

Education



UPDATE: 03-06-2023

Exciting News! 🎉

It's a day filled with pride and joy as we celebrate the outstanding achievements of our Lifestart Foundation scholarship students as they attend their end of year ceremony!

Their hard work and dedication have finally paid off, and we couldn't be more thrilled to share their successes with you all.

These outstanding students have consistently shown excellent study results throughout the year. Their commitment to learning and growth has been truly inspiring, and we commend them for their determination and passion.

Not only did they excel academically, but many of our brilliant scholars were also recognized with prestigious awards for their exceptional performance in various subjects and



extracurricular activities. Their accomplishments reflect their determination and the invaluable support they have received from Lifestart Foundation.

As the school year comes to an end, some of our incredible students are now diligently preparing for the National High School Graduation Exam, a significant milestone in their educational journey. We believe in their capabilities and wish them the best of luck as they take this next important step towards their future.



UPDATE: 10-06-2023

GREAT NEWS FROM MINH HIEN – A TALENTED MATHS STUDENT

Lifestart Foundation scholarship student Hien, is specializing in Maths at Le Thanh Tong High School for gifted students and is currently a senior student.

Hien comes from a large family. In the past, there were 6 people in his family. Unfortunately, his father passed away six years ago due to an accident, leaving Hien's mum with four young children to raise alone. Since his father's death, all of the family responsibilities and financial pressure have rested upon Hien's mum's shoulders. Being the sole breadwinner of the family, his mum works really hard as a leather shoemaker in order to support the entire family.

Last October, Hien took the Contest for Excellent Students in Maths, which gathered 90 participants from two high schools in Quang Nam province: Nguyen Binh Khiem High School for gifted students and Le Thanh Tong High School for gifted students, with around 45 students from each school. His hard work paid off, as he received the well-deserved third prize in the competition. Congratulations to Hien!

Despite his disadvantaged background, Hien is full of determination to overcome the challenges in his life and study diligently in order to lift his family out of the poverty cycle. On a typical day, he self-studies for about 7 to 8 hours, and on the days leading to exams, he studies for about 11 hours. As a result of his diligence, he achieved an outstanding GPA of 9.5 out of a possible 10 in the first semester of year 12 was 9.5.

At this stage, Hien would like to pursue a career in Medicine. He is determined to continue working hard to achieve his dream of breaking the cycle of poverty for his family and becoming a good doctor who will help disadvantaged people.

The Lifestart Foundation team is so very proud of Hien's academic achievements, which would not have been possible without his hard work and the generous gift of his full Education Scholarship. It has been an absolute pleasure to watch Hien grow and develop into a capable young man. We hope that with the dedicated support from his sponsors and everyone at Lifestart Foundation, Hien will continue to excel and inspire us with more achievements in the future.

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

- Introducing Hien, a new LSF education scholarship student:
<https://www.facebook.com/TheLifestartFoundation/posts/2028970693815106>
- An E-bike donation for Hien:
<https://www.facebook.com/TheLifestartFoundation/posts/3221919697853527>
- Daily essentials for Hien:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4047985401913615/>



UPDATE: 17-06-2023

MEET MY DUNG - FROM AN UNDERPRIVILEGED STUDENT TO A UNIVERSITY GRADUATE AND INTERN AT LIFESTART FOUNDATION

Dung was awarded Lifestart Foundation scholarship in year 10.

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 comes from a family of six members: 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 girls' 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 nearly 4 years at university, Dung has always maintained excellent study results. She received a perfect score with her GPA of 4.0 out of a possible 4.0 in the first semester of her final year at university.

Dung is a diligent 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.

Recently, Dung has worked at Lifestart Foundation as part of her final year internship experience. Her tasks include supporting Lifestart Foundation staff in purchasing necessary items to give to scholarship recipients, translating thank you letters for students who received Lifestart Foundation scholarships, and promoting Education Scholarship students' stories to a wider range of audiences. Dung is grateful for the opportunity given to her to intern at Lifestart Foundation as she has become familiar with the office work environment and developed communication skills as well as document processing skills.

Dung shared "Translating letters is my favourite task among the assigned tasks during the internship because I am working in one of the two fields that I want to pursue in the future, namely Translation and Interpretation. Translating letters is an opportunity for me to improve my English skills by receiving feedback from native speakers after each

translation and applying the translation skills I learned at university to the letters. Additionally, reading the letters of Lifestart scholarship recipients, I feel true admiration for them because they all come from difficult family backgrounds but have strived to overcome adversity to study and achieve many commendable achievements.”

Coming from a disadvantaged background, Dung 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 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/pfbid02ecaXpHW2VPByZY2fkMMAe6zcDEuwzY2A1qE4vp89WByxQPwwgEA1X5E5eiF9Fbrl>
- Great news from Dung:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/6042047635840705/>

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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

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UPDATE: 24-06-2023

CONGRATS TO LIFESTART FOUNDATION MEDICAL UNIVERSITY STUDENTS!

Congratulations to these outstanding students from Hue University of Medicine and Pharmacy and Danang University of Medical Technology and Pharmacy!

We are delighted to share that 14 of our outstanding medical and pharmacy scholarship students recently participated and defended in the Graduation Thesis Presentation and Defense Day. This special event marked the fruitful result of their strenuous six-year journey, as they presented their well-researched crafted theses.

These dedicated individuals have not only demonstrated their exceptional academic competency but have also proven their ability to maintain high accumulated GPA marks throughout their educational journey. Only students with high study results were selected to undertake the graduation thesis, affirming their dedication, hard work, and commitment to excellence. The countless hours of study, research, and sleepless nights have finally led them to this significant milestone.

On this occasion, let join us to extend our heartfelt congratulations and best wishes to these extraordinary students on their future endeavours!



UPDATE: 01-07-2023

LIFESTART FOUNDATION'S ENGLISH PRIZE WINNING STUDENT - MEET SAM

Sam is currently a senior high school student in Dien Ban, Quang Nam. She has held a full Lifestart Foundation Education Scholarship since year 6.

Sam comes from a large family of six people, including her parents, her elder sister, her 2 younger sisters, and herself. Her mum and dad are both rice farmers who work very hard to support the entire family with their modest income, especially to pay for the education expenses of their 4 children. Given her family circumstances, Sam and her siblings have been trying their best in their studies to secure a better future for themselves and to eventually be able to support their family.

This past school year, Sam participated in the Quang Nam Provincial “Olympiad of Talent in English” Contest and won third prize with her teammates. We are extremely proud of Sam as this was her second time participating in the contest, and her second time winning third prize.

The OTE is an annual contest organized by the Quang Nam Department of Education and Training to encourage English language learning and speaking among students in the province, especially high school students. The contest aims to discover outstanding English language talents. Each team consists of three students who compete in two rounds. The first round is a preliminary round, in which each school produces a video on any given topic in various formats. The judges then select the top 27 schools out of the 54 participating schools to advance to the final round in Tam Ky city, which lasts for two days.

Sam participated in two rounds of the contest: individual and team rounds. Participating in this contest helped Sam learn many things. She had the chance to meet many talented students from other schools, perform on stage, work with teachers and classmates in a team, and broaden her horizons through impressive speeches from other schools.

Sam shared: “I felt very happy and proud to be one of the three representatives of my school. This has been a wonderful experience during my student life and has laid a solid foundation for me to pursue my passion for foreign languages and other skills in the future.”

Sam is an outstanding Lifestart Foundation scholarship recipient, who has always demonstrated academic excellence through her learning path. She spends an average of 5.5-6 hours on self-study in addition to attending classes at school and extra courses on a daily basis. 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.

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

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

- Milk donation for Sam:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/6208971059148361>
- 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: 08-07-2023

INSPIRING ACHIEVEMENT: TUNG'S MATHS PRIZE IN THE PROVINCIAL CONTEST!

Lifestart Foundation team is delighted to share some wonderful news about our talented scholarship student, Tung!

Tung, a brilliant Maths student from Le Thanh Tong High school for gifted students, has just completed year 11 with flying colors: he achieved an outstanding GPA of 9.1 out of a possible 10 this past school year! Besides that, he has achieved remarkable success in the Provincial contest for Excellent students of High schools for gifted students, and we couldn't be prouder! Tung took the Maths exam and received the Encouragement prize. Congratulations, Tung!

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 helping in a food store to make a living. Despite all the odds stacked against him, Tung has amazed us with his diligence and excellent academic accomplishments that he has achieved.

His dedication and hard work have consistently paid off, as evidenced by his excellent study results over the past years. It's no surprise that Mathematics is his favorite subject, as his passion shines through his achievements. You may remember Tung's exceptional performance in the "Road to Mount Olympia" contest during his 10th grade. Not only did he win the competition at his school, but he also represented Le Thanh Tong High school in the national "Road to Mount Olympia" contest held in Hanoi.

At present, Tung is interested in becoming a programmer and he is very passionate about majoring in a subject related to computers. We hope that with the unwavering support from Lifestart Foundation Education Scholarship, Tung will soar to new heights of success.

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>
- A Hamper Box Donation for Tung:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5880893888622748/>

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.

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



UPDATE: 09-07-2023

CONGRATS TO LIFESTART FOUNDATION MEDICAL SCHOLARSHIP STUDENT KHIEM ON HIS REMARKABLE ACHIEVEMENT!

Lifestart Foundation Medical Scholarship recipient Khiem is currently a final-year General Medicine student at Hue University of Medicine and Pharmacy.

Khiem recently participated in the Scientific Research Contest at his university and has successfully won the first prize in the Obstetrics topic! We are extremely proud of your achievement! Khiem's research topic was "Demands and Practice of Sexuality Among Pregnant Women and Associated Factors at Hue University of Medicine and Pharmacy Hospital." This research project is not only a crucial part of his graduation thesis in the

field of Obstetrics but also reflects his passion and future career aspirations.

Over the course of 9 months, Khiem diligently worked on his research under the guidance of his mentor. He carefully prepared an outline, addressed the research questions, provided an overview of the topic, discussed the research methodology, collected data through surveys conducted at the Obstetrics Department of the Hospital of Hue University of Medicine and Pharmacy, then analyzed the results, and concluded with recommendations and references.

Despite having an extremely busy study schedule, Khiem's dedication and love for his study motivated him to devote his free time to self-study. On days when he didn't have classes, he would spend 10-12 hours or more on self-study. Besides study, Khiem actively engages in extracurricular and volunteer activities at his university, spending time playing with child cancer patients, and donating blood.

Khiem was born and raised in a rural village in Dai Loc district of Quang Nam province. Like all of our scholarship students, Khiem comes from a disadvantaged family. His parents, who both work as rice farmers, face significant challenges due to the low income earned from their farming work. Moreover, in the rainy season, their hometown experiences severe flooding, making it even more difficult for them to work. During the summer break, he returns home to assist his parents with their work in the fields.

Despite these financial hardships, Khiem has always fully applied himself to his study in order to help his family to break the poverty cycle. He achieved a GPA of 3.57 out of a possible 4.0 in the second semester of year 6. Recently, Khiem also participated in and defended his graduation thesis at his university – only students with high study results were selected to undertake the thesis, affirming his commitment to excellence. It is without doubt that Khiem wouldn't have been able to reach this significant milestone without his hard work and determination and more importantly the support of his Lifestart Foundation Scholarship.

Currently, Khiem is aiming at pursuing a residency program in Obstetrics, further nurturing his passion for this field. We wish you all the best as you take this important step towards your future career.

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

- Introducing Khiem – New LSF Medical Scholarship student:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1969420233103486/?type=3&theater>
- A Laptop Donation for Khiem:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/2364536996925139/>



UPDATE: 15-07-2023

CELEBRATING DIEM QUYNH'S ACHIEVEMENT: A PRIZE IN PHYSICS CONTEST!

Lifestart Foundation team is thrilled to share that our Education Scholarship recipient Diem Quynh, who has just finished Year 9 at secondary school and is about to embark on a new journey at high school, has won the Encouragement Prize in the Physics contest for excellent students at the town level. Congratulations, Quynh!

Quynh was born and raised in Dien Ban, Quang Nam. She 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 self-studying. As a result of her diligence, she achieved the title of Very Good Student with a GPA of 8.9 out of a possible 10 in her final year at secondary school, ranking second in her class.

Diem Quynh's passion and dedication towards Physics have truly paid off. This remarkable achievement reflects not only her hard work but also how the wonderful support she has received from her family and obviously the Lifestart Foundation scholarship has helped her excel academically.

As Quynh enters high school, this achievement will undoubtedly be a solid foundation for her future endeavors. We look forward to, and wish her further success in her study path!

Please click on the links below 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>
- A Donation of Household Essentials for Diem Quynh:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5872164642829006>



UPDATE: 16-07-2023

ENCOURAGEMENT AWARD FOR LIFESTART FOUNDATION SCHOLARSHIP STUDENT THAI – THE DOCTOR OF THE FUTURE

Meet Thai, a remarkable student supported by the Lifestart Foundation Medical Scholarship, currently in her final year studying General Medicine at Hue University of Medicine and Pharmacy.

Thai comes from a family of five, including her parents, elder sister, younger brother, and herself. Her parents work as farmers, relying on a modest and unstable income to support their family. Growing up in an underprivileged environment, Thai understands the pivotal role education plays in breaking the cycle of poverty. Hence, she has dedicated herself to her studies, consistently putting in 100% effort and achieving outstanding academic performance. Every day, she devotes at least 6 hours to self-study. As a result of her diligence, Thai attained an impressive GPA of 3.57 out of 4 in the second semester of her final

year, earning the title of a Very Good student.

We are thrilled to share that Thai recently received the Encouragement Prize for her research on "Clinical Characteristics and Bacterial Culture in Complicated Appendicitis at Hue University of Medicine and Pharmacy Hospital" in the university's Scientific Research contest.

Over a span of 9 months, Thai collaborated diligently with her supervisor to conduct this research. With guidance and approval from her mentor, she collected data through clinical examinations, recorded vital clinical findings from patients with Suppurative Appendicitis at the Gastroenterology Department of Hue University of Medicine and Pharmacy Hospital, analyzed the results, and concluded with valuable recommendations and references.

Thai's dedication, perseverance, and careful approach have undoubtedly paid off, leading to her well-deserved recognition with the Encouragement Prize in the contest. This accomplishment showcases her passion for scientific research and her commitment to advancing her medical knowledge.

Thai shared her experience, saying, "Engaging in this scientific research has been a new and challenging experience for me. The criticism from the professors on the committee exerted significant pressure, but it also helped me gain confidence. The questions from the professors led me to discover additional materials that I needed to read, enabling me to provide stronger arguments during the Graduation Thesis Defense Day. I have also developed my skills in data processing, citing sources, improved my English through reading foreign documents, and enhanced my presentation skills."

Currently, Thai is interested in pursuing a career as a Dermatologist and is diligently preparing herself by staying updated with the latest knowledge in the field.

Thai, we are immensely proud of your achievements and wish you all the best in your future endeavors.

Read more about Thai's journey here:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/3690770967635062/>

Don't forget to like our page, share, and like this post to help spread the word.



UPDATE: 22-07-2023

DOCTOR OF THE FUTURE – MEET TRAM

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.

Tram is currently a third-year General Medicine student at Hue University of Medicine and Pharmacy. She has recently been granted a full Lifestart Foundation Medical Scholarship.

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

Tram's family's monthly income is only 2,000,000 VND or approximately \$87 USD per month, which makes it extremely difficult for Tram's mother to manage their daily living expenses while having to support her with her university studies. In order to survive, they had to borrow a large sum of money to cover their expenses and pay for her tuition fees.

Despite her disadvantaged situation and many challenges in her life, Tram has made every effort in her study. Tram achieved an excellent GPA of 3.71 out of a possible 4.0 in the first semester of year 3.

After receiving her Lifestart Foundation Scholarship, Tram'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. Tram was also able to take some time off from working part-time, which will help her focus completely on her studies to achieve her desired goals.

Tram shared that “Without this prestigious scholarship, I certainly couldn't perform well in my studies because I cannot afford reference books, stationery, join much-needed English courses and pay for tuition fees. Even worse, I may need to stop my study at university because I cannot continue borrowing such a large amount of money”.

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

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

TRAM'S GRATITUDE LETTER:

Dear Everyone at Lifestart Foundation,

My name is Nguyen Thi Anh Tram, a third-year student majoring in General Medicine at Hue University of Medicine and Pharmacy.

To begin with, I would like to send my good health wishes and sincere gratitude to everyone at Lifestart Foundation for your support in the process of completing my scholarship application document and interview so that I had a chance to receive this precious scholarship.

I was born and grew up in a poor coastal area, in a family of five who face much economic hardship. My parents work hard all year round, mainly as hired laborers. People hire them to do different things and they undertake all kinds of jobs from porter to construction worker. They live frugal lives and save money to support 3 school-aged children. Understanding the hardships of our parents, we always tell each other to do well in our studies. Since I entered university, the pressure of living expenses has been heavier on their shoulders. They are also getting old, and their working capacity has decreased a lot, so they go to work for a couple of days or a couple of months then they are off with back and joint pain.

Life is inherently difficult like that, but it seems even more cruel to my family when my father suddenly passed away last Lunar New Year. My study path seemed to be coming to an end. My father was the main breadwinner in my family, his death leaves all the burden of 3 school-aged children and unpaid debts on my mother's shoulders. Mother's health is poor but now she has to work to earn extra daily income. Many times, I thought about giving up studying, but looking back on my own and my family's efforts over the years, I did not want to. Going to study at the hospital, seeing patients suffering from pain or patients who have just been cured and are thanking the doctors makes me certain that I cannot quit my studies. In order to support my own living expenses, I work part-time as a tutor.

After all, I was fortunate enough to be introduced by our university to the Lifestart Foundation scholarship for third-year medical students and I had the opportunity to come to Hoi An to participate in the interview. Before the interview day, I was very nervous and stressed, but when I received encouragement from the staff at Lifestart Foundation and Ms. Karen, I became calmer and more confident. After the interview, I felt relieved to be able to share the difficulties that I and my family are facing – something that is difficult to do with friends or anyone else. I also hoped that I would be one of the next students to receive this scholarship.

After receiving Lifestart Foundation's notification, I burst into tears while at my part-time job. Immediately I called my mother and we cried together with happiness. This scholarship, for me, is not only a material motivation but also a great spiritual consolation because it allows me to pursue my dreams and ambitions at a time when my family lost the main breadwinner, causing us economic hardship. I will have more money to buy books and reference materials and learn foreign languages. It also reduces the financial burden on my mother's shoulders meaning she will not have to borrow to pay for our study fees. That also will be the motivation for me to study harder and make more effort to ensure good results in the following years to be deserving of this prestigious scholarship.

Currently, I am in the second semester of my third year at university. Every day I spend 3 - 6 hours self-studying depending on my timetable. I am also actively improving my English, especially my listening and speaking skills.

In the future, I will improve my foreign languages, and continue to maintain and make more effort to study theoretical and clinical knowledge of medicine by increasing the time for self-study each day as well as finding suitable learning methods. I will also participate in more extra-curricular and volunteer activities. After graduating if possible, I will continue on to do a Master's degree to improve my knowledge. Alternatively, I will return to work in my hometown where there are still many difficulties for the population and lack of medical manpower.

Thank you Lifestart Foundation for giving me this precious opportunity. Finally, I would like to send my best wishes to everyone at Lifestart Foundation for your timely support during my tough time. I promise to always try my best to be worthy of your trust and expectations. I wish Lifestart Foundation grows further and becomes more successful. Thank you sincerely!

Yours faithfully,

Nguyen Thi Anh Tram

MEET ALL OF OUR UNIVERSITY STUDENTS AND GRADUATES HERE: <https://www.lifestartfoundation.org.au/wp-content/uploads/2023/06/University-Students-update-June-2023-Final.pdf?fbclid=IwAR3Rv4h22RmQV4RqHLT6RaZvBnTLdlwMEiiREMeNfascjjsUxx4Ok0CiS6Y>



UPDATE: 29-07-2023

MASTER OF NURSING SCHOLARSHIPS – MEET BAO

Bao, one of Lifestart Foundation's Master of Nursing scholarship recipients, graduated from Hue University of Medicine and Pharmacy and is currently working at Hue Central Hospital. While the number of male nurses make up a small percentage in the Vietnamese health sector, Bao is an exception and he has nurtured a strong passion for this career path since he was in high school. He has recently been promoted to the Head of General Planning Department at Hue Central Hospital.

Lifestart Foundation has awarded 15 scholarships to **Master of Nursing students** to help Bao 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 by capacity building nurses to attain their Masters will have a ripple effect of a more highly trained nursing team of professionals throughout VietNam.

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

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

Below is a gratitude letter Bao wrote to Lifestart Foundation where he shares his work and his life after graduating from the Master of Nursing course.

BAO'S GRATITUDE LETTER:

Dear Lifestart Foundation,

My name is Dang Quoc Bao, born in 1981. I am currently married and living with my 79-year-old mother-in-law. My family consists of 5 members: my mother-in-law, my wife, our 15-year-old son, and 11-year-old daughter.

I am very happy and grateful to have completed my Master's degree in Nursing in Thailand and received my graduation certificate. That's why I am writing this letter to you. I am proud to receive the scholarship from Lifestart Foundation, which I proudly mentioned in my thesis acknowledgments, as it motivates me to work harder on my academic journey. With the scholarship, I feel a greater sense of responsibility towards the community and society. I have also been motivated to inspire and create opportunities for younger generations to develop themselves. I am extremely grateful to Karen, Cam Nhung, and Minh Phuong for choosing me as a recipient, and also to the donors who contributed to the community through scholarship programs of Lifestart Foundation.

Once again, I would like to express my sincere gratitude to Karen, Cam Nhung, and Minh Phuong for attentively listening to my sharing. It is because of your support that I have been able to secure the Lifestart Foundation scholarship. I wish you all good health and success.

Sincerely,

Dang Quoc Bao

You can read more about Bao here: <https://bit.ly/3snAZAb>

Please click on the link below to read more about other graduated Masters of Nursing:

- Ms. Vo Thi Diem Binh: <https://bit.ly/3ndaWyo>
- Ms. Tran Thi My: <https://bit.ly/407Q4Y3>
- Ms. Pham Thi Thuy: <http://bit.ly/3TQZGUG>
- Ms. Le Thi Huong Van: <http://bit.ly/3mfYKNB>
- Ms. Truong Ho Ha Yen: <http://bit.ly/3uVacgN>
- Ms. Nguyen Thi Khanh Trang: <https://bit.ly/2QIIE5H>
- Ms. Duong Thi Dieu Huong: <https://bit.ly/3sZSRSP>
- Ms. Duong Thi Hong Lien: <http://bit.ly/3KzFgeH>
- Ms. Nguyen Thi Duc: <https://bit.ly/3oS5NsH>
- 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/3Tldml>
- Ms. Vo Thi Xoan: <http://bit.ly/3LErDgx>
- Ms. Nguyen Thi Hai: <http://bit.ly/3lrCekn>



UPDATE: 05-08-2023

DOCTOR OF THE FUTURE – MEET NGOC LINH

In addition to granting Lifestart Foundation Secondary School Scholarships, Lifestart Foundation also provides scholarships to outstanding medical students from underprivileged backgrounds in Central Vietnam.

One of our recent scholarship recipients is Linh, a third-year General Medicine student at Hue University of Medicine and Pharmacy, who has been granted a full Lifestart Foundation Medical Scholarship.

Linh, like many other Education Scholarship students supported by Lifestart Foundation, faces significant challenges within her family.

Despite her disadvantaged circumstances and the obstacles she has encountered in her life, Linh has demonstrated an unwavering dedication to her studies. In the second semester of her second year, she achieved a very good GPA of 3.53 out of a possible 4.0.

Linh is a well-rounded student, and besides studying, she is also actively engaged in extracurricular activities. Being a member of the Green Blouse Club at school, she used to organise fundraising activities to help orphans at a Child Welfare Association in Hue City and often volunteers to help people with disabilities, illnesses, or difficult circumstances.

With the complete support of Lifestart Foundation and her family, we firmly believe Linh will be even more motivated to achieve new heights.

We extend a warm welcome to Linh as she joins the Lifestart Foundation family. Stay tuned for future updates as we closely follow her remarkable progress. Below, you will find Linh's heartfelt letter of gratitude to Lifestart Foundation. We hope that you will enjoy reading her letter of thanks.

LINH'S THANK-YOU LETTER:

Dear Karen and everyone at Lifestart Foundation,

My name is Ngo Ngoc Linh. I'm currently a third-year student at Hue University of Medicine and Pharmacy majoring in General Medicine. I'm writing this letter to express my heartfelt and sincere thanks to Karen and Lifestart Foundation for choosing me as one of Lifestart Foundation's scholarship recipients.

Regarding my family, my father passed away in an accident when I was just 15 months old. My house is near the river and most people work as fishermen to support themselves as we don't have land for farming. From when I was very young until now, I have witnessed my mother do many jobs to cover our family expenses. She used to have a small stall in the market, buying and selling food such as shrimp, fish, green tea, and bamboo shoots. Sometimes she did craft work like making peanut candy and incense for worship. My mum's jobs always have had a low and unstable income. One day she would be doing this but tomorrow she would be doing something else. In fact, she would do anything if other people hired her, she only needed to earn a living. At the moment, my mother is working as a maid in Vinh City and only comes back home for the Tet holiday and on the anniversary of my father's death. Out of the three siblings, it is only me who goes to university. My brother is the eldest one in our family. Although he was accepted into Hanoi University of Science and Technology, after only 1 week of being there, he returned home. Later, when I asked why he came back, he said: "Because I love our mother so much". It would be so hard for my mother to manage to earn enough money to support him through university along with my elder sister and me.

I have been independent since I was young. In my studies, I was always self-aware and studied completely on my own. When I wanted to take extra classes in preparation for exams to move to a new school, I asked my teachers to let me join those classes. I also asked other parents for a lift to get to those extra classes in the evening. When I was accepted into the high school for gifted students, I knew that I would have more economic hardship and my studies would also be more difficult, but I was still very hopeful that I would have a bright future ahead, so I asked my family's permission to go to that school. As a 15-year-old girl, I went to school away from home and stayed at the house of an acquaintance. I wanted to learn many things and have a chance to enter a good university. In year 12, to be well prepared for the university entrance exam, after finishing my classes in the morning, I stayed at school both in the afternoon and in the evening. My school was an ideal, quiet place to study because it is a specialized school that is equipped with good facilities. At first, I bought bread to eat but then I stopped because I didn't have enough money. I purchased a food container. At noon, I prepared a lunch box or took a packet of instant noodles in my bag so that in the afternoon, I could boil water in the dormitory to have food for my dinner and continue studying at school in the evening. I kept studying hard because I thought that was the most important thing at that time. I was not afraid to work hard, I was just afraid to receive bad results.

When I moved to another city to start my studies at university, there were many things making me feel worried. Regarding my studies at university, I was very surprised at the large amount of knowledge I needed to take in. However, the economic problems at that time really put a lot of pressure on me. There were too many expenses to pay: tuition fees, accommodation, and meals. When I did the admission procedures for university in October 2020, it rained and flooded heavily in Hue; the storms lasted day after day. I worried about many things, sometimes I felt lost, lonely, and extremely sad, and during many nights of thinking, I realised that I was a burden on my family. At that time, I didn't want to talk to anyone, I was afraid that my mother would worry when I told her, so I kept writing

in my diary to ease my moods. After I had been at university for one month, I couldn't continue to receive money from my mother without doing anything, so I decided to look for a part-time job tutoring. I tutored 4 sessions a week and received 1.6 million VND per month. Although I was very busy, due to being a new student, I participated in many club activities. I tried to use my time effectively and felt very happy. Thus, I forgot my fears, regained my confidence, and started to assert myself.

However, the current class schedule in year 3 is very busy and I have not had the time to adapt, so I had to temporarily stop my tutoring classes to focus on my studies. My biggest wish is that I have good conditions to study during my student life.

When I attended the interview at Lifestart Foundation in Hoi An, I was quite worried and nervous. But then, I felt the care and love of Lifestart Foundation staff. Ms. Karen and her staff have created good conditions so that I could easily share the problems I am facing in study as well as in life.

When I received the information that I had been selected to receive this scholarship, I was really happy and excited. For me, it is a great motivation both physically and mentally. The scholarship shows the love that the sponsors have given me, so I want to express my gratitude by trying my best to study, maintain my performance over the coming years, and achieve excellent results. In the future, I would like to contribute to society and community in the best way I can.

I will use the scholarship fund to pay for tuition fees and to take an English course. In addition, I will use it to cover my living expenses, meals, and accommodation. The scholarship has mostly reduced the economic burden on myself and my family, creating good conditions for me so that I can focus on studying and achieving the desired results. In the future, my university plans to increase tuition fees and without the support of the scholarship fund, it will be very difficult for me and my family, so the scholarship really means a lot to me.

Currently, I think that my biggest task is to achieve the best results possible. So first of all, I will spend a lot of time studying. I often spend 4-5 hours self-studying each day and 14-15 hours reviewing for exams. I'm very interested in learning Preclinical Obstetrics and Paediatrics because I love children and I hope that I will achieve high scores in this subject. My goal this term is to reach an excellent result with a GPA of 3.6 out of a possible 4. I will try to maintain my score this term and in the upcoming semesters to ensure the Lifestart Foundation scholarship continues. In the future, I plan to achieve a very good degree after graduation. In addition, I will study English to improve my language level. As for the future, as I shared in the interview if I can afford postgraduate studies, I will continue so that I become a doctor with high expertise, resulting in many job opportunities after graduation.

Finally, I would like to send my deepest thanks to Karen and Lifestart Foundation for awarding me this scholarship which has given me the opportunity to study even harder and develop myself. All of you have cared for, supported, and helped me during the scholarship selection process. I hope that I can make more progress in the future to be worthy of the great gift I have received. I wish you, Karen, and Lifestart Foundation staff much health and happiness in life.

Yours sincerely,

Ngo Ngoc Linh

MEET ALL OF OUR UNIVERSITY STUDENTS AND GRADUATES HERE: <https://www.lifestartfoundation.org.au/wp-content/uploads/2023/07/University-Students-update-July-2023-Final-1.pdf?fbclid=IwAR34XWlip3RiC6x4rAtKdXpOwDF3M7NPB0v8lPdSgsi4giz2ZE3sGdKJz9s>



UPDATE: 06-08-2023

LIFESTART FOUNDATION'S BACK-TO-SCHOOL SUPPLIES DISTRIBUTION - FOSTERING STUDENTS' DREAMS

As the new academic year in Vietnam is set to commence, preparations for essential supplies for students are well underway.



With the aim to ensure our scholarship students have all the requisite supplies for the upcoming semester, the dedicated staff at Lifestart Foundation have procured all necessary educational essentials such as various types of books, stationery, and uniforms.

Featured in this post are several of our students receiving their new school supplies on our annual Supply Distribution Day, traditionally organized each summer before the start of the new academic year. 🎉📚📖

Our scholarship recipients express immense excitement and gratitude for this yearly contribution, which plays a significant role in supporting their academic pursuits in the forthcoming semester.

These intellectually talented students often face financial hardships within their families, impeding their access to sufficient study resources. However, their determination to break free from the cycle of poverty and follow their dreams shines brightly as they strive for excellence in their studies, with the aim to complete high school and eventually embark on higher education.

On this Supply Distribution Day, our students are also given the opportunity to congregate, forge connections with each other, and share their objectives and plans for the new academic year.

We believe that with the constant support from the Lifestart Foundation, our scholarship students will have the optimal conditions for studying, enabling them to reach greater heights in their academic journeys.



UPDATE: 12-8-2023

LIFESTART FOUNDATION'S DOCTORS OF THE FUTURE: A HANDS-ON MEDICAL FIELD TRIP IN CENTRAL VIETNAM

21 of Lifestart Foundation's senior Medical Scholarship Students at Hue University of Medicine and Pharmacy recently embarked on a meaningful medical field trip after their graduation exam. This experience marked not only the culmination of a six-year journey but also a significant step towards realizing their dreams of becoming healthcare professionals.





Hailing from diverse and disadvantaged backgrounds, these amazing doctors of the future displayed resolute determination and a long-term commitment to their studies. As they commenced this special field trip, their enthusiasm and thirst for knowledge were at their highest. The journey took them to hospitals across various provinces in Central Vietnam, offering them a first-hand experience of the medical world beyond textbooks and classrooms.

The field trip included a wide array of enriching experiences, designed to provide the students with a comprehensive understanding of the medical profession. From busy internal medicine departments to specialized external medicine units, the students were exposed to the complications of various medical specialties. However, what truly set this journey apart was the emphasis on hands-on learning.

Under the guidance of experienced medical practitioners, our medical students further explored the heart of healthcare. They were entrusted with the responsibility of examining patients, honing their diagnostic skills, and gaining valuable insights into patient care. The real-life exposure they received during their time in the hospitals provided an invaluable bridge between theoretical knowledge and practical application. Although the students encountered challenging situations and witnessed the realities of the medical profession, they were still tenacious and willing to learn as much as possible, reinforcing their aspirations to make a positive impact in the world of healthcare.

Nhon, a remarkable Lifestart Foundation Medical Scholarship recipient, who had the chance to intern in the Obstetrics department at Quang Tri General Hospital. "This internship was a precise decision for me," Nhon shared. "I learned and did things that I hadn't had the chance to experience during my clinical studies at university. The doctors and nurses there were incredibly supportive, teaching me many things from patient examination techniques to surgical procedures. This experience has fueled my determination to become an Obstetrician and has given me the confidence to face the challenges that lie ahead."

The field trip, with its practical experiences and extensive learning opportunities, further encouraged our scholarship students' determination to move forward in their medical careers. The success of these Medical Scholarship Students is not just a personal triumph; it is a testament to the power of education and support. The Lifestart Foundation Scholarships played a vital role in enabling these students to overcome obstacles and reach new heights. Lifestart Foundation hopes that with their determination and our unwavering support, they will be inspired to achieve loftier goals.

UPDATE: 19-08-2023

WONDERFUL NEWS FROM LIFESTART FOUNDATION SCHOLARSHIP STUDENT QUYNH!



Quynh, one of our dedicated scholarship students, has achieved excellent success in both the recent Physics and Literature contests. Quynh has just completed year 10 at high school. She has won the Third prize in both competitions, showcasing her talent and dedication. With this result, Quynh has also decided to join the Physics advanced team at her school, which is also her favourite subject.

Quynh comes from a large family of six, including her parents, her two elder sisters, her younger sister, and herself. Her family manages to get by on a meager monthly income of 5 million VND (approximately \$217 USD). The full Lifestart

Foundation Education Scholarship has not only relieved her and her family from the financial burden of education but has also alleviated the daily living cost pressure on her family.

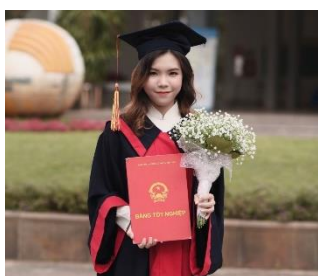
Despite facing numerous challenges, Quynh has never let adversity hold her back. Her dedication and unwavering commitment to her studies have paid off immensely. She completes an average of 5 hours every day on self-study.

Quynh's hard work and perseverance have earned her a well-deserved place as the third-ranking student in her class for year 10. With an impressive GPA of 8.9 out of a possible 10, she has achieved the title of a very good student.

We are very proud of you and wish you continued success on your educational journey!

You can read more about Quynh here:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5124296447615833/>



UPDATE: 26-08-2023

**FROM ADVERSITY TO
ACCOMPLISHMENT: TRIEU'S
EDUCATION SCHOLARSHIP JOURNEY**

Lifestart Foundation Education
Scholarship Trieu has completed her 4-
year Bachelor's degree in Japanese

Studies at Danang University of Foreign Language Studies, where she achieved a High Distinction degree.

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

We are so very proud of Trieu's accomplishments and the young woman she has grown into. We wish you continued success in your career endeavours!

Below is a gratitude letter Trieu wrote to Lifestart Foundation after graduating from university, where she shares her journey from a disadvantaged student to a university graduate. We hope that you enjoy reading her letter of thanks.

TRIEU'S GRATITUDE LETTER:

Dear Everyone at Lifestart Foundation,

My name is Pham Thi Dong Trieu. Today, I'm writing this letter to express my deep gratitude to everyone at Lifestart Foundation for supporting me over the past years.

Now, looking back at my four-year journey at university, I feel a lot of pride because I always put my best effort into my studies. When I received an excellent graduation result, I was so excited as finally all my hard work and effort had paid off.

Before receiving a Lifestart Foundation scholarship, my family situation was very difficult. My parents divorced when I was only two years old. My mum took my sister and me to stay at my grandma's house because she had to work far away from home. Since then, my sister and I have lived with our grandma. After that, my parents had their own families and they both lived far away. As a result of this, I didn't receive the love of my dad and the protection of my mum or any of their support when I was very young. Our grandma loved us so much. Although she was disabled, she tried her best to take good care of us. When I was going into grade 4, my sister and I started working for other people in the fields to earn extra income to pay for our tuition fees. In spite of being still young, our neighbours understood our suffering and because they cared about us, they approved of us working for them. Thanks to their help and the reduced tuition fees from the school which are available to poor households, my sister and I could continue our studies. However, seeing my friends who were living happily with their parents made me feel very sad because I always wanted to have good meals and not have to worry about anything when going to

school. I will never forget that my grandma had to go everywhere to borrow money when I got sick or needed to pay for my tuition fees and my sister used to work hard to support me in school as well.

Then I received the Lifestart Foundation scholarship which meant so much to me, not only materially, but also spiritually. My grandma and I felt very happy and lucky because my dream had come true. The scholarship gave me the opportunity to continue my studies, and my grandma no longer had to borrow money from neighbours when I was sick or due to pay my tuition fees at school. My sister also did not need to work hard for other people any more. Without the Lifestart Foundation scholarship, I think my life would have continued to be as hard as before, and I would always worry about how I could go to school like my friends.

Regarding my employment, after finishing my internship at a Japanese company, I was not satisfied with the company's policies, so I decided to develop myself in a new environment. I joined many groups to look for employment with Japanese companies in the IT field on social networks and websites. In addition, thanks to my teachers and Lifestart Foundation staff introducing me to other opportunities, I had a lot of options to consider and I am very grateful to all of you. Finally, I decided to apply and was accepted into my current company as a tester. This entails customer service and software testing work in a Japanese IT Company. IT was quite new to me, so at first I was very stressed but then I started to learn the job. What makes me very happy is always receiving the enthusiastic help of my colleagues and gradually I got used to the work. The most important thing for me in my job is that my efforts are recognized. Although it is very stressful, I am also very happy when the management board sees my ability and assigns difficult projects to me. Recently, I received the MVP award, which is also a source of motivation for me to work harder. In the future, I will continue to improve my level, language proficiency and testing skills so that I can handle more difficult projects.

During my 10 years of connection with Lifestart Foundation this is probably the last letter I will write to share with you about my studies, my feelings and my gratitude to you all. I always feel very lucky and grateful to you. During the most difficult times, this extremely meaningful and precious gift has helped me have more motivation to strive for success and study even harder. I was able to pursue my dream and my life has become much better; I will forever remember this priceless gift. I would like to send my deepest appreciation to everyone at Lifestart Foundation for all that you have done for me during these past years.

To close this letter, I promise to continue to study and work hard so as not to disappoint you. Finally, I wish everyone at Lifestart Foundation good health, happiness and success in work and life.

Best wishes,

Pham Thi Dong Trieu

You can read more about Trieu here:

- <https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/950722604973259/>
- <https://www.facebook.com/TheLifestartFoundation/posts/1475514465827401>



UPDATE: 02-09-2023

MEET TEACHER HIEU

OVERCOMING ADVERSITY: FROM DISADVANTAGED STUDENT TO INSPIRING PHYSICS TEACHER

Hieu completed his Bachelor's degree in Physics Teacher Education from Danang University of Pedagogy in 2022.

Hieu is one of our former Lifestart Foundation Education Scholarship recipients. He received a Lifestart Foundation Education Scholarship in grade 8.

Hieu grew up in a low-income family and had limited access to resources that would enable him to receive a good quality education. Hieu comes from a family of 6 people, including his parents, his elder brother, his elder sister, his younger brother, and Hieu. They live in the countryside in Dien Ban, Quang Nam.

Like many of our scholarship students, his parents are rice farmers. 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 make ends meet, his father also worked part-time as a builder assistant in order to earn extra income.

However, his life changed when he was awarded the Lifestart Foundation scholarship, a scholarship that covered his tuition fees, books, uniforms, stationery and also allowed him to join the all-important extra classes that he had always wished to join for the remainder of his secondary and high school years.

This scholarship allowed Hieu to access resources and opportunities that he wouldn't have been able to if it hadn't been for the wonderful support from Lifestart Foundation.

He received the best possible learning conditions that helped him excel in his studies, particularly in Physics, his all-time favourite subject. Hieu was always a very good student and studied in a class for gifted Physics students. This inspired him to pursue a career in teaching and become a Physics teacher to inspire and educate future generations, a means of making a positive contribution to the community.

After graduating from university, Hieu found employment and commenced his career as a Physics teacher at a high school in Danang City. We are delighted to learn that he is enjoying his job. Hieu shared: "Delivering knowledge to students brings me great pleasure as my ultimate passion is to lecture and impart knowledge to future generations, facilitating their acquisition of a deeper understanding of the principles, laws, and fundamentals of Physics. Moreover, my job allows me to enlighten students to understand more about life-related knowledge through the subject I teach."

It's been an absolute pleasure for Lifestart Foundation to accompany Hieu through his education journey and to watch him grow and develop into a capable and accomplished adult. We wish you ongoing success in your future path.

You can read more about Hieu here:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/951195451592641/>



UPDATE: 03-09-2023

MASTER OF NURSING SCHOLARSHIPS – MEET VAN

Van has nurtured her dream of becoming a nurse from a young age since she looked after her mother when she was in the hospital. With all of her hard work and determination, Van was accepted to study Nursing at Hue University of Medicine and Pharmacy and she graduated as valedictorian of her university class in 2014. She is currently the Director of Nursing at Quang Tri Department of Health and manages more than 700 nurses and midwives working across all health facilities.

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

VAN'S GRATITUDE LETTER:

Dear Ms. Karen and everyone at Lifestart Foundation,

Time passes quickly, and it waits for no one.

Nearly three years of studying with many challenges and difficulties have finally come to an end. Looking back on this journey, I still cannot believe that I have overcome these obstacles and performed well in my studies. I still vividly remember the days of preparing for the exams and attending classes, which were full of worries and anxieties, particularly regarding financial constraints. Nevertheless, when I look back now, it all seems like a dream. I never imagined that I could receive a Master's degree in Nursing from the joint program between Hue University of Medicine and Pharmacy and Khon Kaen University in Thailand. Therefore, my dream of studying and conducting research in English, my dream of reaching out to other countries, has become a reality. My teachers, my family, my colleagues, and I are all overjoyed with my study achievements.

Along that difficult path of studying, I was fortunate to receive both spiritual and material support from Lifestart Foundation. The wonderful support from your foundation has provided me with additional wings to soar toward success today. The support from the Nursing scholarship project has given me motivation, confidence, and faith in my life, my work, and my studies. I have come to understand that, whether in studying, work, or anything else, as long as I have determination, effort, and the will to strive, then no matter how difficult the situation may be, there will be someone who will lend me a helping hand.

As a Head Nurse at the Department of Health, managing all hospitals across Quang Tri Province, I have constantly strived to learn and accumulate knowledge and experience, especially in the fields of nursing management and scientific research, in order to serve my work and to help and guide the nurses working at the hospitals in my home province. During nearly three years of studying, I have gained much in-depth knowledge and many useful first-hand experiences in all areas through self-study, my teachers, and also my classmates. These knowledge and experiences are truly invaluable assets that have helped me confidently guide, manage, and pass on my expertise to my colleagues in Quang Tri province.

In closing, I would like to express my heartfelt gratitude to Ms. Karen and everyone at Lifestart Foundation for your support and encouragement on my educational journey.

Sincerely,

Le Thi Huong Van

You can read more about Van here: <https://bit.ly/3voZnDd>



UPDATE: 09-09-2023

FROM DISADVANTAGED BACKGROUND TO BECOMING A PHARMACIST: THE INSPIRING JOURNEY OF LIFESTART FOUNDATION STUDENT HANH

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

We are immensely proud of Hanh's achievements and the young woman she has become. We wish her every success in her future career path.

In this letter of gratitude to Lifestart Foundation after her graduation, Hanh shares her inspiring story of overcoming challenges to achieve her dreams. We hope that you enjoy reading her letter of thanks.

HANH'S GRATITUDE LETTER:

Dear Karen and everyone at Lifestart Foundation,

My name is Hoang Thi My Hanh, a lucky student who has received the Lifestart Foundation Pharmacy scholarship. I have recently graduated in Pharmacy at Hue University of Medicine and Pharmacy.

During the term of my scholarship, I have been extremely happy to receive your great help. You have always given me loving care and followed my every step and I am so grateful for that and would like to send my heartfelt thanks to you all. Thanks to your precious scholarship, my family life and my studies have improved a great deal and it is much easier for me to get closer to my dream.

Two years before receiving the scholarship, my family faced huge difficulties. My father had become ill with liver disease which he had had for years, and my mother suffered from stomach pains. My family had to ask the bank and our neighbours for loans because their income from strenuous work in the fields was not enough to pay for their medicine and treatment and our education. I used to think that I would work and study simultaneously to earn an income to reduce some of the burdens on my parents' shoulders, then quickly graduate and apply for a job to help out my family and others.

When I heard that I would be awarded the Lifestart Foundation scholarship, I was over the moon and immediately made a call to my family to inform them of the good news. At that time, I was very glad and felt deeply grateful for your great support.

Since being given the scholarship, my family life has witnessed a variety of positive changes. My parents have carried fewer financial burdens, and they can focus on working in the fields to improve their financial security and pay for my sibling's educational tuition fees. It also means they can concentrate on looking after their health. My younger siblings, one in grade 8 and one in grade 5, have gradually improved their academic performances, as have I. Recently, I have also had the opportunity to join English and Information Technology classes and participate in meetings with Lifestart Foundation's students to share information with them and to learn from them.

This scholarship means a great deal to me and my family. Thanks to the large dollar value of the Lifestart Foundation scholarship, I am able to afford the tuition fees, pay my living costs and improve my health by having a proper diet. In addition, my parents have little need to worry about my university tuition fees and are able to save money for their medical supplies and other expenses. The kindness and support of all staff at Lifestart Foundation have always been a motivation for me and have given me more trust in life. It has also reduced my anxiety. The

scholarship helps me entirely focus on studying, maintain self-discipline, and achieve the result I expect which will benefit me in the future when I am looking for a job.

Last semester, I took a total of 16 credits including 10 credits for my graduation thesis and 6 credits including Pharmacotherapy 2, Cosmetology, and Pharmaceutical quality assurance. Although they are specialised subjects, I had no trouble studying them thanks to the basic knowledge I had gained in the past. Of the subjects, I love Pharmacotherapy 2 the most as I had opportunities to analyse medical records and prescriptions. I also learned how to give medicine instructions to patients and joined various group activities related to recommendations for taking medication efficiently in clinical cases. These activities helped me learn much about different types of medicines and their specific usage.

As for self-study, I spent between 10-12 hours a day on class lessons, studying English, and writing my graduation thesis. There were not many subjects in the previous semester, therefore my revision went very well and my time management during the exams was better than in the first semester. Last semester, I received a GPA of 3.88 out of a possible 4.

For me, the last academic year was the most memorable one. Because my GPA in the first 3-academic years ranked me second in my class, I could choose my preferred graduation thesis topic related to Clinical Pharmacy. This was "Survey and analysis of medicine use in chronic kidney disease patients in the Hue University of Medicine and Pharmacy Hospital". Despite the difficult process of data collection due to the Covid-19 pandemic and my hectic schedule in class, I found it interesting to conduct this thesis topic because it expanded my horizons with new specialised knowledge and gave me new skills that will benefit me in the future. Thanks to the great support of my lecturer and everyone at Lifestart Foundation, I successfully submitted the thesis and got a high score of 9.5 points. I am so happy and grateful for both the physical and mental help that everyone has recently given to me.

I have now graduated from the university with an excellent diploma and got an overall score of 6.0 IELTS. I have also submitted a job application to Hue Central Hospital and Family Hospital in Danang. I would like to apply for a job related to clinical pharmacy in the Pharmacy Department, helping doctors and patients with treatments and prescribing medications.

Finally, I would like to express my sincere thanks to Ms. Karen, my sponsors, and everyone at Lifestart Foundation for having kindly supported me and my family as well as other needy students in my country over the past years. I wish you all happiness, good health and success in life.

Best regards,

Hoang Thi My Hanh

You can read more about Hanh here:

- <https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4075990785779743>
- <https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5526185344093606/>



UPDATE: 16-09-2023

GREAT NEWS FROM LIFESTART FOUNDATION SCHOLARSHIP STUDENT XUAN THU

We extend heartfelt congratulations to Xuan Thu for her outstanding performance in the second semester of Year 2, achieving a perfect 4.0 out of 4.0! This fantastic news fills the Lifestart Foundation team with immense pride.

A dedicated student at DaNang University of Economics, majoring in Finance and Banking, Thu has consistently exhibited a strong commitment to her studies. Her pursuit of excellence shines through in her exceptional academic records, including her remarkable 4.0 GPA in the second semester of Year 2.

Thu is one of the longstanding recipients of the Lifestart Foundation education scholarship, which she has held since her secondary school days in grade 7. Hailing from a family of five, Thu faced numerous challenges, particularly due to her mother's illness and subsequent passing. With her father as the primary breadwinner, the family relied on his modest income from a carpentry job to make ends meet. Additionally, her grandmother's health prevented her from contributing further, adding to the family's responsibilities.

With unwavering determination, Thu has overcome adversity, achieving excellent academic results year after year. Notably, she secured the title of an excellent student for four consecutive terms at the university level. Impressively, immediately after her first term in her freshman year, she earned a remarkable 4.0 GPA.

Her dedication to excellence continues to shine, as Thu recently achieved exceptional results in six subjects: Mathematical Finance, Ho Chi Minh Ideology, Business Communication, Management Information Systems, International Business, and Corporate Finance. This achievement marks the second time she has earned a perfect 4.0 GPA, leaving a lasting impression on her educational journey.

Thu's tenacity, coupled with her consistent pursuit of excellence, demonstrates the transformative power of education. We are thrilled to celebrate her accomplishments and look forward to witnessing her future endeavors with great anticipation.

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

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

- Xuan Thu receives hamper box from her generous sponsors:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1405761179469397/>
- Electric bike donation for Thu:
<https://www.facebook.com/TheLifestartFoundation/posts/2053555841356591>
- Congratulations Thu. Gold - Gold – Gold:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/2361165407262298/>
- Thu gained 4.0 out of 4.0 in her first term of year 1 at university:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5132850396760438/>



UPDATE: 23-09-2023

MASTER OF NURSING SCHOLARSHIPS – MEET HAI – BEFORE AND NOW

Hai - one of the Master of Nursing students who received a scholarship from Lifestart Foundation, is currently working as a lecturer at Dong A University in Danang.

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

has motivated her to develop her professional skills in order to become a good lecturer herself with advanced qualifications.

Studying the International Master's course has helped her to realise her dream of sharing the much-needed useful knowledge and expertise with her students and to contribute to upgrading the role of the nursing community in Central Vietnam.

Lifestart Foundation has awarded 15 scholarships to **Master of Nursing students** to help Hai and other 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 Hai wrote to Lifestart Foundation where she shares her work and her life after graduating from the Master of Nursing course. We hope you enjoy reading her letter of thanks.

HAI'S GRATITUDE LETTER:

Dear Karen and Everyone at Lifestart Foundation,

I am writing to express my utmost gratitude for the invaluable support and assistance Lifestart Foundation has provided to me throughout my educational journey. After nearly three years of studying, I have completed my Master's degree in Nursing through the collaborative program between Hue University of Medicine and Pharmacy and Khon Kaen University in Thailand. Until today, I still can't believe that I have overcome all the difficulties throughout my learning journey: geographical distance, language barriers, working commitments, family responsibilities, and the financial constraints. It all feels like just yesterday.

When I held my graduation certificate in my hands, I was overwhelmed with a sense of joy, happiness, and gratitude for the opportunities and support that have driven me forward. Three years of pursuing this degree were filled with numerous challenges, and there were moments when I even considered giving up on my dream of obtaining a Master's degree. Nevertheless, the unwavering support and encouragement from my family, friends, and the Lifestart Foundation have helped me to overcome all those obstacles to reap the sweet rewards today.

During this journey, I was fortunate to receive support from Lifestart Foundation, both spiritually and financially. The support provided by Lifestart Foundation has helped alleviate some of the financial burdens associated with my studies. I would like to sincerely thank you, Karen, and all the members of Lifestart Foundation for your support.

As a Nursing educator, I constantly strive to expand my knowledge and skills to have a solid theoretical foundation and proficiency in patient care. Over the course of nearly three years of study, I have accumulated in-depth knowledge and valuable experiences through self-learning, guidance from my professors, and interactions with classmates. These knowledge and experiences are truly invaluable assets that have enabled me to confidently navigate the path of teaching and pass on what I have learned and experienced to my nursing students. They also give me much more confidence when participating in patient care at hospitals, where students undertake their professional internships.

Studying entirely in English has been an advantage, as it has improved my English proficiency, particularly in reading, researching, and staying updated with new knowledge to apply in teaching and curriculum development for specific nursing subjects such as Fundamental Nursing and Internal Medicine for Nursing. Moreover, it has boosted my confidence in engaging in nursing research in the near future.

Once again, I would like to express my heartfelt gratitude to Karen and all the esteemed members of Lifestart Foundation for contributing significantly to my success.

Yours sincerely,

Nguyen Thi Hai

You can read more about Hai here: <http://bit.ly/3lrCekn>



UPDATE: 24-09-2023

OVERCOMING OBSTACLES: THU'S JOURNEY TO EDUCATIONAL SUCCESS

Lifestart Foundation Education Scholarship Thu has completed her 4-year Bachelor's degree in Japanese Studies at Danang University of Foreign Language Studies, where she achieved a Distinction degree.

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

We are so very proud of Thu's accomplishments and the young woman she has grown into. We wish Thu ongoing success in her career endeavours!

Below is a gratitude letter Thu wrote to Lifestart Foundation after graduating from university, where she shares her journey from an underprivileged student to a university graduate. We hope that you enjoy reading her letter of thanks.

THU'S GRATITUDE LETTER:

Dear Lifestart Foundation,

My name is Vo Thi Huynh Thu. I have just graduated from university and started working in the office of Japan Quality Co.Ltd in Da Nang.

Last semester was my final one at university. I had 2 options: the first was to work on a final project and the second, to study a professional module. At first, I hesitated but then decided to study the professional module with the aim of improving my translation and interpretation skills. While taking that module, I was provided with the guidance of implementing a project and assigned to work on many different projects. I was initially unfamiliar with that, however after completing the first project, everything became easier when I started with the second one. Thanks to that task, I learned how to put what I had studied into practice. In addition, our teachers organized real interpreting sessions to help us experience and understand the psychological issues to be aware of in the job and what we need to prepare in order to do well.

In the second semester of the fourth year, I achieved a GPA of 3.6 out of a possible 4.

When I was in my first year at university, I knew very little about Japanese and I realized that I had to start everything from scratch. At that time, I faced a lot of struggles and many times I wondered why I had chosen this major. However, Japanese has gradually become my favorite subject and thanks to my teachers' encouragement and dedication, I had more motivation to continue and complete my 4 years at university. In order to improve my results, I put my best effort into my study and fortunately, this finally paid off when I graduated with a very good degree. I am extremely satisfied with my final result as well as with my last 4 years of experience.

Reflecting upon the time when I first received this scholarship, I was just a Year 7 student surviving in a disadvantaged situation without a father and being away from my mother. I have lived with my grandparents since I was born. At that time, having the situation of coming from a troubled life but achieving good study results, I met the criteria to join an interview at Lifestart Foundation. Fortunately, I was on the list of students who were selected for an interview. After 3 interview rounds, I was informed that I was granted a scholarship. My family and I were really happy and excited when we knew that we received such precious support. Before receiving this, I was not aware of my future study because I was still quite young. I often heard my grandparents' concerns about tuition fees as well as other expenses that would come in later years, especially in high school and university. My family

at that time endured considerable hardships: my grandparents had to raise chickens and grow vegetables for sale to support the whole family. Therefore, going to university would have been very far away and my family would have had to be burdened with a massive debt after I finished my studies.

Thankfully, my life has been brightened again by the Lifestart Foundation scholarship. I felt like the burden on my grandparents had disappeared because they always did hope that their grandchildren would be able to complete their studies successfully and find a stable job in the future. Since that time, I have always reminded myself to strive even harder every day so as not to disappoint everyone.

The Lifestart Foundation Scholarship has really had a huge impact on my family and my life. When I was a child, I really wanted to attend extra classes, but it was impossible for me to do that because my family did not have enough money for me to take part in those. Due to this, I had to learn from my friends. Luckily, your scholarship offered me the opportunity to attend extra classes to enhance my knowledge, as well as relieving the worry my grandparents had about my tuition fees. Thanks to the scholarship, I was able to pursue the major that I wanted to, the Japanese language. During my university years, all my expenses at university were also paid for, which not only helped me pay more attention to my studies but also alleviated my worries at university. My family life gradually improved and my grandparents shouldered less burden and no longer had to think about our living expenses.

After finishing 2 months of internship at the company, I was then accepted to work there. After acquiring solid knowledge, I will study as a Business Analyst or Bridge System Engineer. At the moment, even though I have just joined the company, I was provided with knowledge about IT vocabulary as well as basic testing skills such as app testing and web testing. Up to now, I have also participated in various projects, so my testing skills are much better than when I first joined.

It has been 10 years since I received the Lifestart Foundation scholarship. I will never forget and remind myself that it is thanks to your precious scholarship that I have achieved enormous success today. I am deeply grateful to Ms. Sue and Ms. Karen for giving me this scholarship. Thank you very much for your dedication to support me and for lighting up my life again. In addition, the Lifestart Foundation's mentors have helped me a great deal since the very first days when I still was not yet an adult and did not know a lot about things in life or study. They have also strongly inspired and encouraged me a great deal on my journey of growing up.

Finally, I hope that Lifestart Foundation will grow more and more strongly and be able to help many other disadvantaged students. The path ahead will be challenging for me, but I promise to try harder to improve myself and study more to help younger students as much as I can.

Yours sincerely,

Vo Thi Huynh Thu

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

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



UPDATE: 30-9-2023

CONGRATULATIONS, SAM!

The entire team at Lifestart Foundation is very proud of your remarkable achievements!

We are thrilled to share that our education scholarship student, Sam, has successfully completed year 12 at high school and has been accepted into Danang University of Foreign Language Studies. It's been an incredible journey since she was awarded a full Lifestart Foundation Education Scholarship seven years ago.

Coming from an underprivileged family of six, with hardworking parents who are rice farmers, Sam knows the value of education. She has worked diligently to support her family, excelling in her studies while helping with household chores.

Thanks to the Lifestart Foundation scholarship, Sam's life has taken a positive turn. The scholarship has covered tuition fees, books, uniforms, and essential extra classes. Moreover, she has received additional support like monthly nutritional daily milk, a bicycle donation, and emergency supplies. This financial relief has eased her parents' burden, allowing them to support her siblings' education as well.

Sam's dedication to learning Foreign Languages has been truly inspiring. She achieved remarkable results in various provincial competitions in English and excelled in her high school graduation exam to pass the Japanese Linguistics major at Danang University of Foreign Language studies. Her hard work and the support of Lifestart Foundation have helped to realize her passion of conquering languages in particular Japanese.

We firmly believe that providing educational opportunities for young females in developing countries is vital to empowering them and breaking the cycle of poverty. Sam's journey exemplifies the transformative power of education.

Congratulations again, Sam, on this well-deserved success! Your bright future awaits, and we cannot wait to see all the incredible accomplishments you will achieve at Danang University.

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

- Milk donation for Sam:
<https://www.facebook.com/TheLifestartFoundation/photos/p.6208971059148361/6208971059148361/>
- 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: 01-10-2023

MASTER OF NURSING SCHOLARSHIPS – MEET LIEN

Lifestart Foundation awarded 15 scholarships to Master of Nursing students to help Lien and the other 14 students to complete their studies. The nursing profession in Viet Nam is not held in as high esteem as it should be and we hope that by capacity building nurses to attain their Masters will have a ripple effect of a more highly trained nursing team of professionals throughout Viet Nam.

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

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

Below is a letter of gratitude that Lien wrote to Lifestart Foundation where she shares her work and her life after graduating from the Master of Nursing course. Lien was born and raised in Quang Binh Province, a central area to the south of Hue. After her intermediate nursing graduation from Da Nang Medical of Technology School, she came to Hue to work at the hospital of Hue University of Medicine and Pharmacy.

Lien was awarded a special Memorial scholarship which we named in honor of her classmate Dinh Nguyen Minh Trang who tragically passed away during her Master of Nursing studies.

LIEN'S GRATITUDE LETTER:

Dear Karen and everyone at Lifestart Foundation,

My name is Duong Thi Hong Lien, currently working at the Nursing Department of Hue University of Medicine and Pharmacy Hospital. Today, after completing and receiving my international Master's degree in Nursing from Hue University of Medicine and Pharmacy in collaboration with Khon Kaen University, Thailand, I have the opportunity to share my thoughts and feelings about the course. I am filled with emotions, both proud of having overcome the difficulties to achieve this result and grateful for the support and encouragement of my teachers, family, friends, and colleagues during my studies.

I especially would like to express my gratitude to Lifestart Foundation for your great material and spiritual support. The precious scholarship I received has significantly encouraged me during my studies and in continuing to develop my professional career in the future. It is a gesture of kindness, empathy, and recognition of the role of nurses in the healthcare profession and in training a generation of nurses to bring ultimate benefits to patients.

By participating in this course, I have gained a lot of in-depth knowledge in the nursing field, especially in nursing management, which is the major I graduated from in this course. The knowledge and experience gained from accessing the Thai healthcare system has helped me a lot in my work as the Head of Nursing at Hue University of Medicine and Pharmacy Hospital in both management and training. During my study time in Thailand, I was able to improve my research skills, and during my internship at the hospital, I was exposed to a new culture and the tasks of Thai nurses, as well as their experiences in applying the 5S method and problem-solving skills in their daily work and management. Additionally, after completing this course, I have the ability and confidence to participate in more research than before, and evidence-based practice in nursing care is essential. I have completed many patient care and management projects at the hospital, as well as supported, guided, and motivated my nursing colleagues to participate in research.

After graduating from this course, my colleagues and I conducted three research topics in the field of nursing management to evaluate the current situation, analyze the causes, and propose solutions to improve the quality of patient care. With the goal of building a high-quality nursing team at the University of Medicine and Pharmacy Hospital in Hue, Vietnam, and promoting research and evidence-based practice, we encouraged, delegated responsibilities, and guided nurses to participate in research. As a result, 10 nursing-related topics on patient care were approved and are being implemented.

Completing the Master's degree program has also had a positive impact on my colleagues. Three more nurses passed the entrance exam and joined the nursing Master's program at the University of Medicine and Pharmacy in Hue, which contributed to the strength of the hospital's nursing team. Additionally, with a Master's degree in nursing, I have affirmed my role and voice in my work and among my colleagues, particularly in influencing young colleagues in the nursing profession. The publication of my article in this course has also contributed to achieving high-level awards in the healthcare sector, such as the Certificate of Merit from the Vietnam Medical Association and the Vietnam Nursing Association. This is also the foundation for me to continue striving in my career path to

contribute further to the development of the nursing profession in Vietnam in general and Thua Thien Hue province in particular.

Finally, I would like to extend my heartfelt thanks to Ms. Karen Leonard and everyone at Lifestart Foundation. I wish you all good health!

Yours sincerely,

Duong Thi Hong Lien

You can read more about Lien here: <http://bit.ly/3bjqd8C>



UPDATE: 07-10-2023

LIFESTART FOUNDATION MEDICAL SCHOLARSHIPS' SUCCESS STORY: THE JOURNEY FROM DISADVANTAGED STUDENTS TO PROMISING NEW DOCTORS AND PHARMACIST

Lifestart Foundation would like to extend our heartfelt congratulations to our Medicine and Pharmacy scholarship students on their university graduation!

For many years, Lifestart Foundation has been supporting excellent students hailing from disadvantaged backgrounds to continue on their education path. Through our education scholarships, Lifestart Foundation has not only enabled these students to pursue their dreams but has also witnessed their growth from young students into confident and capable individuals who are ready to embark on a new chapter in their lives.

Recently, Lifestart Foundation team bid farewell to our 24 scholarship students majoring in General Medicine and Pharmacy at the Hue University of Medicine and Pharmacy and Danang University of Medical Technology and Pharmacy. These students, who are now young doctors and pharmacist have been associated with Lifestart Foundation for a number of years. Many of them are the first in their families to graduate from university.

Saying goodbye to our scholarship students is always bittersweet for the Lifestart Foundation team. On the one hand, it marks the culmination of a journey that the Lifestart Foundation staff and the recipients have been through together, and on the other hand, it also fills us with immense pride to see these young intellectuals getting ready to enter the Health Care Workforce in Central Vietnam in particular and Vietnam in general.

We are overjoyed to share that out of a total of 24 General Medicine and Pharmacy Lifestart Foundation scholarship students who graduated this year, there are 5 students who earned the highest honor of High Distinction, 13 have achieved Distinction and 6 have attained Credit. We couldn't be prouder of your accomplishments!

Hailing from economically impoverished backgrounds, it would have been impossible for these students' families to manage their lives while having to support their children with a six-year degree studying General Medicine or a five-year degree in Pharmacy if it hadn't been for the unwavering support from the Lifestart Foundation education scholarship project.

However, not discouraged by their disadvantaged situations and the many challenges in their lives, all of our Lifestart Foundation Medical and Pharmacy scholarship recipients always displayed excellent academic performance and always strove to do their best in their studies.

The Lifestart Foundation scholarship program has been the light at the end of the tunnel for many of our students. It not only covered their tuition fees, books, rent, and food costs but also provided them with much-needed laptops, ensuring that financial constraints would not impede their academic progress.

One of Lifestart Foundation scholarship recipients - Hoai shared, "Lifestart Foundation has not just provided me with financial support; the organization has given me the chance to realize my long-held cherished dream of becoming a doctor. I am forever grateful for the opportunity to pursue my passion for Medicine and make a meaningful impact on the community."

It's been an absolute pleasure for Lifestart Foundation to accompany this excellent cohort through the tertiary journey and watch them grow into young doctors and pharmacist. We wish you all the best in your future endeavours.



UPDATE: 08-10-2023

FORMER RECIPIENT OF LIFESTART FOUNDATION'S EDUCATION SCHOLARSHIP – INTRODUCING YEN NHI

Yen Nhi has been a grateful recipient of the Lifestart Foundation Education Scholarship for a period of six years, spanning her secondary school and high school education.

Nhi hails from a financially disadvantaged family. Her father worked as a bricklayer, and her mother was employed as a seamstress. With a modest income of only 5 million VND, they faced challenges in meeting the family's financial needs and providing Nhi with optimal educational opportunities.

The Lifestart Foundation scholarship has been a transformative turning point in Nhi's life. With the scholarship, she was able to attend school equipped with all the essential textbooks, learning materials, and proper clothing each year. Furthermore, Nhi had the privilege of participating in valuable extra classes and receiving reference books that enhanced her learning journey, contributing to her consistent academic excellence throughout the years. In addition to financial assistance, the organization also provided her with a laptop and an electric bicycle, empowering her with study tools and convenient transportation to get to school.

Thanks to the support of the scholarship and Nhi's dedication, she achieved a significant milestone. Upon completing four years of secondary school, she successfully passed the entrance exam for Le Thanh Tong Gifted High School, renowned for its high-quality education and esteemed reputation in Quang Nam province.

Nhi expressed, "The scholarship had a significant impact on my family. The financial burden of my education expenses had been alleviated, leading to an improved quality of life for my parents. It also served as a source of motivation for me, driving me to study harder and fulfill the expectations of my parents, Ms. Karen, and the Lifestart Foundation. I am truly thankful for the opportunity of being provided with this scholarship".

Following her high school graduation, Nhi pursued a degree in International Business at the University of Economics - Danang University.

With her dedication and hard work, she graduated with Distinction, earning a GPA of 3.5 out of a possible 4. Currently, she holds the position of production planning officer at a company in Dien Ban, Quang Nam. Her job responsibilities include managing production orders, packing lists, packing plans, and reporting progress and productivity. "Although my current job may not be directly related to my major, I find it wonderful and well-suited to my abilities. Looking ahead, I am determined to continue working diligently and gaining more experience, expertise, and soft skills to further excel in my career", shared Nhi.

The Lifestart Foundation is honored to have accompanied Nhi on her educational journey for the past 6 years and witnessed her transformation into a successful individual. We extend our heartfelt congratulations to Nhi on her achievements thus far. As she continues on her path, we wholeheartedly wish her ongoing success, fulfillment, and prosperity in all her future endeavors.



UPDATE: 14-10-2023

CONQUERING LIFE'S CHALLENGES AND FINDING SUCCESS - MEET GIANG, LIFESTART FOUNDATION SCHOLARSHIP STUDENT

Nguyen Bao Giang, recipient of the Lifestart Foundation Medical Scholarship, has successfully completed his 6-year degree at Hue University of Medicine and Pharmacy, achieving a distinction in General Medicine. Currently, he is undergoing an 18-month internship in Obstetrics & Gynecology at 199 Hospital in Danang.

Giang, hailing from an impoverished single-parent family, is the first member of his family to graduate from university.

Giang's accomplishment fills the Lifestart Foundation team with immense pride. We wish him great success in all his future endeavors.

After his university graduation, Giang wrote a gratitude letter to Lifestart Foundation, sharing his inspiring story of overcoming life's obstacles to pursue his dreams. We invite you to read his heartfelt message of appreciation.

GIANG'S GRATITUDE LETTER:

Dear everyone at Lifestart Foundation,

I'm Nguyen Bao Giang, a final-year student majoring in General Medicine at Hue University of Medicine and Pharmacy. I consider myself one of the fortunate students who received a full scholarship from Lifestart Foundation.

The past six years of studying have flown by quickly, starting from my first year when unexpected things began to unfold. Now, it still feels surreal that I have graduated from university. Throughout my educational journey, I would not have been able to persevere until the end without the support of my family, friends, and most notably, the Lifestart Foundation Team.

During my final semester, alongside hospital duties, I dedicated time to preparing for the IELTS exam prior to my graduation exam. Although I exerted great effort, I achieved a score of 6.0, falling short of my target of 6.5. Nevertheless, I can utilize this result for my postgraduate exam application or future job opportunities. As for my graduation exam, it was one of the most stressful exams I have ever faced. Not only due to the extensive knowledge required but also because of the limited preparation time. Throughout nearly a month of intense revision, I spent most of my time studying, approximately 10 hours at the library and 2 hours at home. Fortunately, I performed well in my final exam, earning a score of 7.8 in basic theory, 8.3 in specialized theory, and 9.0 in clinical practice. Consequently, I completed my university studies with an exceptional degree, a source of immense satisfaction. This achievement reflects not only my personal efforts but also the tremendous support I received from you and Lifestart Foundation. You have provided invaluable assistance, both emotionally and physically.

Originating from a financially disadvantaged background, with my mother earning a modest income, supporting my university education seemed implausible, particularly when pursuing the costly and time-consuming General Medicine degree. To alleviate my mother's burden, I balanced my studies with part-time jobs, undertaking various roles to cover my living expenses. However, these commitments affected my academic performance during the first two years of university. In the second semester of my third year, I made the firm decision to prioritize my studies, as my mother had always desired. Consequently, I quit my part-time job to concentrate more on my studies, resulting in an exceptional academic performance that semester. Yet, challenges continued to arise, and despite my efforts, I was unable to alleviate my mother's debt or provide her with the security of medical treatment. At that point, I contemplated setting aside my dream of becoming a doctor and taking any job available to maximize my income. Then, miraculously, a teacher introduced me to the Lifestart Foundation scholarship, and fortunately, I became a recipient of a full scholarship.

I vividly recall the moment I received this scholarship. I was overwhelmed with happiness, albeit a touch of nervousness. I reviewed the confirmation email from Lifestart Foundation multiple times to ensure I hadn't misread it. Immediately after, I called my mother and grandparents to share the joyous news. Hearing their laughter filled me with tremendous delight. The scholarship has infused me with renewed energy and confidence to pursue my studies with greater determination. Moreover, the Lifestart Foundation scholarship has brought immeasurable value to both me and my family.

Firstly, in terms of my studies, thanks to your support, I was able to continue pursuing my dream. I cannot fathom what my future would have held without the Lifestart Foundation scholarship. Perhaps, I would have persisted in juggling work and studies until reaching my breaking point, or I might have abandoned Medicine to pursue an ordinary job. However, I adapted to my circumstances at the time. Additionally, the scholarship enabled me to focus more on my studies. As evidenced by subsequent semesters, my grades progressively improved, maintaining a consistently high level. Consequently, I managed to enhance my scores and ultimately achieve the pinnacle of success - graduating with a degree with distinction. Such an accomplishment would have been unattainable without the unwavering support from my family and the Lifestart Foundation scholarship.

Secondly, concerning my mother's well-being and my own, my mother's degenerative joint disease had been worsening, and doctors recommended she undergo surgery as soon as possible. Nevertheless, my mother persisted daily in supporting my dream, which filled me with constant worry and made me question my choices. It felt as though a black hole engulfed my mind, torn between continuing or ceasing my pursuit. Doubts about whether becoming a doctor was the right path and concerns over my selfishness arose. This mental anguish proved more challenging than material deprivation. Once again, the Lifestart Foundation scholarship provided the answers I sought. Additionally, my family expressed their recognition and close friends congratulated me. Most importantly, my mother gained a sense of security for her surgery. Thankfully, the operation was successful, and my mother's health improved.

Thirdly, this experience has instilled trust within me. I have learned that "there is no easy path to tread; you learn how to stand up when you fall, and you don't give up when you fail." This lesson became evident after years of pursuing my dream. I do not expect others to follow the exact same path as mine, but I hope that everyone possesses the strength to persevere on their chosen journey. Maintain your desires and beliefs because your family and Lifestart Foundation will always stand by you.

A lengthy journey has reached its end, and I am about to embark on a new phase of life and study. I will continue to give my utmost effort to find happiness in all aspects of life.

In closing, I extend my warmest regards to all of you, wishing you happiness and success in life. May the Lifestart Foundation continue to flourish in the future. I would also like to express my heartfelt gratitude to the Lifestart Foundation staff for their unwavering support. Your encouragement has served as a source of motivation, enabling us to persist on our chosen paths. I aspire to accomplish great things, much like all of you, as the most meaningful expression of my appreciation.

Best wishes,

Nguyen Bao Giang

You can read more about Giang here:

<https://www.facebook.com/TheLifestartFoundation/posts/5707072492671556>



UPDATE: 15-10-2023

LIFESTART FOUNDATION MASTER OF NURSING SCHOLARSHIPS: AN UPDATE FROM XOAN

Vo Thi Xoan, a recipient of the Lifestart Foundation Nursing Scholarship, has successfully completed her 2-year International Level Master of Nursing degree and currently works at a prestigious medical university in Danang.

After graduating from Hue University of Medicine and Pharmacy with a Bachelor's degree in Nursing in 2012, Xoan embarked on a career as a lecturer at Danang University of Medical Technology and Pharmacy.

To further develop her knowledge and expertise in teaching, Xoan had a strong desire to enroll in the International Master of Nursing course. With the support of Lifestart Foundation's scholarship, Xoan has successfully fulfilled her long-held and cherished dream, achieving a Master's degree and becoming a competent lecturer.

Lifestart Foundation has awarded 15 scholarships to **Masters of Nursing students**, helping Xoan 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 healthcare professionals.

The Masters' students traveled to Thailand to complete their 2-year International Level Master of Nursing degree. All of the students awarded scholarships 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 gratitude letter that Xoan wrote to Lifestart Foundation, where she shares her work and her life after graduating from the Master of Nursing course. We invite you to read her heartfelt message of appreciation.

XOAN'S GRATITUDE LETTER:

Dear Karen and Lifestart Foundation,

I am Vo Thi Xoan, a lecturer at the Nursing Department of Danang University of Medical Technology and Medicine. I completed the Master's course in December 2020 at Hue University of Medicine and Pharmacy, connected to the Khon Kaen University of Thailand.

After finishing the Master's course, my career has undergone extensive changes. In the past, I only taught practical subjects at the university and conducted clinical practice at hospitals. After receiving the Master's degree, I am now in charge of teaching theoretical subjects to students in lecture halls, which is a new opportunity for me to impart much knowledge to students. Currently, there is an increasing demand for training well-qualified nurses, which requires further enhancement in lecturers' qualifications. Obtaining a Master's degree has fulfilled that requirement for me and the university where I am working. With the knowledge I assimilated in the Master's course, I have effectively taught theoretical and practical subjects, including Basic Nursing – First Aid, First Aid and Disaster First Aid, Infection Control in Nursing, and Physical Assessment, to second-year students majoring in Nursing at the University.

Besides, I have also applied my knowledge of scientific research accumulated during the course to work as a collaborator conducting two root-level research topics in the years 2021 and 2022, and writing one research paper which was published in national journals.

Once again, I would like to express my sincere gratitude to all the sponsors and Lifestart Foundation. I am extremely fortunate and glad to be granted your scholarship. For me, this is not only material encouragement but also

tremendous spiritual consolation helping me overcome life's obstacles to complete this Master's course. I promise to make a deliberate effort in sharing my acquired knowledge and experience with the next generations. In addition, I will keep cultivating knowledge, skills, and quality to become a highly-qualified nursing lecturer, contributing to educating well-trained healthcare workers who will provide better services to all people.

In closing, I wish Ms. Karen and Lifestart Foundation good health, safety, and happiness.

Yours sincerely,

Vo Thi Xoan

You can read more about Xoan here: <https://bit.ly/43AsdBm>

Joining our Monthly Members Club, or running a fundraising event for us www.lifestartfoundation.org.au



UPDATE: 21-10-2023

GREAT NEWS FROM LIFESTART FOUNDATION SCHOLARSHIP STUDENT DIEU

The Lifestart Foundation team are thrilled to extend our sincere congratulations to Phuong Dieu for her exceptional accomplishment of achieving a perfect 4.0 GPA in the second semester of Year 4. This remarkable feat marks the second time Dieu has attained such outstanding results, and we couldn't be prouder of her achievements.

Dieu is now a diligent fifth-year student pursuing a degree in Electronics and Telecommunications at Danang University of Technology. She has been a recipient of the full Lifestart Foundation education scholarship since Year 8 at secondary school. Dieu hails from a family of eight, including her parents, four older sisters, her twin sister, and herself. Her parents work tirelessly as rice farmers to make ends meet, enduring the sweltering summer heat. Currently, her mother's health has started to decline, occasionally experiencing back pain due to strenuous labor, placing additional financial burdens on her father.

With determination and unwavering dedication over the past 4 years, Dieu has consistently maintained exceptional academic performance at university. She devotes a significant portion of her free time to self-study, dedicating approximately 5-6 hours daily to independent learning, with extended sessions lasting 7-8 hours on weekends.

Dieu's efforts have yielded outstanding results, achieving the highest marks of A in all eight subjects this past second semester: Sensor and Drive in Control Systems, Computer System Design Project, Digital IC Design Project, Analog Integrated Circuit Design Project, Embedded Computer System, Machine Engineering, Semiconductors, and Group Electronics Design.

We take immense pride in Dieu's remarkable achievements which would not have been possible without her commitment and efforts and the invaluable support provided by the Lifestart Foundation education scholarship. We hope, with the unwavering support from Lifestart Foundation, Dieu will be further inspired to reach even loftier goals, unlocking her full potential and making a lasting impact in her future endeavors.

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.

You can read more about Dieu here:

- Introducing New Scholarship Student Dieu:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/751103451601843/>
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/1049195941792591/>
- Dieu Accepted to Danang University of Technology:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/2857764507602383/>
- A Laptop Donation for Dieu:
<https://www.facebook.com/TheLifestartFoundation/posts/3140454706000027>
- Dieu's first time achieving the maximum of 4.0 out of 4.0:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/3906653949380095/>



UPDATE: 22-10-2023

MEET THANH LY: A Story of Triumph Over Adversity

We're thrilled to introduce Thanh Ly, a remarkable individual who graduated with honors in hospitality management from Danang University of Economics in 2022.

Ly is a shining example of the incredible impact of the Lifestart Foundation's Education Scholarship, which has supported her journey for nearly 6 years. Born into a humble family of 6, including her parents, grandma, and two siblings, life was challenging. Her mum worked as a farmer, and her father, a builder's assistant, struggled to provide for their growing family and support the education of three school-going children, including Ly.

Tragedy struck when Ly was in year 10 – the sudden loss of her father left the family in turmoil. Despite these immense challenges, with the unwavering support and encouragement from Lifestart Foundation, Ly's educational dreams didn't shatter. She excelled in a specialized math class, achieving impressive academic results at Le Thanh Tong High School for gifted students.

Lifestart Foundation became a guiding light through the darkest times. The scholarship lifted the financial burden off Ly's shoulders, ensuring she could continue her studies without worries about tuition, books, uniforms, stationery, and even her extra classes. In addition, the foundation provided much-needed relief, offering essential household items and even a family of chickens.

Ly's relentless effort paid off, culminating in her graduation from Danang University of Economics with a bachelor's degree and an outstanding GPA of 3.54 out of 4.0. She now works at Bel Marina Resort, a role that perfectly aligns with her university education. We're overjoyed by her achievements and look forward to seeing where her bright future takes her.

Through Ly's inspiring story, we celebrate the transformative impact of education and the unwavering support of Lifestart Foundation. Let's congratulate Ly and wish her the very best in her upcoming journey!

Please click on the links below to read more about Thanh Ly:

- Introducing new scholarship student - Thanh Ly:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/909916095720577>
- Household items and a family of chickens donation for Thanh Ly:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/761940153851506/>



UPDATE: 28-10-2023

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

Our Lifestart Foundation Education Scholarship student Nhi has recently completed Year 12 at high school and has been successfully accepted into Da Nang University of Economics, majoring in Commercial Business. As a recipient of the Lifestart Foundation Scholarship since Year 7, Nhi has been granted a life-changing opportunity to pursue higher education. She is the first member of her family to attend university, making her accomplishments even more significant.

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.

Nhi hails from a financially disadvantaged family of five, including her elderly grandparents, her mother, her younger sister, and herself. Since her father's passing 12 years ago, her mother has shouldered the responsibility of raising the family alone. Nhi and her younger sister had lived with their grandparents since she was in primary school, being apart from her mother as she moved to the South to make ends meet. Nhi's mother has juggled multiple jobs from working in Ho Chi Minh City, to returning home in 2020 to sell noodles, making Vietnamese beef bologna, and cleaning rooms at hotels, raising the entire family. Every day, she gets up early at 2 in the morning to make bologna until 11 a.m. and works as a room attendant in the afternoon until midnight. Nhi's grandparents, due to debilitating health problems at advancing age, can only contribute by growing vegetables and raising chickens for the family's daily meals.

Despite severe life hardships, Nhi has always strived to achieve stellar academic performance. Thankfully, the support of a precious Lifestart Foundation scholarship marked a turning point in her family life. Her mother's financial burdens were considerably alleviated and Nhi has been able to concentrate more on her studies to maintain consistently high results.

Over the past 3 years at high school, besides attending classes at school and important extra classes, Nhi completed between 4 and 5 hours of self-studying per day. Her passion for Biology has been evident since Year 6, and she excelled in the subject. In Year 10, Nhi was one of the six specialized Biology students who represented their high school to join the Provincial-level Olympic contest, where she won a bronze medal through her dedication and hard work. Recently, in Year 12, she continued her achievement in Biology with the award of 3rd prize in the Contest for Excellent Students at the provincial level. Her outstanding academic achievements and Biology accolades led to her selection for direct admission to the university, bypassing the need for the University entrance examination.

Once again, congratulations to Nhi on her accomplishments. We eagerly anticipate hearing about her future successes in her academic journey. Nhi's determination, resilience, and academic excellence are truly inspiring, and we are proud to support her in her pursuit of a brighter future.

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 in Year 10:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4158280660884088>

- Nhi achieves Bronze medal in Biology contest in Year 12:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/6212176695494464>



UPDATE: 04-11-2023

THE LIFESTART FOUNDATION MEDICAL SCHOLARSHIP STUDENTS GRADUATE WITH TOP HONORS

A remarkable group of 21 diligent scholarship recipients from the Lifestart Foundation's Medical and Pharmacy program recently celebrated their graduation from Hue University of Medicine and Pharmacy.

The Lifestart Foundation team is immensely proud and extends heartfelt congratulations to Nguyen Hoai, Ngoc Hoai, and Huong Tram. These students, all hailing from disadvantaged

backgrounds, have displayed unwavering commitment to their education. They have impressed us not only with their dedication but also with their outstanding academic achievements, considering the challenging six-year medical curriculum they have just completed. All three students have graduated with the highest distinction, earning them the title of the most excellent students in the General Medicine major - Class of 2023.

Pictured in this post, from left to right:

Ngoc Hoai, one of the first recipients of the Lifestart Foundation Medical scholarship, secured a GPA of 3.65 out of a possible 4.0, placing her among the Top 10 students. She achieved a perfect GPA of 4.0 in the 1st semester of year 5 and also won the First prize in the Research Methods contest in her final year at university. Hoai is giving her utmost effort to pursue a career in Image Analysis.

Huong Tram achieved a final GPA of 3.62 out of a possible 4.0, ranking in the top 15 of her General Medicine cohort. She hopes to pursue a career in Dermatology.

Nguyen Hoai, an exceptional student, achieved a remarkable overall GPA of 3.71 out of a possible 4.0, ranking 2nd among 467 General Medicine final-year students. Currently, Hoai aspires to specialize in Cardiology.

Over the past 23 years, the Lifestart Foundation Medical Scholarship program has been our most significant investment in the disadvantaged youth of Vietnam. This program has supported over 80 underprivileged students, including Nguyen Hoai, Ngoc Hoai, and Huong Tram. The scholarships have completely transformed the lives of our recipients and their families. They have alleviated the financial struggles their families were facing, enabling our students to continue their educational journey and realize their dreams of becoming highly educated healthcare professionals.

Once again, the Lifestart Foundation team is very proud of your achievements and we look forward to witnessing the bright future that lies ahead for each of you.



UPDATE: 11-11-2023

LIFESTART FOUNDATION IS THRILLED TO ANNOUNCE THE ACCEPTANCE OF OUR SCHOLARSHIP STUDENT, MINH HIEN, INTO UNIVERSITY - ANOTHER DOCTOR OF THE FUTURE

We are delighted to share that Minh Hien, a gifted student and recipient of the Lifestart Foundation scholarship, has recently graduated from high school and is now a first-year student at Hue University of Medicine and Pharmacy, majoring in General Medicine.

Hien, who has harbored a passion for medicine since the 8th grade, has consistently aimed for excellence in his studies. Recognized as an outstanding student throughout high school, he was selected to join the school's specialized

Math team and received numerous awards in provincial academic competitions. With a daily study routine of 7 to 8 hours, which increased to 11 to 12 hours during exams, his diligence paid off with an impressive GPA of 9.3 in his final year of high school. Hien's determination was further exemplified by his exceptional score in the university entrance exam. Scoring a total of 28.6 (out of a possible 30) in Maths, Chemistry, and Biology, Minh Hien ranked 2nd among all students in the same subject group in Quang Nam province.

Like other Lifestart Foundation scholarship recipients, Hien comes from a disadvantaged family of six. Unfortunately, his father passed away a few years ago due to an accident, leaving Hien's mother to raise four young children on her own. Since his father's passing, all family responsibilities and financial burdens have fallen on his mother's shoulders. As the sole breadwinner, she works tirelessly as a leather shoemaker to support the entire family. Thanks to the invaluable scholarship from Lifestart Foundation, Hien's life has taken a positive turn. Every school year, the full scholarship covers his tuition fees, books, uniforms, supplies, and all the essential extra classes he needed to support his education.

Having been accepted to Hue University of Medicine and Pharmacy, Hien is determined to excel in his university studies so that he can fulfill his aspiration of caring for people and becoming a valuable member of society.

Congratulations, Hien! We are exceptionally proud of your achievements, and your hard work has truly paid off.

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

- Introducing Hien, a new LSF education scholarship student: <https://www.facebook.com/TheLifestartFoundation/posts/2028970693815106>
- Great news from Hien: <https://www.facebook.com/TheLifestartFoundation/posts/6247765745268892>
- An E-bike donation for Hien: <https://www.facebook.com/TheLifestartFoundation/posts/3221919697853527>
- Daily essential for Hien: <https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4047985401913615/>



UPDATE: 12-11-2023

FIRST PRIZE FOR LIFESTART FOUNDATION STUDENT: BAO QUYEN'S 1st PRIZE IN DANANG WISE ENGLISH OLYMPIC CONTEST!

Quyen is currently a sixth-year General Medicine student at Danang University of Medical Technology and Pharmacy, and she is one of the most outstanding recipients of the Lifestart Foundation Medical Scholarship.

We are delighted to announce that Quyen has recently won the "Danang Wise English Olympic" contest at the city level. Quyen and her teammates brilliantly surpassed nearly a thousand candidates from 16 universities in Danang to reach the final round in Group Stage B, competing against seven other teams and becoming the winners of this prestigious competition.

In addition to being an exceptional medical student at the University of Pharmacy and Medicine in Da Nang, Quyen also excels in English. She distinguished herself as one of the top 30 students with the highest scores in the Danang English Wise Olympic Contest's preliminary round at her university and was considered to represent her university in the final round, which was held at the Children's Cultural Center in Da Nang city, along with seven other teams. After experiencing the nerve-racking competitive rounds including team introduction, general knowledge, debate, and team presentations, Quyen and her team were granted the highest score and achieved the first prize. Through this competition, Quyen aimed to further enhance her necessary skills, improve her English proficiency, and challenge herself in competitive environments.

Quyen hails from a disadvantaged family in the mountainous province of Gia Lai in the Central Highlands, located approximately nine hours away from Danang city by bus. She is the first person in her family to attend university. The family survives on a meager income, which would definitely not be sufficient to support their daughter's pursuit of a medical degree at the university.

In addition to her gift for English, Quyen's dedication and hard work have consistently paid off, as evidenced by her excellent academic results over the past years. Since starting her studies at Danang University of Medical Technology and Pharmacy, she has always exerted 100% effort into her studies. Apart from attending classes, Quyen spends an average of five hours per day on self-study.

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

Please click here to read more about Quyen:

- Introduction about Quyen: <https://www.facebook.com/TheLifestartFoundation/posts/4050755864969902>
- Great news from Quyen: <https://www.facebook.com/TheLifestartFoundation/posts/5747879005257571>



UPDATE: 18-11-2023

INTRODUCING NEW LIFESTART FOUNDATION EDUCATION SCHOLARSHIP STUDENTS

Over the past 23 years, the Lifestart Foundation Secondary School Education Scholarship program has supported many young intellectuals in reaching their dreams. Many of them have now graduated from well-recognized universities in Vietnam, and are also studying in Universities across Vietnam and abroad.

It's our tremendous honour to assist and accompany these brilliant minds in their education journeys to break the cycle of poverty and eventually pursue professions that not only financially benefit themselves and their families but also make a positive impact on society.

Our commitment to supporting the underprivileged children in Central Vietnam is still ongoing and not ceasing. Each year, we carefully select the most compelling candidates to receive the extremely valuable Lifestart Foundation scholarships.

We are thrilled to announce that Trieu, Van, and Duyen are our three latest Lifestart Foundation Education Scholarship recipients! After a rigorous selection process, these students proved to be most outstanding among many other candidates and successfully passed the interview round, showcasing their relentless commitment to education.

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

Despite their disadvantaged situations, Duyen, Van, and Trieu have always been excellent students from primary school time up to now, particularly Trieu who has not had a chance to attend any of the all-important extra classes.

Pictured in this post, from left to right you can see:

Duyen, currently in year 10, comes from a big family with 7 members. Her dad is working as a laborer, while her mum is selling scrap materials to earn money. They have to work very hard, and their incomes are not stable at all. The education costs for all five children are huge, and the living expenses for the whole family create a daily struggle.

Trieu, a year-9 student, is an orphan. He is currently living with his sister and his niece because both of his parents sadly passed away several years ago due to cancer.

Van, who is studying in year 9, was born into a family of 4 members. Unfortunately, her dad passed away due to a heart attack. Van's mum has to work many jobs at the same time to be able to earn enough money for the family.

Upon learning the news that they were selected to be the latest Lifestart Foundation Education Scholarship recipient, the students and their families burst with immense joy. Their lives have totally turned to a new page since receiving the scholarships, alleviating the financial hardships.

The scholarships would help relieve their families' worry about their children's education expenses. Every year, the Lifestart Foundation scholarship will pay for all of their tuition fees, books, stationery, uniforms, and the all-important extra classes they have to take to support their education, helping them entirely focus on their studies to achieve their goals.

Let's join us to extend a heartfelt welcome to Trieu, Van, and Duyen to our growing Lifestart Foundation family. We hope with the unwavering support from Lifestart Foundation, they will continue their education journey with high hopes and are inspired to reach their dreams.

Stay tuned as we are going to introduce them all to you with their inspiring and touching stories in the coming weeks.



UPDATE: 25-11-2023

LIFESTART FOUNDATION UNIVERSITY GRADUATE – MEET KHANG – FROM AN UNDERPRIVILEGED BACKGROUND TO BECOMING AN ANATOMY LECTURER

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

Lifestart Foundation's General Medical Scholarship student Khang, hailing from a single-parent family, has just graduated from Hue University of Medicine and Pharmacy. His dedication and hard work earned him a cumulative remarkable GPA of 3.61 out of a possible 4.0, resulting in a High Distinction degree – an outstanding achievement! Khang is the first in his family to graduate from university.

Since graduation, Khang embarked on a probationary period as an Anatomy lecturer at Hue University of Medicine and Pharmacy.

After his university graduation, Khang wrote a gratitude letter to Lifestart Foundation, where he shared his inspiring story of overcoming life's challenges to pursue his dreams. We invite you to read his heartfelt message of appreciation.

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

KHANG'S GRATITUDE LETTER:

Dear Everyone at Lifestart Foundation,

I am Nguyen Thanh Khang, a recent graduate with a degree in General Medicine from Hue University of Medicine and Pharmacy.

This letter marks my earnest gratitude towards you all. I hope you are in the best of health and spirits. I wish to extend my heartfelt appreciation for the unwavering support provided by the Lifestart Foundation.

The second semester of my sixth and final year at the university was a defining chapter for me. As I was scheduled for thesis presentation, my curriculum focused primarily on two clinical subjects: External and Internal medicine. This exempted me from participating in the standard graduation exam, a departure from the majority of my peers. My objective for this term was to secure a GPA of 3.6 out of a possible 4, compelling me to invest substantial effort, particularly in completing my graduation thesis. Titled "Evaluation of clinical and subclinical characteristics, as well as treatment results, of elderly patients with acute appendicitis," my thesis introduced me to the world of scientific research, presenting a range of difficulties that demanded a diverse skill set to overcome. Fortunately, I received invaluable assistance from my instructors, doctors, nurses, patients, family, friends, and most notably, the Lifestart Foundation. The encouragement and support emanating from the foundation and its members bolstered my confidence, enabling me to navigate the intricacies of my graduation thesis successfully. My diligence paid off, resulting in an impressive final score of 3.71 out of a potential 4.0—a triumph that brings me immense satisfaction.

Beyond academic pursuits, I also partook in university-organized volleyball and football tournaments during this semester. While securing the third prize in volleyball and the second prize in soccer, I additionally earned a certificate of merit for my consistent blood donations, a volunteer endeavor that holds profound personal meaning. Despite a slightly reduced involvement in the Surgery club and the Raising Hope group due to my heightened focus on studies, I aspire to remain engaged in their activities, should my future keep me in Hue.

As I culminate six years of dedicated study and endeavor, I conclude with a cumulative GPA of 3.61, affording me the distinguished 'excellent' designation upon graduation. This outcome fills me with a sense of accomplishment as I have not only met the expectations of my family but have also upheld the standards set by the Lifestart Foundation. Armed with an exceptional Bachelor's Degree in Medicine, I anticipate a promising path ahead.

Post my sixth year, I've chosen to shift my specialization from Gastrointestinal Surgery to Trauma Surgery—a decision that feels right for my future. I plan to remain in Hue and apply for a lecturer role at the Hue University of Medicine and Pharmacy while pursuing further studies and professional practice. Though I am optimistic about a seamless trajectory, I remain open to the possibility of returning to my hometown and seeking employment at the provincial hospital if circumstances necessitate.

My upbringing is attributed to my mother, who triumphed over numerous hardships to raise me. Originating from a conventional farming background, my family's financial constraints presented an arduous backdrop to my educational journey. On the day I secured admission to Hue University of Medicine and Pharmacy, amidst my joy, I began contemplating the daunting road ahead. The shift to Hue city, unfamiliar territory, triggered apprehensions about accommodation, meals, study materials, tuition fees, transportation, and more. Financially prudent practices and frugal eating became a necessity to manage expenses. The first year at university proved particularly taxing, yet my commitment to my studies remained unwavering. I was resolute not to disappoint my mother and endeavored to construct a brighter future.

Fortune smiled upon me when I received word of the Lifestart Foundation Scholarship. I applied and was fortunate to be shortlisted for an interview in Hoi An, alongside five of my friends. The mix of joy and anxiety I felt was palpable, for only four students would ultimately receive the scholarship. I distinctly remember cycling to school before taking the bus to the Lifestart Foundation office in Hoi An, guided by Ms. Nhung. As the first interviewee, I

engaged in a discussion about my family background, life, and academic pursuits with Ms. Karen and Ms. Nhung. Despite the formal interview setting, I felt an inherent warmth and closeness from Ms. Karen and the dedicated team. That day concluded with a delightful tour of Hoi An—a place of significant emotional resonance for me.

The news of being selected as a scholarship recipient filled me with an indescribable joy. I was later chosen to convey gratitude at the scholarship ceremony, where I was at a loss for words to express my emotions. Nonetheless, a mixture of delight, gratitude, and a sense of responsibility engulfed me. I was profoundly aware of the commitment to study diligently and maximize the bestowed opportunity.

The scholarship significantly lightened the financial load on my family. It facilitated the payment of tuition fees, acquisition of essential study materials, transportation costs, and even contributed to our daily sustenance. The burden on my mother's shoulders lessened considerably, affording me the luxury to concentrate on my studies without perpetual financial concerns. Your support extended beyond financial matters; it empowered my family to repair our modest dwelling, enhancing its quality and spaciousness.

As I compose this letter, I am struck by the realization of the immense difficulties I could have faced without your scholarship. My mother would have been burdened considerably, her health potentially compromised. I might have subsisted on subpar sustenance, obtained a subpar education, juggled part-time work, struggled to focus on learning, and subsequently, experienced diminished achievements. My education might have been interrupted altogether.

My gratitude to the Lifestart Foundation for the unwavering five years of support is deeply heartfelt. Your aid has charted a course for me that I cannot imagine would have materialized otherwise. I am resolved to strive for greater accomplishments in the future, aspiring to be a commendable doctor and citizen. I aim to make you, Ms. Karen, and all involved, immensely proud of my journey. The initial strides into my future, in which your support has played an instrumental role, hold promise and potential. I would like to extend my heartfelt gratitude to Ms. Karen and the Lifestart Foundation once more. I extend well wishes for good health, fulfillment, and success in all your endeavors. I hope the Lifestart Foundation will continue guiding, supporting, and guiding future generations onto paths of success. Thank you, truly.

Yours sincerely,

Nguyen Thang Khang

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

- Introducing Khang – New Medical Scholarship Recipient:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02maMjgRjajVN4EENTTde9VqXyt8eUwgbQjXeX8hURDUND6zdgpmWejtpRCQUUJRfl>
- Laptop Donations for Khang and Other Medical Students:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid027AMbX32WuSuoCdhQTxSgaj2dBYjtPiQm9vC3UKr6EreLJ8smn8aM9tXgbCdT3xNDI>
- Khang Defended in the Graduation Thesis Presentation and Defense Day:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02HjpCqXkdvuX5trh3R4J8EQxMMgPNL7mTwtQXePVd6kLzVWXEo3tf8b65gm8H2H7XI>

Clean Water Project



UPDATE: 11-06-2023

CLEAN WATER PROJECT #17

The next education center supported is Luong The Vinh Secondary School, which is located in Duy Xuyen district of Quang Nam province.

Providing clean water for more than 500 students and teachers.

Proudly made possible by Lifestart Foundation & Karma Foundation.

Please click on the link below to watch the video about our Clean Water project for Luong The Vinh Secondary school: <https://youtu.be/GNY4Dzz7dbw>



UPDATE: 13-08-2023

CLEAN WATER PHOTOS PROJECT #18

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 Pham Phu Thu High School (Dien Ban district, Quang Nam province), where nearly 800 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 Pham Phu Thu High School:

<https://www.youtube.com/watch?v=KOYajhNkQ9g>



UPDATE: 05-11-2023

CLEAN WATER PROJECT #19

The next education center supported is Que Xuan 2 Kindergarten, which is located in Que Son district of Quang Nam province.

Providing clean water for more than 160 students and teachers.

Proudly made possible by Lifestart Foundation & Karma Foundation.

Please click on the link below to watch the video about our Clean



Water project for Luong The Vinh Secondary school: https://www.youtube.com/watch?v=GxSqj8Q_5LQ

Donation



UPDATE: 04-06-2023

MILK DONATION FOR SAM

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

Sam comes from a large family of six people, including her parents, her elder sister, her 2 younger sisters, and herself. Her mum and dad are both rice farmers who work very hard to support the entire family with their modest income. Sometimes her dad also works as a builder's assistant and her mother assists

at weddings to earn a little more income to make ends meet. To share the burden with her parents, Sam also helps them with household chores including cooking, washing dishes, and sweeping the house whenever she has free time.

Despite her disadvantaged family situation, Sam is a diligent student and always shows her excellent academic achievements throughout her education path. 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.

Besides supporting Sam with her full education scholarship that provides all tuition fees, books, stationery, uniforms, and all of the important extra classes, Lifestart Foundation education scholarship project also provides students like Sam with much-needed additional support. One such form of support is monthly nutritional aid provided via daily milk. This support is crucial for students from financially challenged backgrounds who may not have access to adequate nutrition. The nutritional aid ensures that students like Sam have the best possible conditions for learning and achieving their academic goals.

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: 18-06-2023

A HAMPER BOX DONATION FOR NHUNG

Nhung has received a full Lifestart Foundation Education Scholarship, and is currently a high school senior in Year 8.

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

and she makes pork rolls at night to earn extra income. She suffers from arthritis which causes her problems when she walks and limits her capacity to work. Currently, the whole family lives on Nhung's mother's meagre income of only 1.5 million vnd or \$65 usd per month.

Despite her disadvantaged background, Nhung is a brilliant student who has achieved the title of excellent student for many years. In addition to attending classes at school and the all-important extra classes outside of school, Nhung completes 5 hours of self-study per day and 7 hours on the days leading up to the exams. As a result of her diligence, she achieved a GPA of 9.2 out of a possible 10 in the first semester of year 12.

To reduce some of the financial burdens on Nhung's mother's shoulders, Lifestart Foundation has supported the family with a much-needed hamper box donated by our supporters Carolyn and Olivia. Nhung is pictured receiving many necessary household items such as rice, dishwashing liquid, cooking oil, toothpaste, fish sauce, soy sauce, milk, shampoo, shower gel and washing powder, from Carolyn and Darcy - Olivia's son. She is extremely grateful for the timely support from Lifestart Foundation donors as her mother will be able to save money for other necessary expenses.

A big thank-you to our donors Carolyn and Olivia for having made this wonderful donation possible.

You can read more about Nhung here:

- Introducing Nhung – new LSF scholarship student:
<https://www.facebook.com/TheLifestartFoundation/posts/2028973643814811>
- A bicycle donation for Nhung:
<https://www.facebook.com/TheLifestartFoundation/posts/2231324996913007>
- Meet Nhung – Before and Now:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid028zwcX6xBkn5AZhh5cYrfygiVa7RqMN9n4DNHF9xtuTBqeaoXseZsPEGn1HXKAvV6I>



UPDATE: 02-07-2023

A DONATION OF HOUSEHOLD NECESSITIES FOR NGOC THU
Ngoc Thu, one of Lifestart Foundation Education Scholarship recipients, comes from a single-parent family. Unfortunately, her father passed away when she was just four years old, leaving her mother, who is a rice farmer, to raise her three children on her own.

Recently, Thu received a much needed gift in the form of a hamper box from Lifestart Foundation. Our supporters Carolyn and Olivia generously donated the hamper box to help reduce some of the financial burden on Thu's mother.

The hamper box included many necessary household items such as rice, dishwashing liquid, cooking oil, toothpaste, fish sauce, soy sauce, milk, shampoo, shower gel, and washing powder. Thu was thrilled to receive the box and expressed her gratitude to Carolyn and Olivia's son, Darcy, who presented her with the much needed supplies.

The hamper box of household items that Thu received from Lifestart Foundation and our generous supporters Carolyn and Olivia will be of great support to her and her family in the upcoming months. With the assistance of the hamper box, Thu's mother can allocate her funds towards other necessary expenses, without having to worry about purchasing these basic household items.

A big thank-you to our donors Carolyn and Olivia for having made this wonderful donation possible.

You can read more about Thu

here: <https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4738525342859614/>



UPDATE: 23-07-2023

A HAMPER BOX DONATION FOR TUYET

Lifestart Foundation Education Scholarship student 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. Despite her underprivileged background, Tuyet is a diligent student. She achieved a very good GPA of 3.53 out of a possible 4 in the first semester of year 3.

Apart from supporting Tuyet with her full scholarship Lifestart Foundation Education Scholarship project also provides her with additional support. Tuyet and her mother are pictured receiving donated cash and 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/posts/3583142591731234>
- Financial aid to replant crops and restore Tuyet's family's livelihood:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/3583118531733640>
- A hamper box donation for Tuyet:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5860770270635110>



UPDATE: 30-07-2023

LIFESTART FOUNDATION BRINGS JOY TO CHILDREN IN QUANG NAM THROUGH TOY DONATION

We're thrilled to share the heartwarming experience of our Toy Donation trip, where the Lifestart Foundation team brought smiles to the faces of disadvantaged children.



In addition to providing valuable scholarships for underprivileged students, Lifestart Foundation extends its reach to rural communities, offering not just essential items but also a sense of spiritual value.

One of our initiatives took us to the Quang Nam Peace Village - Hoa Binh, a haven for veterans, war participants, their children, Agent Orange victims, and socially vulnerable children. With over 100 residents, including special-needs children and abandoned babies, the Peace Village provides care and rehabilitation.

During our visit, we presented the children with a collection of toys that were generously donated over the past months. Our aim was to bring more joy and fun into their lives, offering a delightful reprieve from their daily studies.

The photos capture the precious moments of children receiving their colorful and lovely toys. Their gratitude and delight were truly heartwarming.



UPDATE: 20-08-2023

RECYCLED BOOK DONATION FOR HO NGHINH HIGH SCHOOL

Lifestart Foundation is not only providing education scholarships but also making a difference through recycled book donations. We have contributed course books and advanced books from our education scholarship students to enhance the libraries of under-resourced schools in Quang Nam province.

As part of our annual tradition, we encouraged our scholarship students to return their old textbooks and advanced books from the previous school year when they received their new supplies for the upcoming year. All the collected books were delivered to Ho Nghinh High School, located about 12 km away from Hoi An City center in the eastern part of Duy Xuyen district.

Established in 2017, Ho Nghinh High School is one of the rural schools we collaborate with. It currently educates 1,112 students, many of whom come from underprivileged families.

Through this initiative, Lifestart Foundation aims not only to cultivate a love for reading among future generations to expand their knowledge and skills but also to foster the values of sharing and recycling among our students.

In the attached photo, you can see Lifestart Foundation manager Nhung and a representative from Ho Nghinh High School receiving these valuable recycled books. These additions will enrich the library's selection and provide a wide range of resources for the students.



UPDATE: 10-9-2023

A DONATION OF 20 BICYCLES TO IMPOVERISHED ETHNIC MINORITY STUDENTS IN PHUOC SON DISTRICT, QUANG NAM PROVINCE.



In addition to providing valuable scholarships for disadvantaged students, the Lifestart Foundation is extending its assistance to rural communities, targeting those in need.

Recently, the Lifestart Foundation undertook

another initiative to distribute 20 bicycles among elementary and secondary school students in the Phuoc Son District of Quang Nam Province.

These ethnic students, originating from rural mountainous regions, all hail from families with exceptionally low incomes, challenging backgrounds, and a lack of adequate transportation. Beyond facing limitations in terms of financial resources to support their education, these students often encounter significant hurdles in reaching their schools. Many of them have struggled with their daily commutes to school.

In the past, they either had to travel by foot over considerable distances or depend on friends for rides to school. The bicycles generously provided by the Lifestart Foundation have brought immense joy and gratitude to these students. The bicycles are now their steadfast companions on their journey of intellectual pursuit. Moreover, these bicycles not only aid in saving time but also in reducing the travel distance, affording the students more study and rest time.

The donation, comprising 50 bicycles with an exact value of 80,750,000 VND, is an example of the numerous meaningful initiatives undertaken by the Lifestart Foundation. Their objective is to empower disadvantaged students to surmount obstacles, strive for academic excellence, and ultimately contribute positively to society.



UPDATE: 29-10-2023

**LIFESTART
FOUNDATION DONATES
15 BICYCLES TO
UNDERPRIVILEGED
STUDENTS IN
MOUNTAINOUS ZUOIH
COMMUNE, NAM GIANG
DISTRICT, QUANG NAM
PROVINCE**



In an effort to provide much needed assistance to students residing in remote mountainous regions, Lifestart Foundation has recently organized a campaign involving the generous

donation of 50 bicycles with a value of 80,750,000 VND. This round, 15 bicycles valued at over 24,000,000 VND or approximately \$1,000 USD were donated, these bicycles have greatly benefited underprivileged primary and secondary school students in the mountainous Zuoih commune of Nam Giang district, located in the western part of Quang Nam province.

The primary objective of this initiative was to facilitate easier commuting to school for the students in the upcoming academic year.

Living in the mountainous commune where more than 70% of the residents are categorized as living in impoverished households, these students primarily hail from economically disadvantaged backgrounds and belong to ethnic minority groups. Due to financial constraints, their parents are unable to afford transportation for their daily commute to school. Moreover, the difficult terrain and long distances make accessing school a strenuous and time-consuming journey, often resulting in fatigue and a negative impact on their studies.

With the provision of bicycles, these students can now travel to school with ease, arriving punctually and attending classes regularly. This not only maximizes their learning potential but also allows them to assist their families by running errands and transporting goods, as the reduced travel time creates additional opportunities for them to help their families.

It is our hope that the provision of these new bicycles will not only enhance the safety and convenience of the students' journey to school but also boost their self-esteem and motivation to overcome the challenges they face. By enabling them to strive for academic success, we believe they will be empowered to make positive contributions to society.

Click here to read more about our previous bicycle donation round for disadvantaged students in Phuoc Son district of Quang Nam province:

<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0AGmG7bbT47JkMN15HWe2Vvy11DgHnrHyxjY7zs1Hvt16pVqvr7anmWH7utcNrf1MI>



UPDATE: 19-11-2023

LIFESTART FOUNDATION PROVIDES A TELEVISION TO PHUOC THANH SEMI-BOARDING SCHOOL FOR ETHNIC MINORITY STUDENTS IN PHUOC SON DISTRICT, QUANG NAM PROVINCE



In our ongoing commitment to support under-resourced schools in remote areas of Quang Nam province, Lifestart Foundation is taking our efforts to the next level. We not only provide essential amenities like clean water systems, bicycles for transportation but also

deliver state-of-the-art educational equipment. Our most recent contribution is a cutting-edge 65-inch SONY smart TV complete with a wall mount, valued at approximately 15 million VND, to the Phuoc Thanh Semi-Boarding Ethnic Primary and Secondary School.

Situated in the disadvantaged Phuoc Son district, where over 2,000 households grapple with poverty, and many families belong to ethnic minority groups, this school serves as a beacon of hope for 473 students. In the academic year 2023-2024, 182 of these students hailed from very disadvantaged families. Nestled in the highlands of Quang Nam province, the school faces various challenges, including limited access to modern educational equipment, such as Smart TVs.

We firmly believe that this generous gift will significantly elevate the quality of education at the Phuoc Thanh Semi-Boarding Ethnic Primary and Secondary School. It equips teachers with innovative tools for effective lessons and provides students with interactive educational content, inspiring them to strive for academic excellence and become valuable contributors to their community.

In this initiative, Lifestart Foundation has donated a total of 15 65-inch TVs with wall mounts to 10 schools in Phuoc Son district. The total value of these contributions exceeds 220 million Vietnamese dong, equivalent to approximately USD \$10,000. Over 1,500 students and teachers will directly benefit from these televisions, with the number of beneficiaries expected to grow in the coming school years.

This donation will bridge the technological gap in underprivileged schools, promoting digital transformation in education and enhancing the use of information technology for teaching and learning purposes.

Please click on the link below to read more about Lifestart Foundation's Smart TV Donation project:
https://english.thesaigontimes.vn/lifestart-foundation...



UPDATE: 26-11-2023

A LAPTOP DONATION FOR TRAM

Lifestart Foundation [#Medical](#) Scholarship student Anh Tram is currently a 4th Year General Medicine student at Hue University of Medicine and Pharmacy.

Tram hails from a disadvantaged family of five living in a poor coastal area in Ha Tinh. Her parents primarily worked as hired laborers, taking on various jobs such as porters and construction workers whenever people offered. Unfortunately, at the end of 2022, her father suddenly

passed away due to a stroke, leaving all the financial burden on her mother's shoulders. With a monthly income of only 2 million VND, her mother is struggling to manage her daily expenses.

A laptop is an essential item for all university students, as it provides invaluable benefits such as improved study conditions, expanded knowledge, and the ability to achieve good results. Unlike most students in developing countries who have iPhones, iPads, and access to the latest technology, this is not the case for our scholarship students, who all come from extremely poor families.

Receiving a much-needed new laptop from the Lifestart Foundation, Tram is immensely grateful as it will greatly assist her in organizing and storing information effectively. In terms of her studies, the laptop will enable her to create reports, present medical records using slide shows, and even complete scientific research projects involving data analysis. Furthermore, besides using the laptop for online learning and homework, she can also utilize it to learn English more effectively, quickly look up words in the dictionary, practice pronunciation, and enhance her listening, reading, and reviewing skills.

With this much-needed laptop, Tram will have access to optimal study conditions, allowing her to achieve greater academic success.

Please click here to read more about Tram:

<https://www.facebook.com/TheLifestartFoundation/posts/6205792539466213>

Press



ENGLISH.THE SAIGON TIMES.VN

Fifty bicycles donated to underprivileged students in Quang Nam - The Saigon Times

UPDATE: 21-09-2023

FIFTY BICYCLES DONATED TO UNDERPRIVILEGED STUDENTS IN QUANG NAM

Lifestart Foundation has recently provided bicycles to disadvantaged students in Nam Giang and Phuoc Son districts of the central province of Quang Nam.

The bicycles, valued at a total of VND 80.75 million, went to students in mountainous areas including Zuoih, Tabhing and Ta Poo communes, and Thanh My town in Nam Giang District, as well as Phuoc Duc Commune in Phuoc Son District.

👉 Click here to read more about our recent Bike Donation: <https://english.thesaigontimes.vn/fifty-bicycles-donated-to-underprivileged-students-in-quang-nam/?fbclid=IwAR29-TggNSw7xaiXg57FWqrMOynBLXU8JFShuWI5Bdly42ag3OtpRyMkwDM>

A big [#THANKYOU](#) to [The Saigon Times](#) for featuring and acknowledging this important project in your newspaper.



UPDATE: 25-09-2023

DISADVANTAGED SCHOOL CHILDREN GET BIKES FOR NEW SCHOOL YEAR

👉 Click here to read more about our recent Bike Donation:

<https://vietnamnews.vn/society/1582837/poor-school-children-get-bikes-for-new-school-year.html?fbclid=IwAR1Fvm-xpQwv-fxsYBdqyy2jMtq9jLxe6sgR0nFEcrPsE3lp2avBx3Flrtc>

A big [#THANKYOU](#) to [Việt Nam News](#) for featuring and

acknowledging this important project in your newspaper.



UPDATE: 05-10-2023

CLEAN WATER SYSTEMS FOR CHILDREN

👉 Click here to read more about our recent Clean Water project:

<https://vietnamnews.vn/society/1594494/clean-water-systems-for-children.html?fbclid=IwAR1wJ-WUqaSd9libB2zslO-e0kyHbVXvK9ZZZUyU0r2ZVIOGNxHNR3QHEJ8>

A big [#THANKYOU](#) to [Việt Nam News](#) for featuring and acknowledging this important Lifestart Foundation project in your newspaper.



UPDATE: 09-10-2023

LIFESTART FOUNDATION TRAO TẶNG HỆ THỐNG XỬ LÝ NƯỚC UỐNG CHO CÁC TRƯỜNG HỌC TỈNH QUẢNG NAM

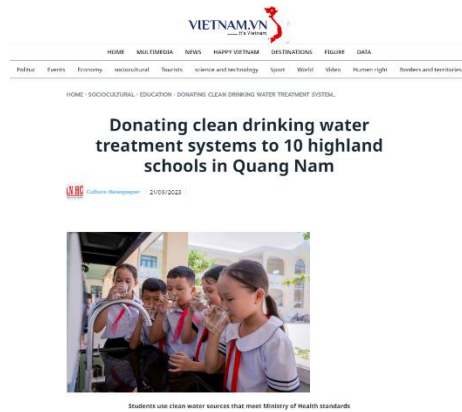
Vừa qua, Tổ chức Lifestart Foundation đã tiến hành nghiệm thu và bàn giao 10 hệ thống xử lý nước uống cho 10 trường học thuộc các địa phương khó khăn của tỉnh Quảng Nam với tổng kinh phí lắp đặt 454 triệu đồng.

Việc lắp đặt các hệ thống xử lý nước uống sẽ giúp hơn 2.500 học sinh và đội ngũ cán bộ, giáo viên, nhân viên các trường được hưởng lợi từ chương trình này.

Vui lòng truy cập vào đường link bên dưới để đọc toàn bộ bài viết: <https://baoquangnam.vn/xa-hoi/lifestart-foundation-trao-tang-he-thong-xu-ly-nuoc-uong-cho-cac-truong-hoc-tren-dia-ban-tinh-148203.html?fbclid=IwAR29-TggNSw7xaiXg57FWgrMOynBLXU8JFShuWI5Bdly42ag3OtpRyMkwDM>

Lifestart Foundation xin chân thành cảm ơn **Báo Quảng Nam** đã đưa tin về dự án quan trọng này của tổ chức.

Nếu bạn yêu thích và muốn ủng hộ những dự án mà Lifestart Foundation đang thực hiện, bạn có thể quyên góp, tham gia làm thành viên hằng tháng, hoặc tổ chức 1 sự kiện gây quỹ cho chúng tôi. www.lifestartfoundation.org.au



UPDATE: 13-10-2023

DONATING CLEAN DRINKING WATER TREATMENT SYSTEMS TO 10 HIGHLAND SCHOOLS IN QUANG NAM

👉 Click here to read more about Lifestart Foundation's Clean Water project: <https://www.vietnam.vn/en/trao-tang-he-thong-xu-ly-nuoc-ung-sach-cho-10-truong-hoc-vung-cao-o-quang-nam/?fbclid=IwAR2CT3DXG9NK1Iwi6dw5YXmGfpcCdLtlhu6m6QlOTaEvW9GgsN7NlcUqSw>

A big **#THANKYOU** to Vietnam.vn for featuring and acknowledging this important Lifestart Foundation project in your newspaper.



UPDATE: 17-10-2023

LIFESTART FOUNDATION TRAO TẶNG HỆ THỐNG XỬ LÝ NƯỚC UỐNG SẠCH CHO 10 TRƯỜNG HỌC VÙNG CAO Ở QUẢNG NAM

10 trường học ở các huyện miền núi trên địa bàn tỉnh Quảng Nam vừa được tổ chức Lifestart Foundation trao tặng 10 hệ thống xử lý nguồn nước uống sạch đạt chuẩn của Bộ Y tế.

Tổng nguồn kinh phí lắp đặt hệ thống xử lý nước uống trong dự án lần này là 454 triệu đồng, qua đó tạo điều kiện giúp hơn 2.500 em học sinh và đội ngũ cán bộ, giáo viên, nhân viên tiếp cận miễn

phí nguồn nước uống sạch đạt chuẩn của Bộ Y tế về chất lượng nước uống trực tiếp.

Vui lòng truy cập vào đường link bên dưới để đọc toàn bộ bài viết: <http://www.baovanhoa.vn/.../trao-tang-he-thong-xu-ly-nuoc...>

Lifestart Foundation xin chân thành cảm ơn **BÁO VĂN HOÁ** đã đưa tin về dự án quan trọng này của tổ chức.

Nếu bạn yêu thích và muốn ủng hộ những dự án mà Lifestart Foundation đang thực hiện, bạn có thể quyên góp, tham gia làm thành viên hằng tháng, hoặc tổ chức 1 sự kiện gây quỹ cho chúng tôi. www.lifestartfoundation.org.au



ENGLISH.THESAIGONTIMES.VN

Lifestart Foundation donates smart TVs to Quang Nam schools - The Saigon Times

UPDATE: 26-10-2023

LIFESTART FOUNDATION DONATES SMART TVS TO QUANG NAM SCHOOLS

Lifestart Foundation has recently provided 15 smart TVs along with stands and wall mounts to primary, secondary, and high schools in the central coastal province of Quang Nam.

The TVs and other equipment, which have a combined value of VND220 million, have been given to 10 schools in Phuoc Son District, benefiting over 1,500 local students and teachers.

👉 Click here to read more about Lifestart Foundation's Smart TV Donation project:
https://english.thesaigontimes.vn/lifestart-foundation...

A big **#THANKYOU** to [The Saigon Times](#) for featuring and acknowledging this important Lifestart Foundation project in your newspaper.



BAOQUANGNAM.VN

Lifestart Foundation tặng 15 tivi thông minh cho các trường học huyện Phước Sơn

UPDATE: 30-10-2023

LIFESTART FOUNDATION TẶNG 15 TIVI THÔNG MINH CHO CÁC TRƯỜNG HỌC HUYỆN PHƯỚC SƠN, TỈNH QUẢNG NAM

Vừa qua, tổ chức Lifestart Foundation đã tài trợ 15 chiếc tivi 65 inch kèm khung treo với tổng trị giá hơn 220 triệu đồng cho 10 trường Tiểu học, THCS và THPT đang thiếu TV trên địa bàn huyện Phước Sơn để hỗ trợ cho công tác giảng dạy của các trường. Ước tính trong năm học 2023 - 2024, hơn 1.500 học sinh và giáo viên được hưởng lợi trực tiếp từ chương trình này.

Xin vui lòng truy cập vào đường link bên dưới để đọc toàn bộ bài viết: <https://baoquangnam.vn/.../lifestart-foundation-tang-15...>



LIFESTART FOUNDATION DONATES SMART TVS TO QUANG NAM SCHOOLS

Lifestart Foundation, a charitable organization, has recently provided 15 smart TVs along with stands and wall mounts to primary, secondary, and high schools in the central coastal province of Quang Nam. The TVs and other equipment, which have a combined value of VND220 million, have been given to 10 schools in Phuoc Son District, benefiting over 1,500 local students and teachers. This initiative aims to enhance teaching methods in preparation for the 2023-2024 academic year. It was carried out in collaboration with the Quang Nam Union of Friendship Organizations and the Red Cross of Phuoc Son District. Phuoc Son is one of the poor areas in Quang Nam Province, primarily inhabited by ethnic minority groups. Many schools in this district lack the necessary equipment for educational purposes, hindering efforts to promote digital transformation and the use of information technology in education. (Photo: Courtesy of Lifestart Foundation)

UPDATE: 09-11-2023

LIFESTART FOUNDATION DONATES SMART TVS TO QUANG NAM SCHOOLS

Lifestart Foundation, a charitable organization, has recently provided 15 smart TVs along with stands and wall mounts to primary, secondary, and high schools in the central coastal province of Quang Nam.

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

A big [#THANKYOU](#) to [The Saigon Times](#) for featuring and acknowledging this important Lifestart Foundation project in your printed newspaper.



huyện Phước Sơn, tỉnh Quảng Nam.

Lifestart Foundation hy vọng với sự hỗ trợ này, đội ngũ giáo viên và các em học sinh sẽ có thêm phương tiện thuận lợi trong việc dạy và học, góp phần nâng cao chất lượng giáo dục trên địa bàn huyện Phước Sơn nói riêng và tỉnh Quảng Nam nói chung.

Xin vui lòng truy cập vào đường link bên dưới để đọc toàn bộ bài viết: <https://vanhienplus.vn/lifestart-foundation-tang.../102022/>

Lifestart Foundation xin chân thành cảm ơn báo [Văn Hiến Plus](#) đã đưa tin về dự án quan trọng này của tổ chức.

Nếu bạn yêu thích và muốn ủng hộ những dự án mà Lifestart Foundation đang thực hiện, bạn có thể quyên góp, tham gia làm thành viên hằng tháng, hoặc tổ chức 1 sự kiện gây quỹ cho chúng tôi. www.lifestartfoundation.org.au

UPDATE: 15-11-2023

LIFESTART FOUNDATION TẶNG TIVI THÔNG MINH HỖ TRỢ CÁC TRƯỜNG HỌC VÙNG CAO QUẢNG NAM

Để góp phần hỗ trợ thực hiện đổi mới phương pháp dạy học, vừa qua, tổ chức phi chính phủ Lifestart Foundation đã phối hợp với Liên hiệp các tổ chức Hữu nghị tỉnh Quảng Nam và Hội Chữ thập đỏ huyện Phước Sơn tiến hành trao tặng 15 tivi thông minh và khung treo với tổng trị giá hơn 220 triệu đồng cho các trường Tiểu học, THCS và THPT đang thiếu tivi phục vụ công tác giảng dạy trên địa bàn



BAOQUANGNAM.VN

Tổ chức Lifestart Foundation tài trợ nhiều suất học bổng cho sinh viên y khoa

UPDATE: 29-11-2023

TỔ CHỨC LIFESTART FOUNDATION TÀI TRỢ NHIỀU SUẤT HỌC BỔNG CHO SINH VIÊN Y KHOA

Vừa qua, 24 sinh viên ngành Y - Dược được tổ chức phi chính phủ Lifestart Foundation tài trợ theo chương trình học bổng Y khoa đã hoàn thành chương trình bậc Đại học tại Trường Đại học Y - Dược Huế và Trường Đại học Kỹ thuật Y - Dược Đà Nẵng. Trong số này có 5 sinh viên tốt nghiệp loại Xuất sắc, 13 sinh viên loại Giỏi và 6 sinh viên loại Khá. Nhiều sinh viên xếp thứ hạng tốt nghiệp cao và đứng vị trí top đầu toàn khóa.

Mới đây, Lifestart Foundation cũng đã trao tặng thêm 18 suất học bổng với tổng trị giá lên đến khoảng 1,16 tỷ đồng/năm học cho 18 sinh viên các trường Đại học Y - Dược Huế và Đại học Kỹ thuật Y - Dược Đà Nẵng. Bên cạnh đó, tổ chức còn hỗ trợ 7 máy tính xách tay mới cho 7 sinh viên cùng một khóa học tiếng Anh. Học bổng chỉ được trao cho những sinh viên đáp ứng đồng thời 03 tiêu chí sau: có thành tích học tập xuất sắc, có hoàn cảnh kinh tế khó khăn, có tinh thần sẵn sàng cống hiến lại cho cộng đồng thể hiện qua lựa chọn nghề nghiệp tương lai.

Xin vui lòng truy cập vào đường link bên dưới để đọc toàn bộ bài viết:

<https://baoquangnam.vn/.../to-chuc-lifestart-foundation...>

Lifestart Foundation xin chân thành cảm ơn **Báo Quảng Nam** đã đưa tin về sự kiện quan trọng này của tổ chức.

Nếu bạn yêu thích và muốn ủng hộ những dự án mà Lifestart Foundation đang thực hiện, bạn có thể quyên góp, tham gia làm thành viên hằng tháng, hoặc tổ chức 1 sự kiện gây quỹ cho chúng tôi. www.lifestartfoundation.org.au

Other Activities



UPDATE: 25-10-2023

WE HAVE REACHED 5,400 FOLLOWERS!

#THANKYOU for helping Lifestart Foundation to reach 5,400 Facebook followers and thank you to all of our amazing supporters, donors, and volunteers who make all of our important projects possible.

Our next goal is 5,500 followers so **please help us raise awareness by liking and sharing our posts**. It is an easy and simple way to help us.

Don't forget to like our page, share, and like this post to help spread the word.

If you appreciate and support the impactful work of Lifestart Foundation across various projects, kindly consider making a donation, joining our Monthly Members Club, or organizing a fundraising event for us at

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



UPDATE: 01-11-2023

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: 14-11-2023

[#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.

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



UPDATE: 16-11-2023

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: 22-11-2023

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:

- A Family of Chickens: \$50 USD

- Annual Food Allowance: \$500 USD

- Library Books: \$55 USD

- Bicycle: \$100 USD - Secondary School Educational Scholarship (full): \$3500 USD

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



UPDATE: 28-11-2023

[#Lifestart Foundation](#) is celebrating a major milestone - **24 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.

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

If you like and support what Lifestart Foundation is doing across so many projects please consider a donation, joining our Monthly Members Club or running a fundraising event for us www.lifestartfoundation.org.au