

## Education



**UPDATE: 04-06-2022**

### WONDERFUL NEWS FROM SAM – A TALENTED ENGLISH STUDENT

Lifestart Foundation scholarship student Sam has just completed year 11 and is preparing to enter her final year at high school. She is currently a member of the advanced English team and has represented her school in several English competitions.

Sam and other members of the English team recently represented her school to participate in the “Olympiad of Talent in English” contest for high school students at the provincial level.

“Olympiad of Talent in English” is an annual competition, which tests the students’ ability to communicate, work in groups and present various topics in the English language.

After successfully passing the Elimination round, her school made it to the final. Sam and her team made every effort in the competition and we are delighted to share that out of the 25 teams of 75 students competing in the final round they have won the Third Prize!

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.

Sam is an outstanding Lifestart Foundation scholarship recipient, who has always demonstrated academic excellence through her learning path. She achieved a GPA of 9.2 out of a possible 10 in the first semester of this school year, which ranked her first in her class. At this stage, Sam would like to become an English teacher.

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.

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

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

- Sam wins a Bronze medal in English at the provincial level Olympic contest:  
<https://www.facebook.com/TheLifestartFoundation/posts/4085553528156802>
- Bicycle Donation for Sam:  
<https://www.facebook.com/TheLifestartFoundation/posts/3085325271512971>



**UPDATE: 07-06-2022**

This past weekend, the Lifestart Foundation staff and our founder Karen, spent all weekend mentoring and in meetings with 30 of our scholarship students.

The majority of the students we mentored this weekend are studying Medicine while some are completing Pharmacy and Nursing degrees at Hue University of Medicine and Pharmacy.

All of our scholarship students, without exception, come from very challenging backgrounds, but despite all odds, they continue to excel and achieve wonderful results.

We were delighted to hear that most want to continue studying after they complete their 6-year General Medicine degree. They have hopes of specializing as surgeons, obstetricians, gynaecologists, pediatricians, cardiologists, gastroenterologists, ophthalmologists, anesthesiologists, and biomedical researchers to name a few.

We are so very proud of each and every one of them.



**UPDATE: 18-06-2022**

**DOCTOR OF THE FUTURE – MEET TANG**

Tang is another successful applicant who has received a Lifestart Foundation Medical Scholarship. He comes from a rural village in the central province of Quang Ngai.

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

As with all of Lifestart Foundation Education Scholarship students, Tang has a difficult family situation, which he explains in his letter of gratitude below.

The family's monthly income is only 2,000,000 VND or approximately \$87 USD per month, which makes it extremely difficult for Tang's parents to manage their daily living expenses while having to support him with university studies. In order to survive, they had to borrow a large sum of money to cover their expenses for farming work.

Despite his disadvantaged situation and many challenges in his life, Tang has made every effort in his study. His results at the end of the fourth year were very good and he received a study average 3.28 out of a possible 4.

Each day on normal weeks Tang spends about 5 to 8 hours on self-study. On the days leading up to his exams, he usually spends 10 to 12 hours per day self-studying. He joins in extracurricular and volunteer activities at university as well as donating blood.

We warmly welcome Tang into the Lifestart Foundation family. More to come in future posts as we watch his progress with great interest.

**TANG'S THANK-YOU LETTER:**

Dear Ms. Karen and everyone at Lifestart Foundation,

My name is Nguyen Hoang Cong Tang. I major in General Medicine at Hue University of Medicine and Pharmacy. Through this letter, I would like to express my gratitude to you for all the good things that you have done for me and my family.

I was born and raised in a coastal area, one of a family of 6 people including my grandmother, my parents, my two younger sisters, and myself. My dad used to work in an ice factory, while my mum sold Xèo cakes (a Vietnamese traditional cake) to tourists next to a coastal port. During my high school years, I spent time helping my mum with her business after school. Even so, I still went very well in my studies and gained a lot of great achievements during my student years. I always feel very fortunate to be born and raised in a family where my parents put their children's studies first. Thus, despite the many difficulties we encountered in our lives, my parents always try to support us on our learning path. My two sisters graduated with university degrees and are both working as accountants. They are now living independently and able to cover all of their living expenses themselves. Recently, we encountered many hardships due to the pandemic and my father's health condition, causing my mum's business to become unstable and forcing my dad to stop work in order to recover from his illness. However, he is still trying to help my mum with light tasks, raising pigs and chickens, and growing vegetables to earn extra income. Although he had to undergo major surgery to remove a stomach tumor a year ago, his strong determination to eat in moderation and exercise on a regular basis has resulted in his health improving. Hopefully, my family will remain in good health and I will finish my learning path successfully so that I am able to support them.

When I received the good news from Lifestart Foundation that I could join a scholarship interview, I was extremely delighted but also quite worried about my chance of receiving your precious scholarship. However, when I went for the interview, Ms. Karen and everyone at Lifestart Foundation was very nice to me, enabling me to become more confident in sharing all the information about my studies and my life. The moment I was told that I would be presented with your valuable scholarship, I felt overjoyed as this is not only tremendous material support but also a great source of spiritual motivation for me to put more effort into my learning journey ahead. The scholarship is such an encouraging reward for all the effort that I have made over the past years. This also gave me faith that there are many kind-hearted people in life who are always willing to help us as long as we continue to try.

The scholarship has enabled me to cover all my living and study expenses as well as to take the English course. As a result, I have become less worried about the family's financial burden with my expenses, and I can focus completely on my studies. I also believe that life is always filled with challenges, but there will be a rainbow after the rain! I will always appreciate and consider the scholarship as a good friend of mine that will accompany me throughout my learning journey ahead.

This year, my most important aim is to achieve the best results. In order to fulfill this goal, I have tried to spend most of my time reading books and asking my friends for useful advice about studying. Besides that, another goal that I hope to achieve is to fully equip myself with basic English skills.

Finally, I would like to send my sincere thanks to Ms. Karen and everyone at Lifestart Foundation for your great care and kind support. This is also a tremendous motivation for me to try even harder to become a good doctor in society with the promise of a bright future ahead.

Best wishes,  
Nguyen Hoang Cong Tang



**UPDATE: 09-07-2022**

### **GREAT NEWS FROM HOAI – A DOCTOR IN THE MAKING**

Congratulations Hoai on achieving the maximum of 4.0 out of 4.0 in the first semester of Year 5! A perfect score. All of the team at Lifestart Foundation are extremely proud of your achievements.

Hoai is currently a 5th-year General Medicine student at Hue University of Medicine and Pharmacy and she is one of the most outstanding Lifestart Foundation [#Medical](#) Scholarship students.

Hoai was born into a disadvantaged family of four. In the past, her parents were rice farmers and all of the family income was completely dependent on two rice fields which often lost all of their crops due to extreme weather conditions. Despite that, her parents still sent her sister and Hoai to school with the hope that in the future, they would not have to work in the rice fields. When Hoai's sister and then Hoai began university, the family's financial situation became worse and worse as there were too many expenses to pay for their education. Her parents subsequently decided to move to Ho Chi Minh City, in hope of making a better living. However, because they are both getting older, their working capacity started to decrease. Her dad has stomach problems and her mum has been under treatment for heart disease and blood pressure problems for years. Therefore, their family's monthly income is often unstable. Instead of rice farming, her dad now sells ice cream on the street and her mum is a casual worker.

Despite her disadvantaged background, Hoai has made every effort in her studies in order to help herself and her family escape the poverty cycle. During the past 4 years at university, Hoai has always maintained excellent study results, but a perfect score this past semester is nothing short of outstanding. Besides attending classes, Hoai spends an average of 7 hours per day on self-study. With her constant striving for excellence, she achieved a maximum of 8 A level marks for 8 subjects, namely Infectious Diseases, Tuberculosis, Dermatology, Neurology, Psychiatry, Family Medicine, Disaster Medicine and Emergency Medicine. We are extremely proud of Hoai's academic achievements which would not have been possible without her hard work and the generous gift of her full Lifestart Foundation Education scholarship.

Hoai shared with us that Paediatrics has always been her long-held and cherished dream. She is working hard every day to realize her dream of becoming a qualified Paediatrician in the future.

Please click here to read more about Hoai:

<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0hF7pLngwEyJftAYfY9m7V49iku1f9idy3HtJKBpEmsPncAjQsHg9q67aPHADvMZbl>



**UPDATE: 16-07-2022**

### **DOCTOR OF THE FUTURE – MEET OANH**

Oanh is currently a 5th-year General Medicine student at Hue University of Medicine and Pharmacy, and is a Lifestart Foundation [#Medical](#) Scholarship recipient.

Oanh comes from a rural village in Quang Nam province. She was born and raised in a poor family of 6, including her parents, her elder sister, her two younger brothers and herself. Her parents are both farmers who work extremely hard on the field to cover their family expenses with their limited joint income of 6 million VND per month or approximately \$261 USD per month. Her parents have suffered from degenerative disc disease for a long time and sometimes her father is not even able to sit. The cost of their medical treatment has been a huge pressure on the family. Nevertheless, her father always tries to continue to work as a builder's assistant in order to earn income for his family.

Despite her difficult situation, Oanh is determined to study diligently in order to break the poverty cycle for her family. Oanh is an excellent student and always puts 100% effort into her studies. She had an outstanding 3.76 study average out of a

possible 4 in her second semester of year 4 at university, achieving the well-deserved title of excellent student! In addition to attending lectures and clinical practice, Oanh also spends 40 hours a week on self-study and 60 hours a week on the days leading up to exams. Besides studying, Oanh also actively takes part in extra-curricular activities. She is a member of the Blue Blouse volunteer club at her university and collaborator of Community Medicine Organization.

Prior to receiving the valuable scholarship from Lifestart Foundation, Oanh's parents had to borrow a large sum of money for pay for their four children's tuition fee. Oanh shared that "Without this prestigious scholarship, I certainly couldn't perform well in my studies because I cannot afford reference books and I also need to change my rented room quite often in order to rent a suitable room at a low price."

After receiving her Lifestart Foundation Scholarship Oanh's life has changed for the better. The full scholarship covers all tuition, books, rent, food costs and also a laptop and helps Oanh to take some time off from working part-time as a waitress, which will help her focus completely on her studies to achieve her desired goals.

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

At present, Oanh is interested in Internal Medicine. We believe that with the full support from Lifestart Foundation and her family, she will be even more inspired to reach new heights.



**UPDATE: 23-07-2022**

**LIFESTART FOUNDATION'S UNIVERSITY GRADUATE – CONGRATULATIONS NHUT!**

Nhut is one of Lifestart Foundation's Education Scholarship students who has recently completed a 4 and a half year Bachelor's degree in Business Management at FPT Greenwich University in Danang.

He has graduated with Second Class Honours degree. Nhut is the first in his family to graduate from university.

He received his full Lifestart Foundation secondary school education scholarship in Year 6.

It is a long journey with each student when they are initially awarded the Lifestart Foundation scholarship for both our team who are involved in every aspect of the students' education journey and also for the sponsor. It can take more than 10 years before they 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.

When we first met Nhut he lived with his parents and his 7 siblings in a very small and simple house. When there was heavy rain or strong winds, it was at risk of falling down completely. At the moment, Nhut is living with his mum who sells fruit at a small market in Danang. Her monthly income is 3,000,000 VND or approximately \$130 USD.

Not to be discouraged by his disadvantaged situation, Nhut has inspired us with his hard work and commitment to his studies. A huge financial burden was lifted from Nhut's mother's shoulders when Nhut received a full Lifestart Foundation Education Scholarship. Each school year the Education Scholarship paid for his tuition fees, uniforms, and stationery and also allowed Nhut to attend the all-important and expensive extra classes necessary to complete his education, giving him great hope and confidence for the future.

The scholarship was awarded to Nhut at a time that he needed it the most and it has helped him to have the best study conditions so that he could be accepted into Le Thanh Tong High School for gifted students, and then at the completion of year 12, he was awarded a scholarship from FPT Greenwich University. During the term of his scholarship, Nhut has been a wonderful ambassador of the LSF scholarship program and always a very willing volunteer at the ready to help out whenever there was a need.

Nhut has always been very interested in studying Business. Project Management and Operations, Entrepreneurship and Small Business, and Leadership in Organizations are his favourite subjects at university. These subjects have equipped Nhut with in-depth knowledge and practical experiences related to business, creating a foundation for his start-up project post-graduation.

Nhut shared that a subsequent additional scholarship from Lifestart Foundation has been tremendous material support and a great source of motivation for him through his tertiary education. "Without this valuable scholarship, I was on the edge of suspending my study due to the lack of finances. Furthermore, I certainly couldn't perform well in my study without the scholarship because I would need to spend more of my free time working to cover my expenses instead of focusing on study."

Since graduation, Nhut has been realizing his dream of running a business independently. He recently started a business in the agricultural sector, specializing in manufacturing aquarium fish food in Danang. It's been an absolute pleasure for the Lifestart Foundation to accompany Nhut through his education journey and to watch him grow and develop into a capable young man. Once again, congratulations Nhut we wish you every success in your career path!

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

- Introducing Nhut:  
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/913007762078077/>
- Great news for Nhut:  
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1469475683097946/>
- A gratitude letter from Nhut:  
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0h4RaxsA8tfQYVnJQ1nh76jhoR7Dr5NJ4LeuCNDSNSRegBTm6fAvAr7rtbTnTBbGul>



**UPDATE: 06-08-2022**

#### **FUTURE DOCTOR – MEET CUONG**

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. Cuong was another successful candidate in this round of interviews for the Medical Scholarships. Cuong is currently a 5th-year General Medicine student and she is the first in her family to attend University.

Cuong's hometown is in a rural village in Quang Ngai province, which is 7 hours away from Hue city. She comes from a family of 5, including her parents, her younger sister, her younger brother, and herself. Cuong was born and raised in a rice farming family and their income is usually unstable due to crop failures. Unfortunately, her father, who is now 76 years old, has been in poor health in recent years, suffering from asthma and hypertension so he currently stays at home doing light tasks. At present, her mother is the breadwinner of her family. To earn extra income, she also works as a nanny however her job is insecure due to the Covid-19 pandemic. Her mother's unstable work has meant that the family's total income is reduced and as a result, her family has had to borrow money to support their daily living expenses and school fees for their children. This has made their lives all the more difficult.

Despite her situation, Cuong is determined to devote herself to her study in order to break the poverty cycle for her family. Cuong is a diligent student and always puts 100% effort into her studies. She achieved a GPA of 3.5 out of a possible 4.0 in the first semester of year 3. In addition to attending lectures and clinical practice, she also spends an average of 4.5 hours per day self-studying on normal days and 10-12 hours per day self-studying on the days leading up to exams. Besides her academic studies, Cuong also joins in extra-curricular activities at university as well as donating blood.

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

Lifestart Foundation Medical Scholarship to Cuong, "is a helping hand that makes the road to my dream less difficult and stressful. Without this valuable scholarship, I certainly couldn't be able to fully concentrate on my studies and I was even on the edge of suspending my study due to the lack of finances."

At present, Cuong is interested in Internal Cardiology. She would like to study more about this field in the future in order to become a skilled Cardiologist.

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



**UPDATE: 20-08-2022**

**LIFESTART FOUNDATION'S UNIVERSITY GRADUATE  
MEET HIEU – THE ROAD FROM A DISADVANTAGED BACKGROUND TO A TALENTED IT DEVELOPER**

Hieu, who has received a full Lifestart Foundation Education Scholarship since year 7, is one of our excellent scholarship students. He has just completed his 4-year Bachelor's degree in Information Technology. Hieu achieved a GPA of 4.0 out of 4.0 in the final semester at university - an outstanding score!

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.

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 suspending his study or working 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".

Hieu recently graduated from University, majoring in Information Technology, and is a diligent, well-rounded student. He usually spent 4-6 hours a day on self-study and up to 10 hours a day depending on his schedule. Throughout his journey from an IT student to a young developer, Hieu has always wholeheartedly supported like-minded fellow students and other Lifestart Foundation university scholarship students as well. Besides academic study, he also participates in extracurricular activities such as being the founder of the University's Google Developer Student Club or being a mentor to fellow IT students.

Since graduation, Hieu has found employment as an IT developer in Danang. He is eager to become a qualified IT developer 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 helping students who would like to follow this study path.

Congratulations Hieu we are so very proud of your accomplishment and the young man you have grown into. We wish you every success in your future endeavours.

Click here to read more about Hieu:

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



**UPDATE: 03-09-2022**

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

Our Education Scholarship student Ngoc has just completed year 12 specializing in Literature at Le Thanh Tong High school for gifted students. Ngoc has held a full Lifestart Foundation Education Scholarship since year 7 and has recently been accepted into Danang University of Economics to study Marketing.

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 elderly single mother who collects scrap to earn a meager unstable living. Sometimes Ngoc's mum also works as a nanny to earn extra money for her family.

Despite her underprivileged background, Ngoc is a bright and diligent student who has always achieved the title of excellent student over many years. In addition to her hectic schedule at school and in extra classes, Ngoc spent 7-8 hours a day on

self-study. On the days leading to her exams, she spent up to 11 hours per day self-studying. As a result of her diligence, Ngoc achieved an outstanding GPA of 9.4 out of a possible 10 in year 12, ranking first in her class.

Since Ngoc was a young girl, Literature has always been her passion. She was selected as a representative for the Literature advanced team at her school. During her three years at high school, Ngoc won Encouragement Prize and Third Prize in Literature at the Provincial-ranking Contests for Excellent Gifted Students and also a Bronze medal in Literature at the annual prestigious Olympic Competition for Excellent Students in the Southern Provinces.

With her excellent study results over the past three years at high school and her Literature prizes, Ngoc was selected to go straight to University without needing to sit the University entrance examination.

Besides that, Ngoc also successfully finished the recent National High school Graduation Exam with flying colours too: she achieved outstanding scores of 9.0 out of a possible 10 in both Literature and English. Ngoc was one of only a few students who received the top marks in the recent National High school Graduation exam at the provincial level. There were more than 16,000 students from Quang Nam who took the exam and she ranked third! What a great accomplishment and we couldn't be more proud of your achievements!

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 provided her with much-needed additional support such as hamper boxes, an electric bike, and monthly milk which has given Ngoc improved nutrition and has created the best study conditions for her.

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.

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/pfbid0odGvVBEHAJy5983Hez2t1eJigtZjbbS4pH8SU25mv6zAB8cRx5Hcgp249hTDcoSol>
- An E-bike donation for Ngoc:  
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0YTNPHEL7HihSygAGHChEFynRSumcSuK9wGkqgxJLPJ5fFGJkKmTFU6c7SfqF11kGI>
- Ngoc's academic achievements:  
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02uSqqGQDVKV2oxQLHN4FsSdArthBP9eWEZvkiQ4vGCvj3Tf1PLMqCNuvBRRLYZul>
- Milk donation for Ngoc:  
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5061983933847085>



**UPDATE: 10-09-2022**

#### **DOCTOR OF THE FUTURE – MEET DUNG**

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

Dung is another successful applicant who has received a Lifestart Foundation Medical Scholarship. She comes from a rural village in the central province of Nghe An, a 10-hour bus trip from Hue.

As with all Lifestart Foundation Education Scholarship students, Dung has a difficult family situation, which she explains in her letter of gratitude below.

Dung's family's monthly income is only 7,000,000 VND or approximately \$304 USD per month, which makes it extremely difficult for her parents to manage their daily living expenses while having to support their three children with their studies. As a result, they had to borrow a large sum of money so their children could continue their education.

Despite her disadvantaged situation and many challenges in his life, Dung has made every effort in her study. Her results at the end of the first semester of Year 5 were very good and she received a study average of 3.35 out of a possible 4. Every week Dung usually spends a total of 40 hours on self-study. On the days leading up to her exams, she completes a total of 58 hours per week of self-studying.

After receiving her Lifestart Foundation Scholarship Dung's life has changed for the better. Thanks to the timely support from Lifestart Foundation, she no longer had to worry about tuition fees and living expenses. Dung was also able to take some time off from working part-time, which will help her focus completely on her studies to achieve her desired goals. Dung shared that "Without this prestigious scholarship, I certainly couldn't perform well in my studies because I cannot afford reference books and I also need to change my rented room quite often in order to rent a suitable room at a low price."

At present, Dung is interested in Otorhinolaryngology. We believe that with the full support from Lifestart Foundation and her family, she will be even more inspired to reach new heights.

We warmly welcome Dung into the Lifestart Foundation family. More to come in future posts as we watch her progress with great interest.

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#### **DUNG'S THANK-YOU LETTER:**

Dear Karen and everyone at Lifestart Foundation,

My name is Ta Thi Dung, a General Medicine student at Hue University of Medicine and Pharmacy.

I felt very emotional and appreciative of Lifestart Foundation's Education Scholarship. I would like to thank Ms. Karen and all sponsors of Lifestart Foundation for awarding me this scholarship; it is very meaningful to my studies and my life.

I was born in a poor village. My family consists of 6 people - I'm the second one. My elder sister is working as a nurse at a hospital in Vinh City, one brother is in year 2 at Ha Noi University of Mining and Geology and the youngest brother is in year 10. My parents are rice farmers and the family's main income is provided by my parents farming work. Besides farming, my dad has to work as a builder's assistant to get more income to cover the family's daily expenses despite suffering from degenerative spine disease. My mum is elderly now and her health is getting worse and she often gets sick. At the moment, my dad is the breadwinner in the family.

Currently, I am doing clinical practice at the hospital in the morning, attending 2-3 classes at university in the afternoon, and having 2 duties per week in the evening. The remaining afternoons and evenings are spent on self-study time. If I don't join in volunteer or club activities on Saturday and Sunday, I spend time self-studying in the afternoon and evening. I got into some difficulties because I don't have a laptop for my studies but I still try to adapt. I always go to the library early to research documents and take photocopies or borrow my friend's laptop. Although I just started studying Obstetrics, I find it very interesting. I really want to see babies being born, along with the happiness on their mums' faces. I will certainly do more research into Obstetrics. I think that my studies in the first semester are going quite well. Although I did not reach all of my set goals, I really tried my best.

Apart from studying at the university, I am now a member of a Karate-do club. Besides the time I spend at the club on Tuesday, Thursday, and Saturday evenings each week, I also participate in activities organized by the club such as Green Sunday, rice contribution, and volunteer activities for children at Duc Son Pagoda. In addition, I also deliver congee to the poor patients at the hospital of Hue University of Medicine and Pharmacy and collect plastic bottles to raise funds for patients.

Regarding my scholarship interview, after submitting my application, I was very nervous waiting for the result. Many months had passed but I still didn't receive any information from Lifestart Foundation, so I thought that I had not been selected to attend the interview. When I received the email that informed me that the interview would be in Hoi An, I was so surprised and excited. The night before, I was very nervous and worried. However, during the interview, I did not feel nervous anymore as the staff helped me a lot and they always smiled and explained everything enthusiastically to me. Everyone was very friendly, so I felt I could share my thoughts and my hopes for the future with them. After the interview finished, I was very worried and looked forward to hearing my result. Although it came in only a few days, I felt like time passed very slowly because I did hope that I would receive that scholarship. The day I got the email from Lifestart Foundation that I was to receive the scholarship, I was so surprised and did not believe that I had been chosen to be a recipient. I was very emotional and happy because from now on the burden of my school fees had been lifted from my parents' shoulders. Thank you so much for granting me this precious scholarship.

As for me, the scholarship is meaningful both mentally and materially. It has helped me to have more motivation and confidence in life. I feel that my path has become much brighter. Having been granted Lifestart Foundation's Education Scholarship, I will be associated with you all for the remainder of my student life. Besides that, I believe that the scholarship will have a positive influence on my life because you will follow up and help me a lot on my chosen path.

My family was so excited when I received this scholarship and encouraged me to study even harder to maintain it.

Finally, I would like to send my gratitude and best wishes to everyone at Lifestart Foundation. I hope you become more successful and are always associated with disadvantaged students and people.

Best wishes,  
Ta Thi Dung



**UPDATE: 24-09-2022**

#### **LIFESTART FOUNDATION'S UNIVERSITY GRADUATE – MEET YEN**

Yen received a full Lifestart Foundation Education Scholarship in year 7. She has recently completed her Bachelor's degree in Business Administration at Ho Chi Minh University of Economics. She is the first in her family to graduate from University.

Yen achieved an outstanding overall GPA of 8.87 out of a possible 10, which ranked her 2nd out of all students in her faculty classes!

Yen was born into a family of five: her grandmother, her parents, her younger sister, and Yen. Sadly, Yen's father passed away when Yen was in year 1 and since then her mother has become the main breadwinner for the family. This includes taking care of her elderly mother and the two children. Yen's mum is a rice farmer with a very limited income. Before receiving

the Lifestart Foundation scholarship, Yen and her family of 4 survived on as little as 1,900,000 VND or approximately \$81 USD per month from her mum's income.

Being fully aware of how difficult her family situation was, in the past whenever Yen had free time from her study, she tried to help her mum with some farming work such as growing veggies, feeding chickens, harvesting rice, or selling veggies at the local market.

The Lifestart Foundation Education Scholarship awarded to Yen in year 7 was a major turning point in Yen's life. Each school year the Education Scholarship paid for her tuition fees, uniforms, and stationery and also allowed Yen to attend the all-important and expensive extra classes necessary to complete her education, giving her great hope and confidence for the future.

This precious scholarship granted to Yen has given wings to her dreams by providing excellent educational opportunities. Thanks to her hard work together with the continued support from Lifestart Foundation, Yen was accepted into Le Thanh Tong high school - one of the most prestigious high schools for gifted students in Quang Nam province. The subsequent scholarship from her sponsor has supported her through tertiary education at Ho Chi Minh University of Economics.

Business Administration has always been Yen's long-held passion. During her years at university, she has always maintained her excellent study results. Besides that, she also actively took part in extracurricular activities in and outside her school, which helped her to develop personally into a capable young woman.

After graduation, Yen has found employment at Maersk – a well-known international logistic company. Yen is motivated to continue striving hard in order to fulfill her aim in the future, which is to become a manager at a multinational company.

Once again congratulations Yen we wish you every success in your future endeavours!

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

- Introducing Yen - a new LSF scholarship student:  
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/886667608045426/>
- A bicycle donation for Yen:  
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/2388954381150067/>
- A hamper box donation for Yen:  
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5109111969134281/>
- Financial aid to restore livelihood:  
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02mGXmZdVTuVaEPNhxYUFcq6sgBtC2ZmFAt1G7QVeY45udXMXRpB1j9VvybwJuaKrEI>



**UPDATE: 01-10-2022**

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

Lifestart Foundation Education Scholarship student Nguyen has completed year 12 at Tran Quy Cap High school in Hoi An. Recently she has been accepted into Danang University of Economics to study Logistics. Nguyen received an education scholarship from Lifestart Foundation in year 7.

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

Not as fortunate as other children, Nguyen comes from a single-parent family. Her dad, unfortunately, passed away 17 years ago after an accident, leaving her mum with two small children to raise. Since then all the family responsibilities have rested upon Nguyen's mums' shoulders. To earn money for her family, her mum has worked every day as a hotel room attendant. Her family has a monthly income of only 4,500,000 vnd or approximately \$195 usd.

Nguyen has been an excellent student for many years despite her disadvantaged background. She completed a total of 6.5 hours of self-studying per day during normal weeks and on the days leading up to the exams, she spent all day. As a result of her diligence, Nguyen achieved an outstanding GPA of 9.3 out of a possible 10 in year 12, ranking first in her class and second in all of Year 12 classes at her school.

Nguyen is extremely grateful for the wonderful help from Lifestart Foundation she has received since secondary school. The wonderful help from the Lifestart Foundation scholarship has helped Nguyen's mum stop worrying about borrowing money so their children could continue education and Nguyen has also been able to concentrate on her study.

With her excellent study results over the past three years at high school, Nguyen was selected to go straight to University without needing to sit the University entrance examination. Nguyen shared that it is the Lifestart Foundation scholarship that has given her a source of motivation to strive harder to eventually gain acceptance to study at University.

Apart from supporting Nguyen 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 provided her with much-needed additional support such as hamper boxes and an electric bike which had created the best study conditions for her. 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.

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

- Introducing Nguyen:  
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1749435635101948/>
- An electric bike donation for Nguyen:  
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0VTVeBpEyyizScfoHvoC2dREAQ2qWzrtoG1Mhnq1hb1SrrrSA29RJJ3rBc4UUY49dI>
- A hamper box donation for Nguyen:  
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4663178417060974/>



**UPDATE: 08-10-2022**

#### **#HIGH-ACHIEVEMENT-AWARD – MEET DO, DOCTOR OF THE FUTURE**

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

Pictured in this post is Do, a 6th year General Medicine student at Hue University of

Medicine and Pharmacy. He was one of the two students who received a High Achievement Award from Lifestart Foundation.

Do's family includes four people living in Phu Yen province, which is about 10 hours by bus from Hue city. He was born and grew up in a coastal village where everyone's daily work was related to the ocean. The main income of Do's family was provided by his father's fishing and his mother's work selling fish. However, his family suffered many difficulties, because the income was often badly affected by floods and storms.

Do's family is deemed to be close-to-the-poor list by the government which means they are in a difficult economic situation.

Despite his family's difficult economic situation, Do is a brilliant and diligent student who always shows academic excellence and has a strong desire to become a good doctor. In addition to his classes at university and clinical practice at hospitals, Do spends 5 hours per day self-studying during normal weeks and 9 hours per day on the days leading to exams.

During his five years at university, Do always maintained his title of an excellent student. His GPA in the second semester of year 4 was 3.83 out of a possible 4.0 – an outstanding score considering the difficult curriculum of year 4, the heaviest year among his 6 years at university.

Do and his family were extremely grateful for the Lifestart Foundation High Achievement Award Scholarship. The scholarship has helped him pay for his school fees and his daily expenses. In addition, it has reduced the economic burden on his parents and therefore reduced their worries. Do shared that this precious scholarship has been a great motivation for him to study even harder.

Endocrinology is his favourite specialty as he would like to deal with diabetes and thyroid-related diseases. He hopes to study more about this field in the future in order to become a skilled Endocrinologist and will constantly strive harder to realise this long-held and cherished dream. With the wonderful support from Lifestart Foundation, we are confident that Do will continue to inspire us with more accomplishments.

Once again, congratulations Do on your academic achievements and we wish you every success in your future endeavours.



**UPDATE: 15-10-2022**

**LIFESTART FOUNDATION UNIVERSITY GRADUATE – MEET THU  
FROM A DISADVANTAGED BACKGROUND TO A UNIVERSITY GRADUATE**

Lifestart Foundation Education Scholarship student Thu has just completed her four-year Bachelor's degree majoring in Japanese studies at Danang University of Foreign Language Studies.

Thu has held a full Lifestart Foundation since grade 7 and she is the first in her family to graduate from University.

It is often a long road we walk with our scholarship students, from the early days at Secondary school to the completion of a four-year degree, 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.

Since she was very little Thu has lived with her elderly grandparents and her disabled auntie because her mother had to find employment far from her hometown. Before receiving the precious Lifestart Foundation Education Scholarship, Thu's living and studying expenses depended on her grandparents whose income was mainly from selling chickens and ducks' eggs. As a result, her family was put in an extremely difficult financial condition.

The Lifestart Foundation Education Scholarship provided to Thu in year 7 was the light at the end of the tunnel. Each year, Thu's Lifestart Foundation Scholarship paid for her school fees, extra classes, school uniforms, and books, right through to the completion of Year 12, so that she had the opportunity to pursue her dream.

Thanks to her hard work together with the wonderful support from Lifestart Foundation, Thu passed the University Entrance Exam and was accepted into Danang University of Foreign Language Studies.

Thu spent the next four years completing her Bachelor's degree in Japanese studies as she loved the Japanese culture and wanted to master Japanese language skills. A subsequent scholarship from Lifestart Foundation helped Thu through her tertiary education. Thanks to the scholarship, she didn't need to apply for part-time work to cover her daily expenses at university and could fully focus on her studies.

With the wonderful support from Lifestart Foundation both financially and via the mentorship provided, Thu was able to put 100% of her focus into studies to expand her knowledge to be well-prepared for her future career. As a result of her constant efforts, Thu was able to graduate with a Distinction degree – a great achievement!

While studying for her degree Thu held an internship with a Japanese IT company in Danang and she has now been offered a full-time position with that company.

Once again, congratulations Thu we wish you every success in your future endeavours.

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

- Introducing Thu – new LSF scholarship student:  
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/654731421239047/>
- Thu receives chickens, rice and oil:  
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026.105984.310107192368140/883700085008845/?type=3&theater>
- Acceptance into Danang University of Foreign Languages:  
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1940637045981805/>



**UPDATE: 22-10-2022**

**MEET HIEN – FROM AN UNDERPRIVILEGED STUDENT TO A UNIVERSITY GRADUATE AND INTERN AT LIFESTART FOUNDATION**

Lifestart Foundation Education Scholarship student Hien is a senior student majoring in English studies at Danang University of Foreign Languages. She has held a full Lifestart Foundation since Year 7.

It's been a long journey that we have walked with Hien since she was still a secondary school student and now she is about to graduate from university. It's been an absolute pleasure for Lifestart Foundation to accompany Hien through her education journey and to watch her grow into such a capable and delightful young woman.

Hien is an orphan. When she was only 7, sadly, her mother passed away leaving Hien and her older brother in a very difficult situation. Since her mother passed away, Hien has lived with her uncle who also has 3 children of his own. In the past, Hien used to help her uncle's wife to run a small coffee shop in front of their house and also by doing some household chores. Fortunately, Hien's life has changed for the better since she was granted the precious Lifestart Foundation Education Scholarship.

After studying diligently in year 12, Hien was accepted to study English Interpreting and Translation at Danang University of Foreign Language Studies. The subsequent scholarship from Lifestart Foundation has carried Hien through her tertiary education without having to worry about tuition fees and living expenses. In addition to her tutorials at school, she spent 6-7 hours a day self-studying. As a result of her diligence, she achieved an outstanding GPA of 4.0 out of a possible 4.0 in the second semester of year 4.

Hien is currently working at Lifestart Foundation as part of her final year internship experience. She is pictured teaching English to one of our Education Scholarship students Sam. In addition to teaching English, she also performs other tasks such as translation and assisting in community projects and other administrative tasks.

Hien is really enjoying her work experience at Lifestart Foundation and appreciates this precious opportunity to improve her skills. Through the tasks she has been undertaking, Hien has had a chance to sharpen her English language skills and life skills such as work ethics, time management skills, and communication skills as well as to develop empathy in herself when working with the Lifestart Foundation recipients.

Hien shared - "Working at Lifestart Foundation has helped me to realize that I am still luckier than many others. By talking to many scholarship students and translating their gratitude letters, I have been able to empathize with the obstacles and difficulties they have had to deal with in their lives. Besides that, I have also gained much invaluable advice from Karen and all staff at Lifestart Foundation, which is essential for my career development. Doing an internship with Lifestart Foundation is an experience that I will cherish and value forever."

Coming from a disadvantaged background, Hien is extremely grateful for the dedicated support from Lifestart Foundation which has helped her develop personally and professionally. Working at Lifestart Foundation has been a great motivation for her to “give back” to the community and pay it forward through philanthropic and volunteering activities.

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

- Introducing LSF Education Scholarship student Hien:  
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/878425058869681/>
- A hamper box donation for Hien:  
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4611214792257337/>
- Acceptance to University:  
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1925428717502638>



**UPDATE: 29-10-2022**

#### **DOCTOR OF THE FUTURE – MEET LINH**

**Congratulations Linh** from all the team at Lifestart Foundation. We couldn't be more proud of your achievements!

Our Lifestart Foundation Education Scholarship student Linh has recently completed year 12 at Le Thanh Tong High school for Gifted Students in Hoi An. She has just been accepted into Hue University of Medicine and Pharmacy to study General Medicine, achieving her long-held and cherished dream to become a doctor.

Linh has held a full Lifestart Foundation Education Scholarship since year 7. Linh will join the current group of 30 outstanding Lifestart Foundation Medical Education Scholarship students at Hue University of Medicine and Pharmacy.

At the end of Year 12, she achieved a total of 27.1 out of a possible 30 which she received 9.25 in Chemistry and 9 in Biology.

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

During her last three consecutive years at Le Thanh Tong High School for Gifted Students, Linh achieved the title of an excellent student. As a result of her diligence, she achieved a GPA of 9.3 out of a possible 10 in year 12, which ranked her first in her class.

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.

Linh comes from a disadvantaged family of 5, including her grandmother, her parents, her younger brother, and herself. 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 she received her Lifestart Foundation Education Scholarship! It has helped relieve her parents worry about their children's education expenses. Linh's mum was also able to reallocate money for other necessary expenses and save enough money to open a food stall selling Quang noodles in Hoi An.

Linh has held a strong passion for taking care of her family members and the wider community since a young age. Having been accepted to Hue University of Medicine and Pharmacy, she is extremely motivated to study diligently to become a doctor in the future so that she can support her family and 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/.../a.48556164.../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: 05-11-2022**

**MEET HANH - LIFESTART FOUNDATION'S FIRST PHARMACY SCHOLARSHIP RECIPIENT TO GRADUATE FROM HUE UNIVERSITY OF MEDICINE AND PHARMACY**

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

Hanh is a Pharmacy Education Scholarship recipient at Hue University of Medicine and Pharmacy. She has just completed her five-year degree in Pharmacy, and achieved a High Distinction degree with a GPA of 3.61 out of a possible 4.0, ranking her 4th among all Pharmacy students. Hanh is the first in her family to graduate from University.

Hanh comes from a small village in the Central province of Quang Tri. She was born and raised in a large family of 6 people including her parents, her elder sister, her younger sister, her younger brother, and herself. Hanh's parents are now in their 50s and are rice farmers.

The family lives on their meagre joint income of only 4 million VND per month or approximately \$173 USD per month. In order to keep their children in school and to earn extra income from more farming work, her parents had to apply for several big loans, which made their lives all the more difficult.

Her family's financial condition has also faced many difficulties due to her parents' health. Her dad has chronic liver disease, and her mum was diagnosed with a peptic ulcer so they have to go for medical checkups regularly. However, they still work very hard to earn money so that Hanh and her younger siblings can continue following their studies.

Fortunately, a huge financial burden was lifted from Hanh's parents' shoulders when she received a full Lifestart Foundation Education Scholarship. They no longer needed to worry about education costs for their daughter and thus were able to reallocate money for other necessary expenses instead. Therefore Hanh was also able to entirely focus on her study to achieve her goals.

Hanh is extremely hard-working and determined to break the poverty cycle. She completed 8-14 hours a day of self-study on normal weeks. On the days leading up to the exams, she spent 15-17 hours a day on self-study. Such dedication! Besides academic studies, Hanh also actively took part in extra-curricular activities such as helping patients with hospital procedures, cooking free porridge for patients, donating used textbooks for students, donating her hair to cancer patients, and clothes for charity organizations.

Hanh was extremely grateful for the tremendous support from Lifestart Foundation. Besides covering all tuition fees, rent, and food allowance, the Lifestart Education scholarship also enabled Hanh to enroll in extra English courses that she had always hoped to join.

Hanh shared that "if it hadn't been for the Lifestart Foundation scholarship, I might not be able to achieve band 6.0 in the IELTS exam and finish my final year project". Furthermore, since she received this valuable scholarship, Hanh has had more opportunities to broaden her social network via meetings with other outstanding Lifestart Foundation scholarship students.

Hanh has had a great interest in Pharmacy since she studied at high school. Pharmacotherapy is her favourite subject at university as she loves studying different kinds of diseases and the use of prescribed medication to assist in the treatment of a disease.

The scholarship from Lifestart Foundation has been a great motivation for Hanh to continue to follow her dreams of becoming a skilled Clinical Pharmacist not only to help her parents improve their health but also to contribute to the well-being of society.

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



**UPDATE: 19-11-2022**

**MASTER OF NURSING SCHOLARSHIPS – AN UPDATE FROM BINH**

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 letter of gratitude that Binh wrote to Lifestart Foundation where she shares her work and her life after graduating from the Master of Nursing course.

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**BINH'S LETTER:**

Dear Sponsors, Ms. Karen and Lifestart Foundation,

I am Vo Thi Diem Binh, currently working as a lecturer at Hue University of Medicine and Pharmacy. I am a nursing student on the Master's course at Hue University of Medicine and Pharmacy which is connected to Khon Kaen University of Thailand. I have graduated from the Master of Nursing course specialising in Community Nursing.

I was extremely lucky and honored to receive the prestigious scholarship from Lifestart Foundation. For me, this not only gives me very real motivation to study in a material sense, but also it provides me with great spiritual strength which helps me to overcome all the challenges in life in order to complete this course.

After finishing this course, I was promoted to the official lecturer from teaching assistant, Basic Nursing and Community Nursing at Hue University of Medicine and Pharmacy.

The knowledge and skills I gained during my two years Masters study have helped elevate my professionalism. I was able to experience the Community Nursing model in Thailand – one of the successful community healthcare models in the world.

As a community nurse, I worked directly with the health officials in communes and wards to deliver what I had learned in Thailand. Besides, as a nursing lecturer, I always try my utmost to deliver up-to-date and in-depth knowledge to students. In terms of practical skills, I have been able to sharpen my English skills, teamwork skills, public speaking skills, monitor lectures and conduct an online class.

Over the past months, I have been continuously applying my Masters Scientific Research "An Assessment of Healthcare Needs of Elderly Patients with Chronic Diseases" for resident patients at Hue University of Medicine and Pharmacy in order to enhance the healthcare quality so that they can feel at ease while receiving treatment at the hospital. Furthermore, thanks to the knowledge I have grasped through the course in Thailand, I have become more confident in conducting Nursing research as well as in delivering the lectures on this research to students.

Once again, I would like to express my heartfelt gratitude to Lifestart Foundation for having given wings to my education and helping me to realize my dreams. I promise to constantly strive harder to utilise the knowledge I have acquired to contribute to high-quality human resources for nursing training at my workplace in particular and to enhance the role of nurses in Vietnam's health care system in general.

Yours sincerely,

Vo Thi Diem Binh



**UPDATE: 26-11-2022**

**CONGRATULATIONS THUONG** from all the team at Lifestart Foundation.

Thuong has held a full Lifestart Foundation Education Scholarship since year 7. Recently she finished year 12 at high school and has been accepted to study Marketing at 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.

Thuong was born into a family of six: her parents, her two elder sisters, her elder brother, and Thuong. Unfortunately, Thuong's father passed away as a result of an accident. Since then her mother has become the main breadwinner of the family taking care of the four

children. Thuong's mum is a hard-working rice farmer and sometimes she also works as a brick layer if she is lucky enough to be hired.

Thuong is a diligent student and has always tried her best with her studies despite her difficult background. She has always achieved the title of very good student over many years. In addition to her hectic schedule at school and at extra classes, Thuong spent 7-8 hours on self-study each day and also half an hour helping her mum with light household tasks such as cleaning the house, washing the dishes, and cooking. As a result of her diligence, she achieved a GPA of 8.5 out of a possible 10 in year 12, achieving the title of a very good student.

The life of Thuong has turned to a whole new page since she received the Lifestart Foundation Education Scholarship in year 7 as she has been provided with the best possible conditions for her studies. Thuong and her family are extremely grateful for the enormous help and support from her long-term sponsor as well as Karen and everyone from the Lifestart Foundation team. She shared that the scholarship and the dedicated support from everyone will be always a source of motivation for her to keep trying hard and striving for excellence.

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

- Introducing Thuong – new LSF Scholarship student:  
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1208181555894028/>
- A hamper box donation for Thuong:  
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4614989395213210/>

## Scholarships



**UPDATE: 12-06-2022**

**NGUYEN THI DIEM QUYNH – A NEW LIFESTART FOUNDATION'S SCHOLARSHIP STUDENT**

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

Diem Quynh has recently received an Education Scholarship from Lifestart Foundation. She is currently studying in Year 8 and her dream of becoming a Doctor is now a lot closer.

All of our Lifestart Foundation Scholarship students come from very challenging situations and Quynh is no exception.

She comes from a large family of 6, including her parents, her elder sister, her elder brother, her younger sister, and Quynh. Unfortunately, her father passed away a few years ago due to an accident, leaving her mother widowed with 4 young children to raise alone.

To earn money for her family, Quynh's mum has to work very hard as a factory worker making leather shoes. The family lives on her meagre income of only 4,000,000 VND per month or approximately \$174 USD per month. Her family is listed on the government poor list.

Despite her disadvantaged situation, Quynh has always been an excellent student. Last semester, she achieved a study average 9.0 out of a possible 10, which ranked her third in her class.

At this stage, Quynh would like to become a doctor and the scholarship from Lifestart Foundation will help Quynh to realize this dream. The scholarship granted to Quynh will cover all of her tuition fees, books, uniforms, and stationery and will also enable 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.

Below is the beautiful letter Quynh sent to us when she learned that she would receive the Lifestart Foundation Education Scholarship. We hope you enjoy reading her letter of thanks.

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#### **QUYNH'S THANK-YOU LETTER:**

Dear Karen and Everyone at Lifestart Foundation,

My name is Nguyen Thi Diem Quynh, one of the lucky students who you are kindly sponsoring. I am currently a year 8 student. Via this letter, I would like to express my deepest gratitude to you for giving me this precious scholarship. The day I received the good news from Lifestart Foundation, I was bursting with happiness at this is a "life-changing" milestone in my life, motivating me to try even harder and focus completely on my studies. This is also a great opportunity to meet many kind-hearted people who are willing to listen to me talking about my life, my current studies, and the many hardships and obstacles that my family has encountered.

In terms of my studies, the GPA that I achieved in the first semester was relatively high, which ranked me third in my class. I also try to participate fully in my teachers' lessons. At school, I am extremely interested in studying science subjects, such as Maths, Chemistry, and Physics, but the one that I am keen on the most is Chemistry. Any Chemistry exercises that I can finish always bring me a sense of satisfaction, even when I encounter a very difficult one, I am eager to solve it. On top of that, my dream is to become a doctor in the future. Chemistry plays a vital role in the medical field, which is a compelling reason why it has been my all-time favorite subject. Furthermore, Chemistry is also the one that I feel most confident in.

After school, I have also attended extra classes in my major subjects, including Maths, Chemistry, Physics, and English. In addition, every day I spend about 5 to 6 hours reviewing the previous lessons, preparing for the next ones, and practicing more advanced exercises. This semester, I am determined to make more progress in my studies and improve my class ranking. Besides that, I am currently in a specialized Physics team at school which is preparing for the Physics contest at the provincial level for gifted students in year 8.

In the future, I would like to become a good person in society, and a professional and passionate doctor, who will be able to help many patients overcome their illnesses. I vividly remember that when I was a little girl, I overheard the news on TV about a doctor who had saved many children and elderly people's lives, providing them with "a new life" again. Since then, the word "doctor" has meant a great deal to me. I really admire them. Thus, my biggest dream is to become a "superhero" like them, especially during these hard times of the pandemic, when doctors have to put their best effort into treating patients infected with Covid 19.

On the day I had a scholarship interview with Ms. Karen and the team at Lifestart Foundation, I was a bit nervous at first, but then I felt overjoyed that I received your precious scholarship, providing me with a tremendous motivation to focus more on my studies. More importantly, I am extremely delighted to be a member of Lifestart Foundation "family", where I enjoy the support of many kind hearted people. Your scholarship is also a great source of encouragement, which is extremely meaningful to me and other disadvantaged students.

Since I was presented with your precious scholarship, I have been able to purchase many school supplies, books, and new clothes. Thus, the financial burden of my study expenses has been reduced and my mum could save money to cover my siblings' study costs and other living expenses. My family and I really appreciate your kind help and support. This semester, I will try to study even harder to deserve the faith that everyone has put in me.

Once again, I would like to send my sincere thanks to you for listening to me talking about myself and supporting me with my studies. I wish you and your family all good health, happiness, and success in life.

Best wishes,

Nguyen Thi Diem Quynh

## Donation



**UPDATE: 09-06-2022**

### HOUSEHOLD GOODS FOR DISADVANTAGED STUDENTS AND FAMILIES

Lifestart Foundation Education Scholarship student Long is currently a second-year General Medicine student at Hue University of Medicine and Pharmacy.

Pictured in this post is Long's mother - Ms. Vi, who works extremely hard every day as a textile worker to support her three children who are all still going to school.

A much-needed hamper box from Lifestart Foundation has been given to Long's mother, 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.



**UPDATE: 15-06-2022**

### HOUSEHOLD GOODS FOR DISADVANTAGED STUDENTS AND FAMILIES

Vi is a Lifestart Foundation [#Medical](#) Scholarship student. She is currently a 5th Year student at Hue University of Medicine and Pharmacy.

Vi's family has a very difficult economic situation. Her family is deemed to be close-to-the-poor list by the government. The whole family of 6 lives on her parents' meagre income from labour work, which pays for the family's food, electricity, and school fees.

Fortunately, since Vi received the Lifestart Foundation Education Scholarship, the life of Vi and her family has changed for the better. Recently, a much-needed hamper box of household essentials has been given to Vi from Lifestart Foundation. This will help her to save a lot of money which she would usually spend on food supplies.



**UPDATE: 23-06-2022**

### EMERGENCY SUPPLIES FOR DISADVANTAGED STUDENTS AND FAMILIES

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

Born into a large family of 9 members with financial difficulties, Hoa has always made every effort in her studies in order to have a brighter future for herself. During a normal week, she usually spends 8-9 hours per day on weekdays and 11-12 hours per day on weekends. She achieved a GPA of 3.47 out of a possible 4.0 when she received her Lifestart Foundation scholarship.

Hoa 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: 26-06-2022**

#### **A LAPTOP DONATION FOR TAN**

Lifestart Foundation Education Scholarship student Tan is a diligent fifth-year General Medicine student at Danang University of Medical Technology and Pharmacy. She is the first in her family to attend university.

Unlike most students in developed countries who have iPhones, iPads and access to laptops and all of the latest technology, this is not the case with our scholarship students who are all from impoverished families. It's hard to imagine completing one's studies at University without the support of a laptop these days!

Recently, a much-needed new laptop has been given to Tan from Lifestart Foundation. She is extremely grateful for this donation as it will definitely help her with her studies at university.

This laptop will unlock endless opportunities for Tan and will enable her to study online, look for more study materials easily and conveniently as well as watch videos related to her medical course with ease.

We know that with the donation of a much-needed laptop, Tan will be equipped with the best study conditions to achieve greater academic success.

Tan comes from a large family of 6, including her parents, two younger brothers, a younger sister and Tan. Sadly, her mother passed away a couple of years ago due to blood cancer, leaving her father with 4 children to raise alone. Tan's father is a rice farmer, who relies on a meagre unstable income to support the entire family. As a result, her family's financial situation is extremely difficult. Fortunately, since Tan received her precious Lifestart Foundation Medical Scholarship her family life has improved and changed for the better.

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

<https://www.facebook.com/TheLifestartFoundation/posts/3983753811670108>



**UPDATE: 29-06-2022**

#### **HOUSEHOLD GOODS FOR DISADVANTAGED STUDENTS AND FAMILIES**

Our Education Scholarship student Binh is currently a first-year student majoring in 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.

Pictured in this post is Binh's mother, who is the sole breadwinner of the family. The family of 3 includes Binh's elderly grandmother, his mum, and Binh. They live on her unstable monthly income of 3 million VND or \$130 USD per month from farming work.

In order to partly relieve the financial burdens on Binh's mum's shoulders, recently Lifestart Foundation has provided her with a much-needed hamper box including household essentials such as salt, soy sauce, fish sauce, shower gel, shampoo, dishwashing liquid, and toothpaste. This will help her to save a lot of money and allocate it for other necessary expenses.

A big [#thankyou](#) to a generous donor from Hoi An for making this donation possible!



**UPDATE: 03-07-2022**

#### **A NEW ELECTRIC BIKE FOR TUNG**

Our recent Lifestart Foundation Education Scholarship Tung is pictured receiving a much-needed new electric bike from Lifestart Foundation's generous donors.

Tung's background is a difficult and sad one like so many other LSF scholarship students. His mum left him when he was just 5 months old then tragically his dad passed away when he was in the 4th grade. At the moment, he is living with his aunt and grandma. His aunt works in a small restaurant, and she has been working very hard to support the whole family. Seeing how hard his aunt works, Tung always reminds himself to try to study harder and gain a lot of high achievements in order not to disappoint her. For many years, every day Tung

went to school and extra classes on his old bike. He had only dreamed of having an e-bike.

Thanks to his efforts, Tung was accepted into the specialty Maths class of Le Thanh Tong High School for Gifted Students. It was his great joy but it also made him worry a lot because of the distance from his house to school. Tung shared that the help of Lifestart Foundation and the donors of the e-bike came to him at just the right time, giving him more confidence to continue his studies at high school. He will try to study harder to have a better future and live up to Lifestart Foundation's support. Follow our previous post about Tung here:

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



**UPDATE: 05-07-2022**

#### **A HAMPER BOX OF ESSENTIAL ITEMS FOR HANH**

Hanh is a final year student majoring in Pharmacy at Hue University of Medicine and Pharmacy. She is one of the first two students who received a [#Pharmacy](#) Scholarship from Lifestart Foundation.

Hanh 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 Hanh to support her to overcome difficulties during the COVID-19 pandemic.



**UPDATE: 13-07-2022**

#### **HOUSEHOLD SUPPLIES FOR DISADVANTAGED STUDENTS AND FAMILIES**

Pictured in this post is Dinh, a Lifestart Foundation [#Medical](#) Scholarship student. He is studying in year 5 at Hue University of Medicine and Pharmacy, majoring in General Medicine.

Born into a family with financial difficulties, Dinh has always made every effort in his studies in order to have a brighter future for himself. 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.

Dinh is pictured 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. This will help him to save a lot of money which he would usually spend on food supplies.

Click here to read more about Dinh: <https://www.facebook.com/TheLifestartFoundation/posts/5109167379128740>



**UPDATE: 17-07-2022**

#### **A NEW BICYCLE DONATION FOR KHANH**

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

Khanh is currently studying in year 7. She is an excellent student who is in Year 6 and has an average score of 8.7 out of a possible 10.

Khanh comes from a family of 4, including her parents, her elder brother who is in year 8, and Khanh.

Sadly, her father passed away 6 years ago due to a serious disease. Since then, her mother has become the sole breadwinner for the family. Previously she worked very hard as a hotel employee to support her two children to attend school, but due to the Covid-19 pandemic, she has been unemployed for 2 years. At present, she has managed to get some work house cleaning but this is only for 2 days per week. As a result, her family situation is very challenging.

Khanh is pictured receiving a much-needed new bicycle, which was donated by Lifestart Foundation's generous supporter Ken. In the past, Khanh used to ride her aging bike given by her elder brother, and it was broken frequently. Khanh usually asked her friends for a lift to travel to her classes.

The gift of a new bike is not only material motivation but also great spiritual support. It will assist Khanh to travel to and from school as well as to attend extra classes.

Once again, we would like to express our heartfelt thanks to generous supporter Ken for making this series of bicycle donations possible.



**UPDATE: 21-07-2022**

#### **A HAMPER BOX OF ESSENTIAL ITEMS FOR MAI**

Mai is currently a 5th-year General Medicine student at Hue University of Medicine and Pharmacy and she is the first in her family to attend university.

Mai comes from Hue and she is the oldest child of a disadvantaged family of 5 people, including her parents, two younger brothers, and herself. Her parents used to work making paper handicrafts to cover their living expenses. Sadly her dad passed away in a traffic accident a few years ago, leaving her mum widowed with three children to raise who were all of school age. This has made their lives all the more difficult.

Mai 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. We hope this hamper will help partially reduce her family's current financial burden.

Click here to read more about Mai: <https://www.facebook.com/TheLifestartFoundation/posts/4029270813785074>



**UPDATE: 24-07-2022**

### **RELIEF SUPPLIES FOR ORPHANS AT QUANG CHAU PAGODA**

Lifestart Foundation recently has committed more than 19,000,000 VND to support nearly 100 orphan children at Quang Chau Pagoda in Danang, to overcome the difficulties in their daily life.

In June 2020 and January 2022, we had the opportunity to visit these lovely children and we provided them with daily necessities, which were valued at approximately 116,000,000 VND. We are extremely happy to continue with a new round of donations again this time.

This round, Lifestart Foundation has delivered food and household essentials such as vegan noodles, cooking oil, soya sauce, vegan food, milk, sugar, and many more much-needed daily essentials.

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



**UPDATE: 26-07-2022**

### **HOUSEHOLD SUPPLIES FOR DISADVANTAGED STUDENTS AND FAMILIES**

Lifestart Foundation Education Scholarship student Hien is currently a 4th-year Pharmacy student 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.

In order to reduce the burdens on her parents' shoulders, Lifestart Foundation has provided her family with a much-needed hamper box including rice and household essentials.



**UPDATE: 07-08-2022**

### **PREPARING FOR THE START OF A NEW SCHOOL YEAR IN VIETNAM!**

As well as supporting our scholarship students with tuition fees and all of the important extra classes, the Lifestart Foundation Education Scholarship project also provides them with much-needed study essentials before each new school year.



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

Pictured are 8 of our students receiving their school books, uniforms, and stationery at the annual Supply Distribution Day organised every summer. It is an exciting time for our students as they value the

educational opportunities they are given and they all love books and study.

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

Supply Distribution Day is also a great chance for students to meet up and connect with each other, and share their goals and plans for a new school year.

Our scholarship students work so hard and complete an enormous amount of daily study. They hope to break the poverty cycle and realize their dream of completing Year 12 and ultimately attending University.



**UPDATE: 09-08-2022**

#### **HOUSEHOLD SUPPLIES FOR DISADVANTAGED STUDENTS AND FAMILIES**

Lifestart Foundation Education Scholarship student Dung is currently a 5th-year General Medicine student at Hue University of Medicine and Pharmacy.

Dung comes from a poor family of 4, including her parents, her elder sister, and Dung. Her parents are rice farmers and the family's main income is provided by her parents' farming work. Due to her mother's ill health, her dad is the breadwinner of the family.

Dung is pictured 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. This will help her to save a lot of money which she would usually spend on food supplies.

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: 21-08-2022**

#### **A MUCH-NEEDED DONATION OF HOUSEHOLD ESSENTIALS FOR TUYET**

Tuyet is currently a 2nd-year student at DaNang University of Medical Technology and Pharmacy, majoring in Physical Therapy & Rehabilitation. She has held a full Lifestart Foundation Education Scholarship since year 6.

There are 5 people in Tuyet's family, including her grandmother, her parents, her younger brother, and herself. Very sadly, her father has recently passed away suddenly, leaving her mother widowed with two children to raise alone. Tuyet's mother is a rice farmer who relies on the crops to make ends meet. Since her father passed away, all of the responsibilities have rested upon her

mum's shoulders, which has made their life all the more difficult.

In order to help lessen the burdens on her mother's shoulders, Tuyet has been provided with additional support from her sponsor. She is pictured receiving a much-needed hamper box including rice and household necessities such as cooking

oil, sugar, fish sauce, soy sauce, milk, toothpaste, toothbrushes, shower gel, washing powder, detergent, shampoo, and dishwashing liquid. "This gift came as timely support for my family, which helped us to overcome difficulties during this period. My mother will be able to reallocate money for other necessary family expenses" – she shared.

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

- Introducing Tuyet – A new LSF Foundation Education Scholarship student:  
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/751101104935411/>
- Tuyet accepted to Danang University of Medical Technology and Pharmacy:  
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/3583118531733640/>
- Financial aid to replant crops and restore Tuyet's family's livelihood:  
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0eLsPG2PNJmVrTJxrp1ytdvKExGoeFpU69RVcFFotFgNH7iUWzDXSLEmo7mCoUaMI>

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: 04-09-2022**

#### **A NEW LAPTOP DONATION FOR LOC**

Loc is currently a 2nd-year student at Hue University of Medicine and Pharmacy, majoring in General Medicine. Loc has held a full Lifestart Foundation Education Scholarship since year 9. His GPA in the second semester of year 1 was 3.75 out of a possible 4, achieving the title of an excellent student.

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

For many years, Loc didn't have his own laptop. In order to finish his studies, he had to rely on his mobile phone to do all necessary tasks, including researching, saving medical documents and tutorial videos with limited storage, studying English, and also preparing presentations. The Covid-19 pandemic over the past two years has required the students to work and study online for extended periods of time, which made it very difficult for Loc to keep up with his studies at school. It's hard to imagine that he has got to the level he has without a laptop.

Loc was super excited to know that he would be able to get a helping hand with his education. This brand new laptop will be of great support to his ongoing studies, especially when online learning has become a viable study solution during and after the Covid-19 pandemic.

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

Loc comes from a family that has experienced a lot of sadness in the past. Loc is a twin and his twin brother suffers from epilepsy. His dad passed away when he was 2 years old and his mum remarried when he was 8 years old. Since his mum remarried, she left to live with her new family and has not supported Loc or his twin brother. Fortunately for Loc and his brother they were taken in by a good-hearted and kind uncle and his wife. Since then, Loc and his twin brother have been living with their uncle's family including Loc's grandmother, Loc's uncle, and auntie, and Loc's three cousins.

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

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1107747929270725/>



**UPDATE: 25-09-2022**

**A HAMPER BOX OF ESSENTIAL ITEMS FOR CUONG**

Lifestart Foundation [#Medical](#) Scholarship student Cuong is currently a fifth-year student at Hue University of Medicine and Pharmacy.

Cuong comes from a family of 5, including her parents, her younger sister, her younger brother, and Cuong. Her father is elderly so he just stays at home doing light tasks while her mother's job as a nanny is unstable due to the Covid-19 pandemic. This has made their lives all the more difficult.

A much-needed hamper box from Lifestart Foundation has been given to Cuong, which will help her save a lot of money spent on food supplies and allocate it for other necessary expenses. 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.

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: 02-10-2022**

**A DONATION OF STUDY ESSENTIALS FOR DIEM QUYNH**

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

Diem Quynh, one of Lifestart Foundation's most recent scholarship students, has just completed year 8 and is now entering year 9 in Dien Ban. Her GPA in year 8 was 9.1 out of a possible 10. She is pictured receiving a new desk with a bookcase, a chair, and a lamp from her sponsor.

Quynh, as you may remember, comes from a large family of 6, including her parents, her elder sister, her elder brother, her younger sister, and herself. Unfortunately, her father passed away a few years ago due to an accident, leaving her mother widowed with 4 young children to raise alone. The family lives on her meagre income of only 4,000,000 VND per month or approximately \$174 USD per month from making shoes.

Quynh was overjoyed and extremely grateful when she learned that she would be presented with this gift from her sponsor.

Quynh believes that with her own new desk, chair and lamp, she can spend more time doing self-study at night, and hopefully, her academic performance in the new school year will improve even more. Click here to read more about Quynh:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5154090261303118>



**UPDATE: 09-10-2022**

**EMERGENCY RELIEF DISTRIBUTED TO FAMILIES IN NEED**

Lifestart Foundation has committed \$1,000 AUD (approximately 17,024,000 VND) worth of daily necessities to support Lifestart Foundation Education Scholarship Students in their daily lives.



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, 56 food hampers including cooking oil, fish sauce, soy sauce, dish-washing liquid, and washing powder were donated to 56 Lifestart Foundation scholarship students in

Quang Nam province to help alleviate some of their financial difficulties. All of these students and their families were extremely grateful for this support.



**UPDATE: 23-10-2022**

#### **A NEW LAPTOP DONATION FOR DUNG**

Lifestart Foundation Scholarship student Dung is currently a 5th-year student at Hue University of Medicine and Pharmacy, majoring in General Medicine.

Dung is the second child in a family of 6. She was born and raised in a rice farming family and their income mainly depends on rice crops and her dad also works as a builder assistant to earn extra income. Her mum is not in good health so her dad is the main breadwinner in their family. He works extremely hard in order to cover the family's expenses while having to support three children with their school fees. As a result, purchasing a new laptop for Dung

to study was difficult as the cost was prohibitive.

Prior to having her own laptop, Dung had to encounter many obstacles in her studies, especially during the Covid-19 pandemic when all of her main classes and exams had to be taken online, causing great difficulties as she had to use her phone to join these classes or borrow her friend's laptop to take the exams. While taking online lessons, it was hard for her to see the lesson plans clearly and research learning materials on the Internet.

Dung was super excited to know that she would be able to get a helping hand with her education and the purchase of a new Laptop. With this laptop, Dung can see the lesson plans of her teachers very clearly and even record their lessons while taking online classes.

We know that with the donation of a much-needed laptop, Dung will be equipped with the best study conditions to achieve greater academic success.



**UPDATE: 30-10-2022**

#### **MILK DONATION FOR EDUCATION SCHOLARSHIP STUDENT SAM**

Lifestart Foundation's scholarship student Sam is currently studying in year 12 in Dien Ban, Quang Nam. She has held a full Lifestart Foundation Education Scholarship since grade 6.

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. Sometimes her dad also works as a builder's assistant and her mother assists at weddings to earn a little more income to make ends meet. To share the burden with her parents, Sam also helps them with household chores including cooking, washing dishes, and sweeping the house whenever she has free

time.

Despite her disadvantaged family situation, Sam is a diligent student and always shows her excellent academic achievements throughout her education path. Every day Sam spends an average of 5 hours on self-study in addition to attending classes at school and extra courses. As a result of her diligence, she achieved a GPA of 9.3 out of a possible 10

in Year 11, which ranked her first in her class and first in all of Year 1 classes. At this stage, Sam would like to become an English teacher.

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

Sam is pictured receiving milk as additional monthly support from her sponsor. We hope that this kind of support will give her more nutrition and create the best learning conditions for her.

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

- Sam wins 3rd prize at the “Olympiad of Talent in English” competition:  
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5182653538446790/>
- Sam wins a Bronze medal in English at the provincial level Olympic contest:  
<https://www.facebook.com/TheLifestartFoundation/posts/4085553528156802>
- A bicycle donation for Sam:  
<https://www.facebook.com/TheLifestartFoundation/posts/3085325271512971>



**UPDATE: 13-11-2022**

#### **DONATIONS FOR LIFESTART FOUNDATION'S UNIVERSITY STUDENTS**

Five 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 tremendously 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 they 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 has 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.

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



**UPDATE: 27-11-2022**

#### **A LAPTOP DONATION FOR OANH**

Lifestart Foundation Medical Scholarship student Oanh has recently entered her final year as a General Medicine student at Hue University of Medicine and Pharmacy. She had an outstanding 3.76 study average out of a possible 4 in her second semester of year 4 at university, achieving the well-deserved title of an excellent student.

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

For many years, Oanh didn't have her own laptop. In order to finish her studies, she had to rely on her mobile phone to do all necessary tasks, including researching, saving medical documents with limited storage, watching tutorial videos, and also preparing presentations. This has made it very difficult for Oanh to keep up with her studies at school. It's hard to imagine that she has gotten to the level she has without a laptop.

Oanh was super excited to know that she would be able to get a helping hand with her education. She is pictured receiving a much-needed laptop from Lifestart Foundation.

This laptop has unlocked endless opportunities for Oanh and enabled her to study online, read study materials easily and conveniently as well as make presentations and work in groups with ease.

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

Oanh comes from a rural village in Quang Nam province. She was born and raised in a poor family of 6, including her parents, her elder sister, her two younger brothers, and herself. Her parents are both farmers who work extremely hard to cover their family expenses with their limited joint income of 6 million VND per month or approximately \$261 USD per month. Her parents have suffered from degenerative disc disease for a long time and sometimes her father is not even able to sit. The cost of their medical treatment has been huge pressure on the family. Nevertheless, her father always tries to continue to work as a builder's assistant in order to earn income for his family.

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

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5342444395801036/>

## Clean Water Project

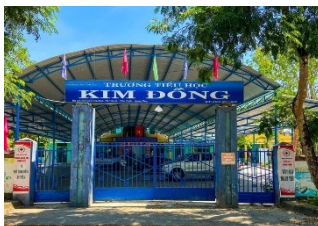


**UPDATE: 05-06-2022**

### **CLEAN WATER PROJECT #6**

Providing clean water for over 4000 students at 13 remote schools in Central Vietnam

Proudly made possible by Lifestart Foundation & Karma Foundation



The next education center supported is Kim Dong Primary School (Tien Phuoc District, Quang Nam Province), where 600 students and more than 50 staff will have access to clean water.

Please click on the link below to watch the video about our Clean Water project for Kim Dong Primary School:

<https://youtu.be/sRNW1fxc5kU>



**UPDATE: 31-07-2022**

### **CLEAN WATER PROJECT #7**

Providing clean water for over 4000 students at 13 remote schools in Central Vietnam

Proudly made possible by Lifestart Foundation & Karma Foundation



The next education center supported is Tien Chau Primary School (Tien Phuoc District, Quang Nam Province), where 400 students and 30 staff will have access to clean water.

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



**UPDATE: 28-08-2022**

#### **CLEAN WATER PROJECT #8**

Providing clean water for over 4000 students at 13 remote schools in Central Vietnam

Proudly made possible by Lifestart Foundation & Karma Foundation



The next education center supported is Tien An Primary school (Tien Phuoc District, Quang Nam Province), where nearly 400 students and staff will have access to clean water.

Please click on the link below to watch the video about our Clean Water project for Tien An Primary School:  
<https://youtu.be/9DJXAzuyIJU>



**UPDATE: 11-09-2022**

#### **CLEAN WATER PROJECT #9**

Providing clean water for over 4000 students at 13 remote schools in Central Vietnam

Proudly made possible by Lifestart Foundation & Karma Foundation



The next education center supported is Que Hiep Kindergarten (Que Son District, Quang Nam Province), where 100 children and staff will have access to clean water.

Please click on the link below to watch the video about our Clean Water project for Que Hiep Kindergarten:  
<https://youtu.be/AOtiFs6xGOK>



**UPDATE: 16-10-2022**

**CLEAN WATER PROJECT #10**

Providing clean water for over 4000 students at 13 remote schools in Central Vietnam

Proudly made possible by Lifestart Foundation & Karma Foundation



The next education center supported is Que My Kindergarten (Que Son District, Quang Nam Province), where more than 100 children and staff will have access to clean water.

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

<https://youtu.be/Vza7IDXQ6sQ>



**UPDATE: 06-11-2022**

**CLEAN WATER PROJECT #11**

Providing clean water for over 4000 students at 13 remote schools in Central Vietnam. Proudly made possible by Lifestart Foundation & Karma Foundation.

The next education center supported is Hoa Mai Kindergarten (Dong Giang District, Quang Nam Province), where 100 children and staff will have access to clean water.

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

<https://youtu.be/cOBEkAbycvo>



## Flood, Typhoon and Landslide Relief



**UPDATE: 14-08-2022**

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

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 the 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.

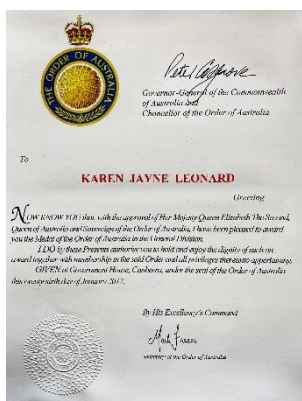
Lifestart Foundation raised a total of \$30,000 during our 30-day fundraising campaign to support the families affected by the deadly floods, landslides, and typhoons. After distributing the urgent initial emergency supplies to help hundreds of families immediately post the floods, typhoon, and landslides, 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.

To read more about this series of [#House\\_Rebuilding](#) projects, please click on the links below:

- Update #1: <https://www.facebook.com/TheLifestartFoundation/posts/4977901692255310>
- Update #2: <https://www.facebook.com/TheLifestartFoundation/posts/5044217085623770>
- Update #3: <https://www.facebook.com/TheLifestartFoundation/posts/5073066599405485>
- Update #4: <https://www.facebook.com/310107192368140/posts/5093660907346054/>
- Update #5: <https://www.facebook.com/TheLifestartFoundation/posts/5093805257331619>
- Update #6: <https://www.facebook.com/TheLifestartFoundation/posts/5106294169416061>
- Update #7: <https://www.facebook.com/310107192368140/posts/5110954615616683/>

## Awards



### UPDATE: 02-07-2022

Our Founder was finally presented with her OAM medals and certificate at Government House, Victoria, Australia last month.

Only five and a half years after being awarded the honour in 2017.

Due to a plethora of reasons (all from her end) the ceremony hasn't taken place sooner. Nevertheless, Karen said it is very humbling to receive this nod for her humanitarian endeavours.

## Other Activities



**UPDATE: 05-09-2022**

One of the Lifestart Foundation Education Scholarship students - Sam is pictured proudly wearing her Ao Dai on the first day of the school year (September 5th).

In some High schools and Universities in Vietnam, the white Ao Dai is considered the school uniform for female students and we think it is also one of the world's most elegant and graceful school uniforms. This beautiful white garment symbolizes youthful innocence and the wearer's coming of age. One of the most marvelous scenes in Vietnam is when hundreds of school girls in their white Ao Dai leave the gate of their school on their bicycles and head home.

The Vietnamese "Ao Dai", the long gown worn with trousers by Vietnamese women, has become the symbol of Vietnamese feminine beauty and the pride of the Vietnamese people.

According to many Vietnamese people, the Ao Dai always has a great meaning as a symbol of grace and beauty. The Ao Dai always is the first choice for Vietnamese people on special occasions whether they are rich or poor, old or young.



**UPDATE: 07-07-2022**

#[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](http://www.lifestartfoundation.org.au)



**UPDATE: 11-07-2022**

### 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: 14-07-2022**

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](http://www.lifestartfoundation.org.au)

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



**UPDATE: 19-07-2022**

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: 28-07-2022**

[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.