels most grateful for.

A career in Law requires a person's willingness to continue their studies throughout the span of their career. Hien's chosen long-term career is to become a skilled lawyer so she is constantly trying to improve her knowledge. At the moment, she has just finished her Legal Practice theory course at the Judicial Academy in Ho Chi Minh City. Via this class, she has learned more skills in legal consulting, legal aid, and the skills required of lawyers before and during court sessions.

It's been an absolute delight for Lifestart Foundation to accompany Hien through her education journey and to watch her grow and develop into a capable, confident, and dynamic young adult. We couldn't be more proud of your achievements. We wish you an abundance of success in your career path.

If you would like to read more about Hien, please click here:

1. Hien volunteers at Lifestart Foundation workshop:

<https://www.facebook.com/TheLifestartFoundation/posts/942135549165298>

2. A Laptop donation for Hien:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/850999394945581/>

3. Hien graduates from university:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1819362061442638/>

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.



UPDATE: 27-11-2021

MASTER OF NURSING SCHOLARSHIPS

Introducing Hai - one of the Master of Nursing students who received a scholarship from Lifestart Foundation. Since a young age, Hai has held a strong passion for following a career path in health and completing a Medical major at university. During her 4 years studying Nursing at Hue University of Medicine and Pharmacy, Hai found her career in teaching Nursing really meaningful and beneficial as the lecturers would always strive to constantly update both their professional knowledge as well as clinical skills. After her university graduation in 2014, she successfully applied for a teaching position at Dong A University in Danang.

Throughout her career, Hai has wondered why Nursing profession plays such an important role in the healthcare system but it is not held in as high esteem as it should be. Hai believes that doing research is extremely important for a nurse to help them become more independent in making decisions in patient care. This has motivated her to develop her professional skills in order to become a good lecturer herself with advanced qualifications.

Studying an International Master's course in Nursing not only helps her foster and expand her knowledge but also to realise her dream of sharing the much-needed useful knowledge and expertise with her students and also upgrading the role of the nursing community in Vietnam.

Below is a thank you letter from Hai. After reading it, I hope you will agree with me what a worthy recipient Hai is.

Hai's Thank-you Letter:

Dear Ms. Karen and everyone at Lifestart Foundation,

My name is Nguyen Thi Hai and I am a teacher of nursing at Dong A University in Danang. I am also 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 writing this letter to send my big thanks to Lifestart Foundation for giving me the opportunity to receive your scholarship.

I come from a farming family in Ha Tinh province. In 2010, after graduating from high school, I chose nursing for my career because I thought that job would give me the knowledge to be able to take care of my family if they were sick. Becoming a nurse was not just my dream but also my parents' expectations. My parents are rice farmers, so our financial life has many difficulties, however, they have always supported me and given me good conditions to study in. My dream was

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complete when I entered Hue University of Medicine and Pharmacy successfully in 2010. I chose this university because it had an excellent reputation in the medical sector training. During the four years of studying Nursing, I tried my best, from doing tutoring to studying hard to be able to achieve the scholarship for excellent students from the university, so as I could have enough money to manage my life. As a result, I received a very good degree and ranked 3rd among all students on the course.

After graduating, I became an assistant lecturer which involves being a practical guide to the staff at Dong A University. This job gives me the chance to enhance my knowledge and improve my capability of caring for patients. During my working period, I am aware that studying at a higher level is really necessary because it can help me to develop my nursing career by giving me more advanced knowledge and skills. At the end of 2017, I heard that Hue University of Medicine and Pharmacy would cooperate with Khon Kaen University in Thailand to run a Master of Nursing course. I thought that would be a great chance for me to acquire advanced knowledge and improve my English. Even though I was thinking a lot about my decision because of the expensive school fees and the fact that the curriculum was in English, I decided to continue to follow my dream thanks to the support from my family and my own desire. The course has helped me broaden my knowledge in the nursing area. The lessons from the course are both useful and interesting. I hope that when I finish the course, I can apply what I have learned by improving the process of a nursing career to my students in Vietnam, and to the medical care service for patients.

My class was lucky to be introduced to Lifestart Foundation by Hue university, and it is even luckier for us to know that every class member has a scholarship from the foundation. For me, I am really grateful to you all. My family and I are currently living in Danang. We rent a room to live with our elderly mother-in-law and my 12 month-old daughter. Since I joined the course, our financial situation is more difficult. Therefore, the scholarship money will help ease our family's financial burden. I would like to send my sincere thanks to Ms. Karen and everyone at Lifestart Foundation for choosing me for this precious scholarship. I hope your organization will develop more and more and can help more students to pursue their dream.

Yours faithfully,

Nguyen Thi Hai

Scholarships



UPDATE: 06-03-2021

LIFESTART FOUNDATION AWARDS NEW ROUND OF MEDICAL AND PHARMACY SCHOLARSHIPS

At Lifestart Foundation, **Education Scholarships** are our largest and most important project as we believe that via education we can break the poverty cycle for future generations. We also believe that nurturing and encouraging fine minds in particular in the health sector, we will help the development of Vietnam and its people.

Over the years, Lifestart Foundation has provided major Medical scholarships to many outstanding students in Central Vietnam. Recently, we have awarded a new round of Medical and Pharmacy Scholarships at Hue University of Medicine and Pharmacy. Nine scholarships were awarded to super impressive students who have demonstrated academic excellence and are from extremely disadvantaged backgrounds. They have had to overcome many difficulties in order to realize their dreams of studying medicine and pharmacy.

By way of their chosen vocation they also meet our criteria of completing a degree in an area that will not only benefit themselves and their families in the future but more importantly the wider community.

The Lifestart Foundation scholarships are the most valuable on offer at the University.

This round of scholarships totaled **\$45,50 USD** in both General Medicine and Pharmacy scholarships.

Prior to receiving their Lifestart Foundation Medical Education Scholarships, many of our students do not have enough money to eat enough and survive. 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. Besides that we also support 3 students with 3 new laptops for.

This new round of scholarships combined with our current scholarships at Hue University brings our total number of scholarships offered to Hue University of Medicine and Pharmacy to **28 educational scholarships, 2 high achievement**

awarding and 15 nursing scholarships. Our total investment in Hue University of Medicine and Pharmacy students is now \$271,50 USD, not including the new laptops provided to the students.

Once again, we warmly welcome these students into the Lifestart Foundation family and we hope that they will continue to inspire us.

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

Please see here for the story published in Vietnamese by Hue University of Medicine and Pharmacy: <https://www.huemed-univ.edu.vn/le-trao-hoc-bong-lifestart-foundation-nam-hoc-2020-2021-scnw-c69?fbclid=IwAR0QYFA95QICxTypOAb6ptiA90Ef4CRu-Fbi3udsRcVeDZPDLzQlu8DMENA>

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: 14-03-2021

LIFESTART FOUNDATION EDUCATION SCHOLARSHIP PROJECT - MILK DONATION FOR SCHOLARSHIP STUDENT SAM

Our scholarship student Sam is currently studying in year 10 at Hoang Dieu high school in Dien Ban, Quang Nam. She has held a full Lifestart Foundation Education Scholarship since grade 6.

Sam comes from a big family of six people, including her parents, her elder sister, her 2 younger sisters and herself. Her mum and dad are both rice farmers who work very hard to support the entire family with their 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 12 and her two younger sisters are in Year

8 and Year 4 respectively.

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

Despite her disadvantaged family situation, Sam is a diligent student and always shows her excellent academic achievements throughout her education path. In Year 9, she received a GPA 9.5 out of a possible 10, ranked first in her school! In the first semester at high school, despite the much more difficult curriculum of year 10 compared to that of year 9, Sam continued to excel in her class - she achieved 8.7 out of a possible 10 and also ranked first in her class!

Sam shared with us that she likes English the most and she is one of the only few students allowed to study in the English specialised team at her school.

Every day Sam spends an average of 4 and a half hours on self-study in addition to her class time. Besides studying, she also helps her parents with household chores including cooking, washing dishes, and sweeping the house.

Apart from supporting Sam with her full education scholarship that provides all tuition fees, books, stationery, uniforms and all of the important extra classes, Lifestart Foundation education scholarship project also provides students with much needed additional support. Sam is pictured receiving milk as an additional monthly support from her sponsor. We hope that this will give her more nutrition and create the best learning conditions for her.

Please click here to read more about Sam:

🚲 **Bicycle donation for Sam:** <https://www.facebook.com/TheLifestartFoundation/posts/3085325271512971>



UPDATE: 21-03-2021

A HAMPER BOX DONATION FOR XUAN THU

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

Our education scholarship student Xuan Thu is currently studying in Year 12 at Le Thanh Tong High school for Gifted Students in Hoi An. She has held a full Lifestart Foundation Education Scholarship since grade 7. Xuan Thu is pictured receiving a donation in the form of hamper box which included basic daily necessities from her

generous sponsors. Her family are particularly grateful for this wonderful kind of support which will partly reduce the burden on their shoulders.

There are 5 people in Thu's family. Her grandma is old and is not able to work anymore. Her dad is the main breadwinner of the family. The family lives on his meagre income from carpentry job while her mum's health is not good so she stays at home to take care of the family. Her younger sister is currently studying in year 8.

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

Thu is a diligent student and always shows her excellent academic achievements throughout her education path. She competed in the Geography Olympiad competition in Ho Chi Minh City in year 10 and won the gold medal.

Her 1st semester result of year 12 was 9.1 out of a possible 10. Thu completes 5.5 hours of self-study every day and also does 1 hour of housework daily to help her family including cooking and washing dishes.



UPDATE: 03-04-2021

AN E-BIKE DONATION FOR THUONG

A big [#thankyou](#) to our generous expat supporter Becky for making this donation possible!

This donation was given to Lifestart Foundation education scholarship student Thuong.

Young female students in particular are very vulnerable traveling to and from late night extra classes on unlit country roads. The provision of an E-bike reduces some of the dangers for our students and enables them to travel the long distances more safely.

Thuong is currently in Year 9 and her study result in the first semester was 9.4 out of a possible 10, ranking her 1st in her class. At this stage Thuong's dream is to study Medicine and she spends five hours per day on self-study, this is in addition to her school

and extra classes that she attends daily. Like most Vietnamese children she also does one hour of housework daily to help her family.

Thuong was born and raised in the countryside with a large family of 6 people: her parents, her elder sister and her two younger sisters. Her mum is a garment worker in a factory. She is the main breadwinner in her family as her dad has a joint disease so he can only do some light tasks and sometimes works as a builder's assistant when he is well enough. Her elder sister is currently at university in Danang while her younger sister is in year 3 and her youngest sibling has started at kindergarten. As her parents had to support three children with their learning path, her family financial situation was extremely difficult. Fortunately, since she received a precious scholarship from Lifestart Foundation when she was in year 7, her family life has improved.

Everyday Thuong still rides her bike to her school and to her extra classes, however, her study schedule this school year is very hectic so it is quite difficult for her to travel to these classes. Furthermore, she is planning to take the high school entrance exam to get into a Maths specialized class at Le Thanh Tong high school for gifted students in June but the school is about 19km from her house - so she has been worried about her means of transportation if her dream of getting into this school comes true.

The gift of an E-bike is not only material motivation but also a great spiritual support. It will help Thuong have a means of independent transport to get to school and extra classes for her studies. Therefore, she can focus completely on her studies and be more determined to achieve her goals.

Please click on the links below to read more about Thuong:

1. Introducing new Lifestart Foundation Education Scholarship student Thuong:
<https://www.facebook.com/TheLifestartFoundation/posts/2053605764684932>
2. A bicycle donation for Thuong:
<https://www.facebook.com/TheLifestartFoundation/posts/2231331963578977>



UPDATE: 18-04-2021

#MILK DONATION FOR LIFESTART FOUNDATION SCHOLARSHIP STUDENT BINH

Our education scholarship student Binh is currently a year 12 student. He has held a full scholarship since grade 7. Binh is pictured here receiving milk as additional monthly support from his sponsor.

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

There are 3 people in his family: his elderly grandmother, his mum, and Binh. His grandmother is 91 years old so she just stays at home. Binh's mum is the sole breadwinner of the family. The family lives on her meager income from farming work.

Not being discouraged by his difficult family situation, Binh is a diligent student. Last semester he received a study average of 8.6 out of a possible 10, and he would like to study General Medicine at university. In addition to his classes at school and extra classes, Binh spends an average of 8 hours per day self-studying. Like other children, Binh also expends 1 hour a day helping his mum with household chores.

We hope that this kind of support will give him more nutrition and create the best study conditions for him.

Please click here to read more about our housing improvement project for Binh's family:

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

<https://www.facebook.com/TheLifestartFoundation/posts/1699989126713266>



UPDATE: 25-04-2021

A NEW LAPTOP DONATION FOR SANG

Sang, one of our Lifestart Foundation Education Scholarship students, is pictured receiving a much-needed new laptop.

Unlike most students in developed countries who can have easy access to laptops and all of the latest technology, this is not the case with our scholarship students who are all from disadvantaged backgrounds.

It's hard to imagine completing one's studies at University without the support of a laptop these days!

Sang is currently a 1st-year student at Ho Chi Minh University of Technology, majoring in Mechanical Engineering. He has held a full Lifestart Foundation Education Scholarship since grade 7. During his last three consecutive years at Le Thanh Tong High School for Gifted Students, Sang achieved the title of an excellent student. Despite the challenges, he faced in year 12 due to the outbreak of the Covid-19 pandemic, Sang managed to

achieve good study results. All his effort paid off and he was selected to go straight to University without needing to sit the University entrance examination.

Sang was extremely thankful for the donation of a new Dell laptop, which is an indispensable tool for his studies at university. This laptop will unlock endless opportunities for Sang and will enable him to study online, look for more study materials easily and conveniently and facilitate group work and study. Additionally, he can get ready for his studies and career in the future by having access to essential advanced computer-based applications such as AutoCad. Sang is a diligent student and always shows excellent academic performance. We hope this laptop will give him the best chance to succeed.



UPDATE: 16-05-2021

A HAMPER DONATION FOR TAM

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

Our Education Scholarship student Tam is currently is studying in Year 11. She has held a full Lifestart Foundation scholarship since grade 9. Tam spends 5 hours a day self-studying, which is in addition to her classes at school and extra classes. Like other Vietnamese children, she also spends 1 hour a day helping her grandmother with household chores. At this stage, Tam would like to follow a career in the Healthcare sector.

Tam is pictured receiving a donation of a much-needed **hamper box** from our generous donor Cathie. The hamper box includes rice and daily household necessities such as fish sauce, soy sauce, cooking oil, cereal, washing powder, shampoo, and toothpaste. These are the items that many of us often take for granted, but for our students who come from disadvantaged families, these can be a luxury.

Like other children in our Education Scholarship project, Tam's childhood was a very sad and difficult story. She is an orphan and lives with her elderly grandmother in Dien Ban as sadly her parents both passed away within 10 days of each other when she was five years old. Her grandmother is already very old and often gets sick. As a result, they are in a difficult living situation. Fortunately, since Tam received the Lifestart Foundation scholarship, her family life has improved. The gift of a hamper box not only supports Tam but also helps to reduce the burden on her grandmother's shoulders. **A big thank you to Cathie for making this donation possible!**

Please click here to read more about Tam: <https://www.facebook.com/TheLifestartFoundation/posts/1820887824623395>



UPDATE: 30-05-2021

A DONATION OF HOUSEHOLD NECESSITIES FOR DUYEN

Lifestart Foundation would like to extend our heartfelt thanks to Cathie for your kindness to make this series of donations possible. Duyen was another Lifestart Foundation Education Scholarship student to receive this much-needed support from Cathie. Duyen has held a full scholarship since grade 7.

Duyen comes from a family of 4, including her parents, her younger brother, and Duyen. Duyen's mother, who is a rice farmer, and is the breadwinner of the family, as Duyen's father cannot work much due to his mental health problems. The entire family lives on a very meagre income.

The hamper box Duyen and her family received includes basic yet much-needed household and cooking supplies such as rice, cooking oil, fish sauce, soy sauce, cereal, shampoo, toothpaste, and washing powder. Duyen and her family were particularly grateful for this support as this help them to reduce their monthly expenditure so that they can save more to manage their lives.

Duyen is currently studying in Year 12 in Dien Ban, Quang Nam and she is determined to study diligently in order to help herself and her family break the poverty cycle. Every day, Duyen spends 7 hours on self-study, which is in addition to her tight schedule of studies at school and extra classes. Her favourite subject is Chemistry and she would like to pursue a career in #Pharmacy. Like most Vietnamese children, she also does one and a half hours of housework daily to help her parents.

You can read more about Duyen here:

<https://www.facebook.com/TheLifestartFoundation/photos/a.1060869000625285/1060869087291943/>



UPDATE: 13-06-2021

A MUCH-NEEDED HAMPER BOX DONATION FOR LY

Lifestart Foundation was very delighted to receive the wonderful support from our generous donor Cathie, which came in the form of hamper boxes. Ly was another Lifestart Foundation scholarship student chosen to receive this kind of support.

As with all of our students, Ly has a difficult and sad back story. Ly comes from a single parent family and lives with her mum who is a rice farmer, her elderly grandmother and two aunts, one who suffers from the effects of agent orange and one aunt who is disabled. As a result, her family was in a very difficult economic situation. Fortunately, since Ly received the full Lifestart Foundation Education Scholarship in grade 7, her family life has improved.

Ly is currently studying in Year 11 in Dien Ban, Quang Nam. Despite coming from a disadvantaged family, she is motivated to study diligently in order to have a bright future as well as to help her family break the poverty cycle. Ly completes 5 hours per day self-studying, which is in addition to attending tutorials at school and at the important extra classes. Besides studies, she also helps her mum with light household chores. At this stage, Ly would like to follow a career in the health sector.

The hamper box Ly and her family received includes basic yet much-needed household and cooking supplies such as rice, cooking oil, fish sauce, soy sauce, cereal, shampoo, toothpaste and washing powder. Ly and her family were extremely grateful for this meaningful support from Cathie. This gift not only helps to reduce the burden on her mum's shoulder but also gives her great encouragement to overcome all her difficulties to get closer to her dream. A big thankyou to Cathie for making this series of donations possible!



UPDATE: 27-06-2021

LIFESTART FOUNDATION EDUCATION SCHOLARSHIP – MEET THANH

Lifestart Foundation Education Scholarship recipient Thanh is now a high school graduate. It has been a 6-year journey with Thanh since Lifestart Foundation awarded him with a full Education Scholarship when he was in Year 7 at secondary school.

As with all of our Education Scholarship students, Thanh was born into a low-income family. He comes from a family of 4 in Dien Ban, including his parents and his little sister who is in grade 1. In the past, his father who worked as a builder's assistant in Danang used to be the sole breadwinner of the family. Very sadly, he passed away last year due to liver cancer. Since then, everything has fallen on Thanh's mothers' shoulders, if things weren't difficult enough, his mum has heart problems and cannot do strenuous work. She is now the only income provider for the family and despite her poor health, she works as a shop assistant to earn an income to support her family.

Despite having the odds stacked against him, Thanh has always tried his best with his studies in hope of eventually being able to lift his family out of the poverty cycle. He enjoys Maths, Chemistry, and Biology the most, which suits his dream of pursuing a career in Medicine in the future.

At present, he is entirely focusing on revising for the most important exam of a student's life - the National High school Graduation Exam. Every day he spends 11 hours on self-study by doing mock tests and revising theoretical knowledge. Like other Vietnamese children, he also helps his mother with household tasks every day.

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Apart from supporting disadvantaged students with all tuition fees, books, uniforms, and the all-important extra classes, the Lifestart Foundation Education Scholarship project also provides the students with additional support.

Thanh is pictured receiving a donation of a hamper box. The gift included basic yet much-needed cooking and household essentials such as rice, cooking oil, fish sauce, soy sauce, cereal, shampoo, toothpaste, and washing powder. We hope this hamper will help partially reduce the family's financial burden. Additional support like this hamper box can really make a huge difference in the life of a family facing challenges, especially during Covid-19.

Sincere thanks to the Hoi An ex-pat who wishes to remain anonymous for this round of generous donations.

If you want to read more about Thanh, please click here:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/962568363788683/>



UPDATE: 11-07-2021

DAILY ESSENTIALS DONATION FOR HIEN

Hien, one of our Lifestart Foundation Education scholarship students, is pictured receiving a hamper box from our generous donor Cathie. Apart from supporting disadvantaged students with education scholarships that provide all tuition fees, books, stationery, uniforms, and the all-important extra classes, the Lifestart Foundation education scholarship project also provides the students with additional support.

The much-needed hamper box Hien and his family received from Cathie includes household and cooking supplies such as rice, cooking oil, fish sauce, soy sauce, cereal, shampoo, toothpaste, and washing powder.

The gift of a hamper box is such a great help for his family as it supports them in their daily life so that they can save money for other necessary expenses, especially during this tough time of the worldwide Covid-19 pandemic.

Hien comes from a large family. In the past, there were 6 people in his family. Unfortunately, his father passed away four 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. Being the sole breadwinner of the family, his mum works really hard as a leather shoemaker in order to support the entire family.

Despite his disadvantaged background, Hien is full of determination to overcome the challenges in his life and study diligently in order to lift his family out of the poverty cycle. The delightful and brilliant young man Hien specialises in Maths and has just finished year 10 at Le Thanh Tong High school for the Gifted students with a GPA of 9.2 out of a possible 10, ranking second in his class! In addition to his hectic schedule of studies at school and at the important extra classes, Hien completes 5 hours per day of self-studying. At this stage, Hien would like to pursue a career in Medicine.

Once again, we would like to extend our heartfelt thanks to Cathie for making this series of donations possible.

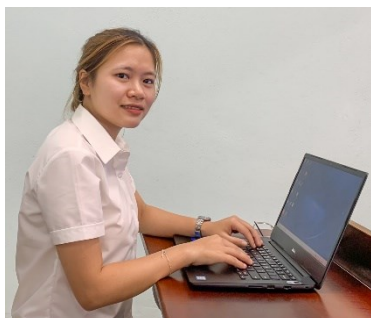
Please click on the links below to read more about Hien:

1. Introducing Hien, new LSF education scholarship student:

<https://www.facebook.com/TheLifestartFoundation/posts/2028970693815106>

2. An E-bike donation for Hien:

<https://www.facebook.com/TheLifestartFoundation/posts/3221919697853527>



UPDATE: 18-07-2021

NEW LAPTOP DONATION FOR LINH

Lifestart Foundation Medical Scholarship Student Linh shares some useful study methods with her new donated laptop.

Linh is currently a 4th-year student at Hue University of Medicine and Pharmacy, majoring in General Medicine. She is an outstanding Lifestart Foundation scholarship recipient who always has excellent study results.

Linh comes from a family of 4, including her father, her younger sister, her younger brother, and Linh. Sadly, her parents divorced when she was in the first year at university, leaving her dad as the sole breadwinner for her family. Linh's father is a motorbike driver, who relies on a meager unstable income to support the entire family. As a result, her family's financial situation is extremely difficult. Fortunately, since Linh received her precious Lifestart Foundation Medical Scholarship her family life has improved and changed for the better.

As with all of our students who are from disadvantaged backgrounds, access to a basic educational tool such as a laptop is usually uncommon and is still a luxury they can't afford.

For many years Linh didn't have her own laptop. In order to finish her studies, she had to rely on her mobile phone to do all necessary tasks, including researching, saving medical documents with limited storage, studying English, and also preparing presentations. It's hard to imagine that she has got to the level she has without a laptop.

Linh was super excited to know that she would be able to get a helping hand with her education. This brand new laptop will be of great support to her ongoing studies, especially during the Covid-19 pandemic when online learning has become a viable study solution. We know that with the donation of a much-needed laptop, Linh will be equipped with the best study conditions to achieve greater academic success.

Please click here to read more about Linh: <https://www.facebook.com/TheLifestartFoundation/posts/3888028067909350>



UPDATE: 15-08-2021

A NEW E-BIKE DONATION FOR LOC

Apart from providing valuable education scholarships for disadvantaged children, Lifestart Foundation also reaches out to the wider community to help those most in need.

Loc specialises in History at Le Thanh Tong High School for Gifted Students in Hoi An. He has just finished year 10 and is preparing to enter his junior year at high school. Loc is pictured receiving a much-needed new E-bike from generous Lifestart Foundation donors.

Loc comes from the mountainous district of Nong Son, Quang Nam. There are 6 members in his family, including his grandparents, his parents, his younger sister, and himself. Unfortunately, his parents divorced 11 years ago, leaving Loc's mum with two children to raise alone. Since then, all of the family responsibilities and financial pressure have rested upon Loc's mum's shoulders. To earn more income to make ends meet, his mum went to Kon Tum to work so Loc and his younger sister stayed with their grandparents in Nong Son for many years. In the past, Loc used to ride his aging bicycle to school as well as to his Maths extra class. However, he had to quit this extra class because of the long-distance and it also cost a lot to pay for his monthly tuition fee.

The gift of an E-bike is such precious and timely support for Loc. It will help him have a means of safe independent transport and reduces some of the dangers for him when he has to travel far for studies and enables him to travel long distances much quicker.



UPDATE: 22-08-2021

ESSENTIAL SUPPLIES FOR FAMILIES IN NEED – PREPARATION DAY

Lifestart Foundation is so happy to be able to commit \$13,500 AUD worth of food relief donations to hundreds of disadvantaged families across Quang Nam province.

A total of 392 much-needed hamper boxes will be distributed to poor families in the mountainous areas of Dong Giang, Nong Son, Tay Giang districts and to many of Lifestart Foundation Education Scholarship students' families.



The Lifestart Foundation team has been super busy completing necessary tasks before distributing the hamper boxes. Once the donated money is received, a huge 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, unpacking and counting the supplies once they are delivered to LSF, then packing and sorting each of the 392 boxes.

Stay tuned for our upcoming posts about these meaningful donation days!

Lifestart Foundation would like to send our heartfelt [#gratitude](#) to Karma Foundation for making this donation possible.



UPDATE: 12-09-2021

A HAMPER BOX DONATION FOR HAI

A big [#thankyou](#) to Lifestart Foundation's generous sponsor Ana for making this donation possible.

Hai is currently a year-12 History student at Le Thanh Tong High school for gifted students in Hoi An. He comes from a disadvantaged family of five, including his parents, his elder sister, his younger sister, and himself. They live in the fishing village of Duy Hai, Duy Xuyen, Hai's father is a fisherman and his mother is a rice farmer. They work extremely hard every day just to cover their basic daily expenses and to support their two

younger children who are still at school. During the school year, Hai has to live away from his family and stays at the school's dormitory as his school is so far from his home.

Being aware of his parents' situation, Hai always concentrates on his studies to achieve good study results. In order to save his parents' money, Hai decided not to take the much-needed extra classes, which is a popular study method in Vietnam. Instead, he made the most of his free time self-studying. Every day he spends an average of 12 hours on self-study. As a result of his determination, he achieved a GPA of 9.0 out of a possible 10 in year 11, an excellent score! At this stage, Hai would like to pursue a career in Architecture.

Hai is pictured receiving a much-needed hamper box from our generous sponsor Ana. The hamper includes basic yet essential daily necessities such as rice, cooking oil, soy sauce, fish sauce, dishwashing liquid, washing powder, shampoo, shower gel, and toothpaste. Hai is extremely grateful for this donation as it will help reduce some of his parents' financial burden so they can save money for other necessary expenses, especially during this tough time of the Covid-19 pandemic.



UPDATE: 26-09-2021

RECYCLED TEXTBOOK DONATION FOR DISADVANTAGED STUDENTS

Each year all Lifestart Foundation Education Scholarship students come to the Lifestart Foundation office to receive all of their new textbooks and other supplies for the new school year. They are encouraged to return their old textbooks and advanced books from the previous school year. The old books are then donated to poor students in Quang Nam Province. Through this annual activity, Lifestart Foundation hopes to develop the

spirit of [#sharing](#) and [#recycling](#) amongst our students.

Our Lifestart Foundation manager Nhung is pictured presenting these books to a representative from Hoang Dieu High School. Hoang Dieu High School is one of the schools in the countryside in Dien Ban; they received these much-needed

recycled books to distribute to disadvantaged children at their school. This school is also one of the schools that have students directly receiving support from Lifestart Foundation Education scholarships.



UPDATE: 03-10-2021

A DONATION OF HOUSEHOLD ESSENTIALS FOR HIEN

Hien specialises in Chemistry at Le Thanh Tong High school for Gifted students. She has finished year 11 and recently has commenced her final year at high school. Hien's hometown is in the countryside in Dai Loc district, Quang Nam. During her high school years, she has to live away from home as her home is very far from her school. There are four people in Hien's family: her parents, her younger brother, and Hien. Her dad is a rice farmer and her mum is a factory worker. The entire family lives on her parents' meagre total income of 3,000,000-4,000,000 vnd or \$130-\$173 usd per month. Their income goes towards paying for the family food, electricity, and all of the school fees for their two children.

Hien always strives to do her best with her studies in hope of gaining acceptance into university. She hopes that she can complete a degree and that she can find a good job with a decent salary to support herself and afterward help her family break the poverty cycle. As well as attending tutorials at school, every day she spends an average of 9 hours on self-study. Hien shared "I really enjoy the self-study method as it helps me to become more independent and creative in my studies". As a result of her diligence, she achieved an excellent GPA of 9.0 out of a possible 10 in year 11. Her favourite subjects are Maths, Chemistry, and English. Hien has been an excellent student for many years despite her disadvantaged situation. She works really hard to realise her dream of following a career related to Computer Sciences in the future.

Hien is pictured here receiving a much-needed hamper box from Lifestart Foundation's generous sponsor Ana. The hamper box includes basic yet essential daily necessities such as rice, cooking oil, soy sauce, fish sauce, dishwashing liquid, washing powder, shampoo, shower gel, and toothpaste. Hien is extremely grateful for this donation. "This gift came as timely support for my family. My parents will be able to reallocate money for other necessary family expenses" – she shared.

Lifestart Foundation would like to extend our heartfelt thanks to Ana for making this series of donations possible!



UPDATE: 10-10-2021

MILK DONATION FOR LY

Our Lifestart Foundation Education Scholarship student Ly has just finished year 11 at Sao Nam high school in Dien Ban, Quang Nam. She has held a full Lifestart Foundation Education Scholarship since grade 7.

As with all of our students, Ly has a difficult and sad back story. Ly comes from a single-parent family and lives with her mum who is a rice farmer, her elderly grandmother, and two aunts, one who suffers from the effects of agent orange and one aunt who is disabled. As a result, her family was in a very difficult economic situation.

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

Despite her disadvantaged family situation, Ly is a diligent student and always shows her excellent academic performance throughout her education path. Every day Ly completes 5 hours of self-studying, which is in addition to attending tutorials at school and at the important extra classes. At this stage, Ly would like to follow a career in the health sector.

Apart from supporting Ly with her full education scholarship that provides all tuition fees, books, stationery, uniforms, and all of the important extra classes, Lifestart Foundation education scholarship project also provides students with much-

needed additional support. Ly is pictured receiving milk as additional monthly support from her sponsors, in hope that this will give her improved nutrition.



UPDATE: 24-10-2021

A DONATION TRIP TO DONG GIANG MOUNTAINOUS DISTRICT

Dong Giang is one of nine mountainous districts of Quang Nam province. It is approximately 80 km from Hoi An. The majority of families that live here are Cotu ethnic minority people.

Recently, the Lifestart Foundation team was very happy to visit the Za Hung commune of Dong Giang district where we donated 120 food hampers including rice, cooking oil, fish sauce, soy sauce, washing powder, shampoo, toothpaste, and dish detergent to 120 ethnic minority families from Za Hung, Arooi, and Mả Cooih communes. This included 91 families on the government poor list, and



29 families living in very difficult situations.

A big #Thankyou to Karma Foundation for making this wonderful donation possible.

The donation trip to the mountainous areas of Dong Giang and Tay Giang mountainous districts was a 14.5 hour round trip for staff and volunteers. They departed at 4 am from Hoi An, and arrived back at Hoi An at 6.30 pm. The team included four Lifestart Foundation staff and three volunteers. To get a glimpse of the enormous preparation work prior to the goods arriving at their final destination, follow our behind the scenes post here:

<https://www.facebook.com/TheLifestartFoundation/posts/4285335351511951>



UPDATE: 31-10-2021

A HAMPER BOX OF DAILY ESSENTIALS FOR TUNG

Our Lifestart Foundation Education Scholarship Tung has recently finished secondary school and has been accepted into Maths specialised class at Le Thanh Tong High school for Gifted students in Hoi An. Tung was born into a disadvantaged family of five, unfortunately, his mum left him when he was just a 5-month-old baby, and tragically his dad passed away due to a traffic accident when he was in year 4. Since then, he has lived with his grandmother and his aunt. His grandmother is nearly 90 years old so her health is not good and she often gets sick. As a result, his aunt is the only sole breadwinner for the family. She works assisting in a food store to make a living.

Apart from supporting disadvantaged students with all tuition fees, books, uniforms, and the all-important extra classes, the Lifestart Foundation Education Scholarship project also provides the students with additional support. To reduce some of the financial burdens on Tung's aunt's shoulders, Lifestart Foundation has supported Tung's family with a donation of many basic yet much-needed cooking and household essentials such as rice, cooking oil, fish sauce, soy sauce, cereal, shampoo, toothpaste, and washing powder.

Tung is extremely grateful for the timely support from Lifestart Foundation as his aunt will be able to save money for other necessary expenses. Sincere thanks to the Hoi An ex-pat who wishes to remain anonymous for this round of generous donations.

If you want to read more about Tung, please click here:

<https://www.facebook.com/TheLifestartFoundation/posts/4244815578897262>



UPDATE: 07-11-2021

A NEW BICYCLE DONATION FOR PHUC

A big #thankyou to our generous supporter from Melbourne, Ken, for making this donation possible.

Phuc is currently studying in year 7 and she is an excellent student. Phuc, like many other students in the countryside, comes from a disadvantaged family. She lives with her mother who is a single mum and her elder sister, who has just finished year 12 but didn't apply to attend university because of their difficult financial situation. Her sister plans to apply to work in a factory. Phuc's mum has suffered from some health problems but despite her poor health. She usually works really hard every day as a builders assistant and labourer to support her family. Unfortunately, she has been unemployed for several months now due

to Covid-19 and her ongoing health issues.

Before receiving this much-needed new bicycle, Phuc's main means of transport was an old bike that was donated several years ago and was broken frequently. Therefore, she was reliant on her friend to give her a lift to class. Having a new bicycle has always been Phuc's dream. Phuc shared with us that she was extremely emotional when she heard that she would receive a new bike from Lifestart Foundation.

Lifestart Foundation continues to seek and is always grateful for donations of bicycles, motorbikes, and laptops that we can pass on to students and families in need.



UPDATE: 09-11-2021

FOOD RELIEF FOR DISADVANTAGED STUDENTS AND FAMILIES

This donation was given to Lifestart Foundation Education Scholarship student Duyen. she is currently a second-year Nursing student at Danang University of Medical Technology and Pharmacy.

Duyen lives with her family of three. Her father, who is the sole breadwinner of the family, 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.

Lifestart Foundation also seeks and is always grateful for donations of bicycles, motorbikes, and laptops that we can pass on to students and families in need.



UPDATE: 11-11-2021

EMERGENCY SUPPLIES FOR DISADVANTAGED STUDENTS AND FAMILIES

Trinh is currently a third-year student specializing in Japanese studies at Danang University of Foreign Language Studies. She is pictured receiving a much-needed hamper box from Lifestart Foundation.

Trinh was orphaned when her mum passed away 9 years ago due to breast cancer. Currently, she lives with her grandmother who is nearly 90 years old, and her uncle and auntie. 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.

Lifestart Foundation also seeks and is always grateful for donations of bicycles, motorbikes, and laptops that we can pass on to students and families in need.



UPDATE: 14-11-2021

A DONATION OF DAILY ESSENTIALS FOR BINH

Binh is now a high school graduate. He has held a full Lifestart Foundation Education Scholarship since year 7.

Not as fortunate as other children, Binh comes from a single-parent family. He lives with his elderly grandmother who is 91 years old and his mother. Binh's mum, who is the sole breadwinner of the family, is a rice farmer with a low unstable income.

Apart from supporting Binh with his full education scholarship that provides all tuition fees, books, stationery, uniforms and all of the important extra classes, Lifestart Foundation Education Scholarship project also provides students with much-needed additional support.

Binh is pictured receiving a donation of a hamper box. The gift included basic yet much-needed cooking and household essentials such as rice, cooking oil, fish sauce, soy sauce, cereal, shampoo, toothpaste, and washing powder. We hope this hamper will help partially reduce Binh's family's financial burden. Additional support like this hamper box can really make a huge difference in the life of a family facing challenges, especially during the Covid-19 pandemic.

Sincere thanks to the Hoi An ex-pat who wishes to remain anonymous for this generous donation.



UPDATE: 16-11-2021

FOOD RELIEF FOR DISADVANTAGED STUDENTS AND FAMILIES

Lifestart Foundation's Education Scholarship recipient Thao is a second-year student at Ho Chi Minh University of Social Sciences and Humanities, majoring in English Linguistics and Literature.

Due to the complicated situation of the Covid-19 pandemic in Ho Chi Minh City in May, all of Thao's classes moved online. Thao decided to return to her hometown in Hoi An to ensure her safety. Currently, she is staying at home with her mum and her younger brother. The family live on her mum's meagre unstable income from making lanterns. The ongoing challenges they are experiencing together with the impact of Covid-19 have made their life all the more difficult. Thao is pictured receiving essential supplies from Lifestart Foundation, which will enable her mum to save money for other necessary expenses.

Lifestart Foundation also seeks and is always grateful for donations of bicycles, motorbikes, and laptops that we can pass on to students and families in need.



UPDATE: 17-11-2021

FREE MEALS FOR THE POOR AT HOI AN HOSPITAL LIFESTART FOUNDATION COMMENCES A NEW PROJECT

Every week we will provide free nutritious meals to poor patients at Hoi An hospital.



Unlike in many western countries, where food and all other necessities are provided for the patient, this is not the case in public hospitals in Vietnam.

Basically, you are given a bare bed and nothing else. No sheets, blankets, pillow, etc.

Patients need to purchase their own food, and if you are poor, this is a huge burden on top of the other hospital costs.

Not only do you need to purchase your own food you also need to pay for all of your treatment, blood and IV drips if required, Xrays, bandages - absolutely everything!

Usually, one family member will stay with a patient day and night to help with feeding and general care. They will sleep under the patients' bed or in a chair, or in the corridor. Having a family member stay with the patient is an added burden on an already poor family as there is now an additional family member not employed and earning an income.

Liking our page or sharing and liking this post will help to spread the word.

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

Vote and donate to help fund Lifestart Foundation philanthropic projects <https://mygivingcircle.org/lifestart-foundation>



UPDATE: 18-11-2021

DONATION OF HOUSEHOLD ESSENTIALS FOR DISADVANTAGED STUDENTS AND FAMILIES

Our Education Scholarship student Hien is pictured receiving a much-needed hamper box from Lifestart Foundation. Hien is currently a senior student specializing in English Translation and Interpreting at Danang University of Foreign Languages Studies. She has been a Lifestart Foundation scholarship recipient since grade 7.

Hien is an orphan. When she was only 7, her mother passed away leaving Hien and her older brother in a very difficult and sad situation. Despite all the obstacles in her life, Hien is determined to study diligently to help herself and her family break the poverty cycle.



UPDATE: 23-11-2021

EMERGENCY SUPPLIES FOR DISADVANTAGED STUDENTS AND FAMILIES

Ngoc is one of Lifestart Foundation's former scholarship students. Ngoc comes from a family of four who face a multitude of challenges both economic and health-related. Pictured in this post is Ms. Van, who is the good-hearted auntie of Ngoc. As Ngoc's mum has suffered from severe mental health problems for many years and is unable to work, her auntie decided to take Ngoc's family in so she could take care of the children and Ngoc's mum as well. Ngoc's auntie works extremely hard every day as a rice farmer to support the entire family.

Ms. Van is pictured receiving a much-needed hamper box from Lifestart Foundation, which has helped to reduce the burden on her shoulders. The gift includes rice and daily household necessities such as cooking oil, fish sauce, soy sauce, washing powder, shampoo, toothpaste, and dish detergent.



UPDATE: 17-11-2021

FREE MEALS FOR THE POOR AT HOI AN HOSPITAL LIFESTART FOUNDATION COMMENCES A NEW PROJECT

Every week we will provide free nutritious meals to poor patients at Hoi An hospital.

Unlike in many western countries, where food and all other necessities are provided for the patient, this is not the case in public hospitals in Vietnam.

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Not only do you need to purchase your own food you also need to pay for all of your treatment, blood and IV drips if required, Xrays, bandages - absolutely everything!

Usually, one family member will stay with a patient day and night to help with feeding and general care. They will sleep under the patients' bed or in a chair, or in the corridor. Having a family member stay with the patient is an added burden on an already poor family as there is now an additional family member not employed and earning an income.

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UPDATE: 25-11-2021

A DONATION OF DAILY ESSENTIALS FOR THUONG

Lifestart Foundation Education Scholarship recipient Thuong was another student to receive this much-needed donation.

Thuong was born into a family of six: her parents, her two elder sisters, her younger brother, and Thuong. Unfortunately, Thuong's father passed away as a result of an accident. Since then her mother has become the main breadwinner of the family taking care of the four children. Thuong's mum is a hard-working rice farmer and sometimes she also works as a brick-layer if she is lucky enough to be hired.



UPDATE: 30-11-2021

DONATION OF HOUSEHOLD SUPPLIES FOR DISADVANTAGED STUDENTS AND FAMILIES

Lifestart Foundation Education Scholarship recipient Phuong is currently a 2nd-year student studying English Translation and Interpreting at Danang University of Foreign Language Studies. She is pictured receiving a much-needed hamper box from Lifestart Foundation. 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 in the field to support their large family.

Lifestart Foundation also seeks and is always grateful for donations of bicycles, motorbikes, and laptops that we can pass on to students and families in need.

Clean Water Project



UPDATE: 09-07-2021

CLEAN WATER PROJECT #1

Providing clean water for over 3000 students at 8 remote schools in Central Vietnam

Proudly made possible by Lifestart Foundation & Karma Foundation

The first school supported is Le Loi Primary School (Tam Loc Commune, Phu Ninh District, Quang Nam Province) where 569 children will have access to clean water.

This important project will give more than 3000 children access to clean water for the first time.

Please click on the link below to watch the video about our Clean Water project for Le Loi Primary School:
<https://youtu.be/yW0P0f2qDro>



UPDATE: 08-08-2021

CLEAN WATER PROJECT #2

Providing clean water for over 3000 students at 8 remote schools in Central Vietnam

Proudly made possible by Lifestart Foundation & Karma Foundation

Anh Duong Kindergarten, is located in the mountainous district of Hiep Duc, Quang Nam Province.

Providing clean water for 110 children – most are from ethnic minority families. An additional 20 surrounding households will also have access to clean water now.

Please click on the link below to watch the video about our Clean Water project for Anh Duong Kindergarten:
<https://youtu.be/bk06ApCMo04>

Flood, Typhoon and Landslide Relief



UPDATE: 02-03-2021

FLOODS AND TYPHOON MOLAVE DONATION UPDATE - AID TO RESTORE A FAMILY'S LIVELIHOOD

Lifestart Foundation continues to distribute relief aid to the many families impacted by the historic floods, typhoon, and landslides in October and November of 2020 thanks to the amazing donors from all corners of the world.

In the early days directly after the floods, we provided much-needed short-term emergency aid. Now it is important to provide these families with long-term aid to help them to be able to re-establish their livelihoods.

The families we were able to help have students in our Lifestart Foundation education scholarship project, so they are families that we know and also know that the impact of the typhoon and flood was real and genuine.

Pictured in this post is our sponsored student Nhi's family in Dien Ban, Quang Nam. Nhi lives with her mum, her younger sister, and her elderly grandparents. Sadly, Nhi's dad passed away 10 years ago after a motorbike accident, leaving Nhi's mum widowed with two little daughters to raise. Currently, her family of five live on her mum's meager income from selling noodles. Nhi's grandparents are old so they cannot work very much. What they can do is to raise some chickens and to try to catch fish in the nearby river. Unfortunately, their boat which was mainly used as a flood rescue boat and to catch fish for the family's meals was lost during the historic flood in October 2020.

The night before the typhoon Nhi's grandparents cast their fishing net in the nearby river. When the winds became stronger together with the torrential rain, they were afraid that they would lose their net so they tried to retrieve it. However, when they were in the boat

trying to catch the net, the swift-flowing flood water made it impossible to navigate against the tide. Then the boat flipped and they both ended up in the river. They lost their boat and Nhi's grandfather almost drowned. Thankfully he was saved by a neighbour.

Recently our team made a visit to Nhi's family to present the much-needed relief aid. The donated funds have enabled them to purchase a new boat and help the family to start over. Nhi's grandparents are pictured in this post in their new boat.

Once again, we would like to express our sincere and profound gratitude to our amazing donors.

BEFORE



UPDATE: 07-03-2021

FLOOD AND TYPHOON MOLAVE DONATION UPDATE AID TO RESTORE A FAMILY'S LIVELIHOOD

Lifestart Foundation has committed a total of \$30,000 which was raised during our 30-day fundraising campaign for emergency relief. Aid continues to be provided to hundreds of families impacted by the devastating floods, typhoons, and landslides in October and November 2020.

Lifestart Foundation team has organized Emergency Relief Distribution Days for those affected and now that the immediate emergency has passed we are focused on long term aid to restore livelihood's. Our team has made a visit to our scholarship student Linh's family in Dien Ban, Quang Nam, whose crops were severely damaged after a series of devastating floods and typhoons.

Linh is currently a year 11 student at Le Thanh Tong High school for the Gifted students in Hoi An. There are 5 people in Linh'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



After the floods and typhoon, 500 square meters of their crop of vegetables were submerged underwater and everything died. In addition to that, all their banana trees, jackfruit tree, areca trees also fell down and subsequently died. This has made their lives all the more difficult and it would be extremely difficult for them to start over without aid. Much needed financial aid to replant and a hamper box were provided by Lifestart Foundation and Linh's sponsor.

The images show the devastation and then the regeneration after funds were provided.



UPDATE: 11-04-2021

HOUSE REPAIR - FLOOD AND TYPHOON MOLAVE DONATION UPDATE

Lifestart Foundation has committed a total of \$30,00 which was raised during our 30-day fundraising campaign for emergency relief. Aid continues to be provided to hundreds of families impacted by the devastating floods, typhoons, and landslides in October and November 2020.

Lifestart Foundation team has organized Emergency Relief Distribution Days for those affected. Now that the immediate emergency has passed, it is important to provide these families with long-term aid to help them start over and rebuild their lives.

The families we were able to help have students in our Lifestart Foundation education scholarship project, so they are families that we know and also know that the impact of the typhoon and flood was real and genuine.

Pictured in this post is our Lifestart Foundation education scholarship student Hoa's family in Quang Tri province. Hoa is currently a 4th year General Medicine student at Hue University of Medicine and Pharmacy. She comes from a large family of 9 people, including her parents, her elder sister, her elder brother, two younger brothers, two younger sisters, and Hoa.



With the severe weather conditions in Central Vietnam, their house does not provide safe shelter for the family. Due to the old roof, it had water pouring in through gaping holes during the rainy season. After the historic floods and typhoon hit Central Vietnam in 2020, it caused much damage to their house and the children were put in dangerous living conditions. This has made their lives all the more difficult and it would be extremely difficult for them to have their house repaired without aid. Much needed financial aid to help them repair their house was provided by Lifestart Foundation and the generous donors. The donated funds have enabled them to replace their old flimsy roof with more secure and new tiles. Images of the new roof are shown in this post.

Once again, we would like to express our sincere and profound gratitude to our amazing donors.



UPDATE: 02-05-2021

FINANCIAL AID TO RESTORE A FAMILY'S LIVELIHOOD

Lifestart Foundation team has organized Emergency Relief Distribution Days for those affected by floods and now that the immediate emergency has passed we are focused on long-term aid to restore livelihoods.

Lifestart Foundation team has made a visit to our scholarship student Khiem's family in Dai Loc, Quang Nam, whose crops and livestock have been lost after a series of floods and typhoon. Khiem is currently a 4th year General Medicine student at Hue University of Medicine and Pharmacy. He comes from a large family of 6 people, including his parents, his two younger sisters, his newborn younger brother, and Khiem. His parents are both rice farmers who rely on their unstable income to support 3 children with their learning path while having to manage their family's living expenses.



In the rainy season, Khiem's hometown is always badly flooded. Unsurprisingly, the devastating floods and typhoon in late 2020 caused severe damage to the family and also affected their main source of income. 300 square meters of banana trees fell down and subsequently died. Their veggies were also submerged underwater and all died. The roof which was once the shelter for their cows and pigs was carried away after the

typhoon. In addition to that, a flock of chickens they were raising died. All of this has increased the burden on Khiem's

parents' shoulders and it would have been extremely difficult for them to start over without aid. Much needed financial aid to replant crops and purchase more livestock as well as repair the livestock shelter was distributed to Khiem's family by Lifestart Foundation and the generous donors.

The images in this post show the devastation and then the regeneration after funds were provided.

Once again, we would like to express our sincere and profound gratitude to our amazing donors.

BEFORE



UPDATE: 18-05-2021

FLOODS AND TYPHOON MOLAVE DONATION UPDATE – A BUMPER RICE CROP!

After distributing the urgent initial emergency supplies to help hundreds of families immediately post the floods, typhoon and landslides the next vital step is to provide long-term sustainable aid to help these families rebuild their livelihoods.

The photos featured in this post are of Lifestart Foundation Education Scholarship student Dieu Linh's family. They were provided aid to replant their rice crop after the historic floods and typhoon in late 2020. With the support from Lifestart Foundation, they were able to sow 1,750 square meters of the spring rice crop earlier this year.

AFTER



At present, Central Vietnam has entered the peak harvest season and Linh's family was excited to share with us that they are enjoying a bumper spring crop this year thanks to the favourable weather conditions and the fertile land. The productive crop has enabled them to collect approximately 1.4 tons of fresh rice, a 20% higher yield compared to the previous year's crop. This means that not only will there be enough rice for family use, but they will also have enough to sell in order to earn extra income.

Currently, Linh's family is sun drying their new rice grains and they are also preparing for a new crop as well. It's wonderful to learn that their family has been able to recover from the damage to their crops and to see how they have achieved a new fruitful harvest thanks to their hard work and more importantly the timely support from Lifestart

Foundation and our generous donors.

To get a glimpse of how these historic natural events have impacted the lives of hundreds of thousands of people in Central Vietnam last year, please click here: <https://youtu.be/BAtv28GpiLQ>

BEFORE



AFTER



UPDATE: 27-05-2021

LIFESTART FOUNDATION PROVIDES LONGTERM SUSTAINABLE AID

HAPPINESS FROM A FRUITFUL HARVEST

Pictured in this post is our Education Scholarship student My Dung's family. Her parents are both farmers who rely on unstable farming work to support their family of six.

After the devastating floods in late 2020, 1,000 square meters of their vegetable crop were submerged

underwater and consequently, all died. This meant the main source of income for their family was lost and there would have been no money for them to start over without financial aid. The much-needed provision from Lifestart Foundation has enabled them to overcome difficulties and regenerate their crops.

Despite the ongoing difficulties due to the Covid-19 pandemic, we are happy to share that Dung's family has enjoyed a bountiful harvest thanks to the favourable weather. A total area of 1,000 square meters of water spinach, sweet potato buds, Malabar spinach, and mustard green are now ready to harvest. These crops are sufficient to feed the family and it

will also help them to earn an extra 4 million vnd per month. Once they have finished harvesting their current crop, her family will begin to sow their new vegetable seeds for the summer crop.

The photos in this post show the devastation and then their subsequent bumper crops after funds were provided.

To get a glimpse of how these historic natural events have impacted the lives of hundreds of thousands of people in Central Vietnam last year, please click here: <https://youtu.be/BAtv28GpiLQ>



UPDATE: 03-06-2021

LONGTERM SUSTAINABLE AID FROM LIFESTART FOUNDATION - A SUCCESSFUL VEGETABLE GARDEN HARVEST

The below photos are of our Lifestart Foundation Education Scholarship student Hong Hieu's family, who received financial aid to replant their crops after the floods.

As with all of our Education Scholarship students, they all come from low-income families who rely on farming work to supply their daily meals. After the series of floods and typhoons in late 2020, the fruit trees and vegetable crops in Hieu's family garden were destroyed. It meant that the quality of their meals would have been decreased and they also wouldn't have been able to save money for their daily expenses if it hadn't been for the timely support from Lifestart Foundation and generous donors.

Recently Hieu sent us the images of the regeneration of his family's crops after the funds were provided. We are happy to inform you that they have a bountiful harvest with many kinds of vegetable crops such as water spinach, sweet potato buds, gourd, bitter melon, winter melon, Vietnamese Luffa gourd, and green beans, which provide sufficient and healthy daily meals for Hieu's family.

To get a glimpse of how these historic natural events have impacted the lives of hundreds of thousands of people in Central Vietnam last year, please click here: <https://youtu.be/BAtv28GpiLQ>



UPDATE: 11-06-2021

LIFESTART FOUNDATION - FLOODS, TYPHOON AND LANDSLIDE RELIEF UPDATE - FARMERS ENJOY BOUNTIFUL CROPS

Lifestart Foundation raised a total of **\$30,00** during our 30-day fundraising campaign to support families affected by the deadly floods, typhoons, and landslides.

The families that we have been able to help include students in our Lifestart Foundation education scholarship project, so they are the families that we know and also know the impact of the typhoon and floods was real and genuine.

Pictured in this post is our Education Scholarship student Tham's family from Dien Ban, Quang Nam. Her parents are both farmers who work extremely hard just to manage their daily expenses.

The series of historic floods and typhoons in late 2020 destroyed their livelihood. Their banana trees were ruined and 300 square metres of their crops were submerged underwater and subsequently, they all died. This meant that the main source of income for their family was lost and it would have been extremely difficult for them to start over without financial aid. The money donated from Lifestart Foundation has greatly helped

reduce their burden and has enabled them to rebuild their lives and start over by regenerating crops.

We are thrilled to hear that after a couple of months of growing new crops, Tham's family is enjoying a bountiful harvest with many kinds of vegetable crops such as water spinach, coriander, Malabar spinach, watercress, and lettuce, which is not only sufficient for family use but also brings them some extra income.

Once the current crops have been harvested, Tham's family will sow their new vegetable seeds for more new crops. The photos in this post show the devastation and then their bumper crops after funds were provided.

To get a glimpse of how these historic natural events have impacted the lives of hundreds of thousands of people in Central Vietnam last year, please click here: <https://youtu.be/BAtv28GpiLQ>





UPDATE: 17-06-2021

LIVELIHOOD RECOVERY AFTER DISASTERS

After the emergency response has passed, we are focused on providing these families with a long-term financial provision in order to restore livelihood.

As with most of our students, they are from poor rice-farming families who are vulnerable to natural disasters. The loss of crops and livestock can also mean the loss of income for them for an entire year.

Quynh comes from a rice farming family of 5, including her parents, elder brother, and younger sister. With two children still at school age, her parents work extremely hard just to cover the daily expenses. Besides working in the rice field, they also grow veggies and raise chickens to improve their income.

In the aftermath of the historic floods and typhoon, 1,000 square meters of their vegetable crops submerged underwater and 10 papaya trees were ruined and consequently, all died. Her parents' work and income were decimated and there was no money for them to start over.

Much-needed financial aid from Lifestart Foundation and generous donors has enabled Quynh's parents to purchase new seeds to grow new crops.

Despite the ongoing difficulties due to the Covid-19 pandemic, Quynh's family was excited to share with us that they are enjoying a fruitful harvest this season with higher



productivity compared to previous years.

Various kinds of vegetable crops such as corn, sweet potato buds, Malabar spinach, chilies, and many more are now ready to harvest. These crops are sufficient to feed the family and they will also help them to earn more than 30 million vnd to carry them through the rest of the year.

It's wonderful to learn that their family has been able to recover from the damage to their crops and to see how they have achieved a new fruitful harvest thanks to their hard work and more importantly the timely support from Lifestart Foundation and our generous donors.

To get a glimpse of how these historic natural events have impacted the lives of hundreds of thousands of people in Central Vietnam last year, please click here: <https://youtu.be/BATv28GpiLQ>



UPDATE: 25-06-2021

LIFESTART FOUNDATION PROVIDES LONG-TERM SUSTAINABLE AID - A BUMPER CROP READY FOR HARVEST

Devastating floods and typhoons are among the most frequent natural disasters in Central Vietnam each year.

After distributing the urgent initial emergency supplies to help hundreds of families immediately post the floods, typhoon and landslides the next vital step is to provide long-term sustainable aid to help these families rebuild their livelihoods.

Pictured in this post is our Lifestart Foundation Education Scholarship student Vinh Hieu's family. They are rice farmers who rely on their crops to support their entire family. The destructive floods and typhoon last year completely destroyed 2,000 square metres of their crops. This meant no income for them to start over without the much-needed sustainable long-term aid. The money donated by Lifestart Foundation and generous supporters has helped reduce their burden and enabled them to rebuild their lives by replanting crops.

Recently we have talked to Hieu and we are happy to report that his family is enjoying bountiful crops of Vietnamese basil and Malabar spinach, which is not only enough for family use but they can also sell some of their crops to make ends meet.

Pictured are the images of devastation and then the bumper crop after funds were provided for seeds and seedlings.





UPDATE: 08-07-2021

LIFESTART FOUNDATION PROVIDES LONGTERM SUSTAINABLE AID - FARMERS REAP BOUNTIFUL VEGETABLE CROPS

After distributing the urgent initial emergency supplies to help hundreds of families immediately post the floods, typhoon, and landslides in late 2020, the next vital step is to provide long-term sustainable aid to help these families rebuild their livelihoods.

Pictured in this post is our Education Scholarship student Tuyet's family. Her parents are both farmers who rely on unstable farming work to support their family of five.



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.

The much-needed provision from Lifestart Foundation has eased their burden and has helped them to regenerate their crops.

Despite the ongoing difficulties due to the Covid-19 pandemic, we are happy to share that Tuyet's family has enjoyed an abundant harvest thanks to the favourable weather.

A total area of 1,000 square meters of sweet potato buds and Malabar spinach are now ready to harvest. These crops are sufficient to feed the family and it will also help them to earn an extra 4 million vnd.

Once they have finished harvesting their current crop, her family will begin to sow new vegetable seeds for the next crop.

The photos in this post show the devastation and then their subsequent bumper crops after funds were provided.



UPDATE: 20-07-2021

A FABULOUS VEGETABLE HARVEST SEASON

Thanks to the wonderful donations Lifestart Foundation received from our generous sponsors, we have been able to help hundreds of families affected by a series of floods and typhoon Molave that impacted Central Vietnam in October and November of 2020 with long-term sustainable aid.

The families that we have been able to help include students in our Lifestart Foundation education scholarship project, so they are the families that we know and also know the impact of the typhoon and floods was real and genuine. Many of whom rely on crops and livestock to support their entire family. The historic floods and typhoon wiped out their livelihood, which meant no income for them to start over without aid. We are happy to report that they have now recovered from the devastating damage thanks to the support from our donors.

The below photos are of our Lifestart Foundation Education Scholarship student Duyen's family. The devastating floods and typhoon submerged 500 square meters of their vegetable crops under floodwater and subsequently, everything died.

The money donated has helped reduced their financial burdens and enabled them to purchase new seeds and seedlings. We are thrilled to hear that after a couple of months of growing new crops, Duyen's family is enjoying a bumper harvest with many

kinds of vegetable crops such as water spinach, Malabar spinach, katuk, peanuts, chilies, and corn, which is not only sufficient for family use but also brings them some extra income. You can see the images of devastation and then the bountiful crops after funds were provided.





UPDATE: 28-07-2021

LONG-TERM FINANCIAL AID TO RESTORE A FAMILY'S LIVELIHOOD

The photos featured in this post are of our Education Scholarship student Yen's family, who received support to replant all of their crops.

Yen was born into a family of five: her grandmother, her parents, her younger sister, and Yen. Sadly, Yen's father passed away when Yen was in year 1 and since then her mother has become the sole breadwinner for the family. This includes taking care of her elderly mother and the two children. Yen's mum is a rice farmer with a very limited income. She grows rice and veggies in the fields and raises some pigs and chickens at home to earn extra income.



In the aftermath of the historic floods and typhoon, 300 square meters of their vegetable crops submerged underwater and consequently, all died. Her mum's work and income were decimated and there was no money for her family to start over.

Much-needed financial aid from Lifestart Foundation and generous donors has enabled Yen's mum to purchase new seeds to grow new crops.

Despite the ongoing difficulties due to the Covid-19 pandemic, Yen's family is happy to report that they have reaped a bountiful harvest with various kinds of vegetables such as rice, Vietnamese basil, sweet potato buds, and katuk.

These crops are sufficient for the family to harvest for their daily life and they will also help them to earn some extra income to carry them through the rest of the year.



UPDATE: 04-08-2021

LIFESTART FOUNDATION PROVIDES LONG-TERM SUSTAINABLE AID – IT'S HARVEST TIME!

Pictured in this post is our Lifestart Foundation Education Scholarship student Thanh Thuong's family from Dien Ban, Quang Nam. As with all of our sponsored students, they are all from poor families who rely on their crops to feed their entire family. The destructive floods and typhoon last year completely destroyed their vegetable crops and banana trees. It meant that the quality of their meals would have been decreased and they also wouldn't have been able to save money for their daily expenses if it hadn't been for the timely support from Lifestart Foundation and generous donors.

Recently Thuong sent us the images of the regeneration of her family's crops after the funds were provided. We are happy to inform you that they have a bountiful harvest with many kinds of vegetable crops such as water spinach, Malabar spinach, sweet potato buds, eggplants, papaya, which is enough to provide sufficient and healthy daily meals for Thuong's family.

Liking our page or sharing and liking this post will help to spread the word.



BEFORE



AFTER



UPDATE: 11-08-2021

LIFESTART FOUNDATION PROVIDES LONG-TERM SUSTAINABLE AID – HAPPINESS FROM A BOUNTIFUL HARVEST

After distributing the urgent initial emergency supplies to help hundreds of families immediately post the floods, typhoon, and landslides that hit Central Vietnam in late 2020, the next vital step is to provide long-term sustainable aid to help these families rebuild their livelihoods.

Another family who was provided with aid to replant their crops is our Lifestart Foundation Education Scholarship student Ly's in Dien Ban, Quang Nam. Ly lives with her mother, her elderly grandmother, and two aunts, one who suffers from the effects of agent orange and one aunt who is disabled. Ly's mum is a rice farmer with a very limited income. The destructive floods and typhoon last year completely destroyed 500 square meters of their vegetable crops. This meant no income for them to start over without the much-needed sustainable long-term aid.

The money donated by Lifestart Foundation and generous supporters has helped reduce their burden and enabled them to rebuild their lives. Recently we have talked to Ly and we are happy to report that her family is enjoying bountiful corn crops. It's wonderful to learn that her family has been able to recover from the damage to their

crops and to see how they have achieved a new harvest thanks to their hard work and more importantly the timely support from Lifestart Foundation and our generous donors.

Pictured are the images of devastation and then the bumper crop after funds were provided for seeds and seedlings.

BEFORE



AFTER



UPDATE: 19-08-2021

RESTORING LIVELIHOOD'S AFTER THE FLOODS

The photos featured in this post are of our Education Scholarship student Buu's family, who received support to replant all of their crops.

As with most of our students, they are from poor rice-farming families who are vulnerable to natural disasters. The loss of crops and livestock can also mean the loss of income for them for a whole year.

Buu comes from a rice farming family of 8 - Buu, his elderly grandmother, his parents, four elder sisters, and himself. His parents are rice farmers and they need to work very hard to support such a large family.

In the aftermath of the historic floods and typhoon, 600 square meters of their vegetable crops submerged underwater and consequently, everything died. His parents' farming work was also suspended and there was no money for them to start over.

Much-needed financial aid from Lifestart Foundation and generous donors has enabled Buu's parents to purchase new seeds to grow new crops.

After a couple of months their land had dried out and they were able to grow new crops, Buu's family was excited to share with us that they are enjoying a fruitful harvest of taro this time, which will help them to earn some extra income to cover their daily expenses.

It's wonderful to learn that his family has been able to recover from the damage to their crops and to see how they have achieved a new fruitful harvest thanks to their hard work and more importantly the timely support from Lifestart Foundation and our generous donors.



UPDATE: 26-08-2021

LONG-TERM SUSTAINABLE PROVISION FROM LIFESTART FOUNDATION

A FRUITFUL CORN CROP

Pictured in this post is Mr. Vien Quy Cuong's family, who is the father of our Education Scholarship student Hieu. Both Hieu's parents are rice farmers who rely on their meager income from farming work to support their entire family.

After the floods and typhoon subsided, 400 square meters of their veggies were totally ruined and submerged under the floodwater, which made it extremely difficult for them to start over. The money donated from generous supporters has reduced their current burden and helped them to become independent again.

Recently Hieu was excited to share with us that her family has just been able to reap a bountiful corn crop. You can see the images of devastation and then the bumper crop after funds were provided.

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



UPDATE: 29-08-2021

REBUILDING AN ENTIRE VILLAGE IN TAY GIANG AFTER FLOODS, TYPHOON AND LANDSLIDES

Tay Giang is a remote and difficult to get to mountainous area over 150 kilometers from Hoi An.

The families that live here are Cotu ethnic minority people. They live hand to mouth from their farming and they are desperately poor.

Villages in Tay Giang were devastated by historic floods, typhoons, and landslides at the end of 2020. Several weeks of torrential rain and the deadly typhoon Molave resulted in floods and subsequent landslides. More than 249 local people died and hundreds of thousands of homes collapsed and were completely destroyed. Many families had to permanently leave their homes and evacuate to a safer place. This devastation followed directly on top of the difficulties many families were experiencing with the impact of COVID 19.



One village in Tay Giang was so affected by the landslides that the entire village had to be completely relocated. It was too dangerous to try to repair or rebuild on the same land.

Lifestart Foundation has partnered with the local government to re-locate and re-build houses for 32 families. The land where their houses previously stood was decimated and it was considered too dangerous to rebuild on the same land.

After distributing the urgent initial emergency supplies to help hundreds of families immediately post the floods, typhoon, and landslides, the next vital step was to provide long-term sustainable aid to help the affected families whose homes and livelihoods were destroyed.

Over the past months, the Lifestart Foundation team has been working tirelessly with our government partner to distribute provisions to the neediest and most vulnerable to help them to have secure shelter. Pictured in this post is the devastating aftermath of the disasters in the mountainous Tay Giang district of Quang Nam province. Stay tuned for many of our rebuilding update posts.



UPDATE: 18-09-2021

REBUILDING AN ENTIRE VILLAGE IN TAY GIANG AFTER FLOODS, TYPHOON AND LANDSLIDES

THE #FIRST PROGRESS UPDATE

Tay Giang is a remote and difficult to get to mountainous area over 150 kilometers from Hoi An.

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Over the past months, the Lifestart Foundation team has been working tirelessly with our government partner to distribute provisions to the neediest and most vulnerable to help them to have secure shelter. Pictured in this post is the commencement of the building works in the mountainous Tay Giang district of Quang Nam province. Stay tuned for the next rebuilding update posts.

To get a glimpse of how the devastating floods, typhoon, and landslides have impacted the lives of thousands of people in this village, follow our previous post here:

<https://www.facebook.com/TheLifestartFoundation/posts/4265793506799469>



UPDATE: 28-11-2021

LIFESTART FOUNDATION REBUILDING AN ENTIRE VILLAGE IN TAY GIANG AFTER FLOODS, TYPHOON AND LANDSLIDES

THE #SECOND PROGRESS UPDATE

Lifestart Foundation's housing project is nearing completion! Foundations are laid, roofs are on, walls are up and painting has commenced.

Here is the background if you have missed our house-building project updates.

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Click here to read more about the commencement of the building works:

<https://www.facebook.com/TheLifestartFoundation/posts/4288718151173671>

Volunteers



UPDATE: 25-07-2021

VOLUNTEER STORIES FROM LIFESTART FOUNDATION SCHOLARSHIP STUDENTS AMID COVID-19 PANDEMIC

At Lifestart Foundation, in order to be selected as an Education Scholarship recipient, students not only need to demonstrate academic excellence and come from extremely disadvantaged backgrounds, but they also need to display a strong social conscience, both in their desired career path and their enthusiasm and willingness to "give back" to the community.

Since the outbreak of the Covid-19 pandemic, many of our Lifestart Foundation Education Scholarship students have demonstrated an exceptional display of the volunteer spirit and have been volunteering in the community.

In the middle of the recent wave of the pandemic in Vietnam, they are actively involved in assisting in different roles across the country. Pictured in this post are several of our students who are on site completing tasks to help the community.

One of our scholarship students, Khiem – a fourth-year Hue general medical student, is currently volunteering in Ho Chi Minh City. Sharing about his experience on-site, every day he assists in carrying out the nasal swab tests for the local residents. After 5 days, he and 4 other group members have collected approximately 1000 samples and he is still continuing this work.



The Lifestart Foundation team is always very proud to have our scholarship students pay it forward via volunteering. Volunteers who have been stepping in to help during the pandemic have been wonderful examples of selflessness and optimism.

Other Activities



UPDATE: 04-11-2021

[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.



lifestart
foundation

UPDATE: 19-11-2021

#[Lifestart Foundation](#) is celebrating a major milestone - **22 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: 22-11-2021

GOODWILL WINE: SUPPORTING LIFESTART FOUNDATION

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

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

Click here to learn more and order: <http://goodwillwine.com.au/pages/lifestart-foundation>

50% of the profit raised will go to supporting Lifestart Foundation projects.

Please note – Goodwill wines only ship within Australia



UPDATE: 26-11-2021

Are you interested in supporting [#Lifestart Foundation](https://www.lifestartfoundation.org.au/)'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

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



UPDATE: 29-11-2021

LOOKING FOR A GREAT GIFT IDEA???

Please consider donating a [Lifestart Foundation Gift Certificate](https://www.lifestartfoundation.org.au/gift-certificates/) 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://bit.ly/LSFGiftCertificates>