

Education



UPDATE: 01/3/2025

LIFESTART FOUNDATION INTRODUCING NEW SCHOLARSHIP STUDENT

DOCTOR OF THE FUTURE - MEET MY

Lifestart Foundation is proud to welcome Ai My as one of our newest scholarship recipients. My is currently a General Medical student at Hue University of Medicine and Pharmacy, a highly esteemed institution in Vietnam.

Like all other Lifestart Foundation scholarship students, My's family is in a challenging situation, which she shared in her gratitude letter below. Despite these challenges, My has shown extraordinary determination and resilience in pursuing her dream of becoming a doctor. As the eldest child in her family, she has taken on significant responsibilities, balancing academic excellence with part-time work to support her family. She is also an active participant in volunteer initiatives, including hospital support programs and community outreach activities such as distributing porridge to hospital patients, providing care and companionship to the elderly in nursing homes, and delivering gifts to orphans and children with disabilities. Her journey is both inspiring and a testament to her unwavering commitment to overcoming challenges.

Through the Lifestart Foundation scholarship, My can now focus fully on her studies, free from the burden of educational and living expenses. We are honored to support My on her path toward becoming a skilled and compassionate doctor.

Below is My's heartfelt letter of gratitude, in which she shares her journey, her aspirations, and the transformative impact of the scholarship.

MY'S GRATITUDE LETTER:

Dear Ms Karen and Lifestart Foundation,

I would like to introduce myself; my name is Nguyen Thi Ai My. I am a third year student majoring in General Medicine at Hue University of Medicine and Pharmacy. I am writing this letter to express my heartfelt thanks to you, Ms Karen and Lifestart Foundation for entrusting me with this scholarship.

I was born and raised in a sunny and windy land called Dak Lak. My family consists of 5 members including my parents, my two younger brothers and me. Unfortunately, my mother passed away due to cancer 5 years ago. At that time, in order to seek treatment for my mother, my family sold all our land and tried to borrow money from everywhere, hoping to save her life. But no miracle happened. After my family lost our mother we carried the burden of a huge debt on our shoulders.

Without her, my father became the sole pillar of the family. Due to excessive work and worry, my father suffered a stroke a year ago, but luckily he was saved in time. However, his health has greatly deteriorated, and he is no longer able to perform strenuous tasks. Our family was already facing difficulties, and now the situation became even more challenging. At the present time, my father still takes on multiple jobs to provide for the family and repay debts. Sometimes, he works as a builder's assistant and other times, takes care of a coffee and black pepper garden. My younger brother was serving in the military and has devastatingly and tragically passed away, while my youngest brother is in year 11.

Losing my mother was the biggest loss for me. But I felt even more worried when my father became sick. In addition, I heard that my university tuition would increase, adding more financial pressure. I am able to go to university today thanks to the relentless efforts and encouragement from my father. I have also tried to do part time jobs in my free time to help alleviate some of the stress he is under

On the day of the interview at Lifestart Foundation, I was overwhelmed with emotions such as happiness and excitement, along with a slight feeling of nervousness and worry. I was delighted that I passed the initial selection process and had the opportunity to attend an interview, which means I had the chance to be considered for a scholarship from Lifestart Foundation. I was also very excited to know that I would be interviewed by Ms Karen, the founder of Lifestart Foundation, who makes such a positive impact on the community. However, I was also quite anxious because I did not know if I met the criteria for this scholarship or what questions Ms Karen would ask me. But after the interview, I felt that Ms Karen and the organization's members were very friendly, attentive, and understanding of my family's situation. They genuinely wanted to help and support me.

I was extremely happy and overwhelmed with joy upon hearing the news that I was one of the fortunate recipients chosen to receive the scholarship. When I shared the news with my father, he was very happy and congratulated me. He also wanted to express his deep gratitude to Karen and the Lifestart Foundation for their support.

Being awarded the scholarship has opened a new chapter for my future, helping my family overcome our current difficulties. The financial pressures of tuition fees and living expenses have been resolved. My father will also have less worries and be able to focus more on taking care of my younger brother. The scholarship has relieved me of my financial concerns as well as motivating me to continue excelling in my academic journey. Education is of the utmost importance to me. My dream of becoming a doctor stems from witnessing my mother's illness, feeling powerless as she suffered but unable to do anything to help her. I deeply fear the day my family members fall ill if I cannot assist them. I hope that through my studies, I will be able to not only help myself but also support my loved ones and extend a helping hand to others. I hope to have enough determination to overcome all obstacles and turn my dreams into reality. I believe that the scholarship from Lifestart Foundation will accompany me on this journey and help me fulfill my dreams.

Currently, I am studying hard following my plan and searching for more ways to achieve the best academic results. My goal this year is to achieve excellent marks in both my academic performance and my social activities. This semester, I will strive harder to be worthy of the trust

and expectations placed upon me by Ms Karen and the Foundation. After I graduate, my plan is to continue pursuing further education through residency programs to improve my professional skills. I always set a goal for myself to become a highly skilled and morally good doctor, dedicated to helping my patients and contributing to society.

Once again, I sincerely thank Ms Karen, and the Lifestart Foundation for your love and trust in granting me this scholarship. I promise to put my utmost effort into my work and contribute to society. I wish Ms Karen and everyone good health and happiness and I hope Lifestart Foundation will continue to thrive and assist more students in need, like myself, so that they may reach the light of success.

Your sincerely,

Nguyen Thi Ai My

MEET ALL OF OUR UNIVERSITY STUDENTS AND GRADUATES HERE:

<https://www.lifestartfoundation.org.au/wp-content/uploads/2025/01/University-Students-update->

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UPDATE: 15/3/2025

CELEBRATING SUCCESS: DR. LAM, LIFESTART FOUNDATION'S INSPIRING MEDICAL SCHOLARSHIP RECIPIENT

Dr. Lam's journey with Lifestart Foundation exemplifies the transformative power of educational support. A recipient of the Lifestart Foundation's Education Scholarship project for the past 12 years, Dr. Lam recently achieved a significant milestone by graduating with Distinction from Hue University of Medicine and Pharmacy. Among them, he ranked 16th out of more than 400 General Medicine students. Following his graduation, Dr. Lam excelled in a highly competitive exam, securing a place in the Residency program at Hue University of Medicine and Pharmacy, where he will continue his studies in Obstetrics and Gynecology.

Now embarking on the residency program, Dr. Lam continues to pursue his dream of becoming a compassionate and skilled doctor, dedicated to supporting women through all stages of reproductive health.

His journey, marked by determination and resilience, serves as an inspiration to us all. It has been an absolute pleasure for Lifestart Foundation to support Dr. Lam on his educational journey and watch him grow into an impressive young man. Upon his graduation, Dr. Lam has shared a

heartfelt letter with Lifestart Foundation, expressing gratitude and reflecting on his incredible study path. His words provide a glimpse into the impact of Lifestart Foundation's support and the challenges he has overcome. We invite you to read his moving message.

Congratulations, Dr. Lam! We are immensely proud of you and wish you every success in your career.

DR. LAM'S GRATITUDE LETTER:

Dear Karen and Everyone at Lifestart Foundation,

I am Cao Duy Lam, a recent graduate in General Medicine which I have been studying for the past six years. I have been receiving the Lifestart Foundation scholarship since Year 7 until now, my final year as a student. It has been an honour and a great joy for me and my family to have received your support over the past years. From Vietnam, I would like to send my best wishes for good health and happiness to you and your family and hope for all the best for you all.

My final semester finished with mixed feelings of joy, a bit of regret but ultimately satisfaction and pride in myself for having continuously studied and made efforts over the past few years. Last semester, I studied two clinical subjects, Internal Pathology and Surgery along with the graduation module which includes clinical and theory exams. My class was the first to study under the new program, so the graduation thesis was defended in the first semester. The form of the graduation exam was also different from previous years; I took a 150-question multiple choice exam over 3 hours, with almost all questions related to clinical cases I had studied from third to sixth years, and in specialised subjects from fifth year such as Ear-Nose-Throat, Emergency and Infectious Diseases. After the graduation exam, I received an A in the theory module with 8.5 points. In the clinical module, I took an Internal Medicine exam, achieving a B with 8.0 points. I am quite satisfied with this mark as the theory exam was in the new format for the first time and quite difficult as it was based on clinical knowledge, with only a few students achieving an A, including me. Therefore, though it was not perfect, it was enough for me to be proud of my hard work over the one month of preparation for both the theoretical and clinical exams. During my study time, I searched for additional materials to read, and studied in groups where we quizzed each other to memorize the vast amount of knowledge which could be applied to solve real clinical problems. It was a very stressful yet beautiful time for me and my classmates, but we always supported each other in our studying in the hope of achieving good results. I was studying for both the graduation exams as well as the upcoming residence exam in October and completed the semester with a GPA of 3.34 out of a possible 4. My journey of six years at university, with the dedicated support and encouragement from my family, Ms. Karen and everyone at Lifestart Foundation, has led me to a satisfactory result. I have graduated with Distinction, ranking 16th among over 400 General Medicine students. Additionally, due to my active participation in voluntary activities and academic clubs inside and outside the university, I was awarded a certificate of merit for students with outstanding achievements and activities. I would like to send this great honour to my family, Ms. Karen and all current staff as well as the previous staff who have supported me. Thank you all for being a great motivation for me to reach success today. After graduation, I will complete my residency at Hue University of Medicine and Pharmacy, majoring in Obstetrics and Gynaecology.

Reflecting on the time before I was granted the Lifestart Foundation scholarship, I was still a thoughtless student until the two breadwinners in my family - my father and eldest brother, passed away in the same year due to serious illnesses, leaving heavy responsibilities on my mother's shoulders. My family has 9 members, including seven siblings and my parents. In 2012, there were still three at school plus one married sister and two brothers, one working as a labourer and the other disabled due to a leg injury. Losing two family members at once was a significant spiritual loss, especially since my father and eldest brother were the pillars of the family. My mother had to bear the harsh reality of life alone, working tirelessly to raise and provide education for her children. During that challenging time, I did not know how my family would manage in the years to come, whether my mother would need to borrow money or seek help to make ends meet. It was then that I stopped being a carefree child and started to worry and help my mother and siblings more with household chores and other tasks within my ability.

Fortunately, in the darkness, there is always light if we have faith and make an effort. With the help of the teachers at Le Ngoc Gia Secondary School where I was studying, my family was connected to Lifestart Foundation, to Ms. Karen. Lifestart Foundation felt empathy for my family, and I received a scholarship from them which has now been going for 12 years, but I still feel the same emotions I did when I received it. I still remember that Vice Principal Quang and Head Teacher Hue supported me through the paperwork. When I was awarded the scholarship certificate, my family and I were overwhelmed with happiness as I believed that everything would be better and less difficult for my family and me. Ms. Karen and the staff at that time always encouraged and provided me with spiritual and material support, as well as informing me that there would be future support for university studies. I was immensely happy that my mother would be less burdened, not have to work as many days in other people's fields and would worry less about my school supplies, books and clothes. She would also not be so concerned as to whether I would be unable to attend university due to insufficient finances. The emotions from that time still bring tears to my eyes, along with a sense of joy, warmth and heartfelt gratitude.

Since I received the Lifestart Foundation scholarship, it has been a long journey of 12 years and my family and I have never forgotten your generous help. My mother had less burden in supporting her children's education, and my siblings were able to continue their studies. Thanks to my scholarship, I had enough school supplies, could attend extra classes like my peers and access technological devices necessary for my studies, such as laptops and tablets provided by Lifestart Foundation. This gave me more motivation to continue studying and pursuing my dream of becoming a doctor, which has now come true. Besides supporting my studies, Lifestart Foundation also provided essential daily supplies such as rice, cooking oil, fish sauce and toothpaste, helping my mother with household purchases. My mother was a farmer, working daily for others and occasionally in our own fields. The farming life was often hard, especially during harvest season when the whole family joined in with the work, but my mother also had to work for other people. After I received the scholarship, she did less manual labour. She continued farming for another ten years, but as my siblings grew older and I received financial support from Lifestart Foundation, she stopped working in the fields and applied for a job as a cook at a nearby kindergarten. This job is less strenuous, and she has been working there ever since. My siblings now have stable jobs, are married and have children. Our house has been rebuilt and renovated so that we can gather to pay respect to my father and brother who passed away, and we have a place to shelter from the harsh weather of Central Vietnam. All this would not have been possible

without the support of Lifestart Foundation, Ms. Karen and all the staff. Without this scholarship, I do not know if I could have studied the major I wanted - General Medicine, as it requires both knowledge and finances. I might not have continued my education after high school and instead helped support my family. I might have ended up in another field, possibly struggling in society or being unable to become independent and self-reliant. But with the scholarship and your continuous support, I can affirm that I am fortunate to have accessed education and to study medicine. I will strive to improve myself and be independent so that I can help patients and less fortunate people. Without your kind assistance, I cannot imagine how much longer my mother would have had to endure hardship or how the harsh sun in the fields would have tormented her, as she worried about how to provide for her children's education year after year. Without the scholarship, who knows which of us siblings would have continued schooling, and which would not, nor how our lives and careers would have turned out. But I am sure that today's good things and my family's better situation are partly thanks to the support from Lifestart Foundation. This may be the last letter I write to you as a final-year General Medical student - a letter filled with both happiness and sadness, but all of it reflects my sincere feelings and gratitude towards you.

After 12 years of knowing you, sending many letters to share joys and sorrows, especially health updates during the Covid-19 pandemic and receiving much help and affection from you for my family and me, it is a great honour for someone as small as me. From a skinny, little student in the first photo taken at Lifestart Foundation, I have now grown up and now a doctor. My family and I have nothing but our most heartfelt thanks and respect extending to you and your family. In the future, I will strive and make continuous efforts and I will continue studying, honing my knowledge and clinical and medical skills to become a good doctor who is proficient and trusted by everyone, capable of protecting my family and patients and helping those in need.

Via this letter, I would like to express my most sincere thanks to Ms. Karen and the staff at Lifestart Foundation, including Ms. Nhung, Ms. Uyen, Ms. Hien and Ms. Dieu as well as the previous staff, for their dedicated support both materially and spiritually as well as their timely and thoughtful encouragement that helped me and my family overcome all difficulties and hardships to reach this day.

Finally, I wish you, Ms. Karen, the staff and your families always good health, happiness and success. I hope to meet you and everyone again in the future, in the image of a skilled and ethical doctor.

Sincerely yours,
Cao Duy Lam

You can read more about Lam here:

- <https://www.facebook.com/photo/?fbid=3636626789716147&set=a.485561648156026>
- <https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/>
- <https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026>
- <https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026>



UPDATE: 22/3/2025

DOCTOR OF THE FUTURE - MEET VIEN

We are thrilled to introduce Vien, one of the newest recipients of the Lifestart Foundation Medical Scholarship. Currently a General Medicine student at Hue University of Medicine and Pharmacy, Vien has shown exceptional resilience and determination in overcoming challenges to pursue her dream of becoming a doctor.

Vien comes from a disadvantaged family of four that faces significant financial challenges. Her parents, deeply valuing education as a path to a brighter future, work extremely hard to support Vien and her younger brother. However, with a modest monthly income of just 4 million VND (approximately 256 AUD), they struggle to cover the cost of their children's education. The ever-increasing tuition fees further compound the financial strain on the family.

Vien's commitment to her studies and her ambition to specialize in Paediatrics, where she hopes to bring healing and happiness to young patients. She aspires to work near her hometown after graduation, driven by a strong desire to support her family and make a meaningful contribution to the development and well-being of her community.

The Lifestart Foundation Medical Scholarship aims to alleviate some of the financial burdens that come with pursuing a medical education, ensuring that talented students like Vien can focus on their academic and career goals without the constant worry of financial constraints.

Please join us in welcoming Vien to the Lifestart Foundation family! We are confident that with her dedication and perseverance, she will achieve her dreams and make a profound impact on the lives of her future patients.

Below is a heartfelt letter from Vien, where she shares her journey and expresses her gratitude for this life-changing opportunity.

VIEN'S GRATITUDE LETTER:

Dear Karen and everyone at Lifestart Foundation,

First of all, I hope this letter finds you all in good health and spirits. I'd like to introduce myself to you. My name is Nguyen Thi Xuan Vien, a third-year General Medicine student at Hue University of Medicine and Pharmacy. I'm incredibly fortunate to have been selected as a Lifestart Foundation Medical scholarship recipient after the recent round of interviews. And today, with great excitement and immense joy, I'm writing this letter to express my sincere gratitude to everyone at Lifestart Foundation for having been chosen for this valuable scholarship, an extremely precious gift that will help me continue on my education journey and my life ahead.

Regarding my family, I was born and raised in a family of 4 members in Quang Ngai province: my parents, my younger brother and me. My father, who is the breadwinner of the family, used to work as a carpenter. However, after many years being exposed to wood dust, he recently got

sick, leaving him unable to continue his work. He therefore has to stay at home, helping my mother with farming work. My mother has also suffered from chronic stomach pain and arthritis for many years. Despite their health conditions, my parents still work tirelessly to make ends meet and support us, hoping that we can live a better life.

Ever since I was young, I have been dreaming of becoming a doctor to take care of and cure people. It is my family that has motivated me in my studies to realize my dream. Unfortunately, I wasn't lucky enough to pass the entrance exam to General Medicine at the first attempt. At that time, I was extremely upset and didn't know what to do. I was confused whether I should study another major or go out to work to financially support my family. Then, I decided to follow a different major in Hue city. Nevertheless, my passion for Medicine grew stronger as I witnessed my parents frequently getting sick. During those times, I felt so scared and worried; if only they had good health, my father could go to work, my mum would not be fatigued, and everything in my family would be better. As a result, I kept on studying at university while at the same time revisiting the lessons to re-take the medical entrance exam the second year. Eventually, Lady Luck shone her light on me and all my hard work paid off when I passed the entrance exam and was accepted into Hue University of Medicine and Pharmacy.

Unfortunately, since I entered university whilst my younger brother was studying at high school, my family's financial situation has become increasingly challenging and the economic burden on my aging parents has grown heavier. Despite their utmost efforts, their income remains unstable and relies entirely on seasonal farming work. In the face of the many difficulties in their lives, my parents continue to work hard every day, ensuring that my brother and I receive an education similar to that of our peers. Witnessing their sacrifices, we are motivated to strive even harder in our studies.

Upon learning about the Lifestart Foundation Medical Scholarships through my university, I applied in the hope of getting support from this program. I, along with some of my friends, attended the interview in Hoi An with Karen. During the interview, I was nervous because it was the first time I had shared my daily life and my educational background with a person that I was meeting for the first time. However, Karen's encouragement helped me overcome my anxiety and boosted my confidence during the interview. After it, I thought that I would not be selected, but I still felt a warmth in my heart. I was deeply touched when Karen asked after my parents' health and congratulated me on passing my medical entrance exam. Her words reminded me of the challenging period preparing for the entrance exam, a difficult but worthwhile time that shaped who I am today and allowed me to try harder in pursuing my chosen educational path. While waiting for the interview results, I immersed myself in my studies and kept myself busy to alleviate my yearning for the result and any potential disappointment I would have if I were not chosen as a scholarship recipient.

I was extremely fortunate to have been chosen for this scholarship, which made me overjoyed and deeply moved when I received the good news. I immediately shared the news with my parents, who were bursting with immense joy and expressed their sincere gratitude for Lifestart Foundation's support. I told my parents about the Lifestart Foundation's projects, especially their aid to underprivileged students, bringing my parents additional hope that I would complete my education.

The scholarship from Lifestart Foundation is invaluable to me. It not only eases the financial burden on my family but also grants me the opportunity to focus entirely on my education. With this support, I can cover my tuition fees and living expenses, allowing my parents to prioritize their health and provide for my younger brother's education. Being selected for the Lifestart Foundation scholarship fills me with immense joy, hope, and determination to study and improve myself further. It grants me peace of mind, enabling me to fully concentrate on my studies and achieve even greater success. It will also give me the confidence to pursue my dreams and the plans I have to increase my knowledge in the future, something that I hesitated to do before, due to financial constraints.

Currently, I attend tutorials at school and clinical practice at hospitals. During my clinical sessions, I've had the chance to meet and communicate with many patients in various departments, asking, observing, and learning how to examine patients' symptoms. Although I initially felt overwhelmed during my clinical sessions, I am determined to adapt and excel in this subject. Additionally, I am using my leisure time to improve my English skills this semester. It was the interview with Karen that was the source of motivation for me to do this. Mastering the English language is not only beneficial for my future career but also boosts my self-confidence.

As a medical student, I understand the lengthy and strenuous journey that lies ahead of me. My immediate goal is to graduate from university and start working. I hope to gain much useful experience, treat patients, and enhance my skills when I start working. My long-term goal is to pursue further studies once my financial conditions have improved. My aspiration after graduation is to work near my home, allowing me to support my parents and care for their well-being.

Once again, I would like to express my heartfelt gratitude to everyone at Karen and Lifestart Foundation for having granted me this prestigious scholarship. I promise to put my best efforts into my studies in order to be worthy of this scholarship and your dedicated support. Lastly, I would like to send my sincerest wishes for your continued good health and prosperity. Furthermore, I hope that Lifestart Foundation continues to flourish, enabling more meaningful projects and charitable initiatives.

With utmost gratitude,

Nguyen Thi Xuan Vien



UPDATE: 29/3/2025

LIFESTART FOUNDATION GRADUATE: DR. TAM'S INSPIRING JOURNEY

The Lifestart Foundation is proud to share the success story of Dr. Tam, a recipient of the Lifestart Foundation General Medical Scholarship since 2021. She has recently reached a major milestone by graduating from Danang University of Medical Technology and Pharmacy, achieving a Distinction degree - an accomplishment that marks a significant step in her journey toward a bright and promising future.

Currently, Dr. Tam is completing her 12-month internship to obtain her medical license at Dak Nong General Hospital, where she is determined to advance in her medical career.

Growing up in an extremely disadvantaged family, Dr. Tam's life was profoundly changed by the Lifestart Foundation medical scholarship she received. It sparked her determination to excel academically, offering hope and new opportunities for both Tam and her family.

It has been a true pleasure for Lifestart Foundation to support Dr. Tam throughout her educational journey and to witness her growth into a skilled young doctor. Congratulations again, Dr. Tam - we wish you every success in your career path!

To further illustrate the positive impact of our scholarship program, we would like to share a heartfelt letter of gratitude written by Dr. Tam upon her graduation. We invite you to read her inspiring message.

DR. TAM'S GRATITUDE LETTER:

Dear Ms. Karen and the Lifestart Foundation team,

My name is Nguyen Thanh Tam, and I have recently graduated from Danang University of Medical Technology and Pharmacy with a degree in General Medicine. Today, I am extremely delighted to tell you about all my studies and my life in the second semester of my final year as well as my plans after graduation.

My second semester of sixth year commenced in December 2023, ended in May 2024 and consisted of two subjects: Graduation Internship with 4 credits and Graduation Thesis with 10 credits.

Regarding the Graduation Internship, I had the opportunity to work at the Paediatric Intensive Care Unit at Danang Women and Children's Hospital for six weeks. During this time, I learned a great deal about this area of medicine such as how to comprehensively approach critically ill children, in addition to receiving numerous suggestions and guidance from the doctors in the department. After the internship ended, I found I had made significant progress, gaining a comprehensive perspective as an emergency and critical care doctor. I also learned about and practiced basic and advanced emergency care, and improved my teamwork and presentation skills.

In terms of the Graduation Thesis, I focused on the Surgery specialty, under the guidance of Dr. Dang Van Thoi, a highly experienced and dedicated teacher. This opportunity allowed me to understand, conduct and complete a thorough thesis report. I achieved an Excellent grade for the second semester, with a GPA of 4.0 out of a possible 4.0 or 9.43 out of a possible 10.0.

After a six-year journey, I have recently completed the Doctor of General Medicine program at Danang University of Medical Technology and Pharmacy, and I received my graduation degree certificate. My academic results over the 6 years are as follows: my cumulative GPA for the entire course is 3.54/4.0, and I graduated with a Distinction degree. With these results, I am satisfied with my effort and hard work over the past years.

However, the path to achieving this milestone was not without challenges, as my family's financial struggles presented significant obstacles to my studies.

Prior to receiving the Lifestart Foundation scholarship, my studies faced many difficulties due to my family's financial constraints. The cost of studying in Danang city was overwhelming. My family, consisting of five members, is a farming household and my parents work all year round. My older brother has been staying and working in Ho Chi Minh City after graduating from university, and my sister has a family of her own. My parents' health is not good and in 2018, my father became seriously ill, incurring significant treatment costs. After the treatment, his health deteriorated greatly, and the heavy farm work became too strenuous for him. My mother, who suffers from bone and joint diseases as well as severe back and knee pain due to arduous work, took on the responsibility for all the work herself.

At that time, my family was classified as a poor household in the commune. I worried a great deal, sometimes doubting whether my path studying Medicine was the right choice, given the high costs and time involved. To support my parents, I worked part-time as a tutor for 6th-grade students with three classes a week. However, in my third year, my study schedule became increasingly hectic, so I had to stop this job. During that academic year, my university informed me about the Lifestart Foundation scholarship and guided me through the application process very thoroughly. I was fortunate that my application was accepted, and I was invited for an interview at the Lifestart Foundation office in Hoi An.

I was extremely surprised and overjoyed upon learning that I had been chosen for a Lifestart Foundation medical scholarship. I then immediately informed my family, who were also deeply moved by this news. At that moment, I felt incredibly fortunate as I realized that I would now have the support of Lifestart Foundation to accompany me through the challenging path of medical education.

The scholarship from Lifestart Foundation has motivated me greatly in my studies and life. Thanks to this support, I did not have to work part-time to cover expenses during my free time; instead, I could dedicate all my time to studying. I strived every day not to let down Ms. Karen and the whole Lifestart Foundation team who have put their faith in me. Since getting to know Lifestart Foundation, I have met many outstanding individuals, each with unique circumstances, but all of them carrying a positive energy, always looking forward and always having clear life goals. As such, I have learned a lot from everyone.

With the guidance of the Lifestart Foundation team, I set goals for each semester and created a schedule that balanced my studies and other life activities. I could share all my difficulties and questions, and they always gave me the most helpful advice. My family has also changed a great deal for the better. The financial burden has been eased, and my parents have fewer worries meaning they now can focus on their farming work and pay more attention to their health.

Without the support of the scholarship from Lifestart Foundation, I would have faced many difficulties, both materially and mentally, over the past years. My time for studying would have been insufficient, and I would have been burdened by the pressures of the academic program as well as the increasing tuition fees each year. Consequently, my final academic results would not

have been as good as they are today. This scholarship not only alleviated my financial burdens but also gave me the confidence to plan for my future career with greater clarity and determination.

My career plan after graduation is to obtain a medical practice license before 2026. I will complete the 12-month internship required for the medical practice license at Dak Nong General Hospital, my hometown's hospital. After that, depending on the needs of the hospital and whether there are any jobs available, I may apply for further advanced studies. If I am able to choose a specialty, I wish to work in Paediatrics because during my studies, I had the opportunity to interact with many paediatric patients. I find treating children to be very joyful and fulfilling; seeing their innocent smiles when their condition improves gives me a lot of motivation to study and enhance my professional knowledge.

In closing, I'd like to extend my heartfelt gratitude to Ms. Karen and the Lifestart Foundation for your unwavering support throughout my medical school journey. The 6 years of studying were challenging, but I was truly fortunate to have the support of the Lifestart Foundation scholarship. I'll always be deeply grateful to Ms. Karen and the team at Lifestart Foundation for your dedicated help. I hope that in my upcoming job I can help myself, my family and many patients in my hometown.

Yours sincerely,

Nguyen Thanh Tam

You can read more about Tam here:

- LSF awards a new round of medical scholarships:
<https://www.facebook.com/photo/?fbid=3763527207026104&set=a.485561648156026>
- Introducing Tam:
<https://www.facebook.com/photo/?fbid=4336864243025728&set=a.485561648156026>



UPDATE: 05/4/2025

LIFESTART FOUNDATION INTRODUCES HANH: FROM A HUMBLE BEGINNING TO A FUTURE SURGEON

Nguyen Thi Hanh is a dedicated medical student at Hue University of Medicine and Pharmacy. She comes from a large farming family and has faced many financial challenges throughout her education. Their monthly combined income of approximately 7,000,000 VND (\$275 USD) is barely enough to support the family's basic needs, let alone fund the education of their four school-aged children. Despite these difficulties, Hanh remains determined to succeed in her studies and pursue her dream of becoming a surgeon. She firmly believes that education is the key

to a brighter future and has relentlessly pursued academic excellence. Her dedication and perseverance have yielded remarkable results.

Receiving the Lifestart Foundation scholarship has been life-changing for her, allowing her to reduce work hours and focus more on her academic goals. With her strong perseverance and commitment to both learning and helping others, Hanh is motivated to make the most of this opportunity. As Hanh embarks on this transformative journey, we are thrilled to welcome her into the Lifestart Foundation community. We look forward to following her progress and celebrating her future achievements. In her own words, Hanh shares her heartfelt gratitude and the impact this scholarship has had on her journey:

HANH'S GRATITUDE LETTER:

Dear Everyone at Lifestart Foundation,

My name is Nguyen Thi Hanh, a medical student at Hue University of Medicine and Pharmacy. I am deeply honored to receive the Lifestart Foundation scholarship, and today, I am writing this letter to express my sincerest gratitude to Ms. Karen and the entire Lifestart Foundation team.

I come from a large farming family of nine, including my grandparents, parents, one older sister, and three younger sisters. My father is a construction laborer working far from home, while my mother is a farmer whose income depends on unpredictable weather conditions. My older sister is in her fifth year of General Medicine at Hue University of Medicine and Pharmacy, while my younger sisters are still in school, with the youngest being only two years old. In recent years, both of my parents have struggled with declining health. Earlier this year, my grandmother was diagnosed with spleen cancer, requiring costly medication, and at the same time, our tuition fees increased significantly. These financial burdens have made life even more challenging for us.

To help ease the strain on my family, my sister and I both work part-time jobs. However, making ends meet means taking on multiple jobs, which leaves us exhausted. At first, I believed I could balance work and studies, but over time, the pressure became overwhelming. Juggling my academic responsibilities with financial worries and family expectations has often left me feeling helpless. There were many nights when I wanted to cry from sheer exhaustion, but I kept pushing forward, determined to improve myself and work toward a better future.

When I first learned about the Lifestart Foundation scholarship, I immediately called home to gather my application materials. After submitting my application, I felt both hopeful and anxious. Then, one day, Ms. Nhung from Lifestart Foundation contacted me with the incredible news that I had been invited for an interview in Hoi An. At first, I was thrilled, knowing this could be a life-changing opportunity, but I was also extremely nervous. Not only was this my first-ever interview, but it was also my first time traveling outside my province since starting university, aside from visiting home.

On the day of the interview, as I stepped into the room to meet Ms. Karen and Ms. Nhung, my hands trembled, my heart pounded, and my face burned with nervousness. My greeting was barely audible. However, their warm words of encouragement quickly put me at ease, allowing me to open up and share my story - something I rarely do. After the interview, I remained anxious, hoping with all my heart that I would receive this scholarship, knowing how much it would mean for my future.

The moment I received the notification that I had been awarded the scholarship is one I will never forget. At first, I couldn't believe it. My heart raced as I reread the confirmation, and tears of happiness welled up in my eyes. I immediately called my mother to share the good news, and even through the phone, I could hear the joy in her voice.

Thanks to this scholarship, I no longer have to worry as much about tuition fees and daily expenses, especially now that the university has nearly doubled its fees this academic year. I can reduce my work hours and focus more on my studies. The financial burden on my parents' shoulders will be lessened, allowing them to take better care of themselves and my younger siblings. More importantly, this scholarship has given me renewed motivation to pursue my dreams with greater determination.

With this newfound support, I am setting higher goals for myself. My immediate priority is to prepare for my upcoming final exams. Afterward, I plan to dedicate more time to learning English through online platforms to improve my proficiency, as I know strong English skills will be crucial for my future career.

During my interview, Ms. Karen asked whether I planned to take the residency exam after graduation. At that moment, I wasn't entirely sure, but I have been seriously reflecting on this question ever since. Becoming a doctor has been my dream since I was in seventh grade - a dream that was born out of a painful childhood experience.

One summer, my younger sister, who was just over two years old at the time, suffered severe burns due to my momentary lapse in attention. As I tried to undress her, patches of blistered skin stuck to her clothes. It was a horrifying sight that I will never forget. I hurriedly wrapped her in a loose-fitting shirt and desperately sought help. When we arrived at the local medical station, no one could do anything until my parents arrived and took her to a larger hospital. I felt utterly powerless, unable to ease her suffering. That moment changed my life. I promised myself that one day, I would become a doctor who could help others in their time of need. Today, whenever I see the long scar on my sister's body, it strengthens my resolve to keep moving forward, no matter how difficult the journey may be.

I am committed to building a strong foundation of medical knowledge and practical skills so that I can become a compassionate and competent doctor. In addition to my studies, I will also dedicate my free time to volunteer work, as I believe helping others will enrich my life and deepen my empathy. My ultimate goal is to graduate with excellence and pursue a career in Surgery. I want to make a meaningful impact in the lives of patients and repay the kindness and support that I have received.

Lifestart Foundation has given me an incredible opportunity, and I will do everything in my power to make the most of it. I promise to work hard and not let you down.

Once again, words cannot fully express my gratitude. From the bottom of my heart, thank you to Ms. Karen and everyone at Lifestart Foundation for your generosity and dedication. I wish you all good health, happiness, and continued success in changing lives for the better.

Sincerely,

Nguyen Thi Hanh



UPDATE: 12/4/2025

LIFESTART FOUNDATION PROUDLY CELEBRATES DR. LUONG'S EXCEPTIONAL ACADEMIC SUCCESS

Lifestart Foundation is delighted to announce that our Medical scholarship recipient Luong, a well-rounded student, who has successfully completed her 6-year studies in General Medicine at Hue University of Medicine and Pharmacy with a Distinction degree.

Her dedication and excellence have placed her among the **Top 50 students** out of 400 General Medicine final-year students.

But that's not all! Dr. Luong's hard work and perseverance have earned her a prestigious spot in the highly competitive **three-year Residency Program in Internal Medicine** at Hue University of Medicine and Pharmacy. Adding to this remarkable achievement, she also excelled in the entrance exam for the **Master's program** and will now pursue both her Master's degree and Residency training simultaneously, marking an important milestone in her medical journey.

Dr. Luong expressed her joy and enthusiasm upon learning she had passed the Residency entrance exam to continue her studies in Internal Medicine, a field she finds intellectually stimulating: "It challenges me to connect the dots across medical disciplines, making every diagnosis a puzzle. It's a field where mastering the basics isn't just an option - it's a necessity to become an excellent doctor."

Dr. Luong's true passion lies in Cardiology: "The heart is at the core of everything - both literally and figuratively. It's a constantly evolving field, demanding innovation to tackle one of the world's most critical health issues. The more I learn, the more I'm drawn to its significance and excitement!"

Hailing from a financially disadvantaged family in a rural Binh Dinh village, Dr. Luong's journey to success was far from easy. The full medical scholarship she received from Lifestart Foundation in 2019 turned her dream into reality, allowing her to focus entirely on her studies without the burden of having to work.

We are very proud of Dr. Luong's determination and accomplishments over the past years. Once again congratulations Luong we wish you every success on your career path!

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

DR. LUONG'S GRATITUDE LETTER:

Dear everyone at Lifestart Foundation,

I'm Tran Thi Minh Luong, a recent graduate of the six-year degree in General Medicine at Hue University of Medicine and Pharmacy. I'm the lucky student who has been sponsored by Lifestart Foundation for the past 5 years.

Time has flown by so quickly. It seems like just yesterday I was a second-year student receiving the education scholarship for the first time, and now I am a newly graduated doctor. As I reflect on the journey I've taken, I am filled with a sense of gratitude for all of you – the people who have always believed in me and cared for me. And I want to repeat this in every letter I write: Being a part of the Lifestart Foundation family has been incredibly meaningful to me, and I feel extremely fortunate and happy.

Via this letter, I would like to express my deepest gratitude to all of you for your unwavering support and care over the past years. I would also like to share with you the changes I have experienced over the past few years, as well as my current situation and that of my family, and my plans and goals for the future.

In the second semester of my final year, I had two major subjects: Internal Medicine and Surgery, along with the graduation course which included both theoretical and practical exams. Internal Medicine is my favorite specialty, so studying and practicing in this field was very interesting for me. The Surgery program for us sixth-year students was quite demanding, with many long shifts, sometimes 24 hours straight. However, this allowed me to learn and experience more, creating many memories with my friends, the medical staff and the patients.

There were some changes to the curriculum this academic year, requiring all final-year medical students to participate in scientific research and take the graduation exam. My research topic was on anthropometric indices and the factors related to these indices in newborns. As the group leader, I led my research team in collecting data over one year, then analyzing and writing the report. The entire process was truly meaningful and taught me many lessons, from teamwork skills and empathetic communication with patients to gaining the trust of the research participants through my professionalism. Throughout the process, especially during data analysis, I received great help and learned a lot from many teachers and senior students. These experiences will undoubtedly be invaluable to me in the future and the entire journey was indeed a memorable experience for me.

Speaking of the graduation exam, its format changed significantly, transitioning from essay-based to multiple-choice questions with no limit to the amount of content to be revised. This required us to invest a considerable amount of time in reviewing and to have a strong overall knowledge to handle clinical cases. During this academic year, I contributed to writing three scientific research papers, one of which was published in the Hue University of Medicine and Pharmacy Journal, Volume 13, Issue 7, December 2023.

I graduated with a Distinction degree and received a school-wide commendation. I am quite satisfied with my results, as they reflect my learning process and the efforts I have made to get to where I am today. However, I know that I need to strive even harder, continue studying, and improve continuously to truly become a skilled doctor.

I was born into a large family with seven members. When I was 13, my father suffered a stroke that left him paralyzed on one side and unable to work. Since then, my mother has taken on the

role of the family breadwinner. For six long years, she tirelessly worked from dawn till dusk, doing everything from harvesting to carrying heavy loads, to support her ailing husband and five young children who were still in school. Despite the hardships, she was determined not to let any of us drop out of school. Then, in the summer of 2019, disaster struck our family once more. My mother suffered a retinal detachment in both eyes, losing her vision. From that point on, my siblings and I had to take care of ourselves and our parents, and there were times when we felt almost hopeless. We often considered whether one of us should quit school to reduce expenses and earn additional income for the family. But living through such difficulties, we understood better than anyone that education was our way out. We continuously encouraged each other to persevere and strive even harder to overcome everything.

At that time, I was a second-year university student, with an older sister who had just graduated and was struggling to find a stable job, and three other siblings who were still in school. I was old enough to worry deeply about the future, but not yet capable of making significant changes or bearing much responsibility. There were moments when I wanted to give up entirely, but I knew that what I needed to do was to study hard. Hence, I searched for scholarships to help alleviate my family's financial distress and to find opportunities for myself. To me, a scholarship represented a significant opportunity. However, regardless of the outcome of this search, I would continue to strive my best in the path I had chosen and remain steadfast in achieving my goals. I would keep trying and pushing forward because I believed that my future would be better thanks to these efforts.

And then the Lifestart Foundation scholarship came to me like a life vest to a girl struggling in a flood. After completing and submitting my scholarship application, I waited for a month before being invited to a direct interview with Ms. Karen. About a week after the interview, I received an email informing me that I had been selected for the scholarship. I had to read it over and over again to make sure I wasn't mistaken. I truly didn't know what words to use to describe the emotions of myself and my family at that moment. It was an explosion of happiness, it was tears of gratitude, it was a sigh of relief as some of the burden on my parents had been lifted. I was deeply moved and grateful to be chosen as a scholarship recipient.

The scholarship has been not only a great encouragement for me, but also a source of motivation for me to continue to strive on the path of learning and self-development. The scholarship has helped me and my family to reduce our financial burden, allowing me to focus more on my studies and training. I received a full scholarship, which covered all tuition fees, room rent fees, books and stationery, travel, meals and basic living expenses in Hue. In addition, Lifestart Foundation also supported me with tuition fees for learning foreign languages, along with a laptop for studying and a Kindle e-reader.

In addition to material support, I have always been cared for and supported mentally by the staff of Lifestart Foundation. Every month I had meetings with Ms. Uyen, who I updated about my studies and my current family situation. And whenever I had either a problem or an achievement, I always wanted to share it with the staff. Uyen always reminded me and encouraged me to study, so I always felt the care and warmth from everyone, and I know that there have always been people following and accompanying me on this journey.

Lifestart Foundation also offered us free English classes. The classes focused on communication skills, and even though they were free and non-profit, I could feel the dedication of the teachers in each lesson. I had the opportunity to learn with Ms. Rebecca and Ms. Uyen, who were very enthusiastic in teaching and listening to me speak and then patiently correcting every mistake I made. After these lessons, I have somewhat improved and am more confident in my communication skills.

Receiving the scholarship has also eased some of my family's worries and given them more peace of mind about me. After the flood season in 2020, Lifestart Foundation also supported my family with 10,000,000 VND to help us recover and repair the damage caused by the floods. In addition, during the long period of social distancing due to the Covid-19 pandemic, Lifestart Foundation provided us with daily necessities to help us overcome difficulties during a period of time when everything was restricted and locked down. Perhaps just saying thank you cannot fully express my gratitude and that of my family for the foundation.

In my postgraduate program, I will be simultaneously training for a Master's degree and a residency. My goal is to become a resident doctor in Internal Medicine. Becoming a resident doctor is a dream and a plan that I have cherished for a long time. Pursuing a Master's degree and Residency would be a great opportunity for me to learn and work in an environment with the right faculty and facilities to maximize my potential. Additionally, I am learning French with the aim of obtaining a DELF B2 certificate and participating in the DFMS training program in France. I hope that one day soon, I can realize my dream of becoming a skilled doctor and an international volunteer, providing medical care to people around the world.

The scholarship will always be my motivation and my source of faith to help me move forward on the path ahead. I always remind myself that I must strive even harder and do better, so that one day I can do great things like everyone at the Lifestart Foundation is doing.

In closing, I would like to once again express my deepest gratitude to everyone at Lifestart Foundation. I wish you all good health, success and happiness in your work and life.

Sincerely,

Tran Thi Minh Luong

Please click on the link below to read more about Dr. Luong:

- Introducing Luong – new LSF scholarship recipient: <https://www.facebook.com/photo?fbid=2652634504782052>
- LSF awards a new round of Medical scholarships: <https://www.facebook.com/TheLifestartFoundation>
- House repairment for Luong's family: <https://www.facebook.com/TheLifestartFoundation>
- A Kindle E-Reader for Luong: <https://www.facebook.com/photo?fbid=876589154501331>



UPDATE: 19/4/2025

DOCTOR OF THE FUTURE - INTRODUCING LINH

Lifestart Foundation is thrilled to introduce Linh, a dedicated General Medicine student at Hue University of Medicine and Pharmacy, as one of the newest recipients of the Lifestart Foundation Medical Scholarship! Like all of our scholarship students, Linh's family faces significant financial challenges, which she candidly shares in her heartfelt letter of gratitude below. Despite her parents' tireless efforts, the burden of raising four school-aged children on a monthly income of 8,000,000 VND (~\$484 AUD) has been overwhelming. The family has had to

navigate numerous hardships while covering daily expenses and education costs. However, Linh remains undeterred by these challenges. She has consistently excelled academically, demonstrating remarkable resilience and dedication to her studies. Notably, in the second semester of her second year, she achieved an outstanding GPA of 3.76 out of 4.0, earning the title of Excellent Student. Her passion for Medicine and commitment to making a meaningful impact in her community continue to drive her forward. Since receiving the Lifestart Foundation scholarship, Linh's life has transformed for the better. This vital support covers her tuition fees, living expenses, and other essential needs, allowing her to focus on her studies and pursue her dreams with greater confidence.

As Linh embarks on this exciting journey, we warmly welcome her to the Lifestart Foundation community. Let's celebrate her determination and support her aspirations together. Stay tuned for updates as Linh's inspiring story unfolds!

LINH'S GRATITUDE LETTER:

Dear Ms. Karen and the Lifestart Foundation Team,

My name is Nguyen Thuy Linh, a third-year General Medicine student at Hue University of Medicine and Pharmacy. I would like to extend my heartfelt gratitude to Ms. Karen and the Lifestart Foundation for generously awarding me this scholarship. Beyond its financial support, this scholarship serves as an immense source of motivation, helping me navigate the economic challenges of my education.

I come from a poor rural family in a mountainous region of Nghe An province. My parents are farmers with an unstable income, as their work depends entirely on weather conditions. Aside from farming, they collect pine resin, but the declining price has made this effort less profitable. During the rainy season, they are unable to work, leaving us without income. The physically demanding labor has also taken a toll on their health - both suffer from joint pain, and my mother has chronic bronchitis that requires year-round medication.

My family has five children (four girls and one boy). My eldest sister is currently working in Japan under a labor export contract, which requires my family to take on significant debt. I am the second child, and my younger siblings are in grades 11, 6, and 3. The financial burden of raising a large

family is immense, covering food, clothing, tuition, and living expenses. Since I started medical school, our struggles have intensified. My parents send me over 2 million VND (~\$121 AUD) per month for housing, food, and study materials, in addition to my tuition fees. Previously, tuition was 14 million VND (~\$847 AUD) per year, which was already a great challenge. Now, with an increase to 24 million VND (~\$1,452 AUD), I feel deeply anxious about the strain this places on my parents. Financial pressures have led to frequent family conflicts, but I remind myself daily to persevere and excel in my studies so I can one day ease their burdens.

When I learned about the Lifestart Foundation scholarship, I eagerly applied and was fortunate to be interviewed in Hoi An. Leading up to the interview, I was filled with anxiety: Would I meet the academic requirements? Would my English proficiency hinder communication with Ms. Karen? However, upon meeting her, my worries melted away. She showed genuine concern for my struggles and offered valuable advice. I am also grateful to Ms. Nhung for facilitating our conversation. Regardless of the outcome, the experience itself was incredibly meaningful to me.

The waiting period was nerve-wracking, but when I received the news that I had been awarded the scholarship, I was overwhelmed with joy. I immediately called home to share the good news. My family was overjoyed and encouraged me, saying, "We are so happy for you - please continue to study hard!" At that moment, I made a promise to myself to work even harder.

This scholarship is life-changing for my family. It not only relieves the financial burden but also allows my parents to focus on my younger siblings while I concentrate on my studies. Additionally, the Lifestart Foundation's monthly mentoring sessions provide invaluable support, offering study strategies and solutions to academic challenges. Being a recipient of this scholarship will undoubtedly contribute to my personal and professional growth.

Currently, I have completed my clinical practice and am preparing for my semester exams. I am carefully planning my revisions to achieve the best results. As for my English studies, I have temporarily set them aside to focus on my exams but plan to resume them afterward. In the future, I aim to engage in more extracurricular and volunteer activities to improve my communication skills and confidence. I also intend to cultivate a reading habit to expand my knowledge beyond my coursework.

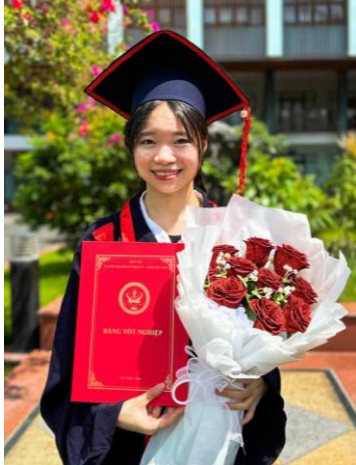
Regarding my long-term goals, I plan to prepare for the residency exam after graduation. If I pass and my family is financially capable, I will continue my studies. At present, I am interested in Dermatology, though my preferences may evolve as I gain more exposure to different medical specialties.

Once again, I sincerely thank Ms. Karen and the Lifestart Foundation for granting me this invaluable scholarship. Although financial difficulties remain, I refuse to be discouraged. Instead, I am more determined than ever to pursue my dream of becoming a doctor. I promise to make the most of this opportunity, excel academically, and use the scholarship wisely.

Wishing everyone at Lifestart Foundation good health and continued success in helping underprivileged students achieve their dreams.

Yours sincerely,

Nguyen Thuy Linh



UPDATE: 26/4/2025

DUYEN'S JOURNEY WITH LIFESTART FOUNDATION: FROM AN UNDERPRIVILEGED STUDENT TO A REHABILITATION THERAPIST

Duyen's inspiring journey with Lifestart Foundation began a decade ago when she was selected to receive a full Lifestart Foundation Education Scholarship. With this invaluable support, Duyen could focus on her studies without the financial burden that many in her situation faced. She worked tirelessly to achieve her dream of higher education, and today, that dream has come true. Duyen proudly graduated with a Bachelor's in Physical Therapy & Rehabilitation

from Danang University of Medical Technology and Pharmacy.

Currently, Duyen is building her career as an official Rehabilitation Therapist in the Paediatrics Department at the Rehabilitation Hospital of Danang, where she is passionate about helping her patients improve their quality of life. Her role in the medical field allows her to give back to the community by using her skills to aid others in their recovery and rehabilitation. Beyond her work, she remains committed to expanding her expertise in the field. She is also pursuing a Speech Therapy course to further develop her skills.

It has been an absolute pleasure for Lifestart Foundation to support Duyen throughout her educational journey and to watch her grow into the confident and capable young woman she is today. Her achievements highlight the importance of providing underprivileged students with the resources they need to succeed. Once again, congratulations, Duyen! We are incredibly proud of your accomplishments and have no doubt that you will continue to make a significant impact in the medical field. As she embarks on this new chapter, Duyen shares a heartfelt letter reflecting on her journey and the profound impact of the scholarship. We invite you to read her words and celebrate this incredible milestone with us.

DUYEN'S GRATITUDE LETTER:

Dear Ms. Karen and everyone at Lifestart Foundation,

I am writing to you as Dinh Thi Thuy Duyen, a recent graduate of Danang University of Medical Technology and Pharmacy, where I have successfully completed a four-year program in Rehabilitation.

After a long and challenging journey, I have now finished my studies, and I would like to extend my deepest gratitude to you and Lifestart Foundation for your generous support throughout these years. While I am filled with happiness and pride upon graduating, I also feel a sense of sadness as I must now bid farewell to all of you who have been such an important part of my journey.

During the second semester of my fourth year, I completed a six-week internship at the Rehabilitation Hospital of Danang. As my final internship as a student, I was determined to absorb as much knowledge as possible from the senior technicians, who generously shared their

experiences and expertise with me. Unlike my previous internships, this period was conducted without the direct guidance of university professors; instead, the hospital supervised and managed us directly. This experience taught me invaluable skills, including patient and family communication, advanced techniques for repositioning post-stroke patients, and specialized care for those with facial paralysis. Following my internship, I transitioned into the graduation module, which involved both theoretical and practical training. Each day, I dedicated about 5-6 hours to self-study, mostly in the evenings after attending classes throughout the day. Our teachers not only reinforced our previous learning but also introduced us to updated knowledge and advanced techniques. This period allowed me to refine my skills and solidify the key concepts I had learned over the past four years. Completing my university journey and successfully graduating was an incredibly fulfilling moment for me. I had given my absolute best effort to my studies, and achieving this milestone filled me with immense joy and pride.

Before being awarded my Lifestart Foundation scholarship, my family faced substantial hardships. I come from a large family of six, and my parents have always worked hard to support us. They hold jobs at a shoe factory in Dien Ban and also raise and sell chickens and ducks to earn extra income for our education. Despite their efforts, supporting the education of four school-age children was a significant challenge, often requiring them to borrow money to cover expenses. At that time, my eldest sister was in university, and my younger sisters were still very young. I still vividly remember the day in Year 6 at Tran Quy Cap Secondary School when I received the news of an interview opportunity for the Lifestart Foundation scholarship. I was thrilled and eagerly shared the news with my family, who were equally excited. However, during my first interview, I was too shy to confidently answer the questions, and unfortunately, I was not selected. But in the second semester of Year 7, I was given another chance, and this time, I was awarded the scholarship.

Before receiving this life-changing scholarship, my education was limited to what was available in textbooks. Social media had not yet developed, and I did not have access to an electronic device for online learning. Thanks to Lifestart Foundation, I was able to attend extra classes, access advanced books, and improve my learning conditions. The scholarship motivated me to work harder, join my school's gifted students team, and participate in various academic competitions. I was also provided with essential school supplies, books, and uniforms annually. Previously, I had to use old textbooks and wear the same school uniform for several years. Lifestart Foundation also gifted me a bicycle, which became my faithful companion on my daily commute and even had lights to assist me during night time travels. Throughout my years of education, I have received unwavering support and encouragement from Lifestart Foundation. The staff not only inquired about my academic progress but also genuinely cared about my well-being, offering solutions whenever I faced challenges. Receiving this scholarship brought immense joy to my family and greatly alleviated the financial burden on my parents, allowing them to focus more on my siblings' education. Beyond financial support, Lifestart Foundation also provided our family with additional support during holidays and difficult times, such as cooking oil, fish sauce, shampoo, and bath soap - small yet incredibly meaningful gestures that showed deep care and concern.

Without the Lifestart Foundation scholarship, I am uncertain whether I would have been able to continue my education. However, my parents have always placed a high value on education,

encouraging me to pursue my goals, and this scholarship made it possible for me to do so. Your support has enabled me to continue my educational journey with confidence, leading to the successful completion of my university studies. Since July 2024, I have been undertaking six-months training for the Professional Certificate at the Rehabilitation Hospital in Danang City. I chose this hospital because of its strong specialization in functional rehabilitation and its opportunity for recent graduates to study without tuition fees. During the day, I participate in training at the hospital, and in the afternoons, I work as a physiotherapist at a private clinic in Danang to gain additional practical experience.

As I embark on the next chapter of my life, I would like to express my heartfelt thanks to Ms. Karen and everyone at Lifestart Foundation. Every step I have taken has been supported by your encouragement, pushing me forward and helping me stay determined to achieve my goals. I deeply appreciate your kindness and generosity. Though I may not always express my feelings in words, I sincerely cherish Ms. Karen and Lifestart Foundation.

Finally, I wish Ms. Karen and all the wonderful staff at Lifestart Foundation good health, happiness, and continued success in all that you do.

With my deepest gratitude,

Sincerely,
Dinh Thi Thuy Duyen

You can read more about Duyen here:

- <https://www.facebook.com/TheLifestartFoundation/posts/pfbid0uqy>
- <https://www.facebook.com/TheLifestartFoundation/posts/pfbid0bX2>



UPDATE: 03/5/2025

AN UPDATE FROM DOCTOR KHIEM – RESIDENT IN THE MAKING

We are incredibly proud to celebrate the achievements of Dr. Khiem, one of our outstanding Lifestart Foundation scholarship students from **Hue University of Medicine and Pharmacy**, who has overcome immense challenges to reach an extraordinary milestone in his medical journey.

Coming from a large family of six with limited means, Dr. Khiem faced many obstacles growing up. His parents, both farmers with an unstable income, worked tirelessly to provide for him and his younger sisters. Before receiving the Lifestart Foundation scholarship, his family struggled greatly. However, the scholarship

not only eased financial pressures but also fueled his determination to excel in his education, propelling him toward remarkable achievements.

After graduation, **Dr. Khiem passed one of the most difficult milestones in any doctor's career - the Residency exam.** His success in passing the exams in Obstetrics - a specialty he is deeply passionate about - was a monumental moment after months of intense study and preparation. He is now pursuing a three-year Residency program in Obstetrics and Gynecology at Hue University of Medicine and Pharmacy, with the ultimate goal of becoming a highly skilled Obstetrician. Passionate about supporting women during pregnancy, childbirth and postpartum care, he is dedicated to making a meaningful impact in his field.

His excitement soared when he learned that the Lifestart Foundation scholarship would continue to support him even as a resident doctor! This incredible support has significantly alleviated the financial burden on his family, particularly given the high costs associated with the residency program. Dr. Khiem's journey has been shaped by the unwavering support of his professors, doctors, and fellow residents, who have guided him through the challenging blend of theoretical learning and hands-on clinical practice. Despite long hours balancing studies and hospital duties, he remains deeply committed to his mission. His days often start at 6 A.M. and extend late into the evening, yet his passion for patient care fuels his determination. Through rigorous residency training, he has honed his clinical skills, communication, and bedside manner, growing into a more confident and capable doctor.

As of now, **Dr. Khiem has assisted in delivering over 200 babies** - a fulfilling and rewarding experience that reaffirmed his commitment to Obstetrics. Each delivery provided new insights, deepening his expertise and strengthening his love for this field. The joy of helping bring new life into the world continues to inspire him. We are incredibly proud of his perseverance, dedication, and the tremendous progress he has made. His story is a testament to the transformative power of education and the life-changing impact of the Lifestart Foundation scholarship.

Congratulations, Dr. Khiem! Your journey is an inspiration to us all, and we look forward to seeing you continue to thrive as an exceptional doctor.

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/>
- A Laptop Donation for Khiem:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/>
- Financial Aid for Khiem's family:
<https://www.facebook.com/TheLifestartFoundation/posts/3967104673335022>
- A Hamper Box Donation for Khiem:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/>
- Khiem's First Prize in the Scientific Research Contest:
<https://www.facebook.com/photo/?fbid=662643112562604&set=a.628466192646963>



UPDATE: 10/5/2025

MEET DOCTOR QUYEN – FROM LIFESTART FOUNDATION'S DISADVANTAGED SCHOLARSHIP STUDENT TO VALEDICTORIAN!

We are beyond thrilled to celebrate the outstanding achievement of Dr. Quyen, a shining star and proud recipient of the Lifestart Foundation's General Medicine Scholarship!

Dr. Quyen has just graduated from the six-year General Medicine program at Danang University of Medical Technology and Pharmacy, achieving an incredible GPA of 3.82/4.0! Not only did she graduate with High Distinction, but she was also named Valedictorian of her cohort - an incredible honor that speaks volumes about her dedication and perseverance.

Dr. Quyen is the first in her family to earn a university degree.

But her excellence goes far beyond academics! She won First Prize in the Danang-wide Wise English Olympic competition and received a Consolation Prize in the prestigious 2022 Eureka Research Competition.

A Passion for Women's Health

Fueled by a deep passion for Obstetrics and Gynecology, Dr. Quyen is already making her mark in the medical field. She has started her journey at Hoan My Hospital in Danang City, where she is dedicated to supporting women through all stages of their reproductive health. Her dream is to specialize in reproductive assistance, contributing to making a real difference in the lives of countless families.

The Lifestart Foundation is incredibly proud to have supported Dr. Quyen throughout her university years. With financial aid easing her burden, she was able to fully dedicate herself to her studies and chase her dreams. Seeing her success today is a moment of immense pride for all of us!

Congratulations, Dr. Quyen! The future is bright, and we can't wait to see all that you will accomplish.

During her recent graduation ceremony, Dr. Quyen had the honor to deliver a Gratitude speech in front of the university's board and her cohort. Below, you will find a link to her speech, please click on the CC button to read the translated subtitles. We hope you enjoy listening to her sharing: <https://www.facebook.com/watch/?v=806737008090143&rdid=tqoJcUFqmpGvSPvk>

Upon graduation, Dr. Quyen shared a moving letter, expressing her gratitude and outlining her exciting plans ahead. We invite you to read her inspiring words and join us in celebrating this remarkable young doctor.

DR. QUYEN'S GRATITUDE LETTER:

Dear Ms. Karen and everyone at Lifestart Foundation,

I'm Nguyen Thi Bao Quyen, a recent graduate of the six-year degree in General Medicine at Danang University of Medical Technology and Pharmacy. I'm one of the lucky students who have been receiving a scholarship from Lifestart Foundation. I'm extremely fortunate because thanks to the support of you all over the past years, I've been able to complete my university studies.

Today, I'm writing this letter to express my heartfelt gratitude to Ms. Karen and everyone at Lifestart Foundation for having sponsored my scholarship over the last four years. In addition, via this letter, I would like to take this opportunity to share my academic journey and future career aspirations with you.

My study program in the second semester of year 6 included two subjects: Graduation Internship and Graduation Thesis. The Graduation Internship gave me the opportunity to gain more exposure to the work of doctors. In terms of my specialty, I was able to assist doctors in the Department of Obstetrics and Gynaecological Pathology at the Danang Women's and Children's Hospital, which is a leading hospital in the Central Vietnam and Central Highlands regions. I was able to learn about a wide range of diseases at various levels, helping me improve my clinical skills and gain a more comprehensive understanding of this specialty. I was also introduced to the hospital's administrative procedures, which are an important part of a doctor's job.

In terms of the Graduation Thesis, I was assigned a research topic in the field of Obstetrics and Gynaecology. Guided by my teachers, I completed the thesis and gained more experience in conducting scientific research. As a result of my overall performance in the semester, I achieved the Excellent title with a GPA of 4.0 out of a possible 4.0.

In addition, I took my IELTS exam during the second semester. After attending English classes at a language center, I studied on my own and participated in revision sessions. Although the revision period overlapped with my graduation internship, thanks to my own efforts and the support of you all, I was fortunate to achieve a score of 6.5. I am extremely satisfied with this score as it was my goal from the beginning of my IELTS preparation. With an IELTS score of 6.5, I can apply for a wide range of positions at hospitals and it will also be an advantage for me if I work in environments that require English.

After the six-year journey, I have now completed my degree in General Medicine with a GPA of 3.82 out of a possible 4.0 and successfully graduated with a High Distinction degree, earning me the title of Valedictorian of my entire cohort. I never thought I could achieve such high accomplishments; I just tried my best in my studies, and I am truly satisfied with the results I achieved. With these achievements, I also received the Outstanding Student Award and had the honour of representing 248 new doctors and pharmacists to deliver a speech at the recent graduation ceremony. This was truly an unforgettable moment in my journey as a student.

My career aspiration is to build a long-term medical career in the Da Nang and Quang Nam areas. Having studied in this region, I have gained a comprehensive understanding of the local healthcare system. Additionally, insights from experienced colleagues about the hospital's orientation and work culture will help me make informed career decisions.

During my employment, I will obtain my working license without incurring additional tuition fees while simultaneously enhancing my expertise. As I gain more knowledge and experience, I plan to pursue a Specialty 1 or a Master's degree, aligning with the hospital's needs and the broader healthcare sector. I have developed a strong passion for Obstetrics and Gynecology throughout my studies, and I intend to specialize in this field. Moreover, the potential for growth and development in Obstetrics and Gynecology is promising, further reinforcing my commitment to this specialty.

Prior to receiving this scholarship, my family was a typical farming household. Both my parents were in their 50s, and I was the eldest child, a third-year university student at the time. I also had two younger siblings with a long future ahead of them. When I entered university, my mother had an accident that reduced her ability to work, leaving my father with the entire household's financial burden resting on his shoulders. That year, my younger sister also took the university entrance exam, adding to the already increasing expenses. At that time, I felt like my education was a burden on the family. Therefore, while studying, I was always actively seeking support from scholarship funds and trying to earn academic scholarships from the university. I even considered taking a break from my studies to work and help support the family. Amidst the challenges of finding financial aid for my education, I was so fortunate to receive a scholarship from Lifestart Foundation. When I first received the news that I had an interview, I was overjoyed but also anxious. I knew that the organization had carefully considered many factors before making this decision. On the day I learned that I had been awarded the scholarship, I still couldn't believe it was real. This was a significant financial aid that would help me cover my education expenses. And more importantly, it was a tremendous source of motivation for me to continue striving and working harder to achieve my dreams.

Since receiving the Lifestart Foundation scholarship, I have had the financial means to cover all my education expenses, and focus on my studies which accelerated my progress. Additionally, I had more time and opportunities to participate in school clubs, various competitions, and English language courses. Moreover, I had the opportunity to share my experiences and learn from others during Lifestart Foundation's extracurricular activities. All this opened my eyes to new possibilities and expanded my social circle.

The Lifestart Foundation's scholarship has truly transformed my student life. I have transitioned from a young woman constantly worrying about finances to an active and well-rounded student. For my family, the scholarship has eased the financial burden, my parents' health has improved and my younger siblings have gained more opportunities for personal growth and can focus on their studies.

I truly cannot imagine what my medical education journey would have been like without the support of Lifestart Foundation. I might have had to work part-time to earn money for tuition, negatively impacting my academic performance. I might have become very introverted, limiting my personal development, due to the inability to participate in university, class and club activities. Obviously, I would not have had the opportunity to study English and achieve my current level of proficiency. In an even worse scenario, I might have had to stop university studies due to the financial constraints of paying the high tuition fees of a medical school.

In closing, I would like to extend my sincere and never-ending gratitude to Ms. Karen and everyone from Lifestart Foundation who have accompanied and supported me throughout this journey. I am very fortunate and proud to be a student of the Lifestart Foundation's big family. Finally, I wish everyone good health and success in their work and life. I hope Lifestart Foundation will continue to grow to help even more people in the future.

Yours sincerely,

Nguyen Thi Bao Quyen

Please click on the links below to read more about Dr. Quyen:

- Introducing Quyen:
<https://www.facebook.com/photo/?fbid=4050730651639090&set=a.485561648156026>
- Quyen's 1st Prize in Danang Wise English Olympic Contest:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid07qkbAX>
- Great News from Quyen:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0Q8rcXA>



UPDATE: 17/5/2025

**LIFESTART FOUNDATION
AWARDS A NEW ROUND OF
MEDICAL SCHOLARSHIPS TO
DISADVANTAGED STUDENTS
AT HUE UNIVERSITY OF
MEDICINE AND PHARMACY**

At Lifestart Foundation, we are committed to Education as a gateway to a better future - one that lifts individuals out of poverty and creates lasting change.

Our Education Scholarships are at the heart of this mission, opening doors for those who need it most. For **the past 25**

years, Lifestart Foundation's Medical Scholarship Program has been our most significant investment in empowering disadvantaged youth in Vietnam. Through this scholarship program, we aim not only to ease financial burdens but also to empower bright, determined students to reach their full potential. This initiative has enabled students to pursue higher education and fulfill their aspirations of becoming highly skilled healthcare professionals.

Hue University of Medicine and Pharmacy stands as one of the most prestigious institutions for aspiring doctors in Vietnam. Having recognized the immense potential of their students, Lifestart Foundation takes great pride in awarding **the most prestigious and highest-value medical scholarships** at this esteemed university.

During our recent trip to Hue, we granted a new round of **General Medicine and Residency Scholarships** to outstanding candidates, continuing our long-standing commitment to supporting exceptional medical and pharmacy students in Central Vietnam.

In the awards ceremony, **nine medical scholarships** were granted to outstanding students who have demonstrated academic excellence despite coming from extremely disadvantaged backgrounds. These recipients have overcome significant hardships to pursue their dreams of studying medicine. Beyond benefiting the students and their families, their chosen field of study will have a profound impact on the broader community, aligning with Lifestart Foundation's mission to support education in areas that drive social change.

This latest round of scholarships represents a total investment of **over \$96,100 AUD (more than 1.5 billion VND)**. The support package includes financial aid for the **seven General Medicine students** and **two Resident Doctors** pursuing their Master's and Specialization degrees, along with **three brand-new laptops** for three deserving students.

Before receiving their Lifestart Foundation Medical Education Scholarships, many of these students struggled to meet even their basic needs, such as food and shelter. Their scholarship now covers not only tuition fees and books but also provides a monthly allowance for food and rent, ensuring they have access to a nutritious diet and safe accommodation.

To date, **Lifestart Foundation has awarded 114 Medical Scholarships across multiple universities in Vietnam, with a total investment exceeding \$1,020,000 AUD (more than 16 billion VND)**.

Once again, we extend a warm welcome to this extraordinary group of nine General Medicine students and Residents into the Lifestart Foundation family. We are confident that they will continue to inspire us with their resilience, dedication, and commitment to making a difference.

Stay tuned - we will be sharing more about these remarkable scholarship recipients in upcoming posts!

AWARDS CEREMONY

- Lifestart Foundation Founder - Ms. Karen Leonard OAM
- Official representatives from Hue University of Medicine and Pharmacy (from left to right):
- Mr. Ngo Van Thang - Head - Office of Student Affairs
- Associate Professor - Mr. Hoang Bui Bao - Vice Rector
- Dr. Hoang Thi Mai Thanh - Office of Science, Technology & International Relations
- Dr. Phan Trung Nam - Head - Office of Graduate Academic Training
- Associate Professor Mr. Dang Cong Thuan - Head - Office of Science, Technology & International Relations



UPDATE: 24/5/2025

**A DOCTOR'S DREAM REALIZED:
CELEBRATING DR. NHU'S
INSPIRING JOURNEY**

Lifestart Foundation is thrilled to celebrate the incredible success of our scholarship recipient, Dr. Nhu, who has recently graduated with a degree in General Medicine from

Pham Ngoc Thach University of Medicine in Ho Chi Minh City! Dr. Nhu's journey is a testament to resilience, determination, and the life-changing impact of education. Since Year 11, Lifestart Foundation has been by her side, supporting her dream of becoming a doctor.

Born into a disadvantaged family, Dr. Nhu is an only child raised by her mother, the sole breadwinner, who earns just 3 million VND (approximately \$184 AUD) per month - barely enough to meet their daily needs. With no home or land of their own, they have relied on the kindness of her uncle, who provides them with a small room to live in. Yet, despite these hardships, Dr. Nhu never let her circumstances define her future.

From a young age, she aspired to become a doctor, a dream fueled by witnessing her loved ones struggle with health issues. She was determined to pursue Medicine not only to support her family but also to make a difference in the lives of others who, like her, face difficult circumstances.

Now, Dr. Nhu is taking the next step in her medical journey - completing a 12-month training program at **Cho Ray Hospital**, the largest general hospital in Ho Chi Minh City, to obtain her Medical Working License. With her sights set on specializing in Oncology, she hopes to bring hope and healing to patients battling cancer - an ambition inspired by her experiences visiting hospitals and seeing firsthand the struggles of oncology patients.

We couldn't be prouder of Dr. Nhu's perseverance, passion and commitment to making a difference! She embodies the very spirit of the Lifestart Foundation - proving that with education, determination, and the right support, any dream is possible. To express her deep gratitude, Dr. Nhu and her mother presented Lifestart Foundation with beautiful flowers and a heartfelt "**THANK YOU!**". It's moments like these that remind us of the impact we can have.

Below, we share a touching letter from Dr. Nhu after her graduation. We hope her story inspires you as much as it inspires us!

DR. NHU'S GRATITUDE LETTER:

Dear Karen and Everyone at Lifestart Foundation,

My name is Nguyen Thi Quynh Nhu, and I have just completed a 6-year medical program at Pham Ngoc Thach University of Medicine in Ho Chi Minh City. Today, I am writing to tell you how I feel about completing my degree and also express my gratitude to you, Ms Karen and everyone at

Lifestart Foundation. Firstly, I would like to send my best wishes for your health. I hope everyone is staying healthy and successful in life.

I have now completed my last semester studying two subjects, Obstetrics and Pediatrics, and everything went smoothly. I studied theory for these subjects at the beginning of the semester which prepared me for the clinical internship, and I completed both modules successfully achieving a high score in Obstetrics. For my internship, I was fortunate to have the opportunity to carry this out at two leading Obstetric and Pediatric hospitals, Tu Du Hospital and Children's Hospital 1 in Ho Chi Minh. My schedule was quite busy, and I had both morning and afternoon shifts, divided into multiple clinical rotations between the 2 hospitals. Additionally, I had to attend theory classes and case presentations with lecturers. There was a significant amount of knowledge to absorb during my time in six departments over six weeks for Obstetrics and seven departments in six weeks for Pediatrics and as a result, I had some problems arranging study time when I began the internship. However, I found a way to balance my time by preparing the lessons for the next department in advance. Throughout the practice week, I set aside time to ensure I achieved all the learning objectives set by the instructors in addition to participating in small group and bedside case presentations. The two clinical internships reinforced what I had been taught at university, and I also learned about real-life situations and how to handle different cases in a clinical setting. For example, I learned when to admit a patient with a certain condition, which medication to prescribe and how to monitor their progress. I am also delighted to share that I achieved the highest score in the Obstetrics and Gynecology OSCE exam and a high score in the Pediatrics OSCE exam. Additionally, I successfully completed the graduation requirements for both subjects with good results.

My journey of 6 years consisting of 12 semesters and 202 credit hours, has truly been a long and challenging one for my personal development, during which I have continuously become more proficient in the knowledge and skills relevant to my major. On this occasion, I would like to share with everyone that I graduated and am satisfied with my results which are evidence of my continuous effort and determination. However, I also understand that this is just the first step in the process of studying and working in the medical field, so I will continue to learn and improve my qualifications in the future.

Before receiving a Lifestart Foundation scholarship, my family faced many financial challenges. My father passed away when I was very young, and my mother had to become the main pillar of my family, working from home as a tailor earning a modest income. Therefore, when I entered the final years of high school and started considering studying medicine, it became a source of worry and anxiety for her every night. At that time, there were moments when I questioned whether I should temporarily set aside my dream and choose a field of study that would be more suitable for my family's circumstances.

I felt very lucky to receive a scholarship from Lifestart Foundation at that time. When my head teacher talked about the Lifestart Foundation scholarship and we submitted the application, both my mother and I were very stressed and anxious. Upon arriving at the interview, I was extremely nervous and thought that the chances of receiving the scholarship were low. However, during the interview, both my mother and I received specific guidance and a lot of support from the staff at Lifestart Foundation to supplement all the necessary information. When I received the news that I had been awarded the scholarship, I was overwhelmed with happiness and gratitude. My mother

was also very joyful and felt much happier because she could now let me pursue the field of study I desired.

Thanks to the support and companionship from Lifestart Foundation over the past years, the financial difficulties of my family have significantly reduced. Some of the burdens on my mother's shoulders have lessened, and I have been motivated to continue striving towards my dream of becoming a doctor. The financial assistance has helped my family with tuition fees and living expenses, giving me the opportunity to purchase more textbooks and enabling me to join extra classes and take English certification exams, something I wasn't unable to afford previously. During the difficult period of the COVID-19 pandemic when my family faced many financial hardships, the support from you and Lifestart Foundation provided not only my academic scholarship but also essential items like soap, shampoo, cooking oil, fish sauce and rice. This eased the burden on my family. The financial support has allowed me to focus on my studies, reduced my worries about our economic situation, enabling me to maintain academic achievements in line with my goals throughout the years of study and also alleviated some of the pressure my mother felt. I am truly grateful to you and everyone at Lifestart Foundation for all the help you have provided me with. You have not only assisted me materially but also supported me mentally by providing advice and encouragement.

If it were not for the support from the Lifestart Foundation, my mother and I would have had to face many difficulties in order for me to enter university and complete my 6-year academic program. There is every chance that when the financial pressure became overwhelming, I may have been forced to abandon my dreams. The scholarship from the Lifestart Foundation has truly provided me with the opportunity to develop into who I am today.

I would like to extend my sincere gratitude and deep appreciation to Ms Karen, and everyone at Lifestart Foundation for your companionship over the past few years. I will continue to learn and develop myself so that I can support my family, loved ones and those around me when they encounter difficulties.

In closing, I wish you and everyone at Lifestart Foundation good health and happiness always. I hope everyone continues to have good fortune and success in life and that the Lifestart Foundation continue to grow and support even more people in disadvantaged situations.

Best wishes,

Nguyen Thi Quynh Nhu

You can read more about Nhu here:

- Introducing Nhu – A new LSF Foundation Education Scholarship student:
<https://www.facebook.com/photo?fbid=1373804872665028&set=a.485561648156026>
- Nhu accepted to university:
<https://www.facebook.com/TheLifestartFoundation/posts/1958923720819804>

MEET ALL OF OUR UNIVERSITY STUDENTS AND GRADUATES HERE:

<https://shorturl.at/pzWaP>

Donation



UPDATE: 02/3/2025

LIFESTART FOUNDATION PROVIDES BOOKS AND FURNITURE FOR HOSPITALIZED CHILDREN AT DANANG HOSPITAL FOR WOMEN AND CHILDREN

With a mission to enhance the lives of disadvantaged children, Lifestart Foundation continues to make strides beyond educational scholarships. As part of our community-centered projects, we recently donated critical medical

supplies, fresh milk, furniture, and children's books totaling over 1.82 billion VND (approx \$110,000 AUD) to the Da Nang Hospital for Women and Children. This support is intended to improve the quality of care for young patients and their families in Central Vietnam.

The donation of over 330 books offer hospitalized children opportunities to engage with imaginative stories and creative activities, promoting learning and emotional well-being even while they are away from home. With access to these new books, we hope to spark a love for reading and creativity during their hospital stay.

These books and furniture are now part of the hospital's reading area, giving children a comfortable space to immerse themselves in stories and colorful activities, lifting their spirits and adding positivity to their day.

These incredible donations were made possible by a generous bequest from the late EDWARD SMITH. We are forever grateful for Eddie's unwavering support, his kindness, and his enduring legacy, where he has left provisions in his will to continue his philanthropy and the funding of our future projects.



UPDATE: 16/3/2025

LIFESTART FOUNDATION'S MILK DONATION: NOURISHING CHILDREN'S HEALTH AT DANANG HOSPITAL FOR WOMEN AND CHILDREN

At Lifestart Foundation, we are dedicated to improving the lives of disadvantaged children. Recently, we delivered 720 packets of fresh milk to children undergoing treatment at Danang Hospital for Women and Children. This is part of

our ongoing support to the hospital, which includes donations of medical supplies, furniture,

children's books, and fresh milk - amounting to over 1.82 billion VND (approximately \$115,000 AUD).

The hospital plays a vital role in caring for young patients from across Central Vietnam. Many of these children face severe illnesses that require extended treatment, while their families struggle financially. Nutritional needs often go unmet, with milk being out of reach for many.

Our milk donation provides more than nutrition - it offers hope and strength to these young fighters on their road to recovery. It also eases the financial burden on their families, allowing them to focus on essential medical expenses. Seeing the joy and gratitude from the children and their parents inspires us to continue this mission.

These incredible donations were made possible by a generous bequest from the late EDWARD SMITH. We are forever grateful for Eddie's unwavering support, his kindness, and his enduring legacy, where he has left provisions in his will to continue his philanthropy and the funding of our future projects.

Click here to read more about our donation at Danang Hospital for Women and Children:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0HCZpcXz25CwBvKgve3H3b8H>



UPDATE: 23/3/2025

LIFESTART FOUNDATION'S BOOK DONATION FOR LICH

Lich, a third-year student in General Medicine at Hue University of Medicine and Pharmacy, has recently been awarded the Lifestart Foundation Medical Scholarship. As part of our ongoing commitment to supporting Lich's educational journey, Lifestart Foundation has also provided her with a collection of valuable books, further enriching her path to success.

Coming from a family of ten, Lich's parents worked tirelessly as farmers and laborers to sustain the family. However, the family's struggles were compounded by her father's fragile health, limiting his capacity to work and having an effect on the family's financial stability. Unfortunately, Lich's mother passed away unexpectedly during her first year at University, leaving the family reeling from grief and grappling with the monumental loss. Lich's father faced the daunting task of shouldering the family's financial burden alone, including the tuition fees and daily living expenses of Lich and her siblings.

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

You can read more about Lich here:

<https://www.facebook.com/photo?fbid=982194680607444&set=a.628466192646963>



UPDATE: 30/3/2025

EXCITING NEWS! LIFESTART FOUNDATION DONATES A KINDLE FOR SCHOLARSHIP STUDENT – TRANG

Recently, Lifestart Foundation has donated a brand-new Kindle to one of our outstanding scholarship students, Trang who is currently studying General Medicine at Hue University of Medical Technology and Pharmacy.

Trang comes from a disadvantaged family. Sadly, Trang's father was recently diagnosed with serious health issues, adding further financial strain on her family.

Trang has shown exceptional dedication and commitment to her studies, and this generous gift from Lifestart Foundation will undoubtedly enhance her learning experience. Before receiving the Kindle, Trang encountered challenges in accessing educational resources. Relying on her mobile phone posed significant difficulties as the small screen made reading books and medical materials difficult. With the Kindle, Trang will have access to a vast library of digital books, resources, and educational materials right at her fingertips.

Trang feels incredibly lucky to receive this Kindle. The Kindle is a convenient and eye-friendly device that greatly supports her in reading books. She also uses it to read study materials and textbooks. The device has a translation feature, so she uses it to read English books as well. Trang is immensely grateful to Lifestart Foundation for the continuous support and investment in the education of disadvantaged students like her. Lifestart Foundation hopes this Kindle will open up new opportunities for Trang to expand her horizons, and continue to excel in her academic journey.

In this round, Lifestart Foundation has awarded a total of six Kindle E-readers to support Trang and other students in their educational pursuits. As we share Trang's story, we will continue to update you on other deserving recipients who benefit from these electronic devices.



UPDATE: 06/4/2025

A LIFE-CHANGING LAPTOP DONATION FOR TINH

Lifestart Foundation is delighted to share that Tinh, one of our dedicated Medical Scholarship students, has recently received a much-needed laptop!

Tinh is a fourth-year General Medicine student at Hue University of Medicine and Pharmacy. Unlike most students in developed countries who have access to the latest technology - iPhones, iPads, and laptops - our scholarship students come from impoverished backgrounds, where owning a laptop remains an unaffordable luxury. In today's digital age, it's hard to imagine completing university studies without one!

Until now, Tinh relied on her old mobile phone for studying, but its limited storage, small screen, and slow loading times made accessing and organizing study materials a constant challenge. Thanks to Lifestart Foundation, she now has a brand-new laptop that will transform her learning experience! This invaluable support will allow her to engage in online learning, easily access study materials, and watch medical course videos with ease.

Tinh comes from a hardworking yet financially struggling family. Her parents are rice farmers who take on additional labor and small-scale trading to make ends meet. Their income is unstable, averaging just 7.5 million VND (\$294 USD) per month - barely enough to cover daily expenses, let alone educational costs. The family's difficulties are compounded by health challenges, as both of Tinh's parents suffer from job-related health issues. Additionally, her aunt, who lives with them, and one of her younger brothers have multiple illnesses, requiring costly monthly medications.

This laptop is more than just a study tool - it is a beacon of hope for Tinh and her family. At Lifestart Foundation, we believe that acts of generosity and support can create real change in the lives of deserving students like Tinh. Thank you to our incredible supporters for making this possible!

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

<https://www.facebook.com/photo/?fbid=952099103617002&set=a.628466192646963>

Click here to read about our recent laptop donation round:

<https://www.facebook.com/photo/?fbid=926262536200659&set=a.628466192646963>



UPDATE: 13/4/2025

LIFESTART FOUNDATION DONATES BOOKS FOR SCHOLARSHIP RECIPIENT - DIEU

Lifestart Foundation team, led by our founder Karen Leonard OAM, recently embarked on a week-long trip to Hue. During our visit, we had the privilege of granting scholarships to 16 medical students and 4 resident doctors at Hue University of Medicine and Pharmacy. As part of the scholarship presentation, we provided books, e-book readers (Kindles), and laptops to the recipients.

Dieu - a 3rd Year General Medical student at Hue University of Medicine and Pharmacy, was fortunate to be one of the students who received books from Lifestart Foundation.

Dieu comes from a family of six, being the eldest brother and the first to attend university. Due to their challenging circumstances, Dieu's parents had to work far from home, and at a young age, Dieu had to become self-reliant, taking on the responsibilities of both a father and a mother to care for his younger siblings. Dieu's family faced food scarcity, and they struggled to afford even basic necessities like rice.

In addition to the primary support provided for educational and daily living expenses for scholarship recipients, Lifestart Foundation also places special emphasis on providing resources to help them study effectively. In addition, Lifestart Foundation donates and presents essential household items, reference books, laptops, Kindle e-readers, and study materials. We believe that the books we have given to Dieu will inspire him and nurture his passion for learning, enabling him to become a knowledgeable doctor in the future.



UPDATE: 27/4/2025

🎉 A LAPTOP DONATION FOR VY 🎉

Lifestart Foundation is delighted to announce that our Medical Scholarship recipient, Vy, has recently received a valuable donation—a much-needed laptop. Vy is a fourth-year student pursuing a degree in General Medicine at Hue University of Medicine and Pharmacy.

Like many of our students from disadvantaged backgrounds, access to essential educational tools such as a laptop is often a luxury they cannot afford.

Vy comes from an impoverished family of five, living in a small house in Thua Thien Hue province. Her family faces significant financial challenges, surviving on a meager and unstable income of 6,000,000 VND (\$235 USD) per month to cover living expenses and three school-aged children's education costs. To support the family, Vy's father works as a bicycle repairman and is involved in aquaculture, while her mother runs a small grocery store in front of their house. Unfortunately, the strain of multiple strenuous jobs has severely impacted both of her parents' health, adding to the family's difficulties.

Before receiving this laptop, Vy struggled with her studies using an old laptop and her phone. She often needed to view multiple files at once, but her phone couldn't accommodate this. Storing and organizing documents was a challenge, and the small screen size made reading difficult.

However, with the support of Lifestart Foundation, Vy now has a brand-new laptop that will significantly enhance her academic journey. This laptop will allow her to easily access prestigious medical resources, engage in online learning, and watch relevant course videos with greater ease.

This generous support not only empowers Vy to thrive academically but also offers her family a glimmer of hope amidst their challenging circumstances. Lifestart Foundation firmly believes that acts of generosity and support can create real change in the lives of deserving students like Vy. We are incredibly proud to provide her with the resources she needs to succeed and build a brighter future for herself and her family.

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

<https://www.facebook.com/photo?fbid=1001592622000983&set=a.628466192646963>



UPDATE: 04/5/2025

LIFESTART FOUNDATION'S DONATION TRIP TO HIEP DUC MOUNTAINOUS DISTRICT OF QUANG NAM



As the Year of the Snake approached, Lifestart Foundation brought smiles to 100 underprivileged students in Quang Nam Province.

We distributed meaningful donations worth over 50 million VND (approximately AUD \$3,100), aiming to help these students and their families enjoy a warmer, more joyful holiday season.



Our first initiative brought 80 gift packs to students at Kpa Kolong Primary School in Phuoc Gia Commune, Hiep Duc District. Each pack included essential household items such as rice, cooking oil, fish sauce, soy sauce, shampoo, detergent, toothpaste, and milk—offering vital support to families in need.

Phuoc Gia Commune is one of Vietnam's most economically disadvantaged regions. Characterized by rugged mountainous terrain, limited infrastructure, and frequent natural disasters, the area is home to many ethnic minority communities who face persistent hardships. At Kpa Kolong Primary School, the majority of its 200 students come from these communities, and the 80 students who received support were all from ethnic minority backgrounds.

The joy and excitement on the students' faces as they received their gift packs was truly heartwarming. These essential supplies will help ease the daily financial pressures on their families, allowing them to redirect their limited resources toward other basic needs.

Our Lifestart Foundation team comprised of our four staff members and one dedicated volunteer. They undertook a challenging journey through winding mountain roads to reach the remote commune. Despite the tough conditions, the experience was deeply rewarding.

We are incredibly grateful to our supporters who make these life-changing initiatives possible. Your contributions bring hope and opportunities to those who need them most.

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

- Nam Tra My district: <https://www.facebook.com/TheLifestartFoundation/posts>
- Nam Giang district: <https://www.facebook.com/TheLifestartFoundation/posts/>
- Phuoc Son district: <https://www.facebook.com/TheLifestartFoundation/posts>
- Dien Ban district: <https://www.facebook.com/TheLifestartFoundation/posts/>



UPDATE: 18/5/2025

**HAMPER BOXES DISTRIBUTED TO
LIFESTART FOUNDATION
SCHOLARSHIP STUDENTS IN NEED**

Lifestart Foundation has committed to providing daily necessities to support our Education Scholarship students in their daily lives.



Many students receiving scholarships from Lifestart Foundation come from extremely challenging family backgrounds. To provide additional support beyond their education scholarships, Lifestart Foundation has distributed essential supplies to help ease their financial burdens and improve their living conditions.

In this round, 20 Lifestart Foundation students from disadvantaged families received much-needed essentials, including rice, cooking oil, fish sauce, soy sauce, detergent, shampoo and toothpaste. These supplies offer practical support to the students and their families, ensuring they have the basic necessities.

These images are a small sample of one of the many distribution days for hundreds of disadvantaged families in Quang Nam province who are in need of basic supplies. This initiative not only provides immediate relief but also serves as encouragement for the students to continue striving for a brighter future. The recipients and their families were deeply grateful for this generous support.

The 20 hamper boxes distributed to Lifestart Foundation scholarship recipients are part of a larger initiative to support 100 underprivileged students across Quang Nam province. Earlier, 80 meaningful gift packs were delivered to students in Hiep Duc district. Altogether, this round of donations to 100 students is valued at over 50 million VND (approximately AUD \$3,100), demonstrating our ongoing commitment to their education and future.

More about the Hiep Duc distribution can be found here:

<https://www.facebook.com/TheLifestartFoundation/posts/1098721312288113>

A big #Thankyou to our sponsors for making this wonderful donation possible.



UPDATE: 25/5/2025

A LAPTOP DONATION FOR NHUNG

Lifestart Foundation is proud to support Nhung, a dedicated fourth-year General Medicine student at Hue University of Medicine and Pharmacy, who has been awarded a full Medical Scholarship!

While this scholarship eases part of her financial burden, Nhung, like many of our Education Scholarship recipients, still faces immense challenges within her family. Coming from a disadvantaged family of seven in a coastal area of Quang Nam province, Nhung's parents work tirelessly to make ends meet. Her father is a bricklayer with unstable, seasonal employment, while her mother raises pigs and chickens at home despite suffering from osteoarthritis. Adding to the family's struggles, Nhung's younger brother suffered a stroke, leading to substantial medical expenses for his treatment and recovery. While his health has improved, he still requires ongoing medication and care. With the responsibility of supporting his medical needs, Nhung's education and their youngest sibling, the family's financial strain is overwhelming.

Until now, Nhung has had to study without a proper laptop, making it difficult to access online learning materials, store documents, or watch essential medical course videos. However, thanks to Lifestart Foundation, she has now received a brand-new laptop that will transform her academic journey!

This invaluable support will allow Nhung to fully engage in her studies, enhance her learning experience, and work toward her dream of becoming a doctor. More than just a tool for education, this donation provides hope to Nhung and her family in their time of hardship.

At Lifestart Foundation, we believe that every act of generosity makes a difference. Thank you to our incredible supporters for helping bright and determined students like Nhung overcome obstacles and achieve their dreams!

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

<https://www.facebook.com/photo?fbid=1036199648540280&set=a.628466192646963>

Click here to read about our recent laptop donation round:

<https://www.facebook.com/photo/?fbid=926262536200659&set=a.628466192646963>

Clean Water Project



UPDATE: 09/3/2025

LIFESTART FOUNDATION - LATEST NEWS

#CLEAN_WATER PROJECT NUMBER 31

Providing clean water for over 10,200 students to 38 remote schools in Central Vietnam. Proudly made possible by Lifestart Foundation and Karma Foundation.

Tra Tan Kindergarten - 2 is located in Bac Tra My district, Quang Nam province, where over 30



students and staff will have access to clean water. Please click on the link below to watch the video of our Clean Water project at Tra Tan Kindergarten - 2: <https://www.youtube.com>



UPDATE: 20/4/2025

LIFESTART FOUNDATION - LATEST NEWS

#CLEAN_WATER PROJECT NUMBER 32

Providing clean water for over 10,200 students to 38 remote schools in Central Vietnam. Proudly made possible by Lifestart Foundation and Karma Foundation.

Tuoi Tho Kindergarten - 1 is located in Bac Tra My district, Quang Nam province, where over 150



students and staff will have access to clean water. Please click on the link below to watch the video of our Clean Water project at Tuoi Tho Kindergarten - 1: https://youtu.be/w4H_1EpWOIY



UPDATE: 11/5/2025

LIFESTART FOUNDATION - LATEST NEWS

#CLEAN_WATER PROJECT NUMBER 33

Providing clean water for over 10,200 students to 38 remote schools in Central Vietnam.

Proudly made possible by Lifestart Foundation and Karma Foundation

Tuoi Tho Kindergarten - 2 is located in Bac Tra My district, Quang Nam province, where over 140 students and staff will have access to clean water.



Please click on the link below to watch the video of our Clean Water project at Tuoi Tho Kindergarten - 2: <https://youtu.be/5nHBhyUL8eo>

Press



UPDATE: 14/4/2025

LIFESTART FOUNDATION AWARDS OVER 1.5 BILLION VND (MORE THAN \$96,000 AUD) IN SCHOLARSHIPS TO FUTURE DOCTORS IN CENTRAL VIETNAM

Lifestart Foundation has recently awarded a new round of major General Medicine and Residency Scholarships to 9 exceptionally talented students from extremely disadvantaged backgrounds in Central Vietnam.

This latest cohort includes 7 medical university students and 2 resident doctor students from Hue University of Medicine and Pharmacy. The recipients have been granted prestigious scholarships, which include financial aid and three new laptops - bringing the total value to over 1.5 billion VND (equivalent to more than \$96,000 AUD).

We are incredibly proud to offer the most prestigious and highest-value General Medicine and Residency Scholarships to this reputable institution in Vietnam.

👉 Please click on the link below to read more about this important scholarship awards ceremony:

<https://vietnamnews.vn/society/1695214/disadvantaged-students-get-medical-scholarships>

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

Stay tuned for more inspiring individual stories of these outstanding students.



UPDATE: 23/4/2025

LIFESTART FOUNDATION: HƠN 1.5 TỶ ĐỒNG TRAO TẶNG CHO SINH VIÊN NGÀNH Y CÓ HOÀN CẢNH KHÓ KHĂN Ở MIỀN TRUNG

Vừa qua, tại trường Đại học Y - Dược, Đại học Huế, tổ chức phi chính phủ Lifestart Foundation đã trao tặng 9 suất học bổng cho các sinh viên ngành Y có hoàn cảnh khó khăn đang theo học tại trường.

Trong đó, tổ chức trao tặng 7 học bổng Y khoa toàn phần, dành cho 7 sinh viên xuất sắc ngành Y Đa khoa tại Đại học Y - Dược, Đại học Huế và 2 học bổng Nội trú cho 2 học viên bác sĩ nội trú của trường.

Không chỉ hỗ trợ tài chính trong suốt năm học, Lifestart Foundation còn trao tặng 3 máy tính xách tay mới, nâng tổng giá trị học bổng lên hơn 96.000 đô-la Úc, tương đương hơn 1,5 tỷ đồng.

Ngoài việc chi trả học phí và tài liệu học tập, tổ chức còn hỗ trợ chi phí sinh hoạt, bao gồm chỗ ở, ăn uống và đi lại, nhằm đảm bảo các em có điều kiện sống và học tập tốt nhất.

Xin vui lòng truy cập đường link bên dưới để biết thêm thông tin chi tiết:

<https://baoquangnam.vn/lifestart-foundation-trao-hon-1-5-ty-dong-hoc-bong-cho-sinh-vien-y->

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 hàng tháng, hoặc tổ chức 1 sự kiện gây quỹ cho chúng tôi. www.lifestartfoundation.org.au



VIETNAMNEWS.VN
Rural school clean water programme continues in Quảng Nam

UPDATE: 27/5/2025

CLEAN WATER = HEALTHY STUDENTS: LIFESTART FOUNDATION CONTINUES TO TRANSFORM SCHOOL LIFE IN RURAL VIETNAM

Access to clean water remains a major challenge for many mountainous schools. Some rely on bottled water purchased by schools or funded by students' families, and others require students to bring water from home. Due to limited financial resources, these schools often cannot afford to invest in safe drinking water infrastructure.

Understanding that access to clean water is essential for learning and well-being, Lifestart Foundation is committed to supporting schools in disadvantaged communities. Recently, Lifestart Foundation has donated 10 more clean water filtration systems and water tanks to ten underprivileged schools in mountainous areas of Quang Nam province.

This latest initiative targets schools in the districts of Phuoc Son, Que Son, and Thang Binh. Many of these schools, especially in Phuoc Son, serve predominantly students from the Gie Trieng ethnic minority and are situated in remote, socioeconomically challenged areas.

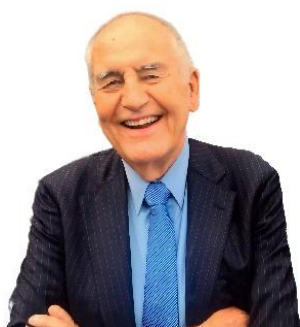
The 10 newly installed water filtration systems will directly benefit over 2,200 students, teachers, and staff members during the 2024-2025 academic year. Each system, valued at up to 66.4 million VND (approximately \$4,000 AUD), can purify up to 250 liters per hour and is capable of removing bacteria, viruses, heavy metals, and other contaminants.

Since launching the clean water initiative in 2021, Lifestart Foundation has provided 48 water filtration systems to disadvantaged schools across Quang Nam province - amounting to over 2.2 billion VND (more than \$131,000 AUD). The program has benefited more than 12,400 students, families and school staff to date.

Please click on the link below to read more about this important project: <https://vietnamnews.vn/society/rural-school-clean-water-programme-continues-in-quang-nam>

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

Lifestart Foundation Benefactors



UPDATE: 06/3/2025

Honoring a Generous Supporter and Benefactor

Edward Scott Smith (Eddie) 1941 – 2022

Eddie was an extraordinary supporter of Lifestart Foundation's initiatives, including medical scholarships, clean water projects, life-saving medical equipment for Danang Women's and Children's Hospital, support for orphans, bicycle donations, and emergency food hampers. These are just some of the many wonderful donations over the years. The Lifestart Foundation team will be forever grateful for Eddie's unwavering support, his kindness, and his enduring legacy, where he has left provisions in his will to continue his philanthropy and the funding of future projects.

Eddie Smith, affectionately known as Eddie, was born in Coventry, UK, in 1941. Leaving school at the age of 15, he began an electrical apprenticeship that laid the foundation for his remarkable journey. In his late teens, he discovered a passion for boxing, excelling in the ring and winning most of his matches. This fighting spirit served him well in later years as he navigated the competitive Australian corporate world, where he often "punched above his weight."

In 1965, Eddie embarked on a life-changing journey to Australia. Travel at the time was an adventure; his flight took a week, stopping in South Africa, Singapore, and finally arriving in Perth, Western Australia. Wasting no time, Eddie found a job and accommodation almost immediately. He joined the Hammersley Rail Project in the remote Pilbara region, working in Dampier and living in a tent. He spent eight months at Camp 60, wiring the camp and its generators. Eddie's next adventure took him to Saigon, Vietnam, where he worked at the airport. This experience sparked a lifelong connection to Vietnam and its people. After gaining invaluable experience, Eddie established his own electrical contracting company, Elcos, which operated successfully from Western Australia, and expanded to Queensland. Later, he transitioned to a second highly successful career in the oil and gas industry.

Eddie faced significant health challenges, including surviving bowel cancer and, later, a major heart attack in 2009. His heart was severely damaged, requiring a transplant for long-term survival. In December 2009, he received the gift of a new heart, allowing him to embrace a new chapter of life. Following his recovery, Eddie dedicated himself to philanthropy, supporting numerous charities both in Australia and abroad. He became a major donor to the Fiona Stanley Heart and Lung Transplant Foundation, the Fred Hollows Foundation, and many others. In 2013, Eddie founded the Karma Foundation, a registered charitable trust to support causes in Vietnam, Cambodia, Bali, and Laos.

Eddie's connection to Vietnam deepened over the years, with frequent visits and hands-on involvement in philanthropic projects. His admiration for the resilience and history of the Vietnamese people fueled his efforts.

Known for his resourcefulness and intellect, Eddie combined his expertise as an electrician with astute business acumen. A self-educated and well-read man with a “get-it-done” attitude, Eddie was generous to those in need, always relating to their struggles. Even in passing, Eddie's generosity endures. True to his character, he established a trust fund to ensure his philanthropic legacy would continue well beyond his lifetime.

YOUR LEGACY, THEIR FUTURE

Dear Lifestart Foundation Community,

We invite you to leave a lasting impact by considering a bequest to Lifestart Foundation in your will. Your generosity can ensure that our mission continues to thrive, leaving a legacy of positive change for generations to come.

Why Choose a Bequest? A bequest is a powerful way to support Lifestart Foundation. By including us in your will, you contribute to building a better future for those in need.

How to Include Lifestart Foundation in Your Will:

- 1** Speak to your legal advisor to ensure your wishes are accurately reflected.
- 2** Specify Lifestart Foundation's details: [Include Lifestart Foundations legal name, address, and any specific instructions].
- 3** Let us know! We would love to express our gratitude and welcome you to our Legacy Circle.

Thank you for being the heartbeat of Lifestart Foundation. Together, we can create a legacy of compassion and change.



UPDATE: 13/3/2025

Honoring a Generous Supporter and Benefactor

Don Cracknell (1937–2024)

The Lifestart Foundation team extends its heartfelt gratitude to Don Cracknell for his steadfast support and remarkable generosity. His kindness and enduring legacy will continue to fund transformative projects that uplift communities and change lives.

Don's connection to Vietnam began when his daughter-in-law volunteered as a physiotherapist with the Lifestart Foundation many years ago. This sparked a deep interest in the country and its people, particularly those facing significant disadvantage. Over the years, Don became a committed supporter of Lifestart's initiatives, visiting Vietnam several times and forming a heartfelt bond with its culture and people.

Through Lifestart Foundation, Don dedicated himself to improving the lives of families and students by funding vital initiatives in housing, transport, and education. His extraordinary contributions include:

- 160 emergency relief hampers for families in need
- 63 bicycles and 3 electric bikes for improved mobility
- 2 clean water systems for access to safe drinking water for hundreds of children and families
- 5 kitchen and bathroom projects for families lacking basic facilities
- Supporting one General Medicine student through university to graduation

Don's life journey was just as remarkable. Raised in and around Melbourne, he trained as an electrician with the Railways before pursuing studies in Christian Education and Theology. After marrying his wife, Meryl, in 1964, Don dedicated nine years to mission work in Papua New Guinea. Upon returning to Australia in 1977, he served in various parishes with the Uniting Church, focusing on Christian education and ministry. In 2013, Don retired to Warragul, Victoria, where he continued to inspire others with his compassion and dedication.

Even in his passing, Don's generosity of spirit endures, leaving a legacy of hope and transformation that will touch countless lives for years to come.

With gratitude and respect,
The Lifestart Foundation Team

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For more information or to notify us of your bequest, please visit www.lifestartfoundation.org.au or contact us directly.



UPDATE: 10/4/2025

Honoring a Generous Supporter and Benefactor

Dr. Geok Hua Wong (1931–2015)

The Lifestart Foundation team is profoundly grateful for the unwavering support of Dr. Wong's Trust. His kindness and enduring

legacy, preserved through the provisions of his will, ensure that his philanthropic work continues to fund meaningful projects well into the future.

Thanks to Dr. Wong's extraordinary generosity, the Lifestart Foundation has awarded **22 Education Scholarships** in his name, including **16 General Medicine Scholarships**, **5 Master of Nursing Scholarships**, and **1 IT Scholarship**. Among the scholarship recipients, **5 doctors** are currently completing their residency programs.

Even in his passing, Dr. Wong's generosity of spirit continues to leave a lasting and transformative impact.

Dr. Geok Hua Wong (1931–2015)

Born in China in 1931 to pharmacist parents, Dr. Geok Hua Wong endured significant challenges early in life. Amidst political turmoil and war, his family relocated to Singapore around 1940. During the Japanese occupation of Singapore in 1942, Dr. Wong, then just 12 years old, and his parents were detained in Changi Prison. Despite the hardships of internment, Dr. Wong cultivated a deep passion for learning, using every resource available to him. After their release in 1945, Dr. Wong spent a few years in Singapore before traveling alone to Melbourne in 1949 at the age of 18 to pursue higher education. He graduated as a doctor from the University of Melbourne in 1955 and later specialized in Psychiatry. Over a distinguished career spanning public hospitals and private practice, Dr. Wong also provided expert testimony in high-profile criminal cases.

Beyond his medical career, Dr. Wong was a devoted patron of the arts, with his name inscribed as a major donor at the National Gallery of Victoria. Following his passing in 2015, a Trust was established to continue his legacy of generosity.

The Trust supports initiatives that align with Dr. Wong's vision of benefiting the community through measurable outcomes.

Dr. Wong's legacy lives on through the Trust's continued commitment to meaningful philanthropy, honoring his lifelong dedication to community, health, and the arts.

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Thank you for being the heartbeat of Lifestart Foundation. Together, we can create a legacy of compassion and change.

For more information or to notify us of your bequest, please visit www.lifestartfoundation.org.au or contact us directly.

Other Activities



UPDATE: 03/3/2025

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: 08/3/2025

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

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

International Women's Day is annually held on March 8 to celebrate women's achievements throughout history and across nations. It is also known as the United Nations Day for Women's Rights and International Peace. It is a day when women are recognized for their achievements, whether national, ethnic, linguistic, cultural, economic or political. It is an occasion for reflecting on past struggles and accomplishments, and more importantly, for looking ahead to the untapped potential and opportunities that await future generations of women. International Women's Day first emerged from the activities of labour movements at the turn of the twentieth century in North America and across Europe.

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

and other educational settings participate in special lessons, debates or presentations about the importance of women in society, their influence, and issues that affect them. In some countries school children bring gifts to their female teachers and women receive small presents from friends or family members. Many workplaces make a special mention about International Women's Day through internal newsletters or notices, or by handing out promotional material focusing on the day.

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

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

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



UPDATE: 11/3/2025

LIFESTART FOUNDATION UNIVERSITY STUDENT UPDATE

👉 CLICK HERE TO READ ALL ABOUT OUR UNIVERSITY SCHOLARSHIP STUDENTS: <https://shorturl.at/YuZiR>

We are so very proud of each and every one of these students, many are the first in their family to attend University.

Against all odds, through sheer hard work, determination, and the support of Lifestart Foundation, they have achieved amazing results.

At Lifestart Foundation we believe in long term sustainable aid and we achieve this through education.

Lifestart Foundations investment in the disadvantaged youth of Central Vietnam to date is in excess of 33 Billion VND (approx \$2,000,000 AUD).

We are committed to breaking the poverty cycle of Central Vietnam's brightest scholars via education. Lifestart Foundation Education Scholarship Project - provides fully comprehensive scholarships through Secondary and High school and onto University.

Scholarships cover all tuition fees, books, uniforms, and the all-important extra classes. Our Year 12 Central Vietnam students need to leave home to attend University for between 4 - 6 years depending on their chosen degree, so funding for accommodation and food needs to be provided too.

Scholarships are awarded to academically gifted students from very poor families.



UPDATE: 18/3/2025

Update#Lifestart #Monthly_Members_Club - Monthly Giving: Join The Club!

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

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

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



UPDATE: 19/3/2025

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.



UPDATE: 24/3/2025

#Lifestart_Foundation is celebrating a major milestone - **25 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



UPDATE: 26/3/2025

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: 21/4/2025

VIETNAM BOOK AND READING CULTURE DAY 2025

Today marks the 4th annual Vietnam Book and Reading Culture Day, which aims to encourage Vietnamese citizens to promote good reading habits. This year, the event is centered around two themes: "Book: Awareness - Innovation - Creation" and "Books for me and for you," and seeks to emphasize the important role and significance of books in enhancing

knowledge and skills, shaping minds, and nurturing personality growth.

In addition to providing Education scholarships, Lifestart Foundation has also organized many book donation days, including donating course books and advanced books to disadvantaged students both within and outside of the scholarship program on a yearly basis, as well as contributing books to the libraries of under-resourced schools in Dien Ban, Quang Nam. The

students are extremely appreciative of the book donations, as they will undoubtedly assist them with their studies and cultivate a passion for reading.



UPDATE: 12/5/2025

TODAY IS INTERNATIONAL NURSES' DAY!

#International_Nurses_Day celebrates the tireless contribution of the Nursing community to societies all over the world.

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

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

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

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

Pictured in this post are some of our Master of Nursing scholarship students in their graduation ceremony.

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