

Education



UPDATE: 04-12-2021

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

Our Education Scholarship student Quynh has recently completed year 12 and has just been accepted into Danang University of Science and Technology to study Electronics and Telecommunications (Vietnamese-American Advanced Training Program). Quynh has been a Lifestart Foundation scholarship student since year 7 and she will be the first in her family to attend University.

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

Quynh comes from a family of five, including her parents, her elder brother, her younger sister, and herself. Quynh's mother and father work really hard as rice farmers to make ends meet. Apart from working in the rice field, they also grow vegetables and raise chickens to earn extra income. Their meagre unstable income of only 4 million vnd or \$174 usd per month from farming work makes life very difficult for the family. It also means that it would be a challenge for the three children to get access to good educational opportunities like other students. Fortunately, since Quynh received her full LSF Education scholarship, her family's life has improved. The scholarship allowed Quynh to continue her studies in order to realise her dream of attending University.

During the last 6 years, Lifestart Foundation has witnessed Quynh grow into a capable young woman. She has been an excellent student for many years. Quynh completed a total of 8 hours of self-studying per day during normal weeks and on the days leading up to the exams, she self-studied up to 12 hours a day. Not only does Quynh strive to reach her own goals through her studies, but she also enjoys helping her classmates with their academic studies. Like other Vietnamese children, Quynh also helps her parents with light household chores such as cooking, washing dishes, and cleaning the house.

Quynh shared that her favourite subject is Maths and this has been the motivation for her to follow her chosen career path. She is determined to strive even harder at University so that she will be able to get a good job with a decent salary after graduation. Her hope for the future is to finally help herself and her family break the poverty cycle.

Congratulations Quynh we look forward to hearing all about your accomplishments in your future study path.

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

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1014169448628574/>



UPDATE: 11-12-2021

MEET VI – DOCTOR OF THE FUTURE

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.

Vi is currently a fifth-year General Medicine student at Hue University of Medicine and Pharmacy. She was another successful applicant of a LSF Medical Scholarship.

Vi was born and raised in a small village in Thang Binh district, Quang Nam, which is about 3 hours by bus from Hue. She comes from a large family of six, including her parents, her elder sister, her younger sister, her younger brother, and Vi.

As with all our scholarship students, Vi's family has a very difficult economic situation. Her family is deemed to be close-to-the-poor list by the government. In the past, her parents used to work as bridge and road workers in Danang so Vi and her elder sister lived with her grandparents.

Since Vi's younger sibling was born, her mother no longer worked in Danang and she mostly stayed at home to take care of the younger children. Due to her parent's ill health after many years doing heavy work, Vi's parents decided to work as labourers near their house instead of working far from home. The whole family lives on their meagre income, which pays for the family food, electricity, and school fees. Unfortunately, their limited salary wasn't enough to afford tuition fees and other associated fees related to the Pharmacy studies of her elder sister at Hue University and of Medicine and Pharmacy and for Vi's Medical University studies, so they borrowed large sums of money to support their children to continue their tertiary education. Both of Vi's younger siblings have health problems as does her father. The added costs of medication puts yet another strain on the family.

Not being discouraged by her disadvantaged family circumstances and the many challenges in her life, Vi has made every effort in her studies in order to realise her dream of becoming a skilled doctor. She achieved a GPA of 3.61 out of a possible 4.0 in the first semester of year 4, which is considered the heaviest year among her six years at university and she also ranked first in her class! Besides her academic studies, Vi also joins in extra-curricular activities at university such as donating blood and guiding her university freshmen. She is also an active member of the Internal Medicine Club at university.

We believe that with the support from the Lifestart Foundation Medical Scholarship, the financial distress of Vi's family has been lifted from her parents' shoulders. The scholarship from Lifestart Foundation covers all tuition, books, food allowance, rent costs, and also a laptop which will help her focus completely on her studies to achieve her desired goals.

Vi shared that she greatly admires her father. Despite coming from a disadvantaged background with limited education, he always knows how to rise above difficulties and encourages Vi 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 realise 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.

Below is a beautiful letter of gratitude from Vi to Lifestart Foundation when she found out that she had been chosen for the scholarship. We hope you enjoy reading her letter of thanks. Stay tuned for more to come in future posts as we watch her progress with great interest.

Vi's thank-you letter:

Dear Ms. Karen and everyone at Lifestart Foundation,

My name is Nguyen Thi Thuy Vi. I am now a General Medicine student at Hue University of Medicine and Pharmacy.

In order to thank my sponsors, who so generously have donated my scholarship to attend university, and also a second-hand laptop, today I'm writing this letter to express my deep gratitude to Ms. Karen and the Lifestart Foundation. Besides expressing my gratitude, I would also like to share with you a little information about my life and my studies.

My family is like so many others, with dad, mum, and children - but I also feel that my family is really warm and happy. My father is a building worker, he is very hard-working and an honorable man as he has worked hard all his life to give his children a good education. Currently, he is unable to go to work a lot, due to bad weather and his health problems. My mother stays at home to look after my younger brother, who is just over 1 month old, and my younger sister who is 8 years old. When I came back home, my mother told me that she hopes my younger brother will grow up quickly so she can go to work to support us all.

My elder sister's current job is a good one because her company created good conditions making it possible for staff who want to work overtime to get more income. My family doesn't have farmland, but I hope that in the future I will be able to buy a small piece of land for my parents so that they can plant fresh vegetables and ensure good health for my family.

Regarding my studies, I still haven't taken the final exams of this semester. However, I have just finished some small tests in class and I did all of them well. I am very interested in some subjects, such as physiology and biochemistry. I realise that when we love something, we don't know exactly why we have such love - maybe I enjoyed the early lessons and the teachers. The knowledge I gain provides me with the background to help me to become a good doctor at the hospital. My studies have been quite good until now.

Besides going to the hospital, I am also participating in volunteer clubs, when I don't have any extra classes. Every day, I spend 1 hour practicing my listening skills and trying to translate English books. I plan to take an English course next year to improve my English. I study at the university from Monday to Friday and go on duty at the hospital in the evening, so I have limited self-study hours. When I am not on duty at the hospital, I will spend 4 hours on self-study, which increases to 9 hours on weekends.

Currently, gastrointestinal cancer has become more widespread and causes misery to patients and their families as well as the community, so I am planning to specialise in that area. In the future I want to become a Gastroenterology doctor, I hope that I can help patients overcome their pain. In addition, I also want to be able to communicate with people and help them understand the elements which cause their disease, to prevent the illness by changing their lifestyle.

I was so excited when I heard that I would receive this scholarship, I really thought that it was only a dream because this scholarship has such a huge value. I was extremely happy and quickly shared this news with my family. My parents were also very happy.

This scholarship is extremely valuable to disadvantaged students like me, helping my family by reducing the burden of my school fees and daily expenses. Moreover, I can have a better education and buy many more study supplies and materials. I am very grateful to Ms. Karen and Lifestart Foundation for their support and interest. The laptop I received from Lifestart Foundation helps me so much in my studies. I am trying my best to study well in order not to disappoint my parents, and to be worthy of the tremendous support from Ms. Karen and Lifestart Foundation.

Finally, I would like to sincerely thank you for your generosity. I wish you all good health and I trust that Lifestart Foundation will develop more and will be able to help a lot of other disadvantaged students.

I hope to see you all in the not too distant future.

Sincerely yours,

Nguyen Thi Thuy Vi



UPDATE: 02-01-2022

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

Our Education Scholarship student Duyen has recently graduated from high school and has been accepted into Danang University of Medical Technology and Pharmacy to study Pharmacy. Duyen has been a Lifestart Foundation Education Scholarship recipient since year 7 and she will be the first in her family to attend University.

Duyen was born into a very poor family in the countryside of Dien Ban. Her family includes her parents, her younger brother, and Duyen. Duyen's mother is the main breadwinner for the family. For a long time, her mum has had a herniated disc problem which worsens as she ages. Duyen's father unfortunately cannot work much due to mental health problems. Her mother's meagre unstable income of only 2 million vnd or \$87 usd per month from farming work makes life very difficult for the family. Duyen shares the housework with her mum and she does one and a half hours of housework daily such as washing dishes, cleaning the house, washing clothes by hand, and feeding the pigs.

Being aware of her family situation, Duyen is determined to study diligently in order to help herself and her family break the poverty cycle. Every day, Duyen spent 7 hours on self-study, which is in addition to her tight schedule of studies at school and extra classes. On the days leading up to exams, she spent most of her awake time self-studying. The education scholarship awarded to Duyen has been a huge assistance for her and her family over the past 6 years and helped change their life for the better. The full scholarship covered Duyen's tuition fees, books, uniforms, supplies, and all of the important extra classes had to take to support her education. It is obvious that Duyen would not be able to achieve the study goals she is enjoying today without the wonderful help from her LSF scholarship.

Duyen's favourite subject is Chemistry and this has been a motivation for her to pursue her chosen career in Pharmacy - her long-held and cherished dream. Duyen is extremely grateful for the LSF scholarship as it not only helps her to improve her academic performance but also to receive lots of helpful advice and gain more experience in study and exams thanks to the support from LSF mentors.

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

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 Duyen, please click here:

- A hamper box donation for Duyen: <https://www.facebook.com/TheLifestartFoundation/posts/4003704469675042>



UPDATE: 08-01-2022

MASTER OF NURSING SCHOLARSHIPS – MEET XOAN

Xoan graduated from Hue University of Medicine and Pharmacy in 2012 with a Bachelor's degree in Nursing. She is currently working as a lecturer at Danang University of Medical Technology and Pharmacy. Joining the International Master of Nursing course has always been her long-held and cherished dream.

As a lecturer, Xoan strongly believes that the knowledge and expertise she acquires from this course will not only help to improve her quality of teaching and facilitate capacity building for her students by applying evidence-based practice but also to enhance the role of future Vietnamese nurses to become independent health professionals.

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 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 Xoan where she shares her goals and plans after graduation. After reading it, I hope you will agree with me what a worthy recipient Xoan is.

Xoan's Thank-you Letter:

Dear Ms. Karen and everyone at Lifestart Foundation,

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

From the bottom of my heart, I would like to send my sincere thanks to Ms. Karen and Lifestart Foundation for giving me this precious scholarship. I am very happy and I feel so lucky to become one of the fortunate recipients of Lifestart Foundation scholarship. This not only gives me very real motivation to study, but also it provides me with great spiritual strength which will help me overcome difficulties.

I have been working as a lecturer at Danang University of Medical Technology and Pharmacy for 7 years. Being a lecturer, I always try to study and improve my knowledge to increase my teaching qualifications. I want to improve the quality of the nursing staff in Vietnam and to develop a high-quality teaching team for my university, so I decided to attend the Master of Nursing course at Hue University of Medicine and Pharmacy, connected to the Khon Kaen University of Thailand.

During this course, I faced many difficulties, especially on the financial side. The course fee is quite high, and there are also a lot of additional costs including visa fees, and the cost of traveling between Vietnam and Thailand. Meanwhile, the joint income of my husband and myself is only enough to cover our living expenses and to raise my four-year-old son. With these financial pressures, I arranged to do a part-time job as a health visitor, to have extra income for my studies.

My family and I are very happy and grateful Ms. Karen and everyone at Lifestart Foundation. This scholarship is so precious and meaningful. It will help me to focus on my study during this difficult period. With this encouragement, I believe that I will complete my course well and after graduating, I will come back to work at Danang University of Medical Technology and Pharmacy. The first thing I will do is to share the new knowledge and skills that I have learned from the course with my colleagues who have not had this opportunity. I also believe that I am capable enough to contribute to training higher qualified nursing staff for Vietnam. I also believe that working with my university we can develop our training program to meet international standards.

Once again I would like to send my sincere thanks to Karen and Lifestart Foundation. I wish you all good health, happiness, and peace. I hope that the foundation will have more and more success in the future to be able to support Vietnamese students who are in need during their studies.

Best regards,

Vo Thi Xoan

Please click here to read more about the stories of our Masters of Nursing scholarship students:

- ◆ Ms. Duong Thi Hong Lien: <http://bit.ly/3bjqd8C>
- ◆ Ms. Truong Ho Ha Yen: <http://bit.ly/3uVacgN>
- ◆ Ms. Nguyen Thi Khanh Trang: <https://bit.ly/2QllE5H>
- ◆ Ms. Duong Thi Dieu Huong: <https://bit.ly/3sZSRSP>
- ◆ Mr. Dang Quoc Bao: <https://bit.ly/3snAZAb>
- ◆ Ms. Le Thi Huong Van: <https://bit.ly/3voZnDd>
- ◆ Ms. Nguyen Thi Duc: <https://bit.ly/3oS5NsH>
- ◆ Ms. Pham Thi Thuy: <https://bit.ly/34lQ8lq>
- ◆ Ms. Tran Thi Vu Mai: <https://bit.ly/3uVICRa>
- ◆ Ms. Vo Thi Diem Binh: <https://bit.ly/3xadcG2>



UPDATE: 15-01-2022

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

Our Education Scholarship student Binh has completed year 12 and has recently commenced his first year studying Nursing at Hue University of Medicine and Pharmacy. He has held a full Lifestart Foundation Education Scholarship since year 7 and is the first in his family to attend University.

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 who is the sole breadwinner of the family. The family lives on her meagre unstable monthly income of 3 million dong or \$130 usd from farming work. To share the burden with his mother, Binh also spends 1 hour a day helping her with household tasks such as cooking, cleaning the house, and washing clothes by hand.

Before receiving the Lifestart Foundation scholarship, Binh neither had an opportunity to attend the all-important extra classes nor did he have a means of transport to get to school. The scholarship granted to Binh has alleviated the financial burden on his mother's shoulders. It covered all of his tuition fees, books, uniforms, stationery and also enabled him to enroll in extra classes that he had always hoped to join. In addition, Binh was also given a new bicycle to help him make it to his school and his extra classes on time without having to be reliant on others.

Binh is extremely grateful for the wonderful help from Lifestart Foundation he has received since secondary school. The scholarship has given him a source of motivation to strive harder to eventually gain acceptance to study at University. Binh

has been an excellent student for many years. Binh completed a total of 8 hours of self-studying per day during normal weeks and on the days leading up to the exams, he self-studied up to 11 hours a day. He received a GPA of 8.8 out of a possible 10 in year 12. After studying and revising diligently in year 12 despite the impacts of the Covid-19 pandemic, he successfully passed the High school Graduation Exam and was accepted to study Nursing at Hue University of Medicine and Pharmacy. Binh is full of determination to strive even harder at University so that he will be able to get a good job with a decent salary after graduation.

Once again, congratulations Binh we look forward to hearing all about your accomplishments in your future study path.

Please click here to read more about Binh:

◆ A hamper box donation for Binh: <https://www.facebook.com/310107192368140/posts/4295038843874935/>

◆ Milk Donation for Binh: <https://www.facebook.com/TheLifestartFoundation/posts/3949186958460127>

◆ Housing Improvement Project for Binh's Family - Before:

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

◆ Housing Improvement Project for Binh's Family – Completed Construction:

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



UPDATE: 22-01-2022

MEET HONG – A JAPANESE LANGUAGE INTERPRETER OF THE FUTURE – BEFORE AND NOW

Hong is currently a third-year University student majoring in Japanese studies at Danang University of Foreign Language Studies.

It has been a nine-year journey that Lifestart Foundation has walked with Hong and witnessed her growth from a young girl in year 7 to the outstanding young adult that she is today.

Hong comes from an extremely disadvantaged family. There are 6 people in her family: her grandmother, her parents, her elder brother, her younger brother, and herself. Both her father and mother are rice farmers who rely on their crops and livestock farming to make ends meet.

To earn extra income to support their entire family, Hong's father works as a builder's assistant while her mother sells soya milk.

Before receiving her scholarship, Hong neither had an opportunity to attend the all-important extra classes nor she was able to purchase enough stationery that was essential for her studies due to her difficult situation. Her parents' total income, combined with the salary of her elder brother earned through working at a factory, only equaled a monthly income of \$135. Unfortunately, her mother has suffered from colitis for a long time and her father has an eye condition and is not well after eye surgery. Paying for their monthly medication costs is another additional financial burden on the family. As a result, her family has always been in an extremely challenging situation and they had to borrow money from relatives to pay for Hong's tuition fees and other educational expenses.

Fortunately, a huge financial burden was alleviated from Hong's parents' shoulders when she received a full Lifestart Foundation Education Scholarship in year 7. They no longer needed to worry about education costs for their academically gifted daughter and they were able to reallocate money to much-needed food and medical expenses for the family.

Hong's life and studies have turned a whole new page since then. Each school year the Education Scholarship paid for her tuition fees, uniforms, stationery and also allowed Hong to attend the all-important and expensive extra classes necessary to complete her education.

Hong was a gifted language student and was quite proficient in English during her high school years. Besides English, she loves exploring other cultures as well. A subsequent full scholarship from Lifestart Foundation's generous supporters has helped Hong to continue her tertiary education majoring in Japanese at Danang University of Foreign Language Studies.

Hong loves the Japanese language so much and she is in the process of realising her goal of becoming a qualified Japanese language interpreter. Despite the challenges she has to face in her life, Hong has always shown academic excellence. Every day she completes 7-8 hours of self-study and 9-10 hours on the days leading to her exams. As a result of her diligence, she achieved an excellent GPA of 3.89 out of a possible 4.0 in the first semester of year 2.

To Hong, "her scholarship is not only a material support but also a spiritual encouragement for her to study and overcome difficulties in life."

It's been an absolute pleasure for all the team at Lifestart Foundation to accompany the passionate and committed Hong over the past years and to watch her significant progress into becoming a promising interpreter of the future. We believe that with the full support from Lifestart Foundation, it will allow Hong to aspire to even loftier heights.

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

- ◆ Introducing Hong – new LSF scholarship recipient:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/685120751533447/>
- ◆ A new electric bike donation for Hong:
<https://www.facebook.com/TheLifestartFoundation/posts/942973545748165>
- ◆ A laptop donation for Hong:
<https://www.facebook.com/TheLifestartFoundation/posts/2050597208319121>
- ◆ Hong achieves excellent study result at university:
<https://www.facebook.com/TheLifestartFoundation/posts/3166936276685203>



UPDATE: 29-01-2022

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

Buu has held a full Lifestart Foundation Education Scholarship since year 9. He has now completed year 12 at Le Thanh Tong High school for Gifted Students and has been accepted into Danang University of Science and Technology to study Electronics and Telecommunications (Vietnamese-American Advanced Training Program).

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

Buu comes from a large family of eight, including his grandmother, his parents, four elder sisters, and Buu. His grandmother is elderly and stays at home under the care of his parents. Both Buu's father and mother are rice farmers who work extremely hard in the fields to support their entire family. In the past, his father also worked as a builder's assistant during the summer season to earn extra income for the family. Before Buu was awarded a full LSF scholarship, his family really struggled to meet the financial commitments for their family. Their modest income only allowed a little over \$1 per day per person for each family member to live on, which made it extremely challenging for them to manage their daily life while having to support their three younger children with their education expenses. It also meant that Buu couldn't get access to good education opportunities like other students.

Despite his disadvantaged background, Buu has always shown academic excellence. The full LSF Education Scholarship has been a strong motivation for Buu to strive harder to become a successful scholar and to lift his family out of the poverty cycle. During his high school years, he also won several prizes in the provincial contests for excellent students and the annual 30th April Olympic contest in Ho Chi Minh. Every day he spent 5-6 hours self-studying. On the days leading up to the exams, he spent 7 hours on self-study. As a result of his diligence and determination, Buu achieved a GPA of 8.7 out of a possible 10 in year 12 and was accepted to Danang University of Science and Technology to study Electronics and

Telecommunications (Vietnamese-American Advanced Training Program) after having successfully passed the National High school Graduation Exam.

Congratulations Buu, we believe that the full support from Lifestart Foundation Education Scholarship, it will inspire him to even loftier heights. His elder sister, also named Buu, was also supported by LSF to complete her eighteen-month international training and apprentice program in professional cooking at Streets International. Since graduation, she has found employment at a well-known resort in Ninh Thuan. It's always wonderful to witness the growth of our scholarship students from extreme poverty to the success they achieve today.

Please click here to read more about Buu:

- ◆ Introducing Buu – New LSF Education Scholarship Recipient:
<https://www.facebook.com/TheLifestartFoundation/posts/1614050328640480>
- ◆ Buu wins silver:
<https://www.facebook.com/TheLifestartFoundation/posts/2362949530417219>



UPDATE: 05-02-2022

**EDUCATING YOUNG FEMALES TO REACH THEIR FULL POTENTIAL
MEET NHUNG – THEN & NOW**

Nhung was born and raised in a very poor family in the countryside of Duy Xuyen. Not as fortunate as other children, Nhung comes from a single-parent family and she lives with her grandparents and her mother. Her grandparents are elderly so they cannot work anymore. Nhung's mother, who is the sole

breadwinner for the family, works as a tailor during the day and she makes pork rolls at night to earn extra income. She suffers from arthritis which causes her problems when she walks and limits her capacity to work. Unfortunately, the Covid-19 pandemic came and it has had a major impact on her family. The ongoing difficulties have left the family of four deprived of their only source of income. Currently, the whole family lives on Nhung's mother's meagre income of only 1.5 million VND or \$65USD per month from repairing clothes and a few pork roll orders each month.

Before receiving the Lifestart Foundation scholarship, Nhung didn't have the opportunity to have access to good learning conditions. Her mother had to borrow money to pay for Nhung's extra classes. After going through a knee surgery several years ago, her mother couldn't work too much so in order to share the burden with her, Nhung assisted at local weddings and worked part-time during Tet holidays to earn some more money for the family.

Nhung was recommended to Lifestart Foundation by her secondary school when she had finished Year 7. She met all of our criteria for a scholarship and has proved to be an outstanding and worthy recipient. Nhung officially received her full Lifestart Foundation Education Scholarship in Year 8. Since then, a huge pressure has been lifted from her mother's shoulders. Nhung is extremely grateful for the support from LSF as her mother no longer had to worry about her studies and she didn't have to borrow money to pay for Nhung's classes anymore. The scholarship covers Nhung's tuition fees, books, uniforms, supplies, and all of the important extra classes she had to take to support her education.

Nhung is currently studying in year 11. She is a brilliant student who has achieved the title of excellent student for many years. In addition to attending classes at school and the all-important extra classes outside of school, Nhung completes 5 hours of self-study per day and 8 hours on the days leading up to the exams. As a result of her diligence, she achieved a GPA of 9.2 out of a possible 10 in year 10.

Nhung's favourite subject is English. She has attended many competitions in English and has won lots of prizes at district and province levels. There is no doubt that Nhung would not be able to achieve the study goals and achievements that she is enjoying today without the wonderful help from her LSF scholarship.

Outside of the classroom, Nhung usually helps her mother with household tasks every day such as cooking, washing dishes, doing grocery shopping at the local market, cleaning the house, and washing clothes by hand.

Nhung is also a very dedicated and dynamic young person who “pays it forward” via volunteering and has a strong desire to “give back” to the community, which also meets one of our important criteria for a LSF scholarship. She has participated in lots of voluntary activities from raising local people’s awareness about the Covid-19 pandemic to cleaning streets. Nhung is pictured assisting at the Covid quarantine facility placed at her school during the last wave of the pandemic in Vietnam.

It has been an absolute pleasure to watch Nhung grow into such a capable young woman. We look forward to your even greater success in your study path ahead.

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

- ◆ Introducing Nhung – new LSF scholarship student:
<https://www.facebook.com/TheLifestartFoundation/posts/2028973643814811>
- ◆ A bicycle donation for Nhung:
<https://www.facebook.com/TheLifestartFoundation/posts/2231324996913007>



UPDATE: 12-02-2022

CONGRATULATIONS THANH from all the team at Lifestart Foundation. We are so very proud of your accomplishments! Our Education Scholarship Thanh has recently completed year 12 and has commenced his first year studying Traditional Medicine at Hue University of Medicine and Pharmacy. Thanh has been a Lifestart Foundation scholarship student since year 7 and he will be the first in his family to attend University.

Like all of our LSF education scholarship students, Thanh was born into a very poor family. There are 4 people in Thanh's family, including his parents and his little sister who is in grade 2. In the past, his father who worked as a builder's assistant in Danang used to be the only income earner for the family. Very sadly, he passed away last year due to liver cancer, leaving his mother widowed with two children to raise alone. All of the family responsibilities have 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 sole breadwinner of the family and despite her poor health, she works as a shop assistant to earn an income to support her family. To share the burden with his mother, Thanh also helps her with household tasks every day.

Not being discouraged by his situation, Thanh has always tried his best with his studies in hope of eventually being able to help his family break the poverty cycle. On the days leading to the National High school Graduation Exam – the most important exam in a student's life, he spent 11 hours on self-study by doing mock tests and revising theoretical knowledge. His favourite subjects are Maths, Chemistry, and Biology the most, which suits his dream of pursuing a career in Medicine. It is obvious that Thanh wouldn't be able to reach his dream without the significant help from his LSF Education Scholarship. Every school year, the full scholarship paid for Thanh's tuition fees, books, uniforms, supplies, and all of the important extra classes he had to take to support his education. The scholarship from LSF has given him a lot of motivation to study and to continue to achieve excellent results.

Congratulations Thanh we look forward to hearing all about your accomplishments in your future study path.

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

- ◆ Introducing Thanh – new LSF Education Scholarship student:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/962568363788683/>
- ◆ A hamper box donation for Thanh:
<https://www.facebook.com/TheLifestartFoundation/posts/4104423552936466>



UPDATE: 19-02-2022

DOCTOR OF THE FUTURE – MEET QUYNH

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.

Quynh was another successful candidate in this round of interviews for the [#Medical](#) Scholarships.

She has just finished her fourth year and recently commenced her fifth year studying General Medicine. Quynh is the first in her family to attend University.

Like all of our scholarship students, Quynh comes from an extremely disadvantaged family. There are four people in her family, including her parents, her younger brother, and herself. In the past, her father was a carpenter but due to ill health, he has not been able to continue this heavy work. All of the family responsibilities and financial burdens are on her mother's shoulders and she is the main breadwinner for the family. The family's income is only 3,100,000 vnd or approximately \$134 usd per month, which makes it very difficult for them to support their children with their schooling while having to manage their daily expenses. Her younger brother was born with a cleft palate, now although he has undergone the surgery his health is not great and he usually has ear infections. Her father and her brother's monthly medication costs are an additional financial burden to manage.

Despite that, her parents still sent her and her brother to school with the hope that in the future, their children would have a brighter future. When Quynh began university, the family financial situation became worse and worse as there are too many expenses to pay for her education. To make ends meet, her mum has also raised a flock of chickens to get eggs and sell to earn extra income. But this was still not enough to cover the expenses, so her family decided to borrow a large sum of money from one of their relatives to pay for their children's school fees, medications, and other living expenses. To share the burden with her mother, every year before Tet holiday Quynh also makes handcrafted products to sell and she helps her mum to sell vegetables at the local market.

Despite her difficult situation, Quynh is determined and full of energy and enthusiasm.

Different from most university students, Quynh took the university exam twice in order to reach her dream of studying medicine. She is a brilliant and extremely hard-working student. She achieved an excellent GPA of 3.88 out of a possible 4.0 in the second semester of Year 2. Besides attending tutorials at school and doing clinical practice at hospitals, she spends a total of approximately 70 hours a week self-studying on normal weeks. On the days leading up to the exams, she spends 105 hours a week on self-study. Such dedication! Apart from academic studies, Quynh also actively participates in volunteer activities such as donating blood or helping people in need in the community.

Quynh was extremely grateful when she knew she would receive such a valuable education scholarship from Lifestart Foundation. To Quynh, this is a life-changing scholarship, which came to her and her family when they needed it the most. The full Lifestart Foundation Medical Scholarship covers all of her tuition fees, books, rent, food allowance, and also a new laptop, which will be a great additional tool for her studies.

Quynh shared that Medicine has been her passion and cherished dream since a very young age. At present, she is really interested in Obstetrics so she has been putting 100% effort into her studies in hope of becoming a skilled obstetrician in the future. Now with the wonderful support from Lifestart Foundation, Quynh is full of determination and motivation to realise her dream.

Congratulations Quynh we warmly welcome you 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 Quynh sent to Lifestart Foundation after finding out she has been chosen for a scholarship. We hope you enjoy reading her letter of thanks.

Quynh's Thank-you Letter:

Dear Ms. Karen and everyone at Lifestart Foundation,

My name is Phan Thi Nhu Quynh. I am currently in class Y45, majoring in General Medicine at Hue University of Medicine and Pharmacy.

First of all, I would like to send my regards and my sincere thanks to you for your precious scholarship. Then, I want to share with you some information about my life as well as my studies.

I was born and raised in a small village of Phu Loc town in Thua Thien Hue province. My family's situation is extremely difficult as my dad has had osteoarthritis in his knees for 4 years. Unable to work, he stays at home now doing some light tasks and raising chickens. My mum has a degenerative disc disease and is currently selling vegetables in a market to make a living. My youngest sibling is in year 6 and his study performance in the first semester is quite good.

At school, my schedule is very busy with doing clinical practice at a hospital in the morning, studying theory at school in the afternoon and being on duty at a hospital, or attending English classes in the evening. No matter how hectic it is, I always try to manage my schedule so that I can have more time for self-study. Every day, I spend about 7- 8 hours doing self-study.

The amount of medical knowledge is enormous but I do not have much time to study at school so self-study is very important for me so I always try to arrange my schedule and make plans for myself in terms of my studies as well as my life.

Since I entered the university, I have been extremely interested in learning Obstetrics. Last semester, I did clinical practice in Obstetrics and had great opportunities to practice and better understand this major. During my clinical practice period, I was involved in delivering babies and witnessing a caesarean section which I found really interesting. The feeling of assisting a mother give birth to a baby was extremely moving and made me feel more thankful to my mum for her great effort to give birth to me. Perhaps because of my affection and interest in Obstetrics, I achieved a very good final result in this subject.

Last semester, I achieved a good GPA of 3.44 out of a possible 4. The study program for the first semester included Paediatrics and Obstetrics which I found quite difficult. Paediatrics is a subject including many difficult topics and the clinical practice period in it was longer compared to others. Despite those hardships I had to encounter during the first semester, I put my best effort into my studies and the final result I achieved was good. I will continue trying my utmost to study diligently so that I can improve my academic performance in the second semester.

Besides studying at school, I also practice my English skills as I understand that English is very important for my current studies as well as my future employment. Last semester, I did a Toeic preparation course and found it really helpful; my English skills have improved a lot, especially my pronunciation, writing, and listening skills. I will try to study harder and spend more time practicing English to enhance my skills this semester.

Currently, I am joining a study club – the “Internal Medicine” club at school. Thanks to this club, I have gained a lot of useful knowledge from other seniors and students as well as making many new friends. Furthermore, when taking part in this club, I have also had the chance to give a presentation in front of other members there, which has helped me to become more confident and to improve my public speaking skills.

The year 2020 was such a traumatic one for us all as we had to fight against not only the Covid 19 pandemic but also natural disasters. However, I still feel very satisfied with my studies and my life during last year as everything went quite well. More importantly, last year I was truly fortunate to receive a precious scholarship from Lifestart Foundation which is one of the greatest happiness that I have ever had. I was really thrilled when receiving the news from Lifestart Foundation that I had an opportunity for a scholarship interview in Hoian. And after the interview, I burst with joy and was so proud of myself after receiving an email announcing that I would be presented with the valuable scholarship and a new laptop which has enabled me to have better study conditions, to take an English course, and to cover my living expenses! The burden of my study expenditure has been greatly reduced from my parents' shoulders.

This semester, I will continue to put my best efforts into my studies. I am studying 3 subjects: Internal and External Medicine, and Scientific Research Methodology. My plan is to spend more time studying Internal and External Medicine as these are very difficult subjects, and I aim to achieve a GPA of 3.6. I also plan to take a 2-month Pre-ielts course this

April to improve my English skills. I will also spend time doing more voluntary work and other activities held by my class and my school.

Once again, I would like to send my sincere thanks to Ms. Karen and everyone at Lifestart Foundation for your kind help and great support. I wish you all good health and success in life. Hopefully, Lifestart Foundation will become successful and be able to support more students in difficult situations.

Best wishes,

Phan Thi Nhu Quynh



UPDATE: 26-02-2022

THE GIFT OF #EDUCATION

MEET HIGH SCHOOL SENIOR DIEU LINH WHO DREAMS OF BECOMING A DOCTOR

Our Lifestart Foundation Education Scholarship student Dieu Linh is currently studying in year 12 at Le Thanh Tong High school for Gifted Students in Hoi An.

Linh has held a full Lifestart Foundation Education Scholarship since year 7.

Linh met our criteria for a Lifestart Foundation Scholarship: being from an extremely disadvantaged background, being academically gifted, and having a strong desire to give back to the community via her chosen career path.

Linh lives with her grandmother, her parents, and her younger brother in her hometown Dien Ban. Before she was granted the valuable Lifestart Foundation Education Scholarship, her family faced many challenges – her parents are both rice farmers trying to raise and educate their two children with their meagre unstable income of only 4,000,000 vnd or \$174 usd per month. With this modest income, Linh's parents sometimes needed to borrow money from relatives to manage their children's school fees as well as to pay for books, uniforms, and stationery.

The life of Linh and her family turned to a new page since receiving the Lifestart Foundation Education Scholarship! Linh shared with Lifestart Foundation that "the Education Scholarship she has received is a tremendous support which she and her family couldn't be more thankful for". It has helped relieve her parents' worry about their children's education expenses. Every year, the LSF scholarship has paid for all of Linh's tuition fees, books, stationery, uniforms, and the all-important extra classes she has to take to support her education.

With the help from the scholarship, Linh's mum was able to reallocate money for other necessary expenses and save enough money to open a food stall selling Quang noodles in Hoi An. They were also provided relief hampers and financial aid from Lifestart Foundation, her sponsor, and generous donors to overcome challenges in their life.

Linh is a brilliant student. She has received the title of excellent student for the last 11 continuous years. In year 11, she achieved a GPA of 9.1 out of a possible 10, ranking her third in her class. Each day Linh spends 7 hours at home doing her homework and self-study and also 1.5 hours helping her mum with household chores such as cooking, tidying the house, and assisting in cooking Quang noodles.

Linh has held a strong passion for taking care of her family members and the wider community since a young age. She is extremely motivated to study diligently to become a doctor in the future so that she can support her family and to help many disadvantaged people as well.

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

- 📌 Introducing Linh – new LSF scholarship recipient:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1091818624196989/>
- 📌 Kitchen & Bathroom Project (Before):
<https://www.facebook.com/TheLifestartFoundation/posts/1714085318636980>
- 📌 Kitchen & Bathroom Project (After):

<https://www.facebook.com/TheLifestartFoundation/posts/1732290900149755>

- ◆ An E-bike donation for Linh:

<https://www.facebook.com/TheLifestartFoundation/posts/2214152238630283>

- ◆ Linh accepted into Le Thanh Tong High school for Gifted Students:

<https://www.facebook.com/TheLifestartFoundation/posts/2361180520594120>



UPDATE: 05-03-2022

DOCTOR OF THE FUTURE – INTRODUCING TAM

Tam is currently a fourth-year General Medicine student at Danang University of Medical Technology and Pharmacy. She has successfully passed the interview for a Lifestart Foundation Medical Scholarship which will support her studies throughout her 4 remaining years at university.

Tam comes from Dak Nong Province in the Central Highlands, which is about 17 hours by bus from Danang. As with all of our Education Scholarship students, Tam comes from a disadvantaged family. Her parents are both farmers who work really hard on the fields to make ends meet. Their monthly joint income of 6 million vnd or \$260 usd made it extremely challenging for them to manage their daily life while having to support Tam with her expensive six-year medical studies. Unfortunately, her father is suffering from complications from a serious stroke in 2018 and her mother has had stomach problems for a long time so paying for their monthly medication costs is another additional financial burden on the family.

Different from most university students, Tam took the university exam twice in order to reach her dream of studying medicine. Despite her difficult family situation, Tam is motivated to study diligently in order to break the poverty cycle for her family. Besides attending tutorials at school and doing clinical practice at the hospital, she spends a total of approximately 40 hours a week self-studying during normal weeks. On the days leading up to the exams, she spends 65 hours a week on self-study. She achieved a GPA of 3.38 out of a possible 4.0 in the first semester of year 3.

Tam really admires Ton That Tung, a Vietnamese surgeon who lived in the 20th century. He was a pioneer in liver anatomy and liver surgery. Despite the lack of medical supplies, his commitment to surgical science and, more importantly, to the Vietnamese people stands as a tribute to the tireless pursuit of his ideals. He has been strong motivation for Tam to strive harder in her studies in order to reach her long-held and cherished dream of becoming a skilled doctor.

We believe that with the support from the Lifestart Foundation education scholarship, the financial distress of her family has been lifted from her parents' shoulders. The Medical scholarship covers her tuition fees, books, rent, food allowance and also enables Tam to take some time off from work so she can fully concentrate on her studies.

At this stage, Tam is interested in Cardiology so she hopes to study more about this field in the future.

Congratulations Tam we warmly welcome you 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 Tam sent to Lifestart Foundation after learning that she has been chosen for a scholarship. We hope you enjoy reading her letter of thanks.

Tam's thank-you letter:

Dear Karen and Lifestart Foundation,

I'm Nguyen Thanh Tam, a student majoring in general medicine at DaNang University of Medical Technology and Pharmacy. I was one of the lucky students to receive a scholarship from Lifestart Foundation. I was very surprised and delighted, and I would like to send my sincere thanks to Ms. Karen and Lifestart Foundation for choosing me as one of the scholarship recipients.

I am the youngest member of a farming family in the Central Highlands and am studying in DaNang. My family of five includes my dad and mum who are now living in Dak Nong, growing coffee and pepper. My elder sister is married and both of them are workers and my elder brother is working in information technology in a shoe manufacturing company.

Going to a big city to study, at first I was very nervous and worried about many things such as where should I stay? Is it difficult to study Medicine? Would my parents be able to pay my fees for me on time or not? I was very homesick. However, after two and a half years of studying at university, I was much less worried, my studies were gradually more stable, and staying in a dormitory was very convenient for studying and participating in activities at university. Currently, I have moved out because the university's dormitory is being repaired. I had a lot of difficulties in finding a rented room and these are more costly than the dormitory. However, I have arranged a room and feel secure to focus on my self-studying for the final exam of this first semester.

This year has been a difficult one for my family. They grow coffee and pepper, but this year's weather is very harsh and unpredictable; drought, rain, and storms happen alternately all year.

In order to reduce a bit of the financial burden on my family, I went to work part-time. My job is tutoring, and this work has helped me a lot, each month I receive an average salary of 800,000VND. In addition, it also helps me practice my speaking, communication, and persistence skills. However, in the near future, I need to spend more time studying so I will stop doing this job.

Due to my family having difficulties for many years, they are still on the poor list in our village.

This scholarship is a huge gift for me and my family. When I informed my family of this news, my parents and my elder brother were very excited, emotional, and not forgetting to send thanks to Ms. Karen and Lifestart Foundation.

Before going to the interview, I worried a lot and looked for articles on the Internet about scholarship interviews, but then I realized that I just need to practice speaking fluently, coherently, and clearly, expressing my thoughts correctly. That is the best way I can express what I think, as honestly as I can. During the interview, I did not feel nervous anymore, the staff helped me a lot, they always smiled and explained everything enthusiastically to me. I just needed to listen and answer in what I thought was the most appropriate way. After the interview had finished, I felt very comfortable. I had the opportunity to share about my own weaknesses, my family circumstances, and my future plans. Besides that, Ms. Karen also gave me solutions to help me overcome those weaknesses. I showed myself as honestly as I could, and it made me comfortable after the interview.

When I got the email from Lifestart Foundation about receiving the scholarship, I was so surprised and did not believe that I had been chosen to be a recipient. I was very emotional, so from now on my parents have reduced a part of the burden of paying school fees for me. I'm really happy because I will have great support on my difficult and rough path ahead.

For me, the scholarship is meaningful both mentally and materially. It shows me that there are still a lot of good people around who are willing to help, support, and understand the difficulties that my family and I are facing. They show kindness and generosity without needing any repayment and I will try to study hard to become a useful person to society in the future. The scholarship is a great support that will help my studies in the future. In addition, I have the chance to get to know many seniors from previous courses and make new friends. I will also find out from them how much effort they have made to maintain good study results. Regarding my family, my parents were very emotional to hear about Lifestart Foundation Scholarship because they will not have to worry about the tuition fees for me every semester. Thanks to the scholarship my future plans can be completed earlier than expected, taking an English course is something I have cherished for a long time, and now I'm ready to register for my course in the future.

This is my story about myself and my family. I would like to send my deepest thanks to Ms. Karen and I hope to be able to meet you soon. Thank you Lifestart Foundation staff in Hoi An for helping me a lot. Wishing Ms. Karen and the Lifestart Foundation a lot of good health and good luck!

Sincerely,
Nguyen Thanh Tam



UPDATE: 12-03-2022

MEET HIEU – THE JOURNEY FROM POVERTY TO BECOMING A YOUNG IT ENGINEER

Over the past 22 years, Lifestart Foundation has provided hundreds of Education Scholarships to disadvantaged students in Central Vietnam to help them complete their education. It's a long road we walk with our scholarship students and it can often be more than a 10-year journey.

Hieu, who has received a full Lifestart Foundation Education Scholarship since year 7, is one of our excellent [#IT](#) scholarship students.

Hieu was born into a poor family of six, including his parents, his two grandmothers his elder brother, and Hieu. Hieu's parents are rice farmers and they work extremely hard every day just to cover their family's expenses. Hieu's grandmothers do not have very good health which means the family frequently has the extra costs of health treatment fees for them. In the past, Hieu and his elder brother used to work to share the burden with their parents so they didn't have much time for study.

The Lifestart Foundation Education Scholarship awarded to Hieu when he was thirteen years of age was the light at the end of the tunnel. Each year the Lifestart Foundation scholarship paid for his tuition fees, the all-important additional extra classes, uniforms, shoes, and books. This took a huge financial weight off the shoulders of his family and he was also provided with the best possible learning conditions.

Hieu is currently a senior at University, majoring in Information Technology, and is a diligent, well-rounded student. He spends at least 5 hours a day on self-study. Besides study, he also participates in extracurricular activities such as being a member of the Google Developer Student Club or being a mentor to fellow IT students.

Thanks to the continued support from Lifestart Foundation's generous sponsor, he was given a full scholarship that has carried him right through his tertiary education without having to worry about borrowing money or work part-time to cover his expenses. It is obvious that Hieu would not be able to achieve what he has today without his hard work and of course the help from the Lifestart Foundation scholarship, which he describes as "the most meaningful material and spiritual gift that he is forever thankful for". He is eager to become a qualified IT software engineer to earn an income to support his family, and positively impact their economic situation while he would also "pay it forward" through volunteer work by teaching IT and helping students who would like to follow this study path.

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

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1044982335547285/>



UPDATE: 19-03-2022

MEET TRAM - DOCTOR OF THE FUTURE

Tram was one of the most outstanding applicants during our interviews for Lifestart Foundation Medical scholarship.

Tram is currently a fifth-year student majoring in General Medicine at Hue University of Medicine and Pharmacy.

As with all of our scholarship students, Tram comes from a disadvantaged family. They live in Bao Lam district in Lam Dong province, which is about 18 hours by bus from Hue. Before receiving the LSF scholarship, Tram was at risk of not being able to continue her university studies if her parents didn't apply for a big loan to pay for her steep education expenses, not to mention the tuition fees for her elder sister who is also a General Medicine student at Hue University of Medicine and Pharmacy. In addition, the debt for borrowing money to buy a coffee land and other necessary farm work expenditures, as well as repair to their old and flimsy house, has put her family in an extremely difficult situation. To have enough money to cover her own living expenses, Tram had to work part-time as a tutor. She tried very hard to manage her busy schedule at university and at work so that she could both survive and hopefully achieve excellent students.

Not being discouraged by her difficult situation, Tram has always shown academic excellence. She achieved an outstanding GPA of 3.7 out of a possible 4.0 when she received her LSF scholarship. Every day Tram spends about 4-6 hours on self-study. On the days leading to the exams, she completes 10 hours of self-study, which is in addition to her tight schedule at school and the hospital's rounds. Besides her hectic studies, Tram also participates in extracurricular activities helping patients in need, and she also joined the Cardiology club and Internal Medicine Club.

After receiving the life-changing LSF education scholarship, Tram's life has changed for the better. Her parents no longer had to not worry about Tram's tuition fees and living expenses, instead, they can focus on working to pay back the debt and reallocate money for their two other children. The Lifestart Foundation scholarship covers all of her tuition fees, books, rent, food allowance, and also a new laptop.

Currently, Internal Medicine and Dermatology are Tram's favourite specialties so she hopes to have the opportunity to study more about these fields in the future.

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

Tram's Thank-you Letter:

Dear Karen and Lifestart Foundation,

My name is Tran Thi Huong Tram, a student of Hue University of Medicine and Pharmacy, majoring in General Medicine. Being one of the luckiest students to receive the full scholarship from Lifestart Foundation, I am writing to send my sincere thanks to you and the foundation.

I was born and raised in Lam Dong province, one of a family of five. My dad is a vet and my mum is a rice farmer. My sister is a fifth-year student of general medicine at Hue University of Medicine and Pharmacy. My brother is studying in year 11. Being from a farming family whose crops and livestock rely on the weather, and are affected by epidemic disease, our income is not stable at all. Therefore, supporting three children in school is not easy for my parents. That is why I always promised myself to try to study well in order to become a good doctor, not to disappoint my parents and my sister's expectations. I want to have a chance to come back to my hometown in the future and contribute to this place I love, as well as to take care of my parents.

My study at university seems to be easier for me because my sister, who has more experience, has helped me a lot with study and orientation. She is one of my solid anchors and also a good example for me to keep making an effort. We always rely on each other during difficult times.

Hue University of Medicine and Pharmacy has been my dream school since I was a child. I learn a lot of medical knowledge from my university. The long lessons at the lecture hall make me tired but they are so interesting because I can learn many important things from them every day. The practical hours at the university laboratory are so exciting with plenty of things to discover. Besides studying in class, having clinical lessons at the hospital helps me to get used to what my day-to-day job will be and understand the pain of our patients. I can learn how to interact with the patients, how to deal with them, and how to take good care of and treat them. After study time, I also take part in some clubs and volunteer activities at my university hospital and the local community. These things give me the chance to help disadvantaged people as well as to educate myself to cherish what I have at the moment.

To be honest, when I knew I was one of the fortunate students who would receive the scholarship from Lifestart Foundation, I was so happy and I phoned my parents to tell them right away. Everyone was very happy, too, and my mum cried. The scholarship will help me a lot in my study journey and reduce a lot of burden for my parents so as they can focus on supporting my sister and my brother as well as their life in my hometown. On the scholarship presentation day, we were given such a big surprise from Lifestart Foundation, which was a new laptop. This will be a meaningful friend to me, supporting my study a lot.

Finally, I want to send my deepest thanks to you and everyone at Lifestart Foundation. I wish you all good health and the best things in life.

Yours faithfully,
Tran Thi Huong Tram



UPDATE: 26-03-2022

LIFESTART FOUNDATION'S UNIVERSITY GRADUATE – CONGRATULATIONS TRIEU!

Trieu is our most recent Education Scholarship student to graduate from university. She has completed a 4-year Bachelor's degree in Japanese Studies at Danang University of Foreign Language Studies, and achieved a High Distinction degree with a GPA of 3.6 out of a possible 4.0. We are so very proud of her accomplishment and the young woman she has grown into.

Trieu is the first in her family to graduate from university.

Trieu has held a full Lifestart Foundation education scholarship since she was in Year 8. From when each student is initially awarded a Lifestart Foundation scholarship it is a very long journey for both our team who are involved in every aspect of the students' education journey and also for the sponsor.

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

We first met Trieu many years ago, her parents had divorced when Trieu was 2 years old and since then, Trieu and her sister had not seen their father and rarely saw their mother. They lived with their elderly grandmother since their parents divorced. Their grandmother used to work as a farmer to support their living expenses and school fees.

Trieu's grandmother now has rheumatism and is no longer able to work. Despite being a good student unfortunately Trieu's sister had to leave school in year 10 due to a lack of finances.

Trieu has lived with her grandmother in a small room at the side of her uncle's house. Her parents now have new families and they do not support Trieu. When Trieu was introduced to us the family only had enough money for her to eat only two small bowls of food per day. Trieu was quite malnourished but never complained and instead focused her energy on her studies.

Fortunately, a huge financial burden was lifted from Trieu's grandmother's shoulders when Trieu received a full Lifestart Foundation Education Scholarship. She no longer needed to worry about education costs for her granddaughter. Each school year the Education Scholarship paid for her tuition fees, uniforms, stationery and also allowed Trieu to attend the all-important and expensive extra classes necessary to complete her education, giving her great hope and confidence for the future.

After graduation, Trieu has been offered a full-time position at a Japanese IT company in Danang. Her 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!

Once again Congratulations Trieu and we wish you ongoing success in your career path!

Click here to read more about Trieu:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/950722604973259/>

<https://www.facebook.com/TheLifestartFoundation/posts/1475514465827401>



UPDATE: 02-04-2022

WONDERFUL NEWS FROM LIFESTART FOUNDATION'S EDUCATION SCHOLARSHIP STUDENT TUNG

Tung is currently a year 10 student specializing in Maths at Le Thanh Tong High school for Gifted students.

We are delighted to share that Tung has recently won the "Road to Mount Olympia" contest at school level. He has surpassed nearly 160 outstanding students to compete in the final round with other 3 excellent students and became the winner of this prestigious competition.

Winning this school-level competition will open up an opportunity for Tung to represent his school to participate in the national contest held in Hanoi next academic year.

"Đường lên đỉnh Olympia" (Road to Mount Olympia), which began in 1999, is the longest-running game of knowledge show on Vietnam National Television. The quiz game-show tests students' knowledge in a wide variety of subjects such as Maths, English, Science, and general knowledge. This is a prestigious competition held annually for high school students and the award for the winners of the competition is a full scholarship for studying at a university in Australia.

Tung was born into a disadvantaged family of 5 members, sadly his mum left him when he was just a 5-month-old baby, and tragically her dad passed away due to a traffic accident when he was in year 4. Since then, he has lived with his elderly grandmother and his aunt. His aunt is the only income earner for them. She works assisting in a food store to make a living. They tried to manage on 3 million VND per month (approx. \$130 USD per month), but despite all the odds stacked against him, Tung has amazed us with his diligence and excellent academic accomplishments that he has achieved.

Congratulations to Tung from all the team at Lifestart Foundation. We look forward to your ongoing success on your study path.

Click here to read more about Tung:

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



UPDATE: 16-04-2022

MEET HIEN – A PHARMACIST OF THE FUTURE

In 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.

Hien was 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.

Hien comes from a small village in the Central province of Hue. Due to her mother's ill health and the family's limited income of 6 million vnd per month, it has been very hard for them to manage their family's daily expenses while having to support Hien with her medical studies, and their other child who is still attending school. In order to keep their children in school and to pay for the family's expenses, her parents had to apply for several big loans, which has made their lives all the more difficult.

Hien is extremely diligent and determined to break the poverty cycle for her family, and she is the first in her family to attend university. Every day she spends 6 hours self-studying at home. This is on top of over 50 hours of classes at school and clinical practice at hospitals each week.

Hien takes her studies very seriously. Without a doubt, she has always shown excellent academic achievements throughout her university years. She achieved a GPA of 3.61 out of a possible 4.0 when she was awarded her Lifestart Foundation scholarship.

Hien shared with us that this is a "life-changing" scholarship for her, as she has never received such enormous financial support before. Besides covering all tuition fees, rent, and food allowance, the Lifestart Education scholarship also enables Hien to take some time off from working part-time so that she can completely focus on her studies to achieve the best results.

Hien has a great interest in Pharmacognosy - the study of medicines produced from natural sources such as plants, microbes, and animals. The scholarship from Lifestart Foundation allows Hien to continue to follow her dreams of becoming a skilled Pharmacist not only to help her parents improve their health but also to contribute to the well-being of society. With the full support from Lifestart Foundation, we believe that this will inspire her to even greater heights.

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

HIEN'S THANK-YOU LETTER:

Dear Karen and everyone at Lifestart Foundation,

This is Nguyen Thi Kim Hien, a Pharmacy student in year 3 at Hue University of Medicine and Pharmacy. Today I'm writing this letter to express my gratitude and send my deepest thanks to Ms. Karen and Lifestart Foundation's staff. My family and I would like to thank everyone because you all believed in me and have given me this scholarship. It was a great motivation for me and my family. Besides that, I would also like to share with you all some news about myself and my family situation.

My family has 5 people including my parents and 3 siblings. I'm the oldest one in my family. Although my parents are elderly, they still have to work hard to support us. My dad is working as a taxi driver and my mum is selling veggies at a local market near our house. Last year, due to the effect of Covid-19 epidemic and unpredictable weather, my family got into some financial difficulties and they found it hard to cover their daily expenses. My younger brother is doing military service and the youngest one is in year 10. He has settled down well and plans to take the entrance exam to his preferred university in the future.

At the moment, I am in year 3 and have started learning specialized subjects, so my schedule is quite busy. After having studied a few specialized subjects, I have become interested in herbal medicine as I know herbs are effective in treating diseases and have fewer side effects than Western medicine. As a result, I plan to find jobs related to the herbal section in the future.

After my Lifestart Foundation scholarship interview, I was a bit worried about my result but more importantly, I felt very comfortable because I could share my thinking and emotion with Ms. Karen. The interview went very easily and I did not feel nervous anymore because Ms. Karen and the staff were very friendly. They always smiled and explained everything enthusiastically to me. After I heard the news that I had passed the interview, my family and I were really excited and happy. From the bottom of my heart, I was very appreciative of the Lifestart Foundation. Initially, when I heard that I would be chosen to participate in the interview in Hoi An, I was very delighted but I did not tell my parents because I was afraid that the more hope they put in me, the sadder they would be if I did not pass the interview. Luckily, I was chosen to be a Lifestart Foundation Education Scholarship recipient. I was really thankful to Lifestart Foundation for awarding me this scholarship as it is very meaningful to me and my family.

Lifestart Foundation education scholarship has a big value, not only in material terms, providing me with support for my daily living expenses and my study, but also as a motivation for me to study harder in the future so as not to disappoint anyone. It will help my family escape from the poverty cycle. My parents can now focus on their work to earn more and pay off the debt of my family. They are less stressed than before, so they feel very happy and more comfortable as the financial burden has been lifted from their shoulders. In addition, I am very glad because I have helped my parents.

I would like to send my sincere thanks to Ms. Karen and Lifestart Foundation for this valuable scholarship. I promise to try to study harder in the future, so I can live up to your expectations. I wish you all good health, happiness, and success in life.

Best regards,
Nguyen Thi Kim Hien



UPDATE: 14-05-2022

MEET TOAI – THE JOURNEY FROM POVERTY TO BECOMING A YOUNG ELECTRONICS ENGINEER

Over the past 22 years, Lifestart Foundation has provided hundreds of Education Scholarships to disadvantaged students in Central Vietnam to help them complete their education. It's a long road we walk with our scholarship students and it can often be more than a 10-year journey.

Toai, who has received a full Lifestart Foundation Education Scholarship since year 7, is one of our excellent [#Electronics](#) scholarship students. He is currently a fifth-year student at Danang University of Science and Technology.

Toai comes from a poor family of 4, including his parents, his elder brother, and Toai. Sadly, Toai's elder brother passed away a few years ago after being bedridden with acute Cerebral Palsy for over 20 years. Like many of our scholarship students, his parents are rice farmers who never had the opportunity to complete their education so they work very hard every day to be able to support their family.

To add to the worry for his family, Toai has a tumor on the brain which has dramatically impacted his health over many years. Fortunately, it is not malignant and he has been sent to Ho Chi Minh City for treatment many times. At present, his health has improved after the treatment he has received, and now he needs to go to Ho Chi Minh City less frequently.

The Lifestart Foundation Education Scholarship awarded to Toai when he was thirteen years of age was the light at the end of the tunnel. Each year the Lifestart Foundation scholarship paid for his tuition fees, the all-important additional extra classes, uniforms, shoes, and books. This took a huge financial weight off the shoulders of his family and he was also provided with the best possible learning conditions. The subsequent full university scholarship has carried him right through his tertiary education without having to worry about borrowing money or working part-time to cover his expenses.

Toai is now a final year student at Danang University of Science and Technology with his major being Electronics and Telecommunication. Despite having frequent interruptions to his study due to his health, Toai is a diligent and excellent student. He spends at least 5 hours a day on self-study. His accumulated GPA up to now is 3.49 out of a possible 4.0 – achieving the title of very good student.

Currently, Toai is doing an internship at a company in Danang and he specializes in Physical Design for Chips – his favourite Electronic field. He is eager to become a qualified Electronics engineer to earn an income to support his family, and positively impact their economic situation in the future.

Please click [here](#) to read more about Toai:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/927146613997525>



UPDATE: 21-05-2022

DOCTOR OF THE FUTURE – MEET DINH

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.

Dinh was another successful applicant for a Lifestart Foundation Medical Scholarship.

As with all our scholarship students, Dinh's family has a very difficult economic situation. His family is on the poor list of the government.

Dinh comes from a single-parent family. His parents divorced when he was 14 years old and he has been living with his father since then, while his mother has moved on and has started a new family. His father is disabled after losing his leg in an accident. Unfortunately, he is not able to work a lot which restricts his ability to support his three children who are all still going to school.

Prior to receiving the Lifestart Foundation Scholarship, Dinh and his family used to live on his father's meager monthly income of 1 million dong or approximately \$44 USD per month, and the limited financial support from his mother and his grandfather when he was still alive. With this income, it was impossible for the family to manage their lives and support Dinh with a six-year degree studying General Medicine. Given all of the difficulties that the family has faced, remarkably, Dinh is the first in his family to attend University.

Despite all of the challenges, Dinh has made every effort in his studies in order to realise his dream of becoming a skilled doctor. During a normal week he spends 5 hours on self-study and on the days leading to exams, he spends about 12 hours per day self-studying.

Besides his academic studies, Dinh is also a member of the Blood Donation Club of his university. Up to now, he has already carried out 26 platelet donations for those in need. Dinh shared with us, that he enjoys helping others, especially when it comes to saving a person's life.

Below is the beautiful letter of gratitude from Dinh to Lifestart Foundation. We hope you enjoy reading his letter of thanks.

Dinh's Thank-you Letter:

Dear Ms. Karen and Lifestart Foundation,

My name is Nguyen Trong Bao Dinh. I am now a third-year General Medicine student at Hue University of Medicine and Pharmacy. I was one of the students who was honored to receive a full scholarship from Lifestart Foundation.

Today I'm writing this letter to show my deep gratitude to Ms. Karen and Lifestart Foundation. When I heard that I had been chosen to be a recipient, I was so excited and happy. I also knew that you not only were giving me your tremendous support but also your trust and belief. I will try to study harder and will make my best efforts going forward. When my family heard that I had been awarded the educational scholarship, they were extremely happy and proud of me. My parents also hope to meet you and Lifestart Foundation's staff to say thank you to you all.

When my family knew that I would get such a valuable scholarship, every aspect of my family's life improved. Although my father's job is not stable, he is always optimistic, and the news has reduced the worry lines on his face. My younger sister is now in the second year of veterinary studies. It has been her dream since she was young. Also, my youngest brother is focusing on his studies to prepare for the entrance exam to grade 6 next year. My parents are also supporting him in taking an English class near my house.

My plan is that I will specialise in cardiology. My immediate challenge will be to succeed in the remaining 4 years of my undergraduate program and then the biggest obstacle will be the resident doctor exam. I will also try my best to achieve French level B2, and after that, I will take the IELTS exam. This will give me a lot of opportunities to study abroad and be trained in Western medicine after graduation. Most important of all I will achieve my dream that I have had since I was young – that I would come back to my hometown and dedicate my ability to my province, especially by helping poor people.

The scholarship that I received from Ms. Karen and Lifestart Foundation has helped me to reduce the financial problems in my family. With my scholarship, I will be able to support myself in studying at university. My parents will be able to concentrate on supporting my younger brother and sister and all the other expenses in my family. I was so surprised and

delighted when I was also given a new laptop, a necessary and meaningful gift for any student. From now, I can do my presentations, research documents, and prepare patients' files.

I would like to sincerely send my gratitude to Ms. Karen and Lifestart Foundation for the valuable scholarship and the gift which you gave me. I promise to try to study harder in the future, so I can live up to your expectations.

I wish you and all of Lifestart Foundation's staff good health, and I hope to see you all soon! Goodbye and see you then.

Yours faithfully,

Nguyen Trong Bao Dinh



UPDATE: 28-05-2022

GREAT NEWS FROM LIFESTART FOUNDATION SCHOLARSHIP STUDENT THU
Congratulations Thu on achieving the maximum of 4.0 out of 4.0 in the first semester of Year 1 at University! A perfect score. All of the team at Lifestart Foundation are extremely proud of your achievements.

Thu is a super diligent first-year student at DaNang University of Economics, majoring in Finance and Banking. She has held a full Lifestart Foundation education scholarship since she was in grade 7 at secondary school.

Thu comes from a family of five. Her grandmother is elderly and is unable to work anymore. Her father is the main breadwinner of the family. The family has been living on his meagre income from a carpentry job while her mother's health was not good so she stayed at home to take care of Thu and her younger sister. Sadly, her mother has passed away recently due to brain cancer, leaving Thu's father widowed with two daughters to raise alone.

Despite her disadvantaged background, Thu has always excelled in her study and achieved outstanding results.

While holding her Lifestart Foundation Education Scholarship, Thu achieved the title of an excellent student over 3 consecutive years at Le Thanh Tong High School for Gifted Students. As a consequence of her excellent Year 12 results, she was selected to go straight to University without having to sit the entrance exam.

Last semester, with her constant striving for excellence, Thu achieved a maximum of 5 A level marks for 5 subjects namely Macroeconomics, Microeconomics, Principles of Marketing, Introduction to Law, and Applied Mathematical Economics.

We are extremely proud of Thu'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.

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

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

◆ Xuan Thu receives hamper box from her generous sponsors:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1405761179469397/>

◆ Electric bike donation for Thu:

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

◆ Congratulations Thu. Gold - Gold – Gold:

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

Scholarships



UPDATE: 07-05-2022

INTRODUCING NEW LIFESTART FOUNDATIONS LATEST EDUCATION SCHOLARSHIP STUDENT – QUYNH

[#Educating](#) young Central Vietnamese female students to reach their potential.

Quynh is one of the most recent students to receive a full Lifestart Foundation Education Scholarship. She is currently studying in year 9 and is ranked the number one student in her class. During her scholarship interview process, Quynh impressed us all and was a stand-out candidate.

As with all of our scholarship students, Quynh has a difficult back story which she explains in her letter of gratitude below.

Living in a large family with poor living conditions has urged Quynh to strive harder in her studies in order to help her family and contribute to the community in the future. Her large family tries to manage on 5 million VND per month (approx. \$ 217 USD per month). Despite all of the odds stacked against her, she has amazed us with her diligence and excellent academic accomplishments.

After receiving the full Lifestart Foundation Education Scholarship, Quynh's life has changed for the better. An enormous burden has been lifted from her shoulders and that of her family too. The scholarship granted to Quynh covers all of her tuition fees, books, uniforms, stationery and also enabled her to continue her all-important extra classes.

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.

Once again, we warmly welcome Quynh into the Lifestart Foundation family and hope to provide her with as much support as possible.

QUYNH'S THANK-YOU LETTER:

Dear Karen and Everyone at Lifestart Foundation,

My name is Tuong Thi Quynh, the lucky Year 9 student who has recently received a precious education scholarship from you.

On behalf of my family, I would like to extend my deepest gratitude to you for this valuable scholarship, which will provide the best possible learning conditions for me and help me to pursue my academic study goals.

I come from a large disadvantaged family of six, including my parents, my two elder sisters, my younger sister, and me. My eldest sister, Ngan, is currently a first-year student majoring in English Translation and Interpreting at Danang University of Foreign Language Studies. My elder sister, Sam – who has also received your education scholarship, is studying in year 11 at High school and Nhu – my younger sister, is a year 5 student at primary school. Both of my parents are rice farmers, who work really hard to make ends meet. To earn extra income to support 4 children who are still going to school, my father also works as a builder's assistant while my mother assists at local weddings and parties. Being fully aware of how difficult my family situation is, whenever I have free time from my studies, I try to help my family with some housework such as cooking rice, washing dishes, and cleaning.

As for my studies, I achieved a very good GPA of 9.5 out of a possible 10 in the first semester of this school year. Throughout my secondary school years, Chemistry has been my all-time favourite subject since it provides me with a wide

range of practical knowledge most importantly, Chemistry is one of the three crucial subjects I plan to follow to prepare for the University entrance exam in the future. However, Literature is the subject I excel in and I am a member of the gifted Literature team of my school.

At school, I feel lucky to be surrounded by enthusiastic teachers and supportive friends. The teachers are like our second parents, who always wholeheartedly support us in our studies and help to expand our horizons.

Currently, I am attending four extra classes: Maths, Physics, Chemistry, and English at my teachers' houses. Every day I usually spend 5-6 hours on self-study, completing the exercises given by my teachers, reviewing the lessons, and reading more to advance my knowledge.

Becoming a skilled doctor has always been my long-held dream. During the pandemic, the images of the frontline healthcare workers trying to save patients' lives left strong impression on me. To me, being a doctor is a noble career through which I can contribute to society.

On the day I had my scholarship interview with Karen at Lifestart Foundation, I was quite nervous as this was my very first time having such an interview. However, thanks to the encouragement from Karen and Nhung, I was reassured and felt more confident. My family and I were overjoyed when I found out that I would receive this valuable scholarship from Lifestart Foundation!

This meaningful scholarship is also a great source of motivation for me to strive harder in my studies, enabling me to continue my learning journey and look to a brighter future ahead.

Once again, I would like to send my heartfelt thanks to Karen, and everyone at the Lifestart Foundation team for your kindness and generosity. I promise to try even harder in my studies to be worthy of your help. I wish you all good health, success in work, and happiness in life.

Kind regards,

Tuong Thi Quynh

Donation



UPDATE: 02-12-2021

A DONATION OF DAILY ESSENTIALS FOR THAM

Lifestart Foundation Education Scholarship recipient Tham is currently a second-year student majoring in Economic Law at Danang University of Economics. She was another student chosen to receive this kind of donation.

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

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.

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.



UPDATE: 05-12-2022

LIFESTART FOUNDATION'S EMERGENCY SUPPLY DONATION

The Lifestart Foundation team was very happy to hold one of the many emergency supply donation days for families in need in the mountainous area of Nong Son district, Quang Nam province.

Nong Son is among the poorest districts of Quang Nam Province.

120 food parcels including rice, cooking oil, fish sauce, soy sauce, washing powder, shampoo, toothpaste, and dish detergent were donated to families from Phuoc Ninh,



Que Trung, Son Vien, Que Loc, Que Lam, and Ninh Phuoc communes.

All of the recipients come from extremely challenging situations. They included orphans, single parents with many children, disabled people, and people with terminal diseases.

Lifestart Foundation has committed a total of \$13,500 AUD (approx. 237,600,000 VND) of food relief donations to hundreds of disadvantaged families across Quang Nam province. Stay tuned for many more of our exciting donation days posts.

Click here to read more about our previous hamper box donation day for underprivileged families in Dong Giang district, Quang Nam province:

<https://www.facebook.com/TheLifestartFoundation/posts/4526174000761417>



UPDATE: 07-12-2021

EMERGENCY SUPPLIES FOR DISADVANTAGED STUDENTS AND FAMILIES

Nguyet is currently a senior high school student.

Nguyet comes from a single-parent family. Her dad, unfortunately, passed away 16 years ago after an accident, leaving her mum with two small children to raise.

Since then all the family responsibilities have rested upon Nguyet's mums' shoulders. To earn money for her family, her mum has worked every day as a hotel room

attendant.

Nguyet is pictured receiving a much-needed hamper box from Lifestart Foundation.

The gift includes rice and daily household necessities such as cooking oil, fish sauce, soy sauce, washing powder, shampoo, toothpaste, and dish detergent.



UPDATE: 09-12-2021

DONATION OF HOUSEHOLD ESSENTIALS FOR DISADVANTAGED STUDENTS AND FAMILIES

Our Education Scholarship student Quyen is pictured receiving a much-needed hamper box from Lifestart Foundation. Quyen is currently a third-year student specializing in Information Technology at Danang University of Education. She has been a Lifestart Foundation scholarship recipient since grade 7.

Quyen comes from a family of 6, including her parents, two elder sisters, her younger brother, and Quyen. Her family lives in the poorest area of Quang Nam province. It is 45 km from Hoi An and her house is near the mountains. Quyen's father has epilepsy and often has seizures. Her mother, who also has health problems, supports the family as a rice farmer and she also does manual labour work if she is lucky enough to be hired.



UPDATE: 12-12-2021

HOUSEHOLD SUPPLIES FOR ANH

Anh specialises in Physics and he is currently studying in year 11 at Le Thanh Tong High school for Gifted Students in Hoi An.

There are four people in his family, including his parents, his elder brother, and Anh. Before the outbreak of Covid-19, both his parents and his elder brother worked in the hospitality industry. Unfortunately, since the pandemic hit Vietnam it has left them unemployed. As a result, they struggled to find employment because of the shortage of job opportunities in Hoi An during the pandemic. Currently, his parents survive by catching fish in the local river to sell while his elder brother works at a timber factory with a limited income.

Anh is a diligent student despite the challenges facing him. His favourite subjects are Maths, Physics, and Chemistry. At this stage, he would like to follow a degree in Architecture.

Anh was extremely happy and grateful to receive support from Lifestart Foundation with the gift of a hamper box. The gift included basic yet much-needed cooking and household essentials such as rice, cooking oil, soy sauce, fish sauce, washing powder, shampoo, shower gel, and toothpaste.

We hope this hamper will help partially reduce Anh's family's financial burden. The gift of a hamper box can really make a huge difference in the life of a family facing challenges, especially during the Covid-19 pandemic.



UPDATE: 14-12-2021

EMERGENCY SUPPLIES FOR DISADVANTAGED STUDENTS AND FAMILIES

Pictured in this post is Mr. Minh, who is the good-hearted uncle of Sang - Lifestart Foundation's Education Scholarship recipient.

After Sang's parents divorced he was abandoned by his mother and ultimately his father too. After his mother left he lived with his father who had to stay away for work and subsequently left Sang living alone for a few years fending for himself!

Neighbours in the countryside finally tracked down Sang's disabled uncle who was taking care of Sang's elderly grandmother at that time. Since then, Sang has been taken in by his uncle who works very hard to support the entire family despite his disability while his father

who he rarely saw had to work far away from home.

Mr. Minh is pictured receiving a much-needed hamper box from Lifestart Foundation, which helps to reduce the burden on his 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: 16-12-2021

A DONATION OF DAILY ESSENTIALS FOR DIEU LINH

Our Lifestart Foundation Education Scholarship student Linh is currently studying in year 12 at Le Thanh Tong High school for Gifted Students. She is pictured receiving much-needed household supplies from Lifestart Foundation.

Linh lives with her grandmother, her parents, and her younger brother in her hometown Dien Ban. Her parents, who are both rice farmers, try hard every day to raise and educate their two children with their meagre unstable income. To earn extra income to support the entire family, her dad also works as a builder's assistant while her mum sells Quang noodles in Hoi An.



UPDATE: 19-12-2021

ESSENTIAL SUPPLIES FOR FAMILIES IN NEED IN TAY GIANG DISTRICT

Lifestart Foundation was very happy to continue to another emergency supply donation day for underprivileged families in Tay Giang.



Tay Giang is a remote mountainous district in the westernmost part of Quang Nam Province. It is approximately 130 km from Hoi An and is among the poorest districts of the province, with the majority of people being Cotu ethnic people.

The Lifestart Foundation team including 4 staff and 4 volunteers visited the Dang commune of Tay Giang district and donated 110 food hampers including rice, cooking oil, fish sauce, soy sauce, washing powder, shampoo, toothpaste, and dish detergent to 110 ethnic minority families.

It took the team five and a half hours from an early morning start at 4am to arrive at 9.30 am. The trip by car involved crossing many zigzag mountain paths to get to the Dang commune which is located in a very isolated area. The Dang commune is one of the fifty-eight communes in Quang Nam that are included on the list of particularly difficult economically challenged communes. The team arrived back in Hoi An at 6.30pm. A long and tiring day but very rewarding at the same time.

Lifestart Foundation has committed a total of \$13,500 AUD (approx. 237,600,000 VND) worth of flood relief donations to hundreds of disadvantaged families across Quang Nam province. A big [#Thankyou](#) to Karma Foundation for making this wonderful donation possible. Stay tuned for many more of our exciting donation days posts.

Click [here](#) to read more about our previous hamper box donation days for disadvantaged families in Dong Giang and Nong Song districts of Quang Nam province:

◆ Dong Giang: <https://www.facebook.com/TheLifestartFoundation/posts/4526174000761417>

◆ Nong Son: <https://www.facebook.com/TheLifestartFoundation/posts/4544298612282289>



UPDATE: 22-12-2021

EMERGENCY RELIEF DISTRIBUTED TO FAMILIES IN NEED

The Lifestart Foundation team has been super busy organising and distributing aid to the neediest families in Quang Nam province. These images are a small sample of one of the many Emergency Distribution Days for hundreds of disadvantaged families in Quang Nam province who are in need of basic supplies.



In this round, 30 food hampers including rice, cooking oil, fish sauce, soy sauce, washing powder, shampoo, toothpaste, and dish detergent were donated to 30 Lifestart Foundation's scholarship students' families, who have been significantly impacted by the recent Covid-19 pandemic. All of these families were extremely grateful for this support.

Click here to read more about our previous hamper box donation days for disadvantaged families in Dong Giang and Nong Son districts of Quang Nam province:

- ◆ Dong Giang: <https://www.facebook.com/TheLifestartFoundation/posts/4526174000761417>
- ◆ Nong Son: <https://www.facebook.com/TheLifestartFoundation/posts/4544298612282289>
- ◆ Tay Giang: <https://www.facebook.com/310107192368140/posts/4551190161593134/>



UPDATE: 28-12-2021

HOUSEHOLD GOODS FOR DISADVANTAGED STUDENTS AND FAMILIES

Hieu is currently a third-year student majoring in Japanese studies at Hue University of Foreign Languages. He has been a Lifestart Foundation Education Scholarship student since year 7.

There are 4 people in Hieu's family. His father sadly has suffered from mental health issues for the past 20 years and is unable to work leaving his mum, a rice farmer the main breadwinner for the family.

Hieu is pictured receiving a much-needed hamper box from Lifestart Foundation, which will partly help him and his families overcome difficulties during the Covid-19 pandemic.



UPDATE: 30-12-2021

EMERGENCY SUPPLIES FOR LIFESTART FOUNDATION'S EDUCATION SCHOLARSHIP STUDENTS AND FAMILIES

Our Education Scholarship student Ngoc Thu comes from a single-parent family.

Unfortunately, her father passed away when she was only 4 years old. Since then, her mother, who is a rice farmer, has taken on the responsibility to raise her three children alone.

Thu is pictured receiving a much-needed gift in the form of a hamper box from Lifestart Foundation.

These essential household supplies will help carry her family through the upcoming months, enabling her mum to allocate money for other necessary expenses.



UPDATE: 04-01-2022

A DONATION OF DAILY NECESSITIES FOR NGOC'S FAMILY

Lifestart Foundation Education Scholarship student Ngoc was born and raised into a disadvantaged single-parent family in a rural area of Dien Ban, Quang Nam. Pictured in this post is Ms. Mai, is Ngoc's 58-year-old mum, who collects scrap to make a living.

Ms. Mai is pictured receiving a much-needed hamper box from Lifestart Foundation, which helps 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.

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.

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: 06-01-2022

EMERGENCY SUPPLIES FOR DISADVANTAGED STUDENTS AND FAMILIES

Lifestart Foundation Education Scholarship student Sam is currently a year-11 student in Dien Ban, Quang Nam.

Sam comes from a large 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.

Sam is pictured receiving a much-needed hamper box from Lifestart Foundation, which will help her and her family overcome difficulties during the Covid-19 pandemic.



UPDATE: 09-01-2022

WARM CLOTHES AND BLANKETS DONATION FOR LANDSLIDE, FLOOD AND TYPHOON SURVIVORS IN TAY GIANG (QUANG NAM)

Lifestart Foundation has helped to rebuild an entire village that was destroyed in the landslides and floods in late 2020. During the floods and landslides, everything was lost including livelihoods, houses, contents, and clothes. Tay Giang is remote and very difficult to access mountainous village, a 7.5-hour road trip that is 150 kilometers from Hoi An.

The families that live in Tay Giang are Cotu ethnic minority people. They live hand to mouth and are desperately poor. Warm clothes were needed, after losing all of their possessions, and to keep them warm during the bitterly cold winter.

Lifestart Foundation has committed a total of \$4,000 AUD which was raised within 48 hours of our 30-day fundraising campaign to provide warm clothes to villagers in Tay Giang district.

The Lifestart Foundation team has been very busy organizing Warm clothes and Blankets Distribution Day for those affected. Recently, our Lifestart Foundation team have visited the village to donate warm clothes for these families.

238 gift parcels including 38 blankets and 200 sets of warm clothes with each set containing a warm coat, a hat, gloves, socks, and a scarf, valued at over 62,000,000 VND.

95 children, 105 middle-aged and elderly people as well as 38 disadvantaged families, all are from the Co-tu ethnic minority group in Tay Giang district have benefited from this project.

This post includes images of the families receiving blankets from Lifestart Foundation.

Once again, we would like to express our gratitude to our amazing donors, who have made this campaign possible and so successful.



UPDATE: 11-01-2022

DONATION OF HOUSEHOLD ESSENTIALS FOR DISADVANTAGED STUDENTS AND FAMILIES

Pictured in this post is our Education Scholarship student Nhung's mother, Ms. Phi, who is the sole breadwinner of her family.

She was extremely happy and grateful to receive support from Lifestart Foundation with the gift of a hamper box.

She suffers from arthritis which causes her problems when she walks and limits her capacity to work. Despite her physical weakness, she works really hard as a tailor during the day and makes pork rolls at night to earn extra income to support Nhung and her elderly grandparents.



UPDATE: 13-01-2022

A DONATION OF DAILY ESSENTIALS FOR BUU

Buu comes from a large family of eight, including his grandmother, his parents, four elder sisters, and Buu. His grandmother is elderly and stays at home under the care of his parents. Both Buu's father and mother are rice farmers who work extremely hard in the fields to support their entire family.

Buu is pictured receiving a much-needed hamper box from Lifestart Foundation.

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: 16-01-2022

A MOTORBIKE DONATION FOR DUYEN

What a wonderful donation from one of our generous ex-pat supporters Emeric. This donation was given to Lifestart Foundation Education Scholarship student Duyen.

Duyen is currently a first-year Pharmacy student at Danang University of Medical Technology and Pharmacy. Duyen has been a Lifestart Foundation Education Scholarship recipient since year 7 and she is the first in her family to attend University.

Having a means of transport especially a motorbike to commute is one of the most crucial needs of a university student in Vietnam. However, with her mother's meagre unstable income of only 2 million vnd or \$87 usd per month from farming work, it is impossible to purchase a motorbike for her.

The motorbike donated by Emeric came at just the right time when Duyen needed it the most. It will help her to have a means of safe and independent transport.

A big [#Thankyou](#) to Emeric for making this donation possible.

Follow our previous posts below to read more about Duyen:

◆ Duyen accepted to Danang University of Medical Technology and Pharmacy:
<https://www.facebook.com/TheLifestartFoundation/posts/4325102244201928>

◆ A hamper box donation for Duyen: <https://www.facebook.com/TheLifestartFoundation/posts/4003704469675042>



UPDATE: 18-01-2022

HOUSEHOLD GOODS FOR DISADVANTAGED STUDENTS AND FAMILIES

Thu is currently a first-year Finance and Banking student at Danang University of Economics.

Thu comes from a family of five, including her grandmother, her parents, her younger sister, and Thu. Her grandmother is elderly and is unable to work anymore. Due to her mum's ill health, her dad is the main breadwinner for the family. The family lives on his meagre income from carpentry work.

Thu is pictured receiving a much-needed hamper box from Lifestart Foundation, which helps to reduce the burden on her father's shoulders.

The gift includes daily household necessities such as cooking oil, fish sauce, soy sauce, washing powder, shampoo, toothpaste, and dish detergent.



UPDATE: 20-01-2022

A MUCH-NEEDED ESSENTIAL GOODS DONATION FOR NHI

Nhi has held a full Lifestart Foundation Education Scholarship in year 7. She is currently studying in year 11 at high school.

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 and their families with additional support. This comes in a variety of practical and useful ways to help ease the burden for the students and their families.

Nhi is pictured receiving a much-needed donation. The gift included basic yet essential cooking and household supplies such as rice, cooking oil, fish sauce, soy sauce, cereal, shampoo, toothpaste, and washing powder. 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.

Nhi comes from a family of five from Dien Ban, including her grandparents, her mum, her younger sister, and Nhi. Tragically, her dad passed away nearly 11 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 elderly so they cannot work very much. What they can do is to grow vegetables, raise some chickens and try to catch fish in the nearby river for the family. We hope this hamper will help partially reduce her family's financial burden and help her mum reallocate money for other necessary expenses.

Once again, Lifestart Foundation would like to express our 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 Nhi, please click here:

◆ Introducing Nhi, New LSF Education Scholarship Recipient:

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

◆ Flood Relief for Nhi's family: <https://www.facebook.com/TheLifestartFoundation/posts/3824164867629004>

◆ Nhi achieved a Biology bronze medal: <https://www.facebook.com/TheLifestartFoundation/posts/4156249741087180>



UPDATE: 23-01-2022

WARM CLOTHES AND BLANKETS DONATION FOR LANDSLIDE, FLOOD AND TYPHOON SURVIVORS IN TAY GIANG (QUANG NAM)

A total of \$4,000 AUD was raised by Lifestart Foundation within 48 hours of our 30-day fundraising campaign to provide warm clothes to villagers in Tay Giang district. Tay Giang is a remote and very difficult to access mountainous village, a 7.5-hour road trip that is 150 kilometers from Hoi An.



Lifestart Foundation has helped to rebuild an entire village that was destroyed in the landslides and floods in late 2020. During the floods and landslides, everything was lost including livelihoods, houses, contents, and clothes. The families that live in Tay Giang are Cotu ethnic minority people. They live hand to mouth and are desperately poor. Warm clothes were needed, after losing

all of their possessions, and to keep them warm during the bitterly cold winter.

The Lifestart Foundation team has been very busy organizing Warm clothes and Blankets Distribution Day for those affected. Recently, our Lifestart Foundation team have visited the village to donate warm clothes for these families.

238 gift parcels including 38 blankets and 200 sets of warm clothes with each set containing a warm coat, a hat, gloves, socks, and a scarf, valued at over 62,000,000 VND.

95 children, 105 middle-aged and elderly people as well as 38 disadvantaged families, all are from the Co-Tu ethnic minority group in Tay Giang district have benefited from this project.

This post includes images of the kindergarten students receiving much-need warm clothes from Lifestart Foundation. Once again, we would like to express our gratitude to our amazing donors, who have made this campaign possible and so successful.



UPDATE: 27-01-2022

ESSENTIAL HOUSEHOLD SUPPLIES FOR HAI

At Lifestart Foundation, besides providing valuable education scholarships to disadvantaged students to help them complete their education, we also reach out to the wider community to help those in need.

Hai is currently a year 12 student specialising in Biology at Le Thanh Tong High school for Gifted Students in Hoi An.

Hai comes from a disadvantaged single-parent family, including his mother, his younger brother, and Hai. All of the family responsibilities and financial pressure rest upon his mother's shoulders and she is the sole breadwinner for the family. They live on his mum's meagre income from selling noodles. Hai's mum has been working really hard to support her two children with their education expenses.

Being fully aware of how difficult his family situation is, Hai has been trying his utmost in his studies in the hope of getting a good job to financially help his mother and his family to break the poverty cycle. As a result of his determination, he has always achieved the title of an excellent student for many years. At this stage, he would like to follow a course in Information Technology. Besides studies, Hai also helps his mother to take care of his younger brother who is still in kindergarten, and also helps with general housework.

Hai was extremely happy and grateful to receive support from Lifestart Foundation and the generous donor with the gift of a hamper box. 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. Amid the Covid-19 pandemic, this much-needed gift has helped his family overcome their difficulties and save money to cover other living expenses. A big thank you to Ana for making this series of donations possible.



UPDATE: 30-01-2022

DONATIONS FOR LIFESTART FOUNDATION'S UNIVERSITY STUDENTS

Eleven of our Lifestart Foundation students, who have just finished year 12 at high school, are pictured receiving much-needed household essentials. These useful items were donated by generous Hoi An and Da Nang ex-pats.

These donations are enormously beneficial to our scholarship students who are all from very poor families.

All of the Lifestart Foundation students are extremely grateful for these donations as it will definitely help them with settling into university and life in the big cities.

Our scholarship students have worked so hard and completed an enormous amount of daily study in hope of breaking the poverty cycle and ultimately attending University.

Their hard work paid off and now they are ready to commence their university life, thanks to the wonderful support from all of the amazing sponsors, donors, and supporters.

We send our best wishes to all of our students with their study paths ahead.

A big [#thankyou](#) to generous Hoi An and Danang ex-pats for making these donations possible.



UPDATE: 06-02-2022

WARM CLOTHES AND BLANKETS DONATION FOR LANDSLIDE, FLOOD AND TYPHOON SURVIVORS IN TAY GIANG (QUANG NAM)

Lifestart Foundation has helped to rebuild an entire village that was destroyed in the landslides and floods in late 2020. During the floods and landslides, everything was lost including livelihoods, houses, contents, and clothes. Tay Giang is a remote and very difficult to access mountainous village, a 7.5-hour road trip that is 150 kilometers from Hoi An.

The families that live in Tay Giang are Cotu ethnic minority people. They live hand to mouth and are desperately poor. Warm clothes were needed, after losing all of their possessions, and to keep them warm during the bitterly cold winter.

Lifestart Foundation has committed a total of \$4,000 AUD which was raised within 48 hours of our 30-day fundraising campaign to provide warm clothes to villagers in Tay Giang district.

The Lifestart Foundation team has been very busy organizing Warm clothes and Blankets Distribution Day for those affected. Recently, our Lifestart Foundation team have visited the village to donate warm clothes for these families.

238 gift parcels including 38 blankets and 200 sets of warm clothes with each set containing a warm coat, a hat, gloves, socks, and a scarf, valued at over 62,000,000 VND.

95 children, 105 middle-aged and elderly people as well as 38 disadvantaged families, all are from the Co-Tu ethnic minority group in Tay Giang district have benefited from this project.

This post includes images of the primary school students receiving much-needed warm clothes from Lifestart Foundation.

Once again, we would like to express our gratitude to our amazing donors, who have made this campaign possible and so successful.



UPDATE: 08-02-2022

RELIEF SUPPLIES AND HEALTH INSURANCE SUPPORT FOR ORPHANS AT QUANG CHAU PAGODA

Lifestart Foundation recently has committed more than 68,000,000 VND to support nearly 100 orphan children at Quang Chau Pagoda in Danang, to overcome the difficulties during the Covid-19 pandemic. In 2020, we had the opportunity to visit these lovely children and we provided them with daily necessities. We are extremely happy to continue with a new round of donations again this year.



This round, Lifestart Foundation has delivered food and household essentials such as vegan noodles, soya sauce, lots of vegan food, milk, toothpaste, dish-washing detergent, fabric softener, washing powder, and many more much needed daily essentials.

In addition, Lifestart Foundation has also provided health insurance support for 76 orphans from year 1 to year 12 who live at this pagoda.

A big [#thankyou](#) to Karma Foundation for making this wonderful donation possible.



UPDATE: 10-02-2022

A MUCH-NEEDED HAMPER BOX DONATION FOR KHIEM

Apart from awarding Education Scholarships to disadvantaged students, Lifestart Foundation also reaches out to the wider community to help those in need. Recently we were extremely delighted to receive financial support from our longterm generous sponsor Ana. So Lifestart Foundation has partnered with Quang Nam Union of Friendship Organisations and Le Thanh Tong High school for Gifted Students to deliver hamper boxes to students with financial difficulties.

Khiem is a year 11 student at Le Thanh Tong High school for Gifted Students and he specialises in Computer Sciences.

Khiem lives in the countryside in Dien Ban, Quang Nam. Not as fortunate as other children, he comes from a single-parent family. His father, who works as a Maths home tutor, is the sole breadwinner of the family. They live on his very limited income of only 2,000,000 vnd per month. Khiem didn't have enough money to attend the all-important extra classes and the ongoing difficulties they are experiencing due to the impacts of the Covid-19 pandemic, it has made their lives all the more difficult.

Despite his difficult background, Khiem has always tried his utmost in his studies in order to help his family break the poverty cycle. He has been an excellent student for many years. Last school year, he received a GPA of 8.5 out of a possible 10, achieving the title of an excellent student. He completes 6 hours of self-studying every day. Besides that, he also helps his dad with some light tasks such as cooking, cleaning the house, washing dishes, and doing the laundry. Khiem shared that really loves Computer Sciences and hopes to follow a major related to Information Technology in the future.

To reduce some of the financial burdens on Khiem's father's shoulders, Lifestart Foundation has supported them with a much-needed hamper box donated by Ana. Khiem is pictured receiving many household essentials such as rice, cooking oil, soy sauce, fish sauce, dishwashing liquid, washing powder, shampoo, shower gel, and toothpaste. Khiem is extremely grateful for the timely support from Ana as well as Lifestart Foundation as his father will be able to save money for other necessary expenses.



UPDATE: 13-02-2022

A BICYCLE DONATION FOR MINH

Pictured in this post is Minh, a year-8 student who is living in Dien Ban, Quang Nam. Minh has recently received a bicycle donated by generous Hoi An ex-pat Becky.

Minh comes from a single-parent family. He lives with his grandmother, his mother, and his younger sister. The family lives on his mum's meagre income from farming work. Unfortunately, his mother has suffered from epilepsy for a long time so her health is not good, which has made their lives all the more difficult and reduced her income-earning capacity. The family is on the government's poor list.

Prior to receiving this bicycle, Minh traveled to school on an old bike that had seen better days.

Thanks to this donated bicycle which has been kept in very good condition, it will greatly assist Minh in traveling to and from school and to his extra classes, without having to worry if his bike will break down.

A big [#thankyou](#) to Becky for making this donation possible.



UPDATE: 15-02-2022

EMERGENCY SUPPLIES FOR LIFESTART FOUNDATION'S EDUCATION SCHOLARSHIP STUDENTS AND FAMILIES

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 health issues and he can only do light tasks.

Thuong is pictured receiving a much-needed gift in the form of a hamper box from Lifestart Foundation. These essential household supplies will help carry her family through the upcoming months, enabling her mum to allocate money for other necessary expenses.



UPDATE: 17-02-2022

WARM CLOTHES AND BLANKETS DONATION FOR LANDSLIDE, FLOOD AND TYPHOON SURVIVORS IN TAY GIANG (QUANG NAM)

A total of \$4,000 AUD was raised by Lifestart Foundation within 48 hours of our 30-day fundraising campaign to provide warm clothes to villagers in Tay Giang district. Tay Giang is a remote and very difficult to access mountainous village, a 7.5-hour road trip that is 150 kilometers from Hoi An.



This post includes images of the secondary school students receiving much-need warm clothes from Lifestart Foundation. Lifestart Foundation has helped to rebuild an entire village that was destroyed in the landslides and floods in late 2020. During the floods and landslides, everything was lost including

livelihoods, houses, contents, and clothes.

The families that live in Tay Giang are Cotu ethnic minority people. They live hand to mouth and are desperately poor. Warm clothes were needed, after losing all of their possessions, and to keep them warm during the bitterly cold winter.

The Lifestart Foundation team has been very busy organizing Warm clothes and Blankets Distribution Day for those affected. Recently, our Lifestart Foundation team have visited the village to donate warm clothes for these families.

238 gift parcels including 38 blankets and 200 sets of warm clothes with each set containing a warm coat, a hat, gloves, socks, and a scarf, valued at over 62,000,000 VND.

95 children, 105 middle-aged and elderly people as well as 38 disadvantaged families, all are from the Co-Tu ethnic minority group in Tay Giang district have benefited from this project.

Once again, we would like to express our gratitude to our amazing donors, who have made this campaign possible and so successful.



UPDATE: 22-02-2022

WARM CLOTHES AND BLANKETS DONATED TO LANDSLIDE, FLOOD AND TYPHOON SURVIVORS IN TAY GIANG (QUANG NAM)

Lifestart Foundation has helped to rebuild an entire village that was destroyed in the landslides and floods in late 2020. During the floods and landslides, everything was lost including livelihoods, houses, contents, and clothes. Tay Giang is a remote and very difficult to access mountainous village, a 7.5-hour road trip that is 150 kilometers from Hoi An.



This post includes images of the impoverished villagers receiving warm clothes from Lifestart Foundation.

The families that live in Tay Giang are Cotu ethnic minority people. They live hand to mouth and are desperately poor. Warm clothes were needed, after losing all of their possessions, and to keep them warm during the bitterly cold winter.

Lifestart Foundation has committed a total of \$4,000 AUD which was raised within 48 hours of our 30-day fundraising campaign to provide warm clothes to villagers in Tay Giang district.

The Lifestart Foundation team has been very busy organizing Warm clothes and Blanket Distribution Day for those affected. Recently, our Lifestart Foundation team visited the village to donate warm clothes for these families.

238 gift parcels including 38 blankets and 200 sets of warm clothes with each set containing a warm coat, a hat, gloves, socks, and a scarf, valued at over 62,000,000 VND.

95 children, 105 middle-aged and elderly people as well as 38 disadvantaged families, all are from the Co-tu ethnic minority group in Tay Giang district have benefited from this project.

Once again, we would like to express our gratitude to our amazing donors, who have made this campaign possible and so successful.



UPDATE: 24-02-2022

A DONATION OF HOUSEHOLD ESSENTIALS FOR HIEU'S FAMILY

Lifestart Foundation Education Scholarship recipient Hieu is currently a third-year Japanese Studies student at Hue University of Foreign Languages. She is pictured receiving a much-needed hamper box from Lifestart Foundation.

Both Hieu's parents are rice farmers who rely on their meagre income from farming work to raise and educate their three daughters.



UPDATE: 01-03-2022

EMERGENCY SUPPLIES FOR DISADVANTAGED STUDENTS AND FAMILIES

Pictured in this post is Lifestart Foundation Education Scholarship student Ly's mother, Ms. Luyen.

Ms. Luyen, who works really hard every day to make ends meet, is the main breadwinner for her family. The family of 5, including Ly's elderly grandmother and Ly's two aunts, one who suffers from the effects of agent orange and one aunt who is disabled, live on her meagre income from farming work.



UPDATE: 03-03-2022

A DONATION OF HOUSEHOLD NECESSITIES FOR NHI

Lifestart Foundation was very delighted to receive the wonderful support from our generous supporter Ana, which came in the form of hamper boxes for disadvantaged families. Nhi was another Lifestart Foundation scholarship student chosen to receive this kind of support.

Lifestart Foundation education scholarship student Nhi is currently studying in year 11 at high school. She received a full LSF Education Scholarship in year 7.

Nhi lives with her mum, her younger sister, and her elderly grandparents in Dien Ban. Sadly, her father passed away 10 years ago after a motorbike accident, leaving Nhi's mother widowed with two little daughters to raise alone. To earn money for her family, she had to travel far away to work and had to leave the girls at home with their grandparents. She sent money to the grandparents every month to support the two girls and was only able to visit home twice per year. Currently, her family of five live on her mum's meagre unstable income from selling noodles. Nhi's grandparents are old so they cannot work very much. What they can do is to grow vegetables, raise some chickens and try to catch fish in the nearby river for the family. Unfortunately, the recent Covid-19 outbreak in Vietnam has left her mum unemployed so she has returned home to help Nhi's grandparents with the farming work.

To reduce some of the financial burdens on Nhi's mum's shoulders, Lifestart Foundation has supported them with a much-needed hamper box donated by Ana. Nhi is pictured receiving many household essentials such as rice, cooking oil, soy sauce, fish sauce, dishwashing liquid, washing powder, shampoo, shower gel, and toothpaste. Nhi and her family were extremely grateful for the timely support from Ana as well as Lifestart Foundation as her mother will be able to save money for other necessary expenses.

Nhi is a diligent student and always tries her best in her studies. She completes five and a half hours self-studying every day. She also achieved a Bronze medal at the Provincial level Olympic contest in Biology. At this stage, Nhi would like to pursue a career in Medicine. 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.

Once again Lifestart Foundation would like to express our sincere gratitude to our generous donor Ana for making this series of donations possible.



UPDATE: 06-03-2022

A MUCH-NEEDED NEW BICYCLE DONATION FOR LINH

At Lifestart Foundation, as well as providing valuable education scholarships for disadvantaged students, we also reach out to the wider community to help those most in need.

Linh is currently studying in year 8 in Dien Ban. She is pictured receiving a much-needed new bike from generous Lifestart Foundation donor Ken.

Linh's family situation is extremely challenging. Sadly, her dad passed away in 2015 due to a serious disease, leaving her mum widowed with two children to raise alone. Her mum is a gardener working at a resort, however, due to the Covid-19 pandemic, she has been left

unemployed so there is not enough money to cover the daily expenses for the family. Linh's elder sister is a year 11 student and with their current financial difficulties, it would have been impossible for her family to afford a new bike for her.

Despite her disadvantaged background, Linh is determined to study diligently to break the poverty cycle. Instead of attending the much-needed extra classes, she self-studies at home to save her mum's money. Every day she spends 4 hours on self-study. As a result of her hard work, she received a GPA of 8.5 out of a possible 10 in year 7.

In the past, Linh's main means of transportation was her aging bicycle which has broken frequently due to a previous accident.

Linh is extremely grateful for this timely support from Lifestart Foundation. The gift of a new bicycle is not only material motivation but also great spiritual support. It will help her have a means of safe independent transport.



UPDATE: 10-03-2022

A HAMPER BOX OF ESSENTIAL ITEMS FOR KHANH

Lifestart Foundation would like to send our heartfelt thanks to our long-term supporter Ana, for making this series of donations possible.

Khanh is currently a year 11 student specialising in Chemistry at Le Thanh Tong High school for Gifted Students in Hoi An.

Khanh comes from a low-income family of five, they live in the mountainous Nong Son district in Quang Nam. His parents are both rice farmers who work extremely hard in the fields to support their entire family. To make ends meet, his father also helps remove acacia trees' bark to earn some extra income.

The whole family lives on his parents' meagre income of approximately 5 million vnd per month. To share the burden with his parents, Khanh usually helps them with light household tasks such as cleaning the house, cooking, and washing clothes by hand.

Despite his difficult situation, Khanh has always tried his utmost in his studies in order to help lift his family out of the poverty cycle. He has been an excellent student for many years. His favourite subjects are Chemistry and Maths. A career in Medicine has always been his long-held and cherished dream.

Khanh is pictured here receiving a much-needed hamper box donated by our generous donor Ana.

The gift included basic yet much-needed cooking and household essentials such as rice, cooking oil, soy sauce, fish sauce, dishwashing liquid, washing powder, shampoo, shower gel, and toothpaste.

We hope this hamper will help partially reduce his family's financial burden during this tough period of the world pandemic.



UPDATE: 29-03-2022

EMERGENCY SUPPLIES FOR DISADVANTAGED STUDENTS AND FAMILIES

Tan is currently a 5th year General Medicine student and she is the first in her family to attend university.

Tan is one of six Lifestart Foundation scholarship recipients from Danang University of Medical Technology and Pharmacy, who have demonstrated academic excellence and are from extremely disadvantaged backgrounds. Her GPA in the first semester of year 4 when she received the Lifestart Foundation Medical Scholarship was 3.7 out of a possible 4.0, achieving the title of excellent student!



UPDATE: 03-04-2022

A WONDERFUL ADVANCED BOOK DONATION

Eight outstanding students from Le Thanh Tong High school for gifted students are pictured receiving much-needed advanced books for their studies. They are extremely beneficial to these students, who are all from very poor families with disadvantaged backgrounds including, being orphans and having ill or disabled parents.

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

A big thank you to a generous Hoi An ex-pat who wished to remain anonymous for making this wonderful advanced book donation possible.



UPDATE: 07-04-2022

HOUSEHOLD GOODS FOR DISADVANTAGED STUDENTS AND FAMILIES

Our Education Scholarship student Quynh is pictured receiving a much-needed hamper box from Lifestart Foundation, which helps to reduce the burden on her parents' shoulders.

The gift includes daily household necessities such as cooking oil, fish sauce, soy sauce, washing powder, shampoo, toothpaste, and dish detergent.

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: 12-04-2022

EMERGENCY SUPPLIES FOR DISADVANTAGED STUDENTS AND FAMILIES

Pictured in this post is Lifestart Foundation Scholarship student Nhu's mother. She is a single mum and is the sole breadwinner for her family. Unfortunately, Nhu's father passed away many years ago and since then everything has rested upon Nhu's mothers shoulders. Nhu's mum is a tailor, who works from home.

A much-needed hamper box of household essentials has been given by Lifestart Foundation to Nhu's family in order to partly relieve their financial burdens.



UPDATE: 17-04-2022

MILK DONATION FOR NGOC

Our Lifestart Foundation scholarship student Ngoc, is a year-12 student specializing in Literature at Le Thanh Tong High school for gifted students. She has held a full Lifestart Foundation Education Scholarship since year 7.

Apart from supporting Ngoc 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 her with much-needed additional support.

Ngoc is pictured here receiving a donation of milk as additional monthly support from her sponsor. We hope that this kind of support will give Ngoc improved nutrition and create the best study conditions for her.

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 59-year-old mum who collects scrap to earn a meager unstable living.

Despite her underprivileged background, Ngoc is a diligent and excellent student. She achieved an outstanding GPA of 9.4 out of a possible 10 in year 11, which ranked her first in her class. Last school year, Ngoc also 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.

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

◆ Introducing new LSF Scholarship recipient Ngoc:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1413250352053813/>

◆ Ngoc accepted into Le Thanh Tong Highschool for Gifted students:

<https://www.facebook.com/TheLifestartFoundation/posts/2361172520594920>

◆ An E-bike donation for Ngoc:

<https://www.facebook.com/TheLifestartFoundation/posts/2149092958469545>

◆ Ngoc's academic achievements:

<https://www.facebook.com/TheLifestartFoundation/posts/4045165535528935>



UPDATE: 20-04-2022

HOUSEHOLD GOODS FOR DISADVANTAGED STUDENTS AND FAMILIES

Lan is currently a 5th-year General Medicine student at DaNang University of Medical Technology and Pharmacy and she is the first in her family to attend 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 is pictured receiving a much-needed hamper box from Lifestart Foundation, which will help her save a lot of money spent on food supplies and allocate it for other necessary expenses.



UPDATE: 24-04-2022

A BICYCLE DONATION FOR NHUT

Nhut is currently studying in year 7 in Dien Ban.

He comes from a family of four, including his parents, his younger brother, and Nhut. Very sadly, his father passed away recently in a motorbike accident, leaving his mother widowed with two children to raise alone.

Due to the ongoing Covid-19 pandemic, Nhut's mother - who works as a builder's assistant to earn a living has been left unemployed for a long period of time. Currently, she mainly stays at home working on the land earning only to feed the family without any extra income. As a result, his family is in an extremely challenging condition.

Nhut is pictured receiving a bicycle donated by generous Hoi An ex-pat supporter Becky. Having transportation to get to school and extra classes is a big relief for disadvantaged students like Nhut. The bicycle has been kept in very good condition and will assist Nhut in getting to his classes more safely. Not only will it save his precious study time but it will also give him added inspiration for his studies. A big [#thankyou](#) to Becky for making this donation possible.



UPDATE: 26-04-2022

EMERGENCY SUPPLIES FOR DISADVANTAGED STUDENTS AND FAMILIES

Pictured in this post is Lifestart Foundation Scholarship student Dat's father. He is a single dad and is the sole breadwinner for his family. Unfortunately, Dat's mother left him and his dad when Dat was just 1 year old and since then everything has rested upon Dat's father's shoulders. Dat's father is a rice farmer and despite his ill health, he tries to work hard every day to make ends meet.

A much-needed hamper box of rice and household essentials has been given by Lifestart Foundation to Dat's family in order to partly relieve their financial burden.



UPDATE: 05-05-2022

EMERGENCY SUPPLIES FOR DISADVANTAGED STUDENTS AND FAMILIES

Pictured in this post is Lifestart Foundation Scholarship student Yen's mother.

Yen was born into a family of five: her grandmother, her parents, her younger sister, and Yen. Unfortunately, Yen's father passed away when she was in year 1 and since then her mother has become the sole breadwinner for the family.

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. A much-needed hamper box of household essentials has been given by Lifestart Foundation to Yen's family in order to partly relieve their financial burdens.



UPDATE: 08-05-2022

RELIEF HAMPERS FOR LIFESTART FOUNDATION EDUCATION SCHOLARSHIP STUDENTS

Lifestart Foundation, in cooperation with Karma Foundation, has committed a total of \$13,500 AUD (approx. 237,600,000 VND) worth of food relief donations to hundreds of disadvantaged families across Central Vietnam who have been impacted by Covid-19.

another Emergency Relief Distribution Day for 10 outstanding Lifestart Foundation Education Scholarship students who are currently studying at Hue University of Medicine and Pharmacy.

In this round, the food hampers included rice, cooking oil, fish sauce, soy sauce, washing powder, shampoo, toothpaste, and dish detergent. The hampers were given to the students to support them to overcome difficulties during the COVID-19 pandemic.

Lifestart Foundation was very happy to be able to hold



UPDATE: 10-05-2022

DONATION OF HOUSEHOLD ESSENTIALS FOR DISADVANTAGED STUDENTS AND FAMILIES

Lifestart Foundation Education Scholarship student Thu is currently a senior majoring in Japanese studies at Danang University of Foreign Language Studies.

Since she was little Thu has lived with her grandparents and her disabled auntie. Thu's grandparents are now old so they cannot work very much. What they can do is raise some chickens to get eggs for the family.

Pictured in this post is Thu's grandfather, who is now over 80 years old. He was extremely happy and grateful to receive support from Lifestart Foundation with the gift of a hamper box.



UPDATE: 18-05-2022

HOUSEHOLD GOODS FOR DISADVANTAGED STUDENTS AND FAMILIES

Giang is currently a senior General Medicine student at Hue University of Medicine and Pharmacy.

He comes from a single-parent family. Not discouraged by his disadvantaged situation and the many challenges in his life, Giang is a diligent student and always strives to do his best in his studies. He achieved a study average of 3.59 out of a possible 4 when he received his Lifestart Foundation Scholarship.

Giang is pictured receiving a much-needed hamper box from Lifestart Foundation. This will help him to save a lot of money which he would usually spend on food supplies.



UPDATE: 22-05-2022

A BIKE DONATION FOR THINH

What a wonderful donation from our generous Hoi An ex-pat supporter Becky!

Thinh is currently studying in year 9 in Dien Ban, Quang Nam. He comes from a large family of 7, including his parents, four elder sisters, and himself.

Both his parents work extremely hard as rice farmers to manage their living expenses including their children's school fees. In order to earn extra income to support their entire family, sometimes his mother works as a builder's assistant while his father sells corn. Unfortunately, the Covid-19 pandemic during the last 2 years has had a significant impact on the family's financial situation. His mother couldn't

work at construction sites and his father's corn sales were decimated. As a result, his family is in a very difficult economic situation, which meant it would be really hard for them to afford a new bicycle for Thinh.

Despite his disadvantaged background, Thinh is motivated to study diligently to help his family escape the poverty cycle. Unlike his friends, Thinh hasn't attended the all-important extra classes in order to save his parents' money. Instead, he spends 6 hours self-studying every day.

Before receiving this much-needed bicycle, Thinh had to rely on his friends to give him a lift to school. When he and his parents heard the good news from Lifestart Foundation that he was going to receive a bicycle from Becky, they were very surprised and appreciative. This will give Thinh a means of independent transport and be a great motivation to help him accomplish his study goals. A big [#thankyou](#) to Becky for making this donation possible.



UPDATE: 24-05-2022

HOUSEHOLD SUPPLIES FOR DISADVANTAGED STUDENTS AND FAMILIES

Pictured in this post is Ms. Anh, who is the mother of Lifestart Foundation Education Scholarship student Thao. Thao is currently a first-year student majoring in Electronics and Telecommunications Engineering at Danang University of Science and Technology.

Ms. Anh is a single mum and she has been the sole breadwinner for her family since Thao's father passed away in 2014. Currently, she is working as a nanny to make ends meet. In order to reduce the burdens on her shoulders, Lifestart Foundation has provided her family with a much-needed hamper box including rice and household essentials.



UPDATE: 31-05-2022

A HAMPER BOX OF ESSENTIAL ITEMS FOR KHIEM

Khiem is currently a fifth-year General Medicine student at Hue University of Medicine and Pharmacy.

Khiem comes from a large family of 6 people, including his parents, his two younger sisters, his younger brother, and Khiem. His parents are both rice farmers who struggle with their unstable income to support 3 children with their studies while having to manage their family's living expenses.

Khiem is pictured here receiving a much-needed hamper box from Lifestart Foundation. The gift included basic yet much-needed cooking and household essentials such as cooking oil, fish sauce, soy sauce, washing powder, shampoo, toothpaste, and dish detergent. The hamper was given to Khiem to support him to overcome difficulties during the COVID-19 pandemic.

Clean Water Project



UPDATE: 20-02-2022

CLEAN WATER PROJECT #3

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

Proudly made possible by Lifestart Foundation & Karma Foundation

Chaval-Zuoich Ethnic Minority Secondary School is located in the mountainous district of Nam Giang, Quang Nam province over 100 kilometers from Hoi An.

Providing clean water for more than 300 children – all are from Co Tu and Gie Trieng ethnic minority groups.



Please click on the link below to watch the video about our Clean Water project for Chaval-Zuoich Ethnic Minority Secondary School:

<https://youtu.be/1ww-rny5DgM>



UPDATE: 20-03-2022

CLEAN WATER PROJECT #4

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

Proudly made possible by Lifestart Foundation & Karma Foundation

The next education center supported is Que Chau Kindergarten (Que Son District, Quang Nam Province), where nearly 200 children and 22 staff will have access to clean water.



Please click on the link below to watch the video about our Clean Water project for Que Chau Kindergarten:

<https://youtu.be/Gb8rHgu0nNg>



UPDATE: 01-05-2022

CLEAN WATER PROJECT #5

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

Proudly made possible by Lifestart Foundation & Karma Foundation



The next education center supported is Que Thuan Kindergarten (Que Son District, Quang Nam Province), where nearly 200 children and 18 staff will have access to clean water.

Please click on the link below to watch the video about our Clean Water project for Que Thuan Kindergarten:
<https://youtu.be/Gb8rHgu0nNg>

Flood, Typhoon and Landslide Relief



UPDATE: 13-03-2022

PROVIDING SAFE HOUSING - FOR LUONG AND HER FAMILY

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

Lifestart Foundation team has organized Emergency Relief Distribution Days for many

families. After 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.

Pictured in this post is our Lifestart Foundation education scholarship student Luong's family from Binh Dinh province. Luong is currently a 4th year General Medicine student at Hue University of Medicine and Pharmacy. She was born into a large family of seven, including her parents, her two elder sisters, her younger brother, her younger sister, and Luong. Unfortunately, her dad could not work after having a stroke which left him paralyzed on one side. Since then, her mum has taken over his role as the main breadwinner for her family. However, disaster came again when her mum's eye retina became detached and she lost her eyesight.

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 family members were put in dangerous living conditions. This has made their lives all the more difficult and it would be impossible for them to have their house repaired without support.

Much needed financial aid to help them repair their house was provided by Lifestart Foundation.

The donated funds have enabled them to replace their old flimsy roof with a more secure and new one. 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: 27-03-2022

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

A LONG TERM PROJECT COMPLETED!

UPDATE NUMBER 1 OF 8

Lifestart Foundation has visited and provided financial aid to build new houses for impoverished families impacted by floods, typhoons, and landslides in Tay Giang District, Quang Nam.

Over the past months, the Lifestart Foundation has partnered with the local government to provide VND 320 million in aid to re-locate and rebuild houses for 32 landslide-affected families in Tay Giang, who are all from the Cotu ethnic minority group. They live hand to mouth from their farming and they are desperately poor.



Each of these households received funding from Lifestart Foundation to complete their houses, designed in the typical traditional house style of the Cotu people.

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

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

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. The land where their houses previously stood was decimated and it was considered too dangerous to rebuild on the same land.

Lifestart Foundation raised a total of \$30,000 during our 30-day fundraising campaign to support the families affected by the deadly floods, landslides, and typhoons.

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.

This post includes images of devastation and the repairs after funds were provided.



UPDATE: 09-04-2022

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

A LONG TERM PROJECT COMPLETED!



UPDATE NUMBER 2 OF 8



UPDATE: 23-04-2022

**REBUILDING AN ENTIRE VILLAGE IN TAY GIANG
AFTER FLOODS, TYPHOON AND LANDSLIDES
A LONG TERM PROJECT COMPLETED!**

UPDATE NUMBER 3 OF 8





UPDATE: 15-05-2022

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

A LONG TERM PROJECT COMPLETED!

UPDATE NUMBER 4 OF 8



UPDATE: 29-05-2022

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

A LONG TERM PROJECT COMPLETED!

UPDATE NUMBER 5 OF 8



Other Activities



UPDATE: 19-01-2022

The Vietnamese Lunar New Year (or Tet) is just around the corner and Lifestart Foundation recently has had the honour to welcome the representative from our Government partner: Tien Phuoc Red Cross Society on the occasion of this traditional New Year.

Lifestart Foundation would like to express our sincere gratitude to our Government partners in general and Tien Phuoc Red Cross Society in particular for their close cooperation with Lifestart Foundation and tremendous support in implementing philanthropic projects to help people in need over the past year.

We look forward to the greater cooperation with our local Government partners in the years ahead so that we can continue contributing to making positive changes in Central Vietnam!



UPDATE: 25-01-2022

Lifestart Foundation is very pleased to welcome the representative from Quang Nam Union of Friendship Organizations - our long-time Government partner on the occasion of the Vietnamese Lunar New Year 2022.

Lifestart Foundation would like to extend our heartfelt thanks to the Quang Nam Union of Friendship Organizations for having acknowledged our positive contribution towards the community during the past year.

We are thankful for the continued support from Quang Nam Union of Friendship Organizations over the past years and look forward to our greater cooperation in the years ahead so we can reach out to help more people in need.



UPDATE: 15-04-2022

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: 03-05-2022

#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: 06-05-2022

Are you interested in supporting #Lifestart Foundation's efforts to help disadvantaged students and families in Vietnam? Why not hold a fundraiser or start a "birthday pledge page"? In lieu of your upcoming birthday gifts, you could ask for a donation to Lifestart Foundation. Your network of family and friends will be excited to support your cause on your birthday! The personal connection and selfless sacrifice of one's birthday is a great way to give back. To set up a birthday pledge page visit us at: <https://www.lifestartfoundation.org.au/fundraise/>

A few tips on your efforts:

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

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

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



UPDATE: 26-05-2022

LOOKING FOR A GREAT GIFT IDEA???

Please consider donating a [Lifestart Foundation Gift Certificate](#) to a family or individual we support in Vietnam.

Certificates include:

- A Family of Chickens: \$50 USD
- Annual Food Allowance: \$500 USD
- Library Books: \$55 USD
- Bicycle: \$100 USD - Secondary School Educational Scholarship (full): \$3500 USD

To sign up to donate a gift certificate, visit us at: <https://bit.ly/LSFGiftCertificates>



UPDATE: 25-05-2022

[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.