

Education



UPDATE: 03-12-2022

GREAT NEWS FROM LIFESTART FOUNDATION SCHOLARSHIP STUDENT BUU

Congratulations Buu on achieving the maximum of 4.0 out of 4.0 in the second semester of Year 1! A perfect score.

All of the team at Lifestart Foundation are extremely proud of your achievements.

Lifestart Foundation Education Scholarship student Buu is a diligent second-year student at Danang University of Science and Technology, majoring in Electronics and Telecommunications.

He has held a full Lifestart Foundation education scholarship since year 9.

During the past year at university, Buu has always maintained excellent study results, but a perfect score this past semester is nothing short of outstanding.

Besides attending tutorials at university, Buu spends an average of 6 hours per day on self-study.

With his constant striving for excellence, he achieved a maximum of 6 A level marks for 6 subjects, namely Linear Algebra, Mathematical Analysis, Engineering Communication Skills, Teamwork & Leadership, Labs Of General Physics, and General Physics.

We are extremely proud of Buu's academic achievements which would not have been possible without his hard work and the generous gift of his full Lifestart Foundation Education scholarship.

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

Despite his disadvantaged background, Buu has always shown academic excellence. The full LSF Education Scholarship has been a strong motivation for Buu to strive harder to become a successful scholar and to lift his family out of the poverty cycle.

Currently, Buu plans to follow a career in Electronics. He shared that he will try his best to pursue this major in order to make his dream come true and to get a good job that will not only benefit himself but also his family.

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

- Introducing Buu – New LSF Education Scholarship Recipient:
<https://www.facebook.com/TheLifestartFoundation/posts/1614050328640480>
- Buu wins silver:
<https://www.facebook.com/TheLifestartFoundation/posts/2362949530417219>
- Acceptance to University:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4422476714464480/>
- A hamper box donation for Buu:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4774101589301989/>



UPDATE: 17-12-2022

GREAT NEWS FROM EDUCATION SCHOLARSHIP STUDENT TRINH

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

She was orphaned when her mum passed away 10 years ago due to breast cancer. Currently, Trinh lives with her elderly grandmother who is nearly 90 years old, and her uncle and auntie. Trinh's uncle is blind but despite this, he mills rice to earn a living. Her auntie who has mental health problems is a rice farmer and she also raises pigs and sells duck eggs sometimes.

Trinh is a delightful and diligent student. Despite her disadvantaged background, Trinh has made every effort in her studies in order to help herself and her family escape the poverty cycle. She achieved a GPA of 3.63 out of a possible 4.0 in the second semester of year 3, achieving the title of excellent student. Trinh spends an average of 6 hours per day self-studying besides attending classes at university.

Recently Trinh participated in the city-level Japanese Eloquence Contest, which took place at Danang University of Foreign Language Studies. This contest is an opportunity for academic and cultural exchange, which aims at developing Japanese speaking skills for students, helping them to be confident and resilient toward future academic and career success.

Under the theme "Inspirational words that changed your life", Trinh and 9 other contestants competing in this competition have proved their outstanding language skills and presentation skills to the judges and also the audience. We are delighted to share that Trinh has surpassed 6 excellent contestants and achieved 3rd prize in this contest.

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

Congratulations Trinh we look forward to hearing more about your success in your study path.

You can read more about Trinh here:

- Introducing Trinh:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1690914234287422>
- Trinh accepted to University:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/2416374951741343>
- A laptop donation for Trinh:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02hkmiE2pFcxwvTZYHdg9aguvGyBwTqYzq4eMmYKWbVv2V7PYU83UQ2geomj5HRiqdI>
- A hamper box donation for Trinh:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4589006437811506>



UPDATE: 31-12-2022

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

Lifestart Foundation Education Scholarship student Tam has recently completed year 12 at high school. She has been accepted into Danang University of Medical Technology and Pharmacy. Tam has held a full Lifestart Foundation scholarship since Year 9 and she is the first in her family to attend University.

Like other children in our Education Scholarship project, Tam's childhood was a very sad and difficult story. She was orphaned when she was very little and lives with her elderly grandmother in Dien Ban. Sadly her parents both passed away within 10 days of each other when she was five years old. Her grandmother is very elderly and often gets sick. As a result, they are in a difficult living situation. To share the burden with her grandmother, Tam spends 1-2 hours a day helping her with household tasks such as cooking, cleaning the house, and washing the dishes.

Before receiving the Lifestart Foundation scholarship, Tam never had an opportunity to attend the all-important extra classes. Fortunately, since Tam received the Lifestart Foundation scholarship, her family life has improved. The scholarship granted to Tam has alleviated the financial burden on her grandmother's shoulders. It covered all of his tuition fees, books, uniforms, stationery and also enabled her to enroll in extra classes that she had always hoped to join.

Tam is extremely grateful for the wonderful help from Lifestart Foundation she has received since secondary school. The scholarship has given her a source of motivation to strive harder to eventually gain acceptance to study at University. Tam has been an excellent student for many years.

After completing 7 hours of self-study per day, and revising diligently in year 12 despite the impacts of the Covid-19 pandemic, Tam successfully passed the High school Graduation Exam and was accepted to study Medical Laboratory Techniques at Danang University of Medical Technology. Biology has always been Tam's favourite subject during her secondary and high school years, which is a motivation for her to pursue a career in Health sector. Tam is full of determination to strive even harder at University so that she will not only be able to get a good job with a decent salary after graduation but she also hopes to contribute to the well-being of the society as well.

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

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

- Introducing Tam – new LSF scholarship student:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1820887574623420/>
- A hamper box donation for Tam:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/3995275703851252/>



UPDATE: 07-01-2023

MEET DIEU – FROM A DISADVANTAGED STUDENT TO A UNIVERSITY GRADUATE AND INTERN AT LIFESTART FOUNDATION

Dieu is currently a senior year student at Danang University of Foreign Language Studies and her major is English Translation and Interpreting. She has held a full Lifestart Foundation Education Scholarship since year 10.

There are only two people in Dieu's family, her mother and herself. Dieu's mother is over 50 years old and she has been blind in one eye since birth which has always made it very difficult for her to find a good job. She works as a rice farmer with a very modest and unstable income. Fortunately, Dieu's life has changed for the better since she was granted the precious Lifestart Foundation Education Scholarship.

Dieu was a gifted language student and was already quite proficient in English during her high school years. She worked incredibly hard in order to gain acceptance to study at her preferred university. After studying diligently in year 12, Dieu was accepted to study English Interpreting and Translation at Danang University of Foreign Language Studies. The subsequent scholarship from Lifestart Foundation has carried Dieu through her tertiary education without having to worry about tuition fees and living expenses. Dieu is a student who has maintained excellent study results for many years. In addition to her tutorials at university, she spent 8 hours a day self-studying.

Recently, Dieu has worked at Lifestart Foundation as part of her final year internship experience. Her tasks included translation, promoting Education Scholarship students' stories to a wider range of audiences, and assisting in community projects and other administrative tasks. Dieu is pictured assisting in sorting out household essentials – one of the preparation steps for a hamper box donation day.

Dieu really enjoyed her work experience at Lifestart Foundation and appreciated this precious opportunity to improve her skills. Through the tasks she has undertaken, Dieu 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.

Dieu shared - "I'm extremely honoured and happy to have my internship at Lifestart Foundation. Letter translation is my favourite task – which suits my major at university. 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.”

Having grown up from a disadvantaged background, Dieu 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 Dieu:

- Introducing Dieu - new LSF Scholarship student:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1100910256621159/>
- A laptop donation for Dieu:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/3575021479210012>



UPDATE: 14-01-2023

**LIFESTART FOUNDATION UNIVERSITY GRADUATE - MEET GIANG
FROM A DISADVANTAGED BACKGROUND TO BECOMING A DOCTOR**

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

Lifestart Foundation Medical Scholarship student Giang has just graduated from Hue University of Medicine and Pharmacy. He achieved his Degree in General Medicine – an outstanding achievement!

Unlike many other students, Giang took the university entrance exam twice. He shared the reason why he chose Medicine for his future career. “I lost two years living in torment about whether to follow my passion or not. Fortunately, a motorbike accident helped me understand the meaning of a medical career and pushed me to make my decision.”

Giang is the first in his family to graduate from university. He comes from a single-parent family. His parents divorced when he was studying in year 5 and since then he has been living with his mum and his grandparents.

Before Giang was awarded with the Lifestart Foundation Medical Scholarship, his mum worked as a housemaid with a very modest monthly income of 3.5 million vnd, which was approximately \$152 USD per month. With this income, it was impossible for the family to manage their lives and to support Giang with a six-year degree studying General Medicine.

Not discouraged by his disadvantaged situation and the many challenges in his life, Giang was a diligent, well-rounded student and always strove to do his best in his studies. He completed 30 hours of self-study per week during normal weeks and up to 70 hours per week on the days leading up to exams. Besides medical studies, he also worked hard on improving his English skills in order to read the all-important medical English materials as well as to study for the IELTS certificate, which is necessary for his future career. Giang also actively took part in meaningful extracurricular activities such as donating blood, and taking care of the homeless elderly people.

The full Lifestart Foundation Medical Scholarship covered all tuition, books, rent, and food costs, which relieved a lot of financial burden on his mum’s shoulders. Giang was equipped with the best study conditions and he was also able to take some time off from working part-time in order to fully focus on his studies.

Giang is extremely grateful for the help from Lifestart Foundation. He shared - “On my studying path, I would not have been able to work hard up to the last moment without the support of my family, my friends and especially the Lifestart Foundation Team. This study result is not only a reflection of my own efforts, but also is thanks to the great support from Lifestart Foundation.”

Since graduation, Giang has decided to take an 18-month internship in Obstetrics in Danang. It’s been an absolute pleasure for Lifestart Foundation to accompany Giang through his education journey and watch him grow into a capable young man. Once again congratulations Giang we wish you every success on your career path!

Click on the links below to read more about Giang:

- Introducing Giang – New LSF Medical Scholarship student:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/2947589221953244/>
- A hamper box donation for Giang:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5154783877900423>



UPDATE: 28-01-2023

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

Ly has held a full Lifestart Foundation Education Scholarship since year 7. She has now completed year 12 and has been accepted into Danang University of Medical Technology and Pharmacy to study Pharmacy. She is the first in her family to attend University.

Not as fortunate as other children, Ly comes from a single-parent family. She lives with her mum who is a rice farmer, her elderly grandmother, and two aunts, one who suffers from the effects of agent orange and one aunt who is disabled. As a result, her family was in a very difficult economic situation. To earn extra income for her family, Ly's mother usually works part-time as a housekeeper.

Fortunately, since Ly received the full Lifestart Foundation Education Scholarship in year 7, her family life has improved. The scholarship granted to Ly has alleviated the financial burden on her mother's shoulders. It covered all of her tuition fees, books, uniforms, stationery and also enabled her to enroll in the all-important extra classes which were necessary for her study. Thanks to the scholarship, Ly also received regular mentorship from Lifestart Foundation staff, which equipped her with the much-needed useful study advice in order to realize her goals.

Despite coming from a disadvantaged family, Ly is motivated to study diligently in order to have a bright future as well as to help her family break the poverty cycle. Ly completed 7 hours per day of self-studying, which is in addition to attending tutorials at school and at the important extra classes.

Ly's favourite subject is Biology and this has been a motivation for her to pursue her chosen career in Pharmacy - her long-held and cherished dream. Since she was very little, Ly has always admired people who work in the medical profession and has held a dream of working in the Medical field. After studying and revising diligently in year 12 despite the impacts of the Covid-19 pandemic, Ly successfully passed the High school Graduation Exam and was accepted to study Pharmacy at Danang University of Medical Technology and Pharmacy.

Ly is full of determination to strive even harder at University so that she will be able to get a good job with a decent salary after graduation.

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 Ly:

- Introducing Ly - new LSF scholarship student:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1798688866843291/>
- A hamper box donation for Ly:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4033062603405895/>
- Milk donation for Ly:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4239716289407191>
- Emergency supply for Ly's family:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4795360370509444/>



UPDATE: 04-02-2023

GREAT NEWS FROM EDUCATION SCHOLARSHIP STUDENT BAO QUYEN – DOCTOR OF THE FUTURE

Congratulations Quyen on achieving the maximum of 4.0 out of 4.0 in both semesters of Year 4 at university! A perfect result. All of the team at Lifestart Foundation are extremely proud of your achievements.

Quyen is currently a 5th year General Medicine student at Danang University of Medical Technology and Pharmacy and she is one of the most outstanding Lifestart Foundation Medical Scholarship students.

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

Despite her difficult family situation, Quyen is a diligent student and always shows excellence in her studies. Since commencing her studies at Danang University of Medical Technology and Pharmacy, she has always put 100% effort into her studies. Besides attending classes, Quyen spends an average of 5 hours per day on self-study.

Quyen has always maintained her excellent study result over the past three years at university, but a perfect score this past school year is nothing short of outstanding. With her constant striving for excellence, she achieved a maximum of 16 A level marks for 16 subjects, namely External Medicine 1 & 2, Internal Medicine 2 & 3, Clinical Practice on Internal Medicine 1, Epidemiology, Allergy, Anaesthesiology and Intensive Care, Rehabilitation, Research Methodology, Image analysis, Obstetrics 1 & 2, Paediatrics 1 & 2 and Community Medicine Practice.

We are extremely proud of Quyen's academic achievements which would not have been possible without her hard work and the generous gift of her full Lifestart Foundation Education scholarship.

Quyen 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 Quyen:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4050730651639090>



UPDATE: 11-02-2023

LIFESTART FOUNDATION UNIVERSITY GRADUATE – MEET MY THE JOURNEY FROM POVERTY TO BECOMING A LAWYER

My is one of our recent Education Scholarship students to graduate from university. She has completed a 4-year Bachelor's degree in Law at University of Law in Ho Chi Minh City. My achieved a GPA of 3.56 out of a possible 4.0 in the final semester at University. We are so very proud of her accomplishment and the young woman she has grown into.

My received a Lifestart Foundation Education Scholarship in year 6, and she is the first in her family to graduate from university.

My comes from a family of four, including her dad, mum, and younger sister. Her dad is a builder's assistant and her mum is a farmer. They grow rice and raise some chickens to help cover their basic living costs.

The Lifestart Foundation Education Scholarship awarded to My when she was twelve years of age was a major turning point for her family. Each year the Lifestart Foundation scholarship paid for her tuition fees, the all-important additional

extra classes, uniforms, shoes, and books. This took a huge financial weight off the shoulders of her family and she was also provided with the best possible learning conditions.

My has always been a dedicated student and in Year 10 was accepted into Le Thanh Tong High school for gifted students.

After successfully completing Year 12 this year, she applied for her dream course in Ho Chi Minh City to study Law.

My recently graduated from Ho Chi Minh University of Law, majoring in Law, and is a diligent, well-rounded student. She usually spent 4-7 hours a day on self-study and up to 14 hours a day when time allowed. Besides academic studies, My also volunteered in many social activities such as visiting the elderly people at nursing homes and orphans, cleaning the streets or donating blood.

Since graduation, My commenced her career as a legal specialist for a real estate company in Ho Chi Minh City.

A career in Law requires a person's willingness to continue their studies throughout the span of their career. My's chosen long-term career is to become a skilled lawyer so she is constantly trying to improve her knowledge. At the moment, she has started her Legal Practice theory course at the Judicial Academy in Ho Chi Minh City. Via this class, My hopes to acquire the skills required of lawyers in order to be well-prepared for her profession in the future.

It's been an absolute delight for Lifestart Foundation to accompany My through her education journey and to watch her grow and develop into a capable, confident, and dynamic young adult.

Please click here to read more about My:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1907548652623978>



UPDATE: 18-02-2023

DOCTOR OF THE FUTURE – MEET THUY LINH

Thuy Linh is currently a senior General Medicine student at Hue University of Medicine and Pharmacy. She is another successful applicant who has received a Lifestart Foundation Medical Scholarship. Linh is the first in her family to attend University.

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

Linh's family's monthly income is only 5,000,000 VND or approximately \$217 USD per month, which makes it extremely difficult for her parents to manage their daily living expenses while having to support her with six years of university studies. As a result, they

had to borrow a large sum of money so she could continue her education.

Despite her disadvantaged situation and many challenges in his life, Linh has made every effort in her study. Her results at the end of the second semester of Year 5 were very good and she received a study average of 3.71 out of a possible 4. Every week Linh usually spends a total of 45 hours on self-study. On the days leading up to her exams, she completes a total of 55 hours per week of self-studying.

After receiving her Lifestart Foundation Scholarship Thuy Linh'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. Linh was also able to take time off from working part-time as a tutor, which has helped her focus completely on her studies to achieve her desired goals. Linh shared that "Without this prestigious scholarship, I certainly couldn't perform well in my studies because I cannot afford reference books as well as I would not be able to attend English courses which are necessary for my studies."

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

THUY LINH'S THANK-YOU LETTER:

Dear Karen and every one at Lifestart Foundation,

My name is Doan Thi Thuy Linh, one of the lucky students who has been granted a prestigious scholarship. Currently I'm a student at Hue University of Medicine and Pharmacy, majoring in General Medicine.

Today I'm writing this letter to express my sincere gratitude to you and everyone at Lifestart Foundation for giving me the chance to receive this valuable scholarship. Your support is a huge motivation for me to strive harder in the future.

This past year has been a really challenging one when the Covid-19 pandemic has impacted each and every one of us the world over. I wish you all good health and hope you stay healthy to overcome these tough times.

To begin with, I'd like to share with you my family situation. I was born and raised in Binh Son, a poor commune in the mountainous district Hiep Duc of Quang Nam province. There are 5 people in my family, including my grandmother, my parents, my older brother and myself. My hometown is in a farming area, and as with many households in the village, both my parents are farmers. My father has been the main laborer in the family. Although he has suffered for a long time from spinal pain due to hard work my family does not have the financial resources for treatment, so his condition does not improve but gets worse. My mother's health is also not good. Everything was going as normal in our lives until one day at the end of April 2019. During the process of clearing the forest, my father suffered a work accident when a piece of a tree hit his left eye and as a result, he almost lost his vision. From being the breadwinner in the family, my father became a patient. Because of his injury, he had to limit his activities, so he could not continue to do his job. Recently, my father had eye surgery, but due to the serious injury in 2019, the vision in his left eye only partially recovered and he was not able to return to his normal life.

My mother has also suffered from osteoarthritis for many years. We have been going to many places to seek and try different types of medicine and remedies of both Eastern and Western approaches, but this disease is still not cured. Having said that, my mum still works very hard to support our family without any complaints. My elder brother is currently working in Hoa Khanh Industrial Zone in Da Nang. His income from working there helps cover his own living expenses with some left over for my mother's medical fees.

I am very lucky to have been introduced to Lifestart Foundation scholarships for medical students by my university. When I was informed that I had passed the application round and had been chosen for the interview in Hoi An, I was really excited and looking forward to a successful result. At the beginning of the interview, I was a bit nervous. However, thanks to the encouragement from Karen and Nhung, I was reassured and felt more confident. After the interview, I was not sure if I had been successful, on the other hand, I still hoped that I would be one of the lucky students to receive this scholarship. When I found out that I had been selected, I was overjoyed and burst into happy tears! The scholarship means a lot to me and my family. Your gift not only represents material help to me, but also gives me great encouragement to overcome all my difficulties. The amount of the scholarship will help cover my tuition fees and other living expenses. An enormous burden has been lifted from my parents' shoulders, as they won't have to worry too much about borrowing money for my tuition fees anymore. I will have a chance to buy more reference books, which is really beneficial for my studies. It is also a huge motivation for me to constantly strive harder to be well-prepared for my future.

I would like to express my sincere gratitude to you and everyone at Lifestart Foundation for giving me the opportunity to receive this valuable scholarship. I would also like to send my heartfelt thanks to the staff at Lifestart Foundation for always encouraging me to try harder in my learning path. I wish you all good health and safety during these uncertain times of the Covid-19 pandemic. Finally, I hope that Lifestart Foundation continues to grow and help those in disadvantaged circumstances to have a brighter future like me.

Yours sincerely,

Doan Thi Thuy Linh



UPDATE: 25-02-2023

**MEET THANH – DOCTOR OF THE FUTURE
THE DETERMINATION TO OVERCOME ADVERSITY TO REALIZE A LONG-HELD DREAM**

Thanh received a Lifestart Foundation Education Scholarship in Year 7. He has recently passed the National High school Graduation Exam and has commenced his first year studying General Medicine at Danang University of Medical Technology and Pharmacy. Thanh is the first in his family to attend University.

Thanh will join the current group of 6 outstanding Lifestart Foundation General Medicine students at Danang University of Medical Technology and Pharmacy.

Like all of our Lifestart Foundation Education Scholarship students, Thanh was born into a very poor family.

Thanh was born and raised in a family of four, including his parents and his little sister who is in grade 3. In the past, his father who worked as a builder's assistant in Danang used to be the only income earner for the family. Very sadly, he passed away 2 years ago due to liver cancer, leaving his mother widowed with two children to raise alone. Since then, all of the family responsibilities have fallen on Thanh's mother's shoulders, if things weren't difficult enough, his mum has heart problems and cannot do strenuous work. She is now the sole breadwinner of the family and despite her poor health, she works as a shop assistant to earn an income to support her family.

Not being discouraged by his situation, Thanh has always tried his best with his studies in hope of eventually being able to help his family break the poverty cycle. Thanks to the precious scholarship from Lifestart Foundation, Thanh's life has changed for the better. Every school year, the full scholarship paid for his tuition fees, books, uniforms, supplies, and all of the important extra classes he had to take to support his education.

Becoming a doctor has always been Thanh's long-held and cherished dream. When Thanh wasn't initially successful in the examination to get into the University degree that he had set his heart on in the first place, he was not put off. A determined Thanh decided to do a course in Traditional Medicine at Hue University of Medicine and Pharmacy while revising for the University entrance exam to try again. Recently, Thanh was happy to share that his determination paid off! He was accepted into Danang University of Medical Technology and Pharmacy. Thanh is full of determination to do his best in his university study so he can fulfill his aim of taking good care of his family members and also the wider community in the future.

Please click on the links below if you want to read more about Thanh, here:

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



UPDATE: 04-03-2023

MEET UNIVERSITY GRADUATE PHUONG THAO - LIFESTART FOUNDATION'S FIRST SPEECH THERAPIST

Thao has completed her studies at Danang University of Medical Technology and Pharmacy. She has held a full Lifestart Foundation Education Scholarship since year 7. Thao has recently completed a fourth-year degree in Speech-Language Therapy, and achieved a Very Good degree with a GPA of 3.44 out of a possible 4.0, ranking 3rd among all Speech-Language Therapy students at her university.

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

Thao neither had an opportunity to attend the all-important extra classes nor was she able to purchase enough essential books before she was awarded the Lifestart Foundation Education Scholarship. The scholarship granted to Thao covered all of her tuition fees, books, uniforms, stationery and also enabled her to enrol in extra classes that she had always hoped to join.

Since she was just a little girl, Thao has always held a dream of working in the Medical field. After working diligently through her high school years and successfully completing Year 12, Thao applied for her dream course to study at Danang University of Medical Technology and Pharmacy and was accepted. A subsequent full tertiary scholarship which covered all tuition fees, rent, and food allowance has helped Thao to continue her studies at university. Thao is a diligent student who has always strived her best in her studies. She completed 4-6 hours per day on self-study besides her tutorials at university. As a result of her hard work, Thao always maintained her GPA of over 3.2 out of a possible 4.0 every semester during her course.

Thao was extremely grateful for the tremendous support from Lifestart Foundation. The scholarship. Thao shared that "if it hadn't been for the Lifestart Foundation scholarship, I might not have been able to continue my education dream at university because my parents still had to take care of my younger siblings and educate them too".

The scholarship from Lifestart Foundation has been a great motivation for Thao to continue to follow her dreams of becoming a skilled Speech Language Therapist not only to financially support her family but also to help patients, especially those who were born with disabilities to improve their mental and physical health.

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

- Acceptance into Danang University of Medical Technology and Pharmacy:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1969386773106832/>
- Meet Thao – A Speech Language Therapist of the Future:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4285472608164892/>



UPDATE: 11-03-2023

STREETS INTERNATIONAL GRADUATE - MEET PASTRY CHEF BUU – BEFORE AND NOW

Lifestart Foundation Education Scholarship student Buu has been sponsored by one of our Lifestart Foundation supporters Jill from Australia through her hospitality training at Streets International.

Buu has successfully completed the eighteen month international training and apprentice program in professional cooking and she received her certificate in culinary arts in March 2020.

Buu comes from a family of eight, including her grandmother, her parents, three elder sisters, a younger brother and Buu. Both Buu's father and mother are rice farmers who work extremely hard in the fields to support their entire family and they also work as laborers depending on the season. She has always been very motivated to gain employment to be able to help support her large family. Her



younger brother, Van Buu, is also a Lifestart Foundation Education scholarship recipient. He is currently a second-year student at Danang University of Technology, majoring in Electronics and Telecommunication.

Recently Buu has shared with us about her life and work and we are happy to learn that she is thoroughly enjoying her work now. Buu was very lucky to be offered a position that would give her secure employment and also help her to further develop her keen interest in baking. This delightful, hardworking, exceptionally well trained young lady is currently working at the renowned Amano Resort overlooking the stunning Vinh Hy Bay of Ninh Thuan province and recently has been promoted from a Commis Pastry Chef to Cook 2. Her tasks include making various types of pastry and delicious desserts. We hope you enjoy the amazing photos of Buu's culinary creativity!

Congratulations to Buu from all of the team at Lifestart Foundation. We wish you every success in your chosen career path.

Click on the links below to read more about Buu:

- Streets International Graduates:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0ar2BGk3DKfh1iNud1byLdkKPqxWvSzR5XJDdv pKMLtrWRgPeCQ4Pg5BeLb9gamCzl>
- Meet Streets International graduate Buu:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02q9ubjbNSaGYn1brC9AtpKbucFhUNbaAJFxc8 uZsL8HR3BsHAwc9CbZZitm7PH9zDI>



UPDATE: 25-03-2023

GREAT NEWS FROM LIFESTART FOUNDATION SCHOLARSHIP STUDENT DUNG

Congratulations Dung on achieving the maximum of 4.0 out of 4.0 in the first semester of Year 4! A perfect score. All of the team at Lifestart Foundation are extremely proud of your achievements.

Dung is currently a final-year student at Danang University of Foreign Language Studies, majoring in English Translation and Interpreting. She is the first in her family to attend University.

Dung lives with her family of six: Her grandfather, her parents, her two younger sisters, and Dung. Dung's grandfather is very old and frequently sick. Her parents are both farmers who rely on unstable farming work to support their family of six. Having three daughters who are all studying, Dung's parents need to work very hard to support not only the family's living expenses but also the girl's education fees.

Not being discouraged by her difficult situation, Dung is an excellent student and a very dynamic young woman. She is the monitor of her class and also one of the members of the student union of her faculty.

During her last 3 years at university, Dung has always maintained excellent study results, but a perfect score this past term is nothing short of outstanding. Besides attending classes, Dung completes 10 hours of self-study every day on normal days and 12 hours a day on the days leading to exams. With her constant striving for excellence, she achieved a maximum of 3 A-level marks for 3 subjects (namely Translation 3, Interpreting 3, and British Literature). We are extremely proud of Dung's academic achievements which would not have been possible without her hard work and the generous gift of her full Lifestart Foundation Education scholarship.

Dung is a typical well-rounded student. She achieved the Encouragement Prize in the Scientific Research contest held by her university. Besides studies, Dung also actively takes part in extra-curricular activities and voluntary work held in and outside of her university, such as being a volunteer during the Covid-19 pandemic or raising funds to help her friend who is a disadvantaged cancer patient.

A career in English Translation and Interpreting has long been Dung's cherished dream. She shared that she will try her best in order to fulfill her dream and to find gainful employment that will not only benefit herself but also her family.

We will keep you updated on Dung's schooling and progress! Please click on the links below to read more about Dung:

- Introducing Dung – new LSF scholarship student:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1120239804688204>
- Dung accepted to University:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/2416355341743304/>
- An electric scooter donation for Dung:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/2659662840745885/>
- Financial aid for Dung's family:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02ecaXpHW2VPByZY2fkMMAe6zcDEuwzY2A1qE4vp89WByxQPwwgEA1X5E5eiF9Fbri>



UPDATE: 01-04-2023

LIFESTART FOUNDATION'S UNIVERSITY GRADUATE – CONGRATULATIONS QUOC!

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

Quoc is one of Lifestart Foundation's Education Scholarship students who has recently graduated from university. He has completed his four-year Bachelor's degree in Information System at Ho Chi Minh University of Information Technology.

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

Quoc comes from a family of five people, including his parents, two elder brothers, and himself. His dad is a rice farmer and his mum works as a kitchen assistant at a kindergarten. Before receiving the Lifestart Foundation Education Scholarship, a huge financial burden rested upon his parents' shoulders as they had to manage their daily living expenses as well as having to support their children with their studies on a very meager income. To improve the family income, his dad also raised some ducks besides working in the fields.

The Lifestart Foundation Education Scholarship awarded to Quoc when he was twelve years of age was a major turning point for his family. 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.

Quoc has always been a dedicated student and in Year 10 was accepted into Le Thanh Tong High school for gifted students. After successfully completing Year 12, Quoc applied for his dream course in Ho Chi Minh City to study Information Systems. He completed 5 hours of self-study every day besides his tutorials at university. Quoc shared that the tertiary scholarship from Lifestart Foundation has been tremendous material support and a great source of motivation for him through his university education in order to realize his long-held dream of working in the IT field.

Since graduation, Quoc has been working as a technical supporter for a company in Ho Chi Minh City. He shared with us that he really loves his job and he has also acquired a great deal of useful and practical knowledge.

It's been an absolute pleasure for the Lifestart Foundation to accompany Quoc through his education journey and to watch him grow and develop into a capable young man.

Please click on the link below to read more about Quoc:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/998205393558313>



UPDATE: 08-04-2023

GREAT NEWS FROM LIFESTART FOUNDATION SCHOLARSHIP STUDENT BUU

Congratulations Buu on achieving the maximum of 4.0 out of 4.0 in the first semester of Year 2. We are extremely happy to learn that he has achieved this wonderful result two consecutive semesters in a row! All of the team at Lifestart Foundation are extremely proud of your achievements.

Lifestart Foundation Education Scholarship student Buu is a diligent second-year student at Danang University of Science and Technology, majoring in Electronics and Telecommunications. He has held a full Lifestart Foundation education scholarship since year 9.

During the past year at university, Buu has always maintained excellent study results, and again a perfect score this semester is nothing short of outstanding. Besides attending tutorials at university, Buu spends an average of 6 hours per day on self-study. With his constant striving for excellence, he achieved a maximum of 10 A-level marks for 10 subjects, namely Mathematical Analysis 2, General Chemistry, Marxist-Leninist Political Economy, Computer Programming, Electric Circuits, Practice in Computer Programming, Practice Electric Circuits, Labs of General Chemistry, General Physics 2, and Labs of General Physics 2. A perfect score!

We are extremely proud of Buu's academic achievements which would not have been possible without his hard work and the generous gift of his full Lifestart Foundation Education scholarship.

Buu comes from a large farming family of eight, including his grandmother, his parents, four elder sisters, and Buu. Both Buu's father and mother are rice farmers who work extremely hard in the fields to support their entire family. Despite his disadvantaged background, Buu has always shown academic excellence. The full LSF Education Scholarship has been a strong motivation for Buu to strive harder to become a successful scholar and to lift his family out of the poverty cycle.

Currently, Buu plans to follow a career in Electronics. He shared that he will try his best to pursue this major in order to make his dream come true and to get a good job that will not only benefit himself but also his family.

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

- Introducing Buu – New LSF Education Scholarship Recipient:
<https://www.facebook.com/TheLifestartFoundation/posts/1614050328640480>
- Buu wins silver:
<https://www.facebook.com/TheLifestartFoundation/posts/2362949530417219>
- Acceptance to University:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4422476714464480/>
- A hamper box donation for Buu:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4774101589301989/>



UPDATE: 15-04-2023

MASTER OF NURSING SCHOLARSHIPS – MEET MY

My graduated from Hue University of Medicine and Pharmacy with a Bachelor's degree in Nursing in 2013. After her university graduation, she moved to live in Danang and commenced her career as an assistant lecturer at a medical university in Danang. Joining a Master's course in Nursing, especially an international one, has been her long-held and cherished dream. However, finance was a burden for her due to the steep tuition fee and all of the other expenses associated with the Masters degree.

Lifestart Foundation has awarded 15 scholarships to **Master of Nursing students** to help My and the other 14 students 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 My wrote to Lifestart Foundation where she shares her work and her life after graduating from the Master of Nursing course.

My's Gratitude Letter:

Dear Everyone at Lifestart Foundation,

My name is Tran Thi My, a nursing student of the Master's course at Hue University of Medicine and Pharmacy (HUMP), connected to the Khon Kaen University of Thailand. I was honored to be one of the students who received the Lifestart Foundation Scholarship to attend the first International Master's course in Nursing organized by HUMP.

Currently, I have officially completed three years of study and am now ready to embark on a new chapter in my career. This accomplishment reflects my hard work, the sweat of my parents, the guidance of my teachers, and most importantly, the generosity of Lifestart Foundation.

Born into a disadvantaged family where both of my parents worked as farmers, my childhood dream was to change my own life and help my family and others improve their living conditions. Nursing has been my passion since high school, and I was fortunate to be accepted into Hue University of Medicine and Pharmacy to study General Nursing. After graduation, I had the chance to work at Dong A University in Danang as an assistant lecturer. This job provided me with invaluable experience in nursing and the opportunity to share my knowledge and clinical skills with nursing students.

I feel incredibly lucky to have received the scholarship from the Lifestart Foundation. It was a tremendous source of material and spiritual encouragement that motivated me during the years of pursuing my Master's program. Now that I have officially received my Master's degree, my career path has expanded further, and I have been entrusted with new, higher responsibilities. Previously, I only had to guide practical training and assist with teaching. But after completing my Master's program, I was promoted to become an official lecturer for specialized courses such as Basic Nursing and Adult Nursing Care for surgical patients. Later, I was assigned the task of managing and overseeing training programs in nursing.

I would like to express my sincere gratitude to the Lifestart Foundation for accompanying me on my journey towards my Master's degree. I am grateful for the wonderful opportunities to connect, learn, and develop with talented nursing students in an international learning environment. I promise to continue to dedicate myself to my studies and to further develop my skills in order to be worthy of your help.

To end this letter, I would like to once again extend my deepest gratitude to all members of Lifestart Foundation. I wish you all good health and greater success. May Lifestart Foundation continue to grow stronger and help many disadvantaged students and learners in Vietnam, igniting faith and hope for the future of the young generations in Vietnam.

Yours sincerely,

Tran Thi My

You can read more about My here: <http://bit.ly/3FDxu1Q>

Please click on the links below to read more about the stories of our Masters of Nursing scholarship students:

- Ms. Vo Thi Diem Binh: <http://bit.ly/3ndaWyo>
- Ms. Duong Thi Hong Lien: <http://bit.ly/3bjqd8C>
- Ms. Truong Ho Ha Yen: <http://bit.ly/3uVacgN>

- Ms. Nguyen Thi Khanh Trang: <https://bit.ly/2QIIIE5H>
- Ms. Duong Thi Dieu Huong: <https://bit.ly/3sZSRSP>
- Mr. Dang Quoc Bao: <https://bit.ly/3snAZAb>
- Ms. Le Thi Huong Van: <https://bit.ly/3voZnDd>
- Ms. Nguyen Thi Duc: <https://bit.ly/3oS5NsH>
- Ms. Pham Thi Thuy: <https://bit.ly/34IQ8lq>
- Ms. Tran Thi Vu Mai: <https://bit.ly/3uVICRa>
- Ms. Ngo Thi Bich Nuong: <https://bit.ly/3leYlpV>
- Ms. Doan Thi Kim Cuc: <http://bit.ly/3TtdmI>
- Ms. Vo Thi Xoan: <http://bit.ly/3LErDgx>
- Ms. Nguyen Thi Hai: <http://bit.ly/3lrCekn>



UPDATE: 22-04-2023

DOCTOR OF THE FUTURE – MEET VAN

In 2018, Van was awarded the Lifestart Foundation Medical Scholarship during her second year of university. She is now a senior General Medicine student at Hue University of Medicine and Pharmacy.

Van is the first in her family to attend University and comes from a family of six, including her parents, an elder sister, two younger brothers, and herself. Her father works as a builder, while her mother is a rice farmer and housewife. Despite their hard work, the family's income was only 5,500,000 VND or approximately \$239 USD per month before Van received her

scholarship.

Prior to receiving the scholarship, Van's family struggled to cover education fees and daily living expenses, and she was on the verge of suspending her studies due to financial constraints. However, the Lifestart Foundation Medical Scholarship came at the right time, offering Van a full scholarship that has enabled her to continue her tertiary education without worrying about finances or working part-time to cover her expenses. The full scholarship covers all tuition fees, books, food allowance, and rent costs.

Van is a diligent student who has always put 100% effort into her studies. In addition to attending lectures and doing clinical practice at hospitals, Van also spends 8-10 hours daily on self-study. Her hard work has paid off with an impressive GPA of 3.83 out of a possible 4.0 in the first semester of her sixth year, an outstanding result considering the challenging medical curriculum.

Apart from her studies, Van is also involved in extracurricular activities such as Karatedo and is a member of the Obstetrics Club.

At present, Van has a particular interest in Obstetrics and is working hard to become a skilled Obstetrician.

It is obvious that Van's achievements today are the evidence of her hard work and dedication, as well as the invaluable support from Lifestart Foundation Medical Scholarship. We believe that with the continued support from the Foundation and her family, Van will continue to reach new heights and achieve her dreams.

Please click on the link below to read more about Van:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1980701115308731/>



UPDATE: 06-05-2023

MEET TRINH – BEFORE AND NOW

THE JOURNEY OF AN ORPHAN TO BECOMING A PROFICIENT JAPANESE LANGUAGE STUDENT

Lifestart Foundation Education Scholarship student Trinh is currently in her final year of studying Japanese Language at Danang University of Foreign Language Studies. She has held a full Lifestart Foundation Education Scholarship since year 11.

Like all Lifestart Foundation students, Trinh has a challenging life story. She was orphaned when her mum passed away 10 years ago due to breast cancer. Currently, Trinh lives with her elderly grandmother who is nearly 90 years old, and her uncle and auntie. Trinh's uncle is blind but despite this, he mills rice to earn a meagre living. Her auntie who has mental health problems is a rice farmer and she also raises pigs and sells duck eggs.

Despite her difficult circumstances, Trinh is a dedicated and delightful student who strives to improve her education and help her family break free from poverty. She achieved an impressive GPA of 3.63 out of 4.0 in the second semester of her third year, earning the title of excellent student. Trinh spends 6 hours per day on self-study in addition to attending university classes.

Trinh is a well-rounded student. Last semester, after studying diligently, Trinh successfully achieved the N2 level of the Japanese Language Proficiency Test. Trinh also competed in the city-level Japanese Eloquence Contest, which provided her with the opportunity to exchange academic and cultural ideas and develop their Japanese speaking skills. The theme for the contest was "Inspirational Words That Changed Your Life," and Trinh demonstrated her outstanding language and presentation skills, surpassing six other contestants and earning the third prize.

A career in IT, especially dealing with Japanese customers has always been Trinh's passion. She is currently interning at a software outsourcing technology company in Danang, which specializes in websites, applications, AI, and blockchain. She is participating in training programs for technical skills, Japanese language, and the job responsibilities of a Bridge Software Engineer. We are so happy to know that Trinh is really enjoying her internship.

The Lifestart Foundation team is incredibly proud of Trinh and her achievements, which would not have been possible without her hard work and the generous gift of her full Education Scholarship. It has been a pleasure to watch Trinh grow and develop into a capable young woman, and we eagerly anticipate her future successes in her studies and career.

You can read more about Trinh here:

- Introducing Trinh:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1690914234287422>
- Trinh accepted to University:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/2416374951741343>
- A laptop donation for Trinh:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02hkmiE2pFcxwvTZYHdg9aguvGyBwTqYzq4eMmYKWbVv2V7PYU83UQ2geomj5HRiqdI>
- A hamper box donation for Trinh:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4589006437811506>
- Great news from Trinh:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5648314588547347>



UPDATE: 13-05-2023

**MEET NHU QUYNH – BEFORE AND NOW
FROM A RURAL VILLAGE TO A PRESTIGIOUS UNIVERSITY**

Nhu Quynh, who received the Lifestart Foundation Education Scholarship in year 8, is currently a second-year student majoring in International Business at Foreign Trade University in Ho Chi Minh City, one of the most prestigious business universities in Vietnam.

Quynh was born and raised in the countryside in Dien Ban, Quang Nam and comes from a big family of 6 people, including her elderly grandmother, her parents, her older sister, her twin sister, and herself.

Since her dad can't work a lot due to epilepsy, all of the responsibilities rest upon her mum's shoulders, who works very hard to support the entire family.

Before receiving the Lifestart Foundation Education scholarship, Quynh had little chance to attend much-needed extra classes due to financial constraints.

Fortunately, since receiving the valuable Lifestart Foundation Education scholarship, her family's life has improved a lot as she has been provided with the best possible conditions for her studies.

With her excellent study results over three years at high school and her provincial Maths prize, Quynh was selected to go straight to University without needing to sit the University entrance examination.

Quynh's twin sister, Xuan Quynh, who is a former Lifestart Foundation Education Scholarship recipient, is an excellent student as well.

Quynh is a well-rounded student. As a result of her diligence, she achieved a GPA of 3.63 out of a possible 4.0 in the first semester of year 2, achieving the title of an excellent student. Besides study, Quynh is also an active member of the Integrated Marketing Communications club at university.

Quynh shared with Lifestart Foundation about her life and study at university:

"The university environment in Ho Chi Minh City has helped me become more dynamic, independent, and self-aware. The fast-paced life in the city makes me feel like I need to strive more each day to keep up with the city's living pace. Also, being surrounded by talented people has allowed me to learn a lot. However, I have also learned to understand myself better, recognize my strengths and weaknesses, and work on improving my weaknesses instead of comparing myself to others. In my early days in the city, I felt like I was falling behind my peers in academics, language, and also communication skills, despite my coming from the same small town as them. However, I realized that they had also worked hard to reach where they are now, so I need to work harder to achieve my goals."

Currently Quynh is interested in Marketing and Human Resources. She is striving hard in order to realize her dreams and to find a job that not only benefits herself but also financially contributes to her family.

We will keep you updated regarding Quynh's schooling progress.

Please click on the link below to read more about Quynh:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/6178353292210138>



UPDATE: 20-05-2023

WONDERFUL NEWS FROM NHI – A TALENTED BIOLOGY STUDENT

Lifestart Foundation Education Scholarship student Nhi, is a high school senior from Dien Ban, Quang Nam.

Her family of 5 includes her grandparents, her mum, her younger sister, and Nhi. Unfortunately, her dad passed away 12 years ago after a motorbike accident, leaving Nhi's mum as the sole breadwinner of their big family. At present, her family has to make ends meet by living on her mum's meager income from selling noodles. Nhi's grandparents are old so they cannot work very much. What they can do is to grow veggies and raise some chickens for the family.

Despite her family's financial struggles, Nhi is a diligent student and always tries her best in her studies. Thanks to the full Lifestart Foundation Education Scholarship Nhi received in year 7 that has lightened her family's financial burden, Nhi has been able to fully focus on her studies and is one step closer to reaching her education and career goals. In addition to attending classes at school and the all-important extra classes, she dedicates an average of 5-6 hours per day to self-study. She achieved a GPA of 8.3 out of a possible 10 in year 11.

Nhi has demonstrated talent in Biology since she first studied this subject in year 6. In this school year, Nhi was one of the 5 students who represented their school at the provincial level Contest for Excellent Students in Biology where Nhi successfully won the 3rd prize, a testament to her dedication and hard work.

With a passion for Medicine, Nhi aspires to become a doctor and help disadvantaged people in the future. Biology is one of the three mandatory subjects for Medical university entrance exams, and Nhi is eager to study the subject in more depth. She is determined to continue working hard to achieve her dream of breaking the cycle of poverty for her family and becoming a good doctor who will help disadvantaged people.

Congratulations Nhi from all the team at Lifestart Foundation we look forward to more of your accomplishments!

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

- Introducing Nhi, New LSF Education Scholarship Recipient:
<https://www.facebook.com/TheLifestartFoundation/posts/1620870864625093>
- A Laptop Donation for Nhi:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1835059089872935/>
- Flood Relief for Nhi's family:
<https://www.facebook.com/TheLifestartFoundation/posts/3824164867629004>
- Nhi achieves Bronze medal in Biology contest:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4158280660884088>



UPDATE: 27-05-2023

MASTER OF NURSING SCHOLARSHIPS – MEET THUY

Thuy is currently a lecturer at Danang University of Medical Technology and Pharmacy and is teaching more than 400 Nursing undergraduate students - a cohort of promising nurses of the future. Thuy's passion for caring for her family and the community from a young age led her to pursue a Nursing major at university.

Not only is Thuy passionate about her field of expertise, but she also enjoys sharing her knowledge with others, which is why she chose to pursue a career in teaching. Her dynamic students have inspired her to develop her professional skills and become a well-qualified lecturer.

Lifestart Foundation has awarded 15 scholarships to **Master of Nursing students** to help Thuy and the other 14 students 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 Thuy wrote to Lifestart Foundation where she shares her work and her life after graduating from the Master of Nursing course.

THUY'S GRATITUDE LETTER:

Dear Everyone at Lifestart Foundation,

My name is Pham Thi Thuy and I am currently working as a lecturer at Da Nang University of Medical Technology and Pharmacy. I have completed a Master's degree in Nursing under the joint program between the Hue University of Medicine and Pharmacy and Khon Kaen University, Thailand.

Since completing my Master's degree, there have been many changes in my job. Specifically, I have been assigned to teach theory courses for students in addition to clinical practice teaching and supervision. This is a new opportunity for me to deliver my knowledge to students more effectively. With the increasing demand for high-quality healthcare workers, it also requires lecturers to have higher professional qualifications. Graduating with a Master's degree has helped me and the university to meet that demand. With my specialized training in adult nursing, I have completed teaching courses in caring for adult medical and surgical patients, and care for reducing and preventing geriatric health problems for third and fourth-year nursing students at my university.

I have also applied the research skills I have accumulated over the past two years to collaborate with colleagues to conduct a research topic. Based on this, I have become more confident in teaching research skills to second-year nursing students when assigned to teach the course "Nursing research and evidence-based practice." Furthermore, with my enhanced English skills, I have collaborated with my colleagues to write two scientific papers for publication in international journals.

Once again, I would like to express my gratitude to Lifestart Foundation. I am truly fortunate and happy to have received this scholarship. For me, this scholarship is not only material support but also significant spiritual support to help me overcome all difficulties and challenges in life to complete this Master's degree. I promise to always strive hard to deliver the knowledge and expertise I have gained through this Master's course to future generations. At the same time, I will continue to improve my knowledge and skills to contribute to the development of the nursing profession in Vietnam. Finally, I would like to wish you all good health, peace and happiness.

Yours sincerely,

Pham Thi Thuy

You can read more about Thuy here: <http://bit.ly/3FJOYcQ>

Clean Water Project



UPDATE: 11-12-2022

CLEAN WATER PROJECT #12

Providing clean water for over 6000 students at 18 remote schools in Central Vietnam

Proudly made possible by Lifestart Foundation & Karma Foundation

Son Ca Kindergarten, is located in the mountainous district of Dong Giang, Quang Nam province over 70 kilometers from Hoi An. Providing clean water for nearly 300 students and staff.

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

<https://youtu.be/07OqmmSByMU>



UPDATE: 05-01-2023

LIFESTART FOUNDATION PROVIDING CLEAN WATER FOR OVER 6000 STUDENTS AT 18 REMOTE SCHOOLS IN CENTRAL VIETNAM

A big THANK-YOU to **Viet Nam News** for featuring and acknowledging this important project in your newspaper.

Please click on the link below to read more about this project:

<https://vietnamnews.vn/society/1442213/clean-water-project-donated-to-remote-schools.html?fbclid=IwAR3WTfd6Zx8oyrBdQd5cnGI4-iGsJcMxy2kqa4qoSk2ishCVJeJPbIAhSgc>



UPDATE: 05-02-2023

CLEAN WATER PROJECT #13

Providing clean water for over 6000 students at 18 remote schools in Central Vietnam

Proudly made possible by Lifestart Foundation & Karma Foundation

The next education center supported is Dai Thang Primary School (Dai Loc district, Quang Nam province), where more than 300 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 Dai Thang Primary School:

<https://youtu.be/EF3ZtJW3D-M>



UPDATE: 05-03-2023

CLEAN WATER PROJECT #14

Providing clean water for over 6000 students at 18 remote schools in Central Vietnam

Proudly made possible by Lifestart Foundation & Karma Foundation



Le Van Tam Secondary School is located in the mountainous district of Dong Giang, Quang Nam province, 75 kilometers from Hoi An.

Providing clean water for 268 students and 14 teachers – most are from ethnic families.

Please click on the link below to watch the video about our Clean Water project for Le Van Tam Secondary School:

https://youtu.be/Vuz9Y_B4iCQ



UPDATE: 09-04-2023

CLEAN WATER PROJECT #15

Providing clean water for over 6000 students at 18 remote schools in Central Vietnam

Proudly made possible by Lifestart Foundation & Karma Foundation



Zuoich Primary School is located in the mountainous district of Nam Giang, Quang Nam Province, 130 kilometers from Hoi An.

Providing clean water for 130 students and 20 teachers – all students are from ethnic minority families.

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

<https://youtu.be/B-bSaivr7DY>



UPDATE: 14-05-2023

CLEAN WATER PROJECT #16

Providing clean water for over 6000 students at 18 remote schools in Central Vietnam

Proudly made possible by Lifestart Foundation & Karma Foundation

Ta B'hing Kindergarten is located in the mountainous district of Nam Giang, Quang Nam Province, 95 kilometers from Hoi An.

Providing clean water for 220 students and 33 teachers – all students are from ethnic

minority families.

Please click on the link below to watch the video about our Clean Water project for Ta B'hing Kindergarten:

<https://youtu.be/Vza7IDXQ6sQ>

Workshop



UPDATE: 18-03-2023

LIFESTART FOUNDATION WORKSHOP ON NUTRITION AND FOOD SAFETY

Besides providing disadvantaged students with Education Scholarships, Lifestart Foundation also carries out extracurricular activities that aim to equip our students with necessary life skills. Recently, Lifestart Foundation has organized a workshop on the topic of Nutrition and Food Safety for our Education Scholarship students.

In this workshop, Lifestart Foundation had the honour to invite Doctor Kim Nhung, a Lifestart Foundation alumni – head of the Consulting Doctor Department in Paediatrics at Danang Family Hospital to share her knowledge and practical experiences on such an important topic with students.

During this workshop, doctor Nhung shared useful information about healthcare for students such as drinking enough clean water, eating healthy and nutritious food, getting enough sleep,

and tips on how to have a balanced and healthy diet. In addition, our scholarship students also learned about measures to prevent and deal with food poisoning.

Dung - one of Lifestart Foundation scholarship students shared her feelings: "After attending the workshop, I was equipped with a lot of knowledge in the field of health sciences such as the do's and don'ts of having a nutritious and a healthy diet. I also learned what measures to take in situations such as food poisoning and post-Covid nutrition. Not only that, but I also had the opportunity to talk with other students of many ages from middle school to university. I would like to thank Lifestart Foundation for this very meaningful workshop."

A big #thankyou to Doctor Nhung for making this workshop possible.

Donations



UPDATE: 04-12-2022

A DONATION OF SCHOOL SUPPLIES FOR NHI

Nhi is currently a year-12 student in Hoi An. She is pictured receiving much-needed books, stationery, and other study supplies from Lifestart Foundation.

Not as fortunate as other children, Nhi comes from a single-parent family. Currently, she lives with her mother who works hard every day as a household assistant to earn a living. This is only one example among the many who struggle to equip their children with all that is needed to complete their education, so the purchase of many new school supplies and books would not be possible for these families.

Despite her disadvantaged background, Nhi is a lovely and diligent student. She completes a minimum of 4 hours of self-study every day. As a result of her diligence, Nhi achieved the title of excellent student in Year 11.

Like other Vietnamese children, every day Nhi also spends time helping her mum with household chores such as cleaning the house, washing dishes, and sweeping the floors.

Nhi and her mother are extremely grateful for the wonderful support from Lifestart Foundation as they don't have to worry so much about purchasing new books and school supplies this school year and Nhi can fully concentrate on her study. The generous gifts from Lifestart Foundation has partly relieved the financial burden on her mother's shoulders, which helps her to allocate money for other necessary expenses.

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



UPDATE: 18-12-2022

RECYCLED TEXTBOOK DONATION FOR DISADVANTAGED STUDENTS

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

Through this annual activity, Lifestart Foundation hopes to develop the spirit of sharing and recycling amongst our students.

Our Lifestart Foundation manager Nhung is pictured presenting these books to a representative from Dinh Chau Secondary School. Dinh Chau Secondary School is a newly-established school in the countryside in Dien Ban; they received these much-needed recycled books to distribute to disadvantaged children at their school.



UPDATE: 08-01-2023

BICYCLE DONATION FOR DISADVANTAGED STUDENTS IN DIEN BAN DISTRICT, QUANG NAM PROVINCE

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

Recently, Lifestart Foundation was very happy to donate 30 bicycles to secondary school students in Dien Ban district, Quang Nam province.

These students are all from underprivileged families and they previously did not have any means of transportation to travel to and from school due to their difficult financial situations.

This donation totalled 48,000,000 VND or approximately \$2,064 USD.

Before receiving the much-needed bicycles, many of these students had to rely on their friends to give them a lift to school and extra classes. When they heard the good news that they were going to receive a bicycle from Lifestart Foundation, they all were very thrilled and appreciative.

We hope that these bicycles will give these students a means of independent transport and be a great motivation to help them accomplish their study goals.

Lifestart Foundation would like to express our heartfelt gratitude to our long-term supporters Don and Meryl for making this wonderful donation possible.



UPDATE: 15-01-2023

A LAPTOP DONATION FOR CUONG

Lifestart Foundation Medical Scholarship student Cuong is currently a senior General Medicine student at Hue University of Medicine 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!

For many years, Cuong 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 completing the all-important homework as well as researching, saving medical documents and tutorial videos with limited storage. 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 Cuong to keep up with her studies at school. It's hard to imagine that she has got to the level she has without a laptop.

A much-needed new laptop has been given to Cuong 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 Cuong and will enable her to study online, enhance her English skills, look for more study materials easily and conveniently as well as watch videos related to her medical course with ease.

Cuong comes from a family of 5, including her parents, her younger sister, her younger brother, and herself. She 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.

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

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5410006799044795>



UPDATE: 29-01-2023

HOUSEHOLD SUPPLIES FOR DISADVANTAGED STUDENTS AND FAMILIES

Our Education Scholarship student Binh is currently a second-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 burden on Binh's mum's shoulders, recently Lifestart Foundation has provided her with a much-needed hamper box including rice and household essentials such as cooking oil, salt, soy sauce, fish sauce, shampoo, dishwashing liquid, washing powder, and toothpaste. This will help her to save a lot of money and allocate it for other necessary expenses.

A big [#thankyou](#) to Lifestart Foundation's generous donor Molly for making this donation possible!

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



UPDATE: 12-02-2023

A LAPTOP DONATION FOR NHU QUYNH

Lifestart Foundation Medical Scholarship student Nhu Quynh is currently a senior General Medicine student at Hue University of Medicine and Pharmacy.

Quynh comes from a disadvantaged family. There are four people in her family, including her parents, her younger brother, and herself. In the past, her father was a carpenter but due to ill health, he has not been able to continue this heavy work. All of the family responsibilities and financial burdens are on her mother's shoulders and she is the main

breadwinner for the family.

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

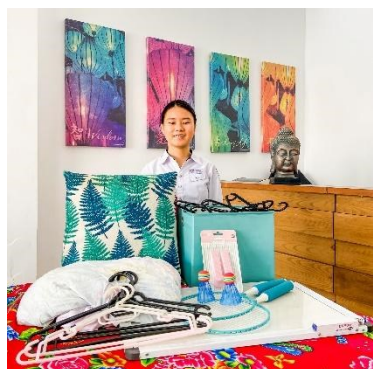
For many years, Quynh used to study without a laptop. In order to finish her studies, she had to rely on her mobile phone to all necessary tasks, including researching, composing documents, doing group assignments, and also preparing slideshow presentations.

A much-needed new laptop has been given to Quynh 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 Quynh and will enable her to prepare presentations, 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, Quynh will be equipped with the best study conditions to achieve greater academic success.

Please click here to read more about Quynh:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4294308823947937>



UPDATE: 19-02-2023

A DONATION OF HOUSEHOLD SUPPLIES FOR NGOC

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.

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.

She is pictured receiving much-needed household essentials. These useful items were donated by a generous Hoi An and Da Nang ex-pat. These donations are tremendously beneficial to Ngoc as well as our scholarship students who are all from very poor families.

Ngoc is extremely grateful for this donation in particular as these household supplies will definitely help her with settling into university and life in Danang.

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

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

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5447730745272400>



UPDATE: 26-02-2023

A DONATION OF HOUSEHOLD NECESSITIES FOR TUYET

Tuyet is currently a third-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.

Tuyet comes from a disadvantaged family of 5, including her grandmother, her parents, her younger brother, and herself. Very sadly, her father has 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 earn a living. 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 reduce the burdens on her mother's shoulders, Tuyet has been provided with additional support from her sponsor. Tuyet and her mother are pictured receiving a much-needed hamper box including rice and household necessities such as cooking oil, sugar, salt, fish sauce, soy sauce, milk, toothpaste, toothbrushes, shower gel, washing powder, detergent, shampoo, and dishwashing liquid.

Tuyet and her family were really appreciative when they received this meaningful gift. "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" – Tuyet 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/pfbid02hsEKUnELpZ5W3KwrgiPFKmhXP8g7D2GCC HvNuvRwtbjkFzSExpmh8tUnUFD5AnI>



UPDATE: 12-03-2023

SUPPLY DONATION FOR UNDERPRIVILEGED STUDENTS

The Lifestart Foundation team was very happy to hold one of many supply donation days for students in need in the disadvantaged area of Dien Ban district, Quang Nam province.



40 food parcels including rice, cooking oil, fish sauce, soy sauce, washing powder, shampoo, toothpaste, and dish detergent were donated to 40 students and their families in Dien Ban province. This donation was valued at \$1,000 AUD.

All of the recipients come from extremely challenging situations. They included orphans, children living with single parents or parents with terminal diseases, and students with disabilities. All of these families were extremely grateful for this support, as this gift will partly relieve the financial burden on their shoulders.

A big thank-you to our long-term sponsor, volunteer, and donor Jill for making this wonderful donation possible.



UPDATE: 19-03-2023

A DONATION OF HOUSEHOLD ESSENTIALS FOR TAM

Tam has held a full Lifestart Foundation Education Scholarship since year 9. Recently she finished year 12 at high school and has been accepted into Danang University of Medical Technology and Pharmacy to study Medical Laboratory Techniques.

Like other children in our Education Scholarship project, Tam's childhood was a very sad and difficult story. She was orphaned when she was very little and lives with her elderly grandmother in Dien Ban. Sadly her parents both passed away within 10 days of each other when she was five years old.

Tam is 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 Tam as well as our scholarship students who are all from very poor families.

Tam is extremely grateful for this donation in particular as these household supplies will definitely help her with settling into university and life in Danang.

A big thank-you to generous Hoi An and Danang ex-pats for making these donations possible.

Please click on the link below to read more about Tam:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5540016826043791/>



UPDATE: 26-03-2023

A DONATION OF HOUSEHOLD ESSENTIAL ITEMS FOR TUNG

Lifestart Foundation Education Scholarship student Tung is currently studying in year 11 at Le Thanh Tong High school for Gifted Students in Hoi An.

Tung was born into a disadvantaged family of 5 members, sadly his mum left him when he was just a 5-month-old baby, and tragically his dad passed away due to a traffic accident when he was in year 4. Since then, he has lived with his elderly grandmother and his aunt. His aunt is the only income earner for them and she

works assisting in a food store to make a living. They try to manage on her income of 3 million VND per month (approx. \$130 USD per month). Despite all the odds stacked against him, Tung has amazed us with his diligence and excellent academic accomplishments that he has achieved. Last school year, Tung surpassed nearly 160 outstanding students and won the "Road to Mount Olympia" contest at school level. His GPA in year 10 was 9.1 out of a possible 10, achieving the title of excellent student.

Tung is pictured receiving a donation of a much-needed hamper box provided by his sponsor. The hamper box includes rice cooking oil, fish sauce, soy sauce, milk, salt, sugar, shampoo, shower gel, toothpaste, toothbrushes, dishwashing liquid and washing powder. These are the items that many of us often take for granted, but for our students who come from disadvantaged families, these can be a luxury. The gift of a hamper box not only supports Tung but also helps to reduce the burden on his aunt's shoulders.

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

- Introducing Tung – New LSF Scholarship Student:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4244807508898069/>
- An Electric Bike Donation for Tung:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4288936001151886/>
- Great News from Tung:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0fGSzi1zeAwEhBrCQ7B9KTD8utuqcpfDgB29k3nYoYcRCCRRhLi1gkqw8A8At1o2UI>



UPDATE: 16-04-2023

A DONATION OF HOUSEHOLD SUPPLIES FOR LY

Ly has held a full Lifestart Foundation Education Scholarship since year 7. She has recently completed year 12 and has been accepted into Danang University of Medical Technology and Pharmacy to study Pharmacy. She is the first in her family to attend University.

Not as fortunate as other children, Ly comes from a single-parent family. She lives with her mum who is a rice farmer, her elderly grandmother, and two aunts, one who suffers from the effects of agent orange and one aunt who is disabled. As a result, her family was in a very difficult economic situation. To earn extra income for her family, Ly's mother usually works part-time as a housekeeper.

Ly is 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 Ly as well as our scholarship students who are all from very poor families.

Ly is extremely grateful for this donation in particular as these household supplies will definitely help her with settling into university and life in Danang.

A big thank-you to generous Hoi An and Danang ex-pats for making these donations possible.

Please click here to read more about Ly: <https://www.facebook.com/310107192368140/posts/5528936733818467/>



UPDATE: 23-04-2023

MILK DONATION FOR SAM

Apart from providing 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 them with much-needed additional support.

Lifestart Foundation's scholarship student Sam is currently a high school senior 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. Both her father and mother are 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 5.5-6 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 8.7 out of a possible 10 in the first semester of Year 12, which ranked her second in her class. At this stage, Sam would like to become an English teacher so she is striving hard every day in order to realize her dream.

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: 07-05-2023

A DONATION OF HOUSEHOLD ESSENTIAL ITEMS FOR TUYET'S FAMILY

Lifestart Foundation Education Scholarship student Tuyet comes from a disadvantaged family of five, including her grandmother, mother, younger brother, and herself. Sadly, her father passed away unexpectedly, leaving her mother to raise two children alone. Tuyet's mother relies on rice farming for their livelihood. However, since her father's passing, all responsibilities have fallen solely on her mother's shoulders, making their lives considerably more challenging.

Tuyet is currently in her third year at Danang University of Medical Technology and Pharmacy, where she is studying Physical Therapy & Rehabilitation. She has held a full Lifestart Foundation Education Scholarship since year 6.

Despite coming from a disadvantaged family, Tuyet is a hardworking student and she achieved a very good GPA of 3.53 out of a possible 4 in the first semester of year 3.

In addition to providing Tuyet with a full scholarship, the Lifestart Foundation Education Scholarship project offers her further assistance.

Recently, Tuyet and her mother received a cash donation and a much-needed hamper box that contained essential household items such as rice, cooking oil, salt, fish sauce, soy sauce, milk, toothpaste, toothbrushes, shower gel, washing powder, shampoo, and dishwashing liquid.

Tuyet and her family expressed deep gratitude for the timely support they received, which helped them overcome their difficulties during these tough periods. According to Tuyet, the generous gift enabled her mother to allocate funds to other necessary family expenses.

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/posts/3583142591731234>
- Financial aid to replant crops and restore Tuyet's family's livelihood:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0eKDyZYgu9J7KqjZKJxkYL5CtWQxpQNqKv4ssqpxwsmz5n2F65812BVF1hze5sbxnl>
- A hamper box donation for Tuyet:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5860770270635110>

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: 21-05-2023

A DONATION OF HOUSEHOLD ESSENTIAL ITEMS FOR DIEM QUYNH

Diem Quynh is currently studying in year 9 in Dien Ban. She is one of Lifestart Foundation's most recent Education Scholarship recipients.

Quynh, 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.

Despite her difficult background, Quynh has always tried her utmost in her studies in order to help her family break the poverty cycle. Every day she spends about 5 to 6 hours reviewing the previous lessons, preparing for the next ones, and practicing more advanced exercises. Her GPA in year 8 was 9.1 out of a possible 10.

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

Click here to read more about Quynh:

- Introducing Diem Quynh – New LSF Education Scholarship student:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5154090261303118>
- A Donation of Study Essentials for Diem Quynh:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5347785871933555>

Award



UPDATE: 02-04-2023

Lifestart Foundation would like to extend our warmest congratulations on the 20th anniversary of our long-time partner - Quang Nam Union of Friendship Organizations.

On this occasion, we are also honoured to share that Lifestart Foundation has been awarded the Certificate of Merit from the Provincial People's Committee of

Quang Nam province, recognising our positive contributions towards the foreign affairs activities of Quang Nam province, along with 4 other non-governmental organizations.

Lifestart Foundation team is extremely grateful to the Provincial People's Committee of Quang Nam and Quang Nam Union of Friendship Organisations for having created favourable conditions, and cooperating with and supporting Lifestart Foundation in implementing philanthropic projects to help people in need over the past years.

May the Quang Nam Union of Friendship Organizations continue to flourish and grow stronger in its mission as a bridge between NGOs and underprivileged communities in Central Vietnam.

Other Activities



UPDATE: 21-01-2023

The Vietnamese Lunar New Year (or Tet) is just around the corner and Lifestart Foundation recently has had the honour to welcome the representatives from our long-time Government partner: Quang Nam Union of Friendship Organizations on the occasion of this traditional New Year.

Lifestart Foundation would like to express our sincere gratitude to Quang Nam Union of Friendship Organizations for their close cooperation with Lifestart Foundation and also their tremendous support in implementing LSF's philanthropic projects to help people in need over the past year.

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



UPDATE: 27-02-2023

HAPPY VIETNAMESE PHYSICIANS' DAY!

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

On this occasion, Lifestart Foundation would like to express our heartfelt appreciation to Health professionals including but not limited to doctors, nurses, pharmacists, other medical staff and medical students all over Vietnam who have dedicated their lives to this noble career path.

Over the past years, Lifestart Foundation has provided more than 60 medical scholarships to outstanding students in Central Vietnam. All of our recipients demonstrate academic excellence and are all from disadvantaged backgrounds. By way of their chosen vocation they also meet our criteria of completing a degree in an area that will not only benefit themselves and their families in the future but more importantly the wider community.

We have never doubted the profound importance of our Lifestart Foundation Medical Scholarships and our significant investment in the dedicated young people that we support. Pictured in this post are some of our current medical and pharmacy scholarship students at Hue University of Medicine and Pharmacy.



UPDATE: 08-03-2023

HAPPY INTERNATIONAL WOMEN'S DAY from Karen and the Lifestart Foundation team!

These images celebrate the Vietnamese woman. Each of these women has labored her whole life with those beautiful callused dyed hands and has earned every one of those gorgeous wrinkles.

International Women's Day is annually held on March 8 to celebrate women's achievements throughout history and across nations. It is also known as the United Nations Day for Women's Rights and International Peace. It is a day when women are recognized for their achievements, whether national, ethnic, linguistic, cultural, economic or political.

It is an occasion for reflecting on past struggles and accomplishments, and more importantly, for looking ahead to the untapped potential and opportunities that await future generations of women. International Women's Day first emerged from the activities of labour movements at the turn of the twentieth century in North America and across Europe.

International Women's Day events vary across nations, but various women, including political, community, and business leaders, as well as leading educators, inventors, entrepreneurs, and television personalities, are usually invited to speak at various events on the day. The messages given at these events often focus on various themes such as innovation, the portrayal of women in the media, or the importance of education and career opportunities.

Many students in schools and other educational settings participate in special lessons, debates or presentations about the importance of women in society, their influence, and issues that affect them.

In some countries school children bring gifts to their female teachers and women receive small presents from friends or family members. Many workplaces make a special mention about International Women's Day through internal newsletters or notices, or by handing out promotional material focusing on the day.

These beautiful images are taken by French portrait photographer Rehahn who is based in Vietnam

Gallery COULEURS D'ASIE: 7, Nguyen Hue - Hoi An

<http://www.rehahnphotographer.com/>



UPDATE: 05-04-2023

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: 21-04-2023

VIETNAM BOOK AND READING CULTURE DAY 2023

Today marks the 2nd annual Vietnam Book and Reading Culture Day, which aims to encourage Vietnamese citizens to promote reading habits.

This year, the event is centered around two themes: "Book: Awareness - Innovation - Creation" and "Books for me and for you," and seeks to emphasize the important role and significance of books in enhancing knowledge and skills, shaping minds, and nurturing personality growth.

In addition to providing Education scholarships, Lifestart Foundation has also organized many book donation days, including donating course books and advanced books to disadvantaged students both within and outside of the scholarship program on a yearly basis, as well as contributing books to the libraries of under-resourced schools in Dien Ban, Quang Nam. The students are extremely appreciative of the book donations, as they will undoubtedly assist them with their studies and cultivate a passion for reading.



UPDATE: 10-05-2023

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

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

A few tips on your efforts:

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

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

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



UPDATE: 12-05-2023

TODAY IS INTERNATIONAL NURSES' DAY!

[#International_Nurses_Day](#) celebrates the tireless contribution of the Nursing community to societies all over the world.

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

Lifestart Foundation has supported 15 nurses to complete their International Master of Nursing studies. Along with awarding a vast amount of General Medicine scholarships, we believe that one of the best ways to improve long-term health outcomes in a developing country is to capacity-build nursing staff and nursing educators.

The nurses we have supported all hold their Bachelor's degrees and are working in a variety of roles throughout the hospital system. Their primary focus is to improve their skill level so that they can train and educate the next generation of nurses to the highest level possible. Many of them have from 200 - 900 nurses under them at their respective hospitals, so the ripple effect of this type of capacity building will be enormous. Pictured in this post are some of our Master of Nursing scholarship students in their graduation ceremony.



UPDATE: 16-05-2023

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

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

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

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



UPDATE: 24-05-2023

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:

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

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



UPDATE: 28-05-2023

JOIN THE EVENT THAT WILL NEVER HAPPEN!
Buy Your Ticket - \$100 Donation - Or donate any amount!

In the past, Lifestart Foundation hosted the Annual Fundraiser known as the Black Tie Dinner Dance. Although it was a great event, it was very costly and time-consuming! We realize that every minute and every dollar counts, so we have created a fundraiser where 100% of donations support those who need it most.

If you enjoy reading all about our many life-changing projects and would like to support Lifestart Foundation to continue to help so many disadvantaged people via:

- Education scholarships for academically gifted students from impoverished backgrounds
- Providing Clean Water for thousands of students and families in remote areas
- Rebuilding houses and entire villages after natural disasters
- Disability support
- Providing free meals to the sick and disadvantaged
- Supporting disadvantaged students with school supplies, bicycles, and Laptops
- Supporting disadvantaged families with food and emergency supplies
- Supporting remote villagers with warm clothes

Purchase your ticket for a **#Fundraising_event** that WON'T actually occur, but will have more impact than ever before. We guarantee that 100% of your donation goes to providing projects in the field. Please be our guest!

Your donation will help us to continue our important projects.

Click here to donate:

https://chuffed.org/project/join-the-event-that-will-never-happen?fbclid=IwAR3izE9oS1oHMrJK4QlcT5cLW8RcLM9zSpxDvg_0D9n8Tmlk91kjk5hEos



UPDATE: 30-05-2023

#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