

Clean Water Project



UPDATE: 08-06-2025

LIFESTART FOUNDATION - LATEST NEWS #CLEAN_WATER PROJECT NUMBER 34

Providing clean water for over 19,200 students and teachers at 48 remote schools in Central Vietnam.



The next remote education center supported is Mang Non Kindergarten (Bac Tra My district, Quang Nam province), where over 120 students and staff will have access to clean water.

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

Please click on the link below to watch the video about our Clean Water project for Mang Non Kindergarten: <https://www.youtube>



UPDATE: 13-07-2025

LIFESTART FOUNDATION - LATEST NEWS #CLEAN_WATER PROJECT NUMBER 35

Providing clean water for over 19,200 students to 48 remote schools in Central Vietnam.



The next remote education center supported is Son Ca Kindergarten (Phuoc Son district, Quang Nam province), where over 170 students and staff will have access to clean water.

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

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

Education



UPDATE: 14-06-2025

MEET OUR NEW LIFESTART FOUNDATION EDUCATION SCHOLARSHIP RECIPIENTS!

For the past 25 years, the Lifestart Foundation Secondary School Education Scholarship Program has empowered bright young minds in Vietnam to overcome adversity and pursue their dreams. Many of our past scholars have gone on to graduate from leading universities across Vietnam and abroad - proof that with the right support, anything is possible.

It is a profound honour for us to walk alongside these determined students as they strive to break the cycle of poverty and build futures that not only transform their own lives but also contribute meaningfully to their communities. Our commitment to supporting underprivileged children in Central Vietnam remains as strong as ever. Each year, we carefully select the most deserving candidates to receive our life-changing scholarships.

This year, we're excited to introduce our nine latest Lifestart Foundation Education Scholarship recipients! These exceptional Year 9 students hail from various communes in Dien Ban District, Quang Nam Province. Their families are burdened by enormous financial pressures, struggling to meet even just basic living expenses, let alone the educational costs of their children. Yet, in the face of hardship, such as poverty, orphanhood, or being raised by single parents or parents with severe illnesses, these students have consistently excelled in school. Some have achieved this without access to the crucial extra classes many students rely on. Their accomplishments are even more impressive considering the significant responsibilities they shoulder at home to support their families, such as doing all the needed housework, taking care of their younger siblings or supporting their ill parents, all while maintaining excellent academic performance. Notably, many of these students have been ranked "The Most Excellent Student" at their schools for several consecutive years. They also possess strong English language skills and display a level of maturity and confidence beyond their age.

After a rigorous application and interview process, these students emerged as the most outstanding among many hopefuls, impressing us with their resilience, academic excellence, and strong community-minded values. When these students learned they had been awarded the Lifestart Foundation Education Scholarship, they and their families were overwhelmed with joy and relief. For them, this scholarship marks the beginning of a new chapter - one filled with hope, opportunity, and the possibility of a brighter future. The scholarship now covers all of their school-related expenses annually, including tuition, textbooks, uniforms, stationery, and crucial extra classes, amounting to over \$1,000 AUD per school year. This support allows the students to fully focus on their studies without the burden of financial worry. Please join us in giving a warm welcome to these incredible students as they become part of the growing Lifestart Foundation family. Stay tuned as we are going to introduce them all to you with their inspiring and touching stories in the coming weeks.



UPDATE: 21-06-2025

LIFESTART FOUNDATION WELCOMES THUONG - A NEW SCHOLARSHIP STUDENT

Educating Young Central Vietnamese Students to Reach Their Potential

The Lifestart Foundation is delighted to welcome Thuong as the newest recipient of our Education Scholarship. Thuong, a dedicated and hardworking student, is currently in Year 11 at Nguyen Thai Binh High School in Thang Binh district, Quang Nam province.

Born in Duy Xuyen district, Quang Nam province, Thuong has faced significant challenges from a young age. Her family of four - her father, mother, younger sister, and herself - was deeply impacted in 2014 when her father unexpectedly passed away due to a stroke. This tragic loss left her mother as the sole provider, shouldering the responsibility of raising and educating both daughters amidst already difficult financial circumstances.

With a modest monthly income of just 4,600,000 VND (approximately \$287 AUD) from her work as a cook at a local kindergarten, Thuong's mother worked tirelessly to support her children. To supplement her income, she grew vegetables and corn, though unpredictable weather and limited resources often left the family struggling to meet even their basic needs.

On weekends, she took on additional jobs, working long hours at wedding parties or assisting in the kitchen at a local amusement park, sometimes late into the night. Understanding the burden her mother carries, Thuong has taken on part-time work at a small café near her home to help contribute to the family's income.

When possible, she also assists her mother at wedding parties to earn extra money. The wages she earns go toward covering her transportation and school expenses, helping ease the financial strain on her mother. Beyond her studies and part-time jobs, Thuong takes responsibility for the housework and daily cooking, demonstrating remarkable resilience and dedication to her family.

Despite these challenges, Thuong remains determined to excel in school. With the full support of the Lifestart Foundation Education Scholarship, Thuong's life has taken a brighter turn. This scholarship alleviates the financial burden on her mother, covering all of Thuong's tuition fees, books, stationery, uniforms, and essential supplementary classes. Now, she can focus entirely on her education without the constant worry of financial hardship. This invaluable support allows her to dedicate herself fully to her studies and pursue her dream with renewed determination.

The Lifestart Foundation deeply understands the transformative power of education, particularly for young women in developing countries. By empowering girls like Thuong, we help break the cycle of poverty and vulnerability, fostering independence and self-sufficiency. Every girl who receives an education is one step closer to a future of opportunity and stability.

We are proud to stand by Thuong on her academic journey and eager to witness the positive impact education will have on her life and her community. We warmly welcome her to the Lifestart Foundation family and look forward to seeing her thrive.



UPDATE: 28-06-2025

INTRODUCING NEW LIFESTART FOUNDATION'S UNIVERSITY SCHOLARSHIP STUDENT DAT – A RISING TALENT FROM QUANG NAM

We're excited to welcome Dat, a bright Information Technology student at Danang University of Science and Technology, to the Lifestart Foundation Scholarship Program.

Originally from Thang Binh District in Quang Nam province, Dat was raised in a farming family that has endured many health and financial hardships. Despite these challenges, he has shown incredible strength and perseverance in pursuing his passion for technology.

On a typical day, Dat commits 5-6 hours to self-study, and during exam periods, this increases to 8-9 hours. As a result of his dedication, he has consistently maintained strong academic performance. In addition to his studies, Dat is an active member of his university's Software Engineering Club, where he participates in small coding projects and gains hands-on experience while learning from senior students. This involvement has further fueled his interest in system architecture, app and website development, and creating optimized digital products. With a deep love for mathematics, Dat plans to specialize in Software Engineering - a field where he feels he can fully express his creativity and problem-solving skills.

Dat shares, "I want to become not only a technically strong Software Engineer, but also someone who can work well in teams, understand user needs, and contribute to creating truly valuable products." Education is a powerful thread in Dat's family story. His older sister, Tu Oanh, is a former Lifestart Foundation scholarship recipient as well. She graduated with Distinction in General Medicine from Hue University of Medicine and Pharmacy and now works as a doctor at the Dermatology Hospital in Quang Nam. Her journey stands as a shining example of how hard work and the right support can lead to life-changing outcomes.

Now, thanks to the Lifestart Foundation, Dat begins a new chapter filled with opportunity and optimism. So, please stay tuned - we'll be following Dat's journey as he codes his way toward an exciting future in technology! In his own words, Dat shares his heartfelt gratitude and the impact this scholarship has had on his journey:

DAT'S GRATITUDE LETTER:

Dear everyone at Lifestart Foundation,

My name is Phan Phuoc Dat, a second-year student majoring in Information Technology at Danang University of Science and Technology. I am writing to express my heartfelt gratitude to everyone at Lifestart Foundation for awarding me this valuable scholarship, which has significantly helped ease the burden of my tuition fees.

Before receiving the scholarship, I faced significant challenges around my education and living expenses. I come from a financially disadvantaged family where both my parents are farmers.

Unfortunately, their health has been declining, and they suffer from multiple chronic conditions including lumbar spine degeneration, severe insomnia, sinusitis and stomach ulcers. As a result, they are unable to do heavy labor and must take regular medication. Over the past 2 to 3 years, their health has worsened significantly and their income of 6 to 7 million VND per month is unstable. I have a younger brother in year 12 who is preparing to go to university, adding to the financial burden, and another sister who is currently doing an internship as a doctor and still relies on the family for assistance. Although

my eldest sister is married, her family also faces financial difficulties and is unable to provide much support.

When I learned that I had been selected by the generous benefactors at Lifestart Foundation to receive a scholarship, I was deeply moved and overjoyed. This scholarship holds immense significance for myself and my family.

It not only alleviates the heavy financial burden on my parents but also serves as a powerful source of motivation, boosting my confidence to overcome challenges and enabling me to focus on my studies and grow personally. With this support, I am able to pursue my education with peace of mind, no longer overwhelmed by concerns about living and academic expenses.

As a second-year Information Technology student at Danang University of Science and Technology, I am currently studying specialized subjects such as Algorithm design and analysis, Databases and Object-oriented programming, along with some general subjects. I dedicate much of my self-studying time to investigating these topics more deeply. Initially, I struggled to grasp some of the foundational knowledge in my major, but with the support of my friends and teachers, I have made significant progress and improved in many areas. I am particularly passionate about programming and software development, as they are fields that encourage creativity and problem-solving.

In the first semester of my second year, my academic progress has improved significantly largely due to having a clear study plan and setting specific goals which I did at the beginning of the school year. Besides my studies, I actively participated in various extra-curricular activities, such as voluntary blood donation and running events organized by my seniors.

These activities have allowed me to give back to society and share the positive values that I have been fortunate enough to receive. My plan for the near future is to further develop my professional knowledge while setting more goals for myself. I intend to engage in extracurricular activities and sports to improve both my mental and physical health.

Additionally, I will focus on developing more effective time management skills. A key priority for me is to improve my English proficiency, not only for reading professional documents but also for better communication in an international work environment. To achieve this, I have created a specific plan to dedicate at least 5 hours each week to self-studying English as well as participating in online courses to develop new skills in the language.

My long-term goal is to become an IT professional, with a particular focus on software development. I am committed to working diligently every day to achieve this aspiration.

In closing, I would like to express my heartfelt gratitude to the kind sponsors, KMS Technology and Lifestart Foundation for funding my scholarship. This support not only alleviates my current financial challenges but also opens up new opportunities for my future, bringing hope to both myself and my family. I promise to utilize this scholarship effectively and to continuously strive in my studies to live up to the trust and expectations you have placed on me. Lastly, I wish Lifestart Foundation continued growth and success.

Sincerely,
Phan Phuoc Dat



UPDATE: 29-06-2025

Exciting News!

Today, our hearts are full as we celebrate the incredible journeys of our Lifestart Foundation scholarship students at their end of school year closing ceremony. Their dedication to their studies has shone brightly throughout the year, culminating in truly inspiring achievements.

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

Not only did they excel academically, but many of our brilliant scholars were also recognized with prestigious awards for their exceptional performance in various subjects and extracurricular activities. Their accomplishments reflect their determination and the invaluable support they have received from Lifestart Foundation.

And now, as the school year concludes, we proudly stand alongside some of our students as they gear up for the National High School Entrance Exam and National High School Graduation Exam. We have no doubt they will continue to shine. Let's send them our collective strength and best wishes for this pivotal step!



UPDATE: 05-07-2025

MEET DOCTOR NGOC HOAI

An Inspiring Journey: Dr. Hoai's Path specializing in Diagnostic Imaging

Dr. Ngoc Hoai, is an outstanding General Medicine graduate who achieved a remarkable GPA of 3.65/4.0, ranking among the Top 10 out of 467 final-year students. In late 2023, she

excelled in the Residency entrance exam for Medical Diagnostic Imaging, securing the Salutatorian position at Hue University of Medicine and Pharmacy.

Transitioning from university to a clinical environment, Dr. Hoai has grown tremendously, taking greater responsibility in patient care and refining her procedural skills. Now in her second year as a **Diagnostic Imaging Resident Doctor and Master's student**, Dr. Hoai continues to excel in her studies and clinical training.

Her journey began with foundational courses in Anatomy, Surgery, Oncology, and Basic Radiology. She is now expanding her expertise into specialized fields such as Neurology, Cardiovascular Imaging, Musculoskeletal Radiology, Urogenital Imaging, and MRI interpretation. From initially knowing little about Radiology, she has progressed to confidently performing ultrasounds, analyzing X-rays, and interpreting CT scans. Though there is still much to learn, she is deeply motivated by the growing role of Diagnostic Imaging in modern medicine.

Alongside her demanding hospital work, lectures, and exams, Dr. Hoai is deeply committed to giving back to the community. She recently volunteered in a medical outreach program, performing ultrasound

screenings for underprivileged families. This experience reaffirmed her passion for medicine and her commitment to bridging the gap in healthcare access.

Dr. Hoai is also determined to pursue international opportunities. She has successfully obtained the DELF B2 French certificate and is currently applying for the Diploma of Specialized Medical Training (DFMS) program in France, which would allow her to train in a French hospital during her third year of Residency. Despite her achievements, Hoai's journey has not been without challenges. Her mother, who suffers from high blood pressure and a heart valve condition, could no longer continue working as a housemaid in Ho Chi Minh City. She returned to their hometown in Quang Ngai province to work on the family farm, while her father remains in Ho Chi Minh City, selling ice cream despite his ongoing health issues.

To support Hoai's education, he has moved in with fellow vendors to cut down on living expenses.

Despite facing personal and financial challenges, Dr. Hoai remains focused and determined, ready to overcome every obstacle with resilience and perseverance as she moves forward on her journey. The ongoing support of the Lifestart Foundation has allowed her to pursue both her Residency and Master's degree without the burden of financial stress, empowering her to focus entirely on her studies and professional growth.

Lifestart Foundation is pleased to continue accompanying Dr. Hoai on her journey toward becoming an outstanding doctor. Dr. Hoai's journey is a shining example of resilience, passion, and dedication.

You can read more about Dr. Hoai in the links below:

- Introducing new medical scholarship student Hoai:
<https://bit.ly/4bcjuK5>
- A laptop donation for Hoai:
<https://bit.ly/41hNG2L>
- Hoai achieved an excellent GPA of 4.0 out of 4.0 in the first semester of year 5:
<https://bit.ly/4aggGuf>
- LSF medical scholarships' success story:
<https://bit.ly/3JZolT6>
- LSF medical scholarship students graduate with top honors:
<https://bit.ly/4bCC8Ld>
- Congratulations to LSF medical graduates on gaining Residency program admission:
<https://bit.ly/3yitB1D>
- Congratulations Dr. Hoai on her graduation:
<https://bit.ly/43efJ5F>



UPDATE: 12-07-2025

LIFESTART FOUNDATION'S UNIVERSITY GRADUATE SANG: OVERCOMING ADVERSITY - FROM AN ORPHAN TO A MECHANICAL ENGINEER

You may remember Sang - the bright-eyed young boy we first met when he was in Year 7. It has been a decade since Lifestart Foundation became part of his journey, walking beside him every step of the way. Today, we proudly celebrate his remarkable transformation - from a child facing unimaginable hardship to a Mechanical Engineer who has graduated from Ho Chi Minh City of Technology with Distinction. Sang's early years were

filled with challenges that would have been unimaginable for anyone, especially someone so young.

After his parents divorced, he was left alone - first by his mother, and later by his father, who had to travel far for work. For some time, Sang lived completely alone, fending for himself with quiet courage and strength far beyond his years, while still attending Primary School. Eventually, kind-hearted neighbours realised he was living alone and helped locate Sang's disabled uncle, who was caring for their elderly grandmother far away. Despite his own limitations, this uncle took Sang in and worked tirelessly to support his nephew, offering love, stability, and the chance to begin again.

Sang's story came to Lifestart Foundation's attention not just because of his difficult circumstances, but because of his extraordinary determination and academic excellence. Awarded a full Lifestart Education Scholarship in Year 7, Sang has never stopped striving. With the support of the Lifestart Foundation scholarship, Sang was equipped with the best conditions to thrive - earning admission to Le Thanh Tong High School for Gifted Students, where he excelled academically, won multiple awards, and was admitted directly to university. Sang's journey is a powerful testament to the resilience of the human spirit and the life-changing impact of education.

Congratulations, Sang. Your strength, humility, and perseverance inspire us all. We are immensely proud of everything you have achieved and can't wait to see what your bright future holds. In his own heartfelt words, Sang has shared a letter of gratitude. We invite you to read his moving message of thanks.

SANG'S GRATITUDE LETTER:

Dear everyone at Lifestart Foundation,

My name is Sang - the lucky student who you have kindly been sponsoring. I have recently graduated with a Bachelor's degree in Mechanical Engineering from the University of Technology - Vietnam National University, Ho Chi Minh City.

In this letter, I would like to tell you about the last semester, both in terms of my studies and personal growth, and to express my sincere appreciation for the invaluable support you've given me over the years. The second semester was my final one at university. My schedule was relatively relaxed and less demanding than third year. I dedicated 8 hours each day to self-study, and in the days leading up to the exams, I extended this to 12 hours. Throughout this process, thanks to my experience in subjects, I achieved relatively high scores in both the weekly tests and the final exams in subjects such as Production Management, Lifting Engineering, Hydraulic and Pneumatic Engineering and Industrial Maintenance Engineering. Additionally, I successfully completed my Mechanical Graduation Project on the topic "Design and Application of a Steel Pipe Bending Machine in Industry." I'm proud to share that I achieved a score of 9 out of 10 for this project. As a result, my final GPA for the semester was 8.6/10, and my overall GPA for the entire course, 8.2/10. I am thrilled to have graduated with honours and feel immensely satisfied knowing that my persistent efforts over the past four years have paid off with such rewarding results. For me to have achieved this outcome is largely thanks to the support of the Lifestart Foundation, who extended a helping hand to me and my family from when I was in secondary school. At that time neither my uncle nor my grandmother had the financial means to support my education through to university and though I found studying very difficult, I still made an effort and remained optimistic, seeing education as a joy, and books as my companions. When I received the news that I had been awarded a scholarship from the Lifestart Foundation, I was incredibly moved because it gave me so much motivation to study harder. During my secondary and high school years, I received substantial support from my sponsors both in addition to the scholarship. For example, I was very happy when I received a study desk because it allowed me to focus on my learning and to achieve the best results. Gifts like a bicycle and a subsequent electric bike also helped me a lot in my commute to school. In addition to the pens, notebooks and reference books I was given, my sponsors and Lifestart Foundation also supported me with rice and essential supplies which all helped ease the financial pressure on me and my family. Without such support, given my family's situation, my school journey

would have been much more difficult. When I entered university, I was fortunate to continue receiving your financial help.

Besides the full scholarship that covered all my tuition fees, rent and food, you also gifted me a new laptop, which was a valuable present that helped me a great deal in my studies. Without it, I would have found it very much more challenging. The most memorable moments for me were the times I got to meet my sponsors when you both returned to Vietnam. I felt the love and care you had for me through the meals we shared and the thoughtful gifts I received, such as board games, new clothes, new shoes, a watch and monthly boxes of milk to give me additional nutrition. Thanks to your support, along with my own efforts in studying, my life and my family's situation have been improving day by day.

My family feels more at ease now that I have completed my academic journey through high school and university. I also feel more confident in myself and have continuously accumulated specialized knowledge to ensure that I can be useful in my future career. Certainly, without the support of Lifestart Foundation, I would not have achieved the success I have today. Financial pressures have always been a major burden on my family, but they have been greatly eased thanks to the companionship of the two of you. After completing my studies in the second semester,

I applied for an internship in machine design and operation at C.T. Company in Dong Nai. The career path I aim to pursue is that of a Machine Design and Operation Specialist. To excel in such a broad field, I need skills in design tools as well as strong learning and communication abilities. Therefore, I plan to take additional certifications in SolidWorks, AutoCAD and Inventor, which will enable me to have a higher level of knowledge and professional skills. I also intend to apply for design positions which will give me more experience, and I hope to collaborate on mechanical projects for the company, or work as a freelancer. I am confident that I will become even more successful once I start my career. As I reach the end of this chapter in my life, words alone cannot fully express my gratitude to you. From the bottom of my heart, I would like to say that Lifestart Foundation family, has been guiding light, helping me navigate through countless challenges. Your support has been a beacon of hope that I will never forget. I now feel confident to take the next steps in my journey and am determined to keep working hard to become a person of compassion, vision and talent; and someone who will contribute to society and inspire future generations.

Finally, I would like to extend my heartfelt thanks to Ms. Karen, Ms. Nhung, Ms. Uyen and all the staff in the Lifestart Foundation family who have always cared for, supported and loved me throughout this entire academic journey. I hope the organization continues to grow stronger to support even more students in need.

Sincerely,
Nguyen Ngoc Sang

You can read more about Sang here:

- Introducing new Education Scholarship student Sang: <http://bit.ly/2MtWdu8>
- Sang receives milk as additional monthly support from his sponsors: <http://bit.ly/3iOodT2>
- Sang receives a new desk from his generous Lifestart Foundation sponsors: <http://bit.ly/39klOBa>
- Sang, our Physics superstar, receives an e-bike and tutoring classes from Nay: <http://bit.ly/3sZPOdQ>
- Sang meets his generous sponsors from Australia: <http://bit.ly/39j8Pjy>
- Sang receives birthday gift boxes from his sponsors: <http://bit.ly/39km0Ao>
- Sang accepted to Ho Chi Minh Uni of Technology: <https://bit.ly/3spfaB5>
- A new laptop donation for Sang: <https://bit.ly/3EX40Pv>

MEET ALL OF OUR UNIVERSITY STUDENTS AND GRADUATES HERE: <https://byvn.net/Jfo8>



UPDATE: 19-07-2025

**MEET LIFESTART FOUNDATION'S NEW SCHOLARSHIP RECIPIENT
THUY HA - DOCTOR OF THE FUTURE**

"When you feel tired and want to give up, think about the reason why you started."

This quote has been a source of strength for Thuy Ha, a medical student with the dream of healing others. Ha is one of our newest medical scholarship recipients - a General Medicine student at Hue University of Medicine and Pharmacy. Like most of our Lifestart Foundation students, Ha comes from a challenging background, which she shares in her heartfelt letter of gratitude. Despite financial hardship and personal loss, Ha has consistently achieved excellent academic results and remains actively engaged in community and volunteer work. Her dream is not only to help her family break the cycle of poverty but also to make a lasting contribution to the development of the healthcare sector. The Lifestart Foundation Scholarship, awarded in her second year of university, is more than financial support – it's a spark that fuels her passion, a belief that keeps her moving forward. Once again, we are honored to welcome Ha to the Lifestart Foundation family. Her resilience, courage, and dedication embody everything our scholarship program stands for. We look forward to supporting her as she continues to pursue her dreams and reach new milestones.

HA'S GRATITUDE LETTER:

Dear Karen and everyone at Lifestart Foundation,

My name is Vo Nguyen Thuy Ha, and I am currently a second-year General Medical student at University of Medicine and Pharmacy, Hue University. Today, I am truly honored and overjoyed to have the opportunity to write this letter to express my deepest gratitude to you for granting me this invaluable opportunity to become a part of your organization and for supporting me on my journey ahead. I was born and raised in Huong Thuy town, Hue City, about 20 kilometers south of the city center. My family consists of five members: my father, my mother, my two younger siblings and me. I had a relatively peaceful childhood. Although my family wasn't well-off, we were very happy. However, when I had just entered 9th grade, my father was diagnosed with hip joint necrosis and had to undergo joint replacement surgery.

Combined with his long-standing asthma, he gradually lost the ability to do heavy labor. At that time, my mother had just given birth to my youngest sibling, so she was not able to return to work. It seemed like that period was the most challenging, as I had to work hard to balance my studies along with helping my parents. Since then, even though I was only in 9th grade, I started tutoring primary school students in Maths and Vietnamese to earn extra income. At that time, I taught six sessions a week for two students, earning about 1 million VND per month. Despite this, I was genuinely very happy. Then, I went to university; I still vividly remember the pride and happiness of my family when I received my acceptance letter from Hue University of Medicine and Pharmacy.

When I entered university, I increased my workload, taking on up to 15 tutoring sessions per week, teaching Maths and Chemistry to earn extra income and support my parents. Though it was exhausting, I was incredibly happy because my family and in particular my parents were always there behind me, encouraging and supporting me in pursuing my dreams.

However, during what felt like the most peaceful time, fate suddenly struck a cruel blow. My father passed away unexpectedly, without any prior illness. A sudden stroke took him away from us. In the days that followed, I felt as though I had been plunged into a storm of worry and regret. Yet, on the outside, I had to remain optimistic and keep smiling because I knew that behind me were my mother

and my two younger siblings - the eldest had just entered 7th grade, and the youngest was only 4 years old. I started throwing myself into work, taking on more part-time jobs and seeking support wherever I could because my father was no longer there to shoulder the burden with me. I worked almost every day of the week, leaving home at 6 a.m. and returning at 9.30 p.m., teaching over 32 hours a week, in addition to my studies at medical school. Over time, I started losing weight, became exhausted and struggled with insomnia. It felt as though everything was against me. My mother cried a lot because she was afraid of losing me too. That moment was like a wake-up call, pulling me out of the darkness within myself. Now, I see life more optimistically. I realize that I am luckier than many others and have come to understand that striving purposefully is far better than wearing myself out. I began participating in more social activities and joining more clubs, expanding my network and doing my best to always be a source of positive energy and optimism, hoping to bring joy and encouragement to those around me.

Currently, my mother, with her monthly income of 5 million VND (approx. \$310 AUD) as a garment worker, is struggling to support the education of my two younger siblings and me. Outside of my school hours, I make the most of my time by tutoring 30 sessions a week to help my mother cover the rising expenses and continually-increasing tuition fees. With the demanding schedule of a second-year medical student, I find it extremely challenging to manage my time effectively between studying and work, while maintaining a good academic performance. My family feels like it's caught in a storm of hardships and scarcity, especially after my mother had an accident that left her with broken ribs, requiring her to rest at home for two months.

Despite these mounting challenges, I remain steadfast in my belief that I can face them head-on. I know I am the pillar my family depends on. From the moment I saw the information from the Lifestart Foundation, I was truly overjoyed because this was a great opportunity for me to seek support, to become stronger and to gain motivation to move forward on my journey. I worked hard to complete the application, not allowing myself to make any mistakes because I truly valued this opportunity, and I desperately wanted to seize it.

When I received the invitation to attend an interview, I felt both excited and nervous. I researched everything I could about the organization, and the night before the interview, I couldn't sleep. I was anxious, worried and even scared. I couldn't wait to finally step into the interview room. The same feeling remained with me as I waited in the final interview room.

Though I was exhausted, I tried to comfort myself and calm my nerves. But when the interview started, the fear seemed to disappear. I felt understood and supported, as Ms. Karen and Ms. Nhung listened to my feelings and gave me invaluable advice. At that moment, I knew I had already succeeded on this journey, not because I was certain I would be accepted, but because I had learned so much from that interview. In the end, I felt deeply grateful to the organization for giving me this opportunity and for the lessons and experiences that will help me go further on my new path. One morning, during a break between classes, I received an unexpected call from Ms. Nhung.

Although I had been eagerly waiting for the result, I was truly surprised to hear the news directly from her instead of through a text message or email. I was momentarily stunned when I learned that I had passed. I was so happy that I didn't know what to do. I couldn't believe my ears. I was happy because I had made it, and because the journey ahead would be brighter and sweeter, knowing that I would be supported and protected as a member of the organization.

Immediately after that, I called my mum to tell her the news and she was overwhelmed with joy. It had been a long time since I had seen her smile so brightly, and I will always remember what she said: "I'm proud of you. Love yourself more, my dear." Indeed, the Lifestart Foundation is a gift, a great happiness for me and my family. Words of thanks and the tears I've shed cannot fully express the depth of this happiness.

Becoming a part of the Lifestart Foundation family will be a turning point for both me and my family. From now on, the heavy financial burden that has weighed on me and my mother will be lightened. I no longer need to exhaust myself handling economic struggles because from now on I will be greatly supported and protected. More than anything, Lifestart Foundation has given me renewed faith in life. It is like a guiding light that illuminates my path, showing me that the future holds bright days. I now know that if I stay courageous, strong and continue to dream and work hard, one day luck will smile upon me.

Currently, as I begin the first semester of my second year, I am being introduced to more paraclinical knowledge. The amount of material we need to learn is increasing, but it is closely tied to real-life applications, which makes these subjects particularly engaging for me. As second-year students, we primarily focus on paraclinical studies and have limited hospital exposure. Our schedule typically includes 8-9 sessions per week. However, these subjects require a significant time investment to memorize and connect the knowledge effectively.

Therefore, I need to maximize my self-study time in addition to attending classes and part-time work. On average, I dedicate about 3 hours a day to self-study, and during exam periods, I increase this to around five to ensure I am well-prepared. In the near future, I will reduce the number of part-time jobs as much as possible to focus on my studies and achieve the minimum GPA of 3.6/4.0 that I have set for myself. In addition, I will return to the English class that I had previously put on hold in an effort to improve my language skills. I aim to become proficient in both English and French before graduation.

I will also continue to actively participate in club activities to connect with older students, gaining experiences that will help not only with my studies but also with facing challenges in life. Above all, I want to spend more time with my family, improve my health and gain more positive energy to stay strong on every path ahead. After graduation, I hope to continue studying and seek opportunities to develop my career abroad, in order to improve my skills and grow personally.

My dream is to become a skilled orthopedic surgeon, so that I can use my small strength to reduce the suffering in the world. I want to inspire those who are in difficult situations and struggle to overcome challenges in life. I hope to contribute to helping them, both financially and by offering advice which will enable them to rise above the hardships they face. Above all, I want to be strong enough to care for my family and to provide my mother with a life of comfort, free from financial worries.

I also aim to be an older sister who is able to support my younger siblings, so they won't have to struggle for their daily needs but will confidently and strongly walk their own chosen path. Most importantly, I will strive to become a child who makes my father proud, even from the other side. Words cannot fully capture the overwhelming gratitude I feel at this moment.

On behalf of my entire family, I would like to express our deepest thanks to Ms. Karen and the entire Lifestart Foundation team. Your support has given me the strength and confidence to move forward on this journey, and I am forever grateful for the opportunity you've provided. I promise to always work hard and strive to move forward, to become a strong pillar for myself and my family's life, and even contribute to society.

I hope to one day be a living testament to the transformative power of your support, and proudly say: "I am honored to be one of the individuals uplifted by Lifestart Foundation."

With deepest gratitude,
Vo Nguyen Thuy Ha



UPDATE: 26-07-2025

LIFESTART FOUNDATION SCHOLARSHIP PROGRAM EMPOWERS FUTURE OBSTETRICS & GYNAECOLOGY RESIDENT – MEET DR. VAN

Meet Dr. Van - a shining example of resilience, dedication, and the transformative power of education.

As a Lifestart Foundation Scholarship recipient, she is well on her way to becoming a skilled Obstetrics and Gynecology Resident. Dr. Van was accepted into the General Medicine program at Hue University of Medicine and Pharmacy in 2017. Coming from a humble

background, she is the first in her family of six to attend university. Her father works as a builder, and her mother is a rice farmer and housewife. With a monthly family income of just 5,500,000 VND (approx. \$343 AUD), affording six years of medical studies for Van seemed impossible. Everything changed in her second year, when Dr. Van was awarded a full scholarship from Lifestart Foundation. With the financial burden lifted, she could fully commit to her studies - and she thrived. She graduated with distinction, ranking 20th among her peers in General Medicine.

Driven by her passion for women's health, Dr. Van took the highly competitive Obstetrics and Gynecology Residency exam - and placed in the top 5 of all candidates. Now in her second year of residency at Hue University of Medicine and Pharmacy, she's no longer just observing - she's delivering babies, assisting in surgeries, and confidently managing critical tasks. To date, she has helped deliver more than 150 newborns. Her work is as intense as it is rewarding. With 8-10 on-call shifts each month, often lasting nearly 30 hours, Dr. Van exemplifies dedication. She began her residency suturing wounds post-caesarean, and after months of hands-on learning, now assists in caesarean sections and gynecological procedures. Despite the exhaustion, she finds deep joy in her work - doing what she loves: caring for patients at their most vulnerable moments. Thanks to her wonderful sponsors, her scholarship didn't stop at graduation - she continues to receive Lifestart Foundation support during her residency, significantly easing the financial pressure of her advanced studies. Thanks to this continued backing, she successfully passed the Master's course entrance exam and is now pursuing a Master's degree in Obstetrics and Gynaecology alongside her rigorous clinical training. Reflecting on her early residency, Dr. Van recalls the exhaustion and self-doubt. But those tough months shaped her into a more confident, capable doctor. Each patient she treats, each shift she endures, and each challenge she overcomes has brought her closer to the doctor she aspires to be. To her, community care starts small - with one patient, then another, and another - until the ripple effect creates broader, lasting change. She's witnessed both joyful beginnings and heart-breaking outcomes, and every case has strengthened her empathy, sharpened her clinical skills, and deepened her commitment to medicine. Lifestart Foundation is incredibly proud of Dr. Van's journey and is pleased to continue accompanying her on the journey to become an Obstetrician & Gynaecologist Resident. Her story is a powerful reminder that with support, determination, and a compassionate heart, incredible things are possible.

Here's to another year of growth, learning, and making a meaningful difference - one patient at a time.

You can read more about Dr. Van here:

- Dr. Van graduates from Hue University of Medicine and Pharmacy: <https://bitly.li/CUmF>
- An Update from Van: <https://bitly.li/JK4I>
- Introducing Van: <https://bitly.li/Ooqn>



UPDATE: 02-08-2025

WELCOME TO THE LIFESTART FOUNDATION FAMILY, NGOC!
Supporting Bright Futures for Young Students in Central Vietnam

We are thrilled to introduce Ngoc, one of the newest students to join the Lifestart Foundation Education Scholarship Program. Ngoc is a bright, resilient Year 7 student living in Thang Binh district, Quang Nam province. Her journey has been shaped by hardship and perseverance, however, she has consistently demonstrated a deep commitment to her education.

In 2014, Ngoc's father tragically passed away from a stroke, leaving her mother to raise Ngoc and her older sister alone. With a monthly income of just 4.6 million VND (approximately \$287 AUD) earned from her job as a cook at a local kindergarten, Ngoc's mother worked tirelessly to provide for her daughters. She also grew vegetables and corn to make ends meet and often took extra work at weekend events or at a local amusement park, sometimes working late into the night to support her family.

Despite financial challenges, Ngoc has remained focused on her studies and her future. Her hard work and determination have now been recognized with a Lifestart Foundation Education Scholarship, which covers her tuition, books, school supplies, uniforms, and essential extra classes. At this stage, Ngoc is interested in pursuing a career in Pedagogy. The life-changing support from Lifestart Foundation eases the burden on her family and now allows Ngoc to focus fully on her education and long-term goals.

At Lifestart Foundation, we believe that education is the most powerful tool to change a life, especially for young girls in vulnerable communities. By supporting students like Ngoc, we help pave the way for a brighter, more secure future, not only for them but also for their families and communities.

Please join us in welcoming Ngoc to our scholarship family. We can't wait to see what she will accomplish. Upon hearing she had passed the Lifestart Foundation scholarship program, Ngoc wrote a heartfelt letter of gratitude sharing more about her life and aspirations. We invite you to read her letter below.

NGOC'S GRATITUDE LETTER:

Dear Karen and everyone at Lifestart Foundation,

My name is Huynh Thi Thanh Ngoc, a student at Ngo Quyen Secondary School, and one of the fortunate recipients of your generous sponsorship. I live in Duy Xuyen district, Quang Nam Province which is about 43 kilometers from Hoi An city.

I am writing this letter to express my deepest gratitude for the precious educational scholarship you have provided. It is a tremendous help to me and my family, and I truly appreciate your kindness and support. I would also like to take this opportunity to share a little more about my life, family and studies. My family is my greatest motivation in everything I do.

Despite not having a father, my mother, in her role of both father and mother, has worked incredibly hard to ensure that my sister and I can continue our education. Besides from studying hard, I try to help my mother in any way I can. I often go with her to the fields, where I assist with tasks like weeding and watering. At home, I share the housework with my sister to lighten my mother's load, whether it's cooking, cleaning or other chores.

Academically, I am proud to share that I finished year 6 as an outstanding student with an average score of 8.93 out of 10. While I am pleased with this result, I know I can push myself further and achieve even greater success with consistent effort and determination. Currently, I am in year 7 and attend

regular classes in the mornings. My studies are going well and I'm happy to say that my classmates are very friendly and supportive of each other. My class teacher is quite humorous and makes learning enjoyable and although she can be strict at times, I understand that her discipline is aimed at bringing out the best in us.

In the afternoons, I attend extra classes for Math, English and an advanced Literature class for gifted students at my school. These classes have helped me grasp the material more effectively, making my schoolwork easier and more manageable.

They have also provided me with opportunities to learn new, more challenging things which I truly enjoy. At home, I devote around four hours each day to self-study. During this time, I complete my homework, review old lessons and tackle more advanced exercises to deepen my understanding of each topic.

Among my favorite subjects are Math and English. I love Math because it allows me to explore new and interesting formulas, and I find joy in solving complex problems. English is important to me because I know it will be a valuable skill for me in the future when I hope to become a Math teacher. I want to pass on the knowledge, experience and insights I've gained to the next generation of students, just as my teachers have done for me.

For this school year, I have set myself the goal of achieving an average score of 9.0. To reach this, I am committed to increasing my self-study time, organizing my schedule more effectively and maintaining focus in all my subjects.

Receiving this scholarship has brought immense joy to my life. I was thrilled to have the opportunity to participate in the scholarship interview, and when I found out that I had been selected, I couldn't have been happier. On top of that, when I heard the news that my sister had also received support, it made me feel even more fortunate. We feel incredibly blessed to have both been given this opportunity.

This scholarship has lifted a significant burden from my mother's shoulders, and she won't have to worry as much about tuition fees, books or extra classes for my sister and me. I can now focus completely on my studies without being concerned that I am adding to my mother's stress. The scholarship is not only a financial blessing but also a key that opens doors to a brighter future for me. It is helping me pursue my dreams and fulfill my mother's hopes for a better life for our family.

Your support will be the driving force behind my efforts to study harder and achieve the best results possible.

Finally, I would like to extend my sincerest thanks to the entire Lifestart Foundation team for the invaluable support you have provided. I wish you all good health and happiness and I promise to always work hard to be deserving of the help you have given me.

Thank you again for your generosity and kindness.

Sincerely,
Huynh Thi Thanh Ngoc



UPDATE: 09-08-2025

LIFESTART FOUNDATION'S SPECIAL VISIT TO MEDICAL SCHOLARSHIP STUDENTS IN HUE

Lifestart Foundation is pleased to share highlights from our recent visit to Hue University of Medicine and Pharmacy, led by our Founder, Ms. Karen Leonard OAM, along with four dedicated team members. This meaningful visit allowed us to personally award scholarships and connect with the next generation of Vietnam's healthcare professionals.

During this visit, we had the privilege of awarding nine new General Medical scholarships to exceptionally talented and resilient students from highly disadvantaged backgrounds. This newest cohort includes seven General Medicine students and two Residency students. Alongside the scholarships, we also provided three new laptops to support their academic journey.

Lifestart Foundation scholarships are not only a form of financial assistance, but also a testament to the students' academic excellence and determination to overcome adversity. Many of the recipients had faced challenges in securing basic needs such as food and housing prior to receiving their scholarship. With this support, they are now equipped with tuition, books, safe accommodation, nutritious food, and essential learning tools to pursue their education with confidence.

Our visit to Hue University was a valuable opportunity to connect personally with all 27 of our current scholarship students. Through one-on-one conversations during mentoring sessions and shared dinners, we gained deeper insights into their ambitions, personal stories and the challenges they have overcome in pursuit of a medical career. Most of these students are studying General Medicine, while one aspires to a career in Nursing. Their career goals span a wide range of specialties, including Surgery, Obstetrics and Gynecology and Pediatrics. Additionally, the six Residency students are currently specializing in Diagnostic Imaging, Surgery and Obstetrics and Gynaecology.

We are immensely proud of our students' resilience and unwavering commitment. Their academic dedication and determination continue to inspire us. With ongoing support from Lifestart Foundation, we believe they will flourish and make meaningful contributions to the healthcare system in Vietnam. We look forward to witnessing their continued growth and celebrating their future accomplishments.



UPDATE: 16-08-2025

INSPIRING NEWS FROM LIFESTART FOUNDATION'S SCHOLARSHIP RECIPIENT THUY VAN!

Lifestart Foundation is proud to celebrate the outstanding achievements of Thuy Van, one of our exceptional Education Scholarship recipients.

A dedicated student at Le Thanh Tong High School for Gifted Students, Van majors in Geography and embodies what it means to be a well-rounded student. She recently completed Year 10 with an impressive GPA of 9.4, ranking 1st in her class and 2nd across the entire Year 10 cohort at her school.

Van also shone in multiple academic competitions, earning:

First Prize in Geography at the 2025 Quang Nam Provincial Contest for Excellent Students

Gold Medal in Geography at the 2025 Traditional April 30th Southern Region Olympic Competition – a prestigious event that gathers top high school students from across southern, central, and Central Highlands regions of Vietnam. Since its inception in 1995, this competition has been hosted by Le Hong Phong High School for the Gifted in Ho Chi Minh City.

These accomplishments are even more remarkable given Van's challenging personal circumstances. She lives with her mother and younger brother. Her mother, the sole breadwinner, works long hours selling vegetables and assisting at a food stall to support her children's education - despite frequent illness and an unstable income.

Van's success is built on her unwavering self-discipline and determination. She studies independently for 6-7 hours each day, supported by her mother's sacrifices and the vital assistance of the Lifestart Foundation Scholarship.

We are deeply inspired by Van's resilience and commitment. Her story is a powerful reminder of how access to education can transform lives, particularly for young women in developing countries. Every girl who is educated is one less woman at risk in the future.

Congratulations, Van! We can't wait to see all that you will achieve next.

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

- Introducing Van – A new LSF Education Scholarship student: <https://bitly.li/CSS7>
- Introducing new Lifestart Foundation scholarship students: <https://bitly.li/hClr>
- Entering Le Thanh Tong High school for Gifted students: <https://bitly.li/EDBM>
- Supply Donation for Van, Trieu and Duyen: <https://bitly.li/vrmz>
- A hamper box donation for Van: <https://bitly.li/44Sm>



UPDATE: 23-08-2025

RIISING ABOVE ADVERSITY – MEET THAI, DOCTOR OF THE FUTURE

The Lifestart Foundation recently invested over **\$96,100 AUD** (more than 1.5 billion VND) in a new round of major medical scholarships at Hue University of Medicine and Pharmacy. From a competitive pool of applicants, Thai emerged as a compelling candidate and was selected for a Lifestart Foundation General Medical scholarship. From our very first meeting, Thai impressed us not only because of his outstanding academic achievements, but also for his cheerful spirit, confidence, and friendliness. Despite growing up without a father and coming from a struggling family environment, Thai has shown remarkable strength, resilience, and determination in pursuing his dream of becoming a doctor. In addition to his academic excellence, Thai is actively involved in extracurricular activities, including his passionate participation in an academic club and Chess Club, reflecting his well-rounded character and commitment to personal growth.

Thai met all the core criteria for receiving a Lifestart Foundation scholarship:

- Coming from a significantly challenged background
- Demonstrating academic excellence and perseverance
- Choosing a field of study that will make a positive and lasting impact on the community

Upon receiving the scholarship, Thai wrote a heartfelt letter of gratitude, sharing more about his personal journey and life as a medical student. We truly believe Thai embodies the spirit of the Lifestart Foundation scholarship program. We hope you'll agree that he is deeply deserving of this opportunity, and we invite you to follow and support his inspiring journey toward a future of healing and giving back.

THAI'S THANK-YOU LETTER:

Dear Ms. Karen and everyone at Lifestart Foundation,

My name is Bach Duy Thai, a fifth-year medical student at Hue University of Medicine and Pharmacy. Through this letter, I wish to express my profound gratitude and heartfelt appreciation for your generous support by granting me the scholarship I have received. I come from a family of farmers. My parents divorced when I was just six years old, and since then, my mother has borne the weight of raising me alone. Despite facing judgment and criticism from those around her, she became the steadfast pillar of our family, managing both the economic burdens and the household responsibilities, all the while nurturing and guiding me. Lacking higher education, my mother has often had to take on physically demanding, labour - intensive jobs with unstable incomes. She frequently has to take breaks from work due to health issues or to repair our house, which is often damaged by storms.

Despite these challenges, my mother has never allowed me to feel deprived in my studies. Each Lunar New Year and new school year, she made sure I had new clothes - not extravagant, but always sufficient to ensure I was never in need. My mother suffers from heart and stomach conditions, frequently experiencing chest and abdominal pain, which requires her to visit the doctor and take medications once or twice a month. Her unwavering resilience and determination to overcome hardship has deeply inspired me and fuelled my ambition to pursue a career in medicine. My ambition is to become a doctor, so I can care for her and provide healing to others who are ill and suffering.

Since entering university, I have always studied diligently, avoiding distractions and refraining from leisure activities that could interfere with my studies. I manage my own grocery shopping and cooking to save money and except for attending classes, I usually walk to save on fuel expenses. My efforts have been rewarded; since first year, my grades have consistently ranked in the top 2 of my class and amongst the top in my group. I have also been awarded academic encouragement scholarships from the university, which have helped alleviate the burden of tuition fees for my mother. In my third year, I successfully passed the selection process to join the Internal Medicine Club and later qualified to become a member of the club's specialized committee. When my mother worked as an orderly (cleaning and tidying at the hospital), her income was slightly better than it is now (4,000,000 VND per month). However, the company prioritized hiring younger and more energetic individuals and due to her age and declining health, her contract was not renewed, forcing her to leave the job. About a year ago, she managed to find a job washing dishes at a restaurant with a lower income.

Over time, as the number of customers increased, she began complaining of chest and back pain. This year, my mother turned 58, an age when she should ideally be able to rest and enjoy her later years. Physical labour is no longer a possibility for her, but with a meagre income of only about 3.5 million VND per month, it is insufficient to cover rent and living expenses for both of us. My mother keeps only 500,000 VND per month for her own food and sends the rest to me. Due to insufficient nutrition and deprivation, she has lost a significant amount of weight and has fainted twice. This required her to be taken to hospital where she was treated for hypoglycaemia. In recent years, with the shift toward financial autonomy in universities, rising tuition fees have become a considerable burden for my family. Having been born and raised in difficult circumstances, I deeply empathize with my mother's struggles and became aware early on of my goals and my responsibility to work tirelessly to ease her burden. "Fire tests gold, adversity tests strength" - these challenges are both obstacles and a motivation for me to continue moving forward.

When I heard about the Lifestart Foundation scholarship through my university, I was deeply impressed by the Lifestart Foundation's unwavering dedication to charitable and community activities. I was inspired by their story and decided to submit a scholarship application to the organization. I was genuinely surprised when I received notification to attend an interview. The night before, I was so nervous and anxious that I couldn't sleep. After nearly two hours on the bus, I reached Hội An. Upon arrival, I was warmly welcomed by the staff from the organization, which made me feel more at ease

and less nervous. During the interview, I had the opportunity to meet Ms. Karen and I could feel her warmth and kindness. This was my first-ever scholarship interview, so I was unfamiliar with the process. Fortunately, Ms. Nhung from Lifestart Foundation was there to support me, making the interview smoother and more effective. After the interview, I was taken to Hội An's Ancient Town for a photoshoot and enjoyed lunch with the staff from the organization. It was truly an incredible and priceless experience. Upon returning home, I felt energized and eagerly awaited the scholarship announcement. While attending clinical training, I received a call notifying me that I had been selected for the scholarship. I was truly surprised and overwhelmed with joy, as though all the burdens I had been carrying had suddenly vanished. That evening, I immediately called my mother to share the news who was also overjoyed and deeply moved.

With this generous support from the Lifestart Foundation, the next two years of my studies will become significantly brighter. The scholarship has come at a time when my family is facing immense difficulties, serving as a tremendous source of motivation, both materially and emotionally. This support will ensure I can pay my expensive tuition fees as well as a portion of the living expenses. It will alleviate the financial burdens, allowing my mother to worry less, have more time for herself, and save the money she earns for medical care and maintaining her health. As for me, I will no longer feel the pressure of having to pay my educational expenses and can focus more on my studies in the coming years, working toward turning my aspirations for the future into reality.

Having completed my fourth year with core subjects like Internal Medicine, Surgery, Obstetrics, and Pediatrics, I am now studying specialized fields such as Dermatology, Oncology, Psychiatry, and more. While their content is not as demanding as those of fourth year, there is more material to get through. In addition, I have theory and clinical exams for each subject which need to be completed within a month, posing a significant challenge for me. Given this schedule, I have adopted a rolling study method, reviewing each lesson immediately after it is taught. I dedicate about three hours per day from Monday to Friday for self-study and approximately eight hours per day for group study on weekends. Since I started doing this halfway through the semester, I have found the method to be working well and my performance has been satisfactory. I am fortunate to have highly dedicated and inspiring teachers who motivate me and turn each subject into an enjoyable experience thus encouraging me to continuously read and study more. My goals for this semester are to maintain excellent academic performance (GPA ≥ 3.6) out of a possible 4, rank in the top 20 to qualify for a school merit scholarship, and successfully fulfill my responsibilities as a class representative.

Through years of studying and self-improvement, I have learned a great deal compared to when I first stepped into Hue university of Medicine and Pharmacy. Above all, I have realized that money can never buy happiness. When faced with the fragility of life, illness, and death, people become more vulnerable and delicate than ever. In these moments, it is doctors like me who must become silent heroes, helping those around us to overcome critical situations. I believe that wholeheartedly dedicating myself to this mission is a noble cause, a dream and a goal I strive to achieve. For this reason, I plan to pursue a residency in Internal Medicine at Hue University of Medicine and Pharmacy.

Afterwards, I intend to return to my hometown, take a job near home and care for my mother in the same way she has nurtured, supported and inspired me throughout my life. I would like to express my deepest gratitude to Ms. Karen, and all the members of the Lifestart Foundation for awarding me this scholarship and supporting my family. I wish Ms. Karen, and all members of the organization good health, happiness, and success in life. May you continue to maintain your energy to carry out the meaningful and humanitarian charitable activities that you do now.

Your sincerely,
Bach Duy Thai



UPDATE: 30-08-2025

LIFESTART FOUNDATION SCHOLARSHIP STUDENT PHUONG NHI WINS 2ND PRIZE IN LITERATURE COMPETITION!

The Lifestart Foundation team is thrilled to share the latest wonderful news from our Education Scholarship recipient, Tran Linh Phuong Nhi! Nhi, currently in Year 8, has won 2nd Prize in the District-level Literature Contest for excellent students! Congratulations, Nhi!

Phuong Nhi continues to be a wonderful example of perseverance and academic excellence. She comes from a single-parent family in Duy Hai Commune, Quang Nam.

Her devoted mother works tirelessly to support Nhi and her younger sister, despite facing health challenges.

Their living situation is modest, lacking running water and a bathroom, often experiencing flooding during the rainy season. Yet, Nhi never lets these difficulties deter her.

Nhi's commitment to her studies is excellent.

During the second semester, her schedule was packed with both regular classes and advanced literature lessons in preparation for the District-level Excellent Student Competition. On days with advanced classes, she dedicates 4-5 hours to self-study, increasing to 6.5 hours on regular school days.

Her dedication reaches new heights on Sundays, when she commits 10 hours to self-study. Nhi's hard work paid off!

In the second semester, she achieved the title of Excellent Student with an impressive overall average score of 9.4 for the entire academic year, placing her second in her class. The Lifestart Foundation Education Scholarship provides comprehensive support for Nhi, covering her tuition, books, stationery, uniforms, and essential additional classes.

This crucial assistance has significantly eased the financial burden on her mother and allows Nhi to focus entirely on her academic pursuits and her dream of becoming a successful lawyer. Nhi plans to dedicate 10 hours a day to self-study, focusing on Mathematics and English, and preparing for Year 9 lessons.

Her ultimate goal is to achieve an average score above 9 in the next academic year and to be accepted into Le Thanh Tong High School for the Gifted.

Congratulations to Nhi from all the team at Lifestart Foundation.

We are very proud of your accomplishments and look forward to your future endeavours.

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

- Introducing Nhi: <https://bitly.li/gbG9>
- A Donation of Household Essentials for Nhi: <https://bitly.li/lmjP>

Donation



UPDATE: 15-06-2025

LIFESTART FOUNDATION'S HAMPER BOX & CLOTHES DONATION FOR TUNG

At Lifestart Foundation, we are dedicated to providing both educational and practical support to our scholarship students, helping them and their families overcome daily challenges. Tran Thanh Tung has been a Lifestart Foundation scholarship student since he was in Year 10. He is currently pursuing an Information Technology degree at the University of Information Technology – Vietnam National University, Ho Chi Minh City. Despite facing immense personal hardships, Tung remains dedicated to his studies and determined to create a better future for himself. Having tragically lost both parents at a young age, Tung was raised by his grandmother and aunt. Sadly, his grandmother recently passed away, leaving his aunt as the family's sole provider. Despite these challenges, Tung's determination shines through. He spends 8 to 10 hours daily on self-study and has achieved an outstanding GPA of 9.09 in his first university semester—an incredible achievement!

To help ease some of his family's burdens, Lifestart Foundation recently provided Tung with a hamper box containing essential household supplies, including rice, cooking oil, fish sauce, soy sauce, dishwashing liquid, washing detergent, toothpaste and body wash and shampoo. Along with these necessities, Tung was gifted a set of new clothes, including T-shirts, jeans, a jacket, and a pair of sneakers. These thoughtful gifts not only provide comfort but also help Tung feel more confident in his daily life and university journey. Upon receiving the gifts,

Tung was overjoyed and deeply moved. His bright smile and heartfelt gratitude showed just how much this support means to him. He shared that these gifts not only relieve his family's financial burden but also give him added motivation to continue striving for success.

We are incredibly proud of Tung's resilience and achievements, and we look forward to seeing him continue to thrive!

A huge thank you to our donors for making this possible!

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

- Introducing Tung – New LSF Scholarship Student: <https://bitly.li/6bR2>
- A Hamper Box for Tung: <https://bitly.li/1tXz>
- Household Essentials for Tung: <https://bitly.li/aCxb>
- An Electric Bike Donation for Tung: <https://bitly.li/6PdE>
- Great News from Tung: <https://bitly.li/4MxX>
- Tung accepted to University: <https://bitly.li/iovg>



UPDATE: 22-06-2025

NEW BICYCLES DISTRIBUTED TO UNDERPRIVILEGED STUDENTS

Lifestart Foundation recently held a Bicycle Donation Day for disadvantaged students from Le Van Tam and Tran Phu Secondary Schools.



At Lifestart Foundation, our priority is to enhance the lives of underprivileged students. Alongside our core projects of providing educational scholarships, we are committed to community-driven initiatives that support those in need.

We were very pleased to donate 12 bicycles to secondary school students in Dien Ban District, Quang Nam Province.

These students come from disadvantaged backgrounds and previously had no reliable means of transportation to and from school due to financial hardship. The total value of this donation was nearly 20,300,000 VND (approximately \$1,213 AUD).

Before receiving their much-needed bicycles, many of these students had to rely on friends for rides to school and extra classes. Upon hearing the news that they would receive a bicycle from Lifestart Foundation, they were all thrilled and deeply appreciative.

We hope that these bicycles will provide students with independent and safe transportation, serving as both a practical tool and a source of motivation to help them pursue their academic goals.

With their own bicycles, students can now commute to school safely and punctually, promoting regular attendance. This improvement in transportation not only enhances their learning potential but also opens up more opportunities for study by reducing travel time.

We are sincerely grateful to all our supporters and donors who make initiatives like this possible. Your contributions are changing lives and creating a lasting impact. Together, we can build a brighter future for these deserving students.



UPDATE: 06-07-2025

LIFESTART FOUNDATION'S HAMPER BOX DONATION FOR QUYNH

At Lifestart Foundation, we go beyond providing scholarships - we strive to ease the daily struggles of our students and their families through practical support.

Quynh has been a Lifestart Foundation Education Scholarship recipient since Year 8. Growing up in Dien Ban, Quang Nam, she comes from a humble background. Her family of five has endured great hardship, especially after the tragic loss of her father in an accident. Since then, her mother has become the sole provider, earning just 4,000,000 VND per month (\$155 USD) from shoe-making—a meager income that must cover all household and education expenses. Despite these challenges, Quynh remains unwavering in her pursuit of education. She dedicates 6 to 7 hours daily to self-study, determined to create a better future for herself and her family. Her resilience and hard work reflect her strong commitment to breaking the cycle of poverty. To help ease some of the financial strain, Lifestart Foundation has provided Quynh and her family with a much-needed hamper box filled with essential household items, including rice, cooking oil, fish sauce, soy sauce, toothpaste, dishwashing liquid,

shampoo, shower gel and washing powder. Quynh and her family are deeply grateful for this assistance as it allows Quynh's family to save money for other necessary expenses, providing them with much-needed relief.

We hope that with continued support from Lifestart Foundation, Quynh will stay motivated and have the resources she needs to achieve academic success.

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

- Introducing Diem Quynh – New LSF Education Scholarship student: <https://bitly.li/ysW2>
- A Donation of Study Essentials for Diem Quynh: <https://bitly.li/k50J>
- A Donation of Household Essentials for Diem Quynh: <https://bitly.li/HKzq>
- Great news from Quynh: <https://bitly.li/1wQX>
- A hamper box donation for Quynh: <https://bitly.li/hi8a>

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



UPDATE: 20-07-2025

HAMPER BOX DONATION FOR TRIEU

Meet Trieu, a dedicated Year 10 student and a proud recipient of a full Lifestart Foundation Education Scholarship. Beyond providing crucial educational opportunities, the Lifestart Foundation also extends a helping hand to students' families, recognizing the challenges they often face.

Trieu's story is one of resilience. Several years ago, Trieu and his sister tragically lost both parents to cancer. Now, they live together in a small house, along with his young niece. Adding to their difficulties, Triêu faced kidney-related health issues throughout his childhood, leaving him with fragile health and placing a significant financial strain on his sister.

Stepping up with incredible strength, Trieu's sister returned home with her four-year-old daughter after an unhappy marriage to care for both Triêu and her child. To make ends meet, she works tirelessly selling vegetables at the market, earning a modest income of around 100,000 VND (approximately \$5 USD) per day. However, the demands of caring for her brother and daughter mean her work is often irregular, making their financial situation precarious and their income insufficient to cover basic living costs.

Understanding these immense pressures, the Lifestart Foundation has provided Trieu's family with a significant boost: a hamper box brimming with essential household items such as rice, cooking oil, fish sauce, soy sauce, toothpaste, toothbrushes, shower gel, washing powder, detergent, shampoo, toilet paper, hand wash liquid, and dishwashing liquid, along with two large crates of milk.

Trieu and his family are deeply grateful for this timely and thoughtful support. This donation will directly alleviate some of the financial burden on his sister, allowing her to allocate her limited income to other pressing needs. Through the gift of education and essential support, the Lifestart Foundation aims to empower students like Triêu to focus on their studies, pursue their aspirations, and build a brighter future for themselves and their families.

Please click here to read more about Trieu:

- Introducing Trieu – new LSF scholarship student: <https://bitly.li/6znp>



UPDATE: 03-08-2025

LIFESTART FOUNDATION DONATES A HAMPER BOX FOR NHI

The Lifestart Foundation team extends additional support to students like Nhi and her family. Nhi, a bright and diligent Year 7 student at Ngo Quyen Secondary School in Duy Xuyen, is a recent recipient of the invaluable Lifestart Foundation scholarship. Nhi's journey hasn't been easy. Growing up in a single-parent household, she witnesses her mother taking on the responsibility of raising Nhi and her younger sibling. Working tirelessly as a restaurant kitchen's assistant, Nhi's mother faces significant financial challenges in providing for her children's education. This has meant that Nhi, despite her academic promise, hasn't had the opportunity to participate in extracurricular classes.

Adding to their daily struggles, their home lacks running water and a bathroom, requiring them to share these basic necessities with a neighbor. Recognizing these hardships, the Lifestart Foundation's support extends beyond educational fees. Recently, Nhi received a much-needed hamper box filled with essential household items including rice, dishwashing liquid, cooking oil, toothpaste, fish sauce, soy sauce, shampoo, and washing powder.

This thoughtful gesture aims to alleviate some of the financial strain on Nhi's mother, allowing her to redirect precious funds towards other critical needs. Just like other students supported by the Lifestart Foundation, Nhi and her family are deeply grateful for this timely assistance. These hamper donations are a tangible expression of care that brings real relief and hope.

You can read more about Nhi's story here:

- Introducing Nhi – new LSF scholarship student: <https://bitly.li/tQzi>



UPDATE: 17-08-2025

SCHOOL SUPPLIES DISTRIBUTED TO LIFESTART FOUNDATION SCHOLARSHIP STUDENTS

In preparation for the new academic year, #LifestartFoundation has completed the annual distribution of essential study supplies for our scholarship recipients.



This year, secondary and high school students received comprehensive educational support, including textbooks, stationery, school uniforms and other necessary materials.

Among these students are two in Year 12, who are entering a particularly important phase of their academic journey as they prepare for final exams and the transition to tertiary education. In addition to tuition fees and support for extra classes, #LifestartFoundation is committed to providing a strong foundation for learning by ensuring that students from disadvantaged backgrounds are fully equipped to succeed in school.

All of our scholarship recipients come from financially disadvantaged families. Despite the many challenges they face, their determination to pursue education remains unwavering.

The study supplies they have received will significantly ease the burden on their families and allow them to focus on achieving their academic goals.

This annual initiative is more than a distribution of materials; it is an opportunity for students to gather, reflect on their progress and set new goals for the year ahead.

It also serves as a reminder that they are part of the Lifestart Foundation family that believes in their potential and supports their aspirations.

We extend our sincere gratitude to our donors and supporters. Your continued generosity plays a vital role in helping these deserving students work toward a brighter future.



UPDATE: 24-08-2025

LIFESTART FOUNDATION BICYCLES BRING HOPE TO STUDENTS IN NAM GIANG, QUANG NAM

As part of our efforts to improve educational access in remote and economically disadvantaged regions, Lifestart Foundation recently organized a bicycle donation campaign.

In this round, 25 bicycles valued at 48,000,000 VND (approximately \$3,075 AUD) were presented to underprivileged students from Thanh My Secondary School, Nam Giang Semi-Boarding Ethnic Minority Secondary

School and Ca Dy - Ta Bhing Semi-Boarding Ethnic Minority Secondary School in Nam Giang District, Quang Nam Province. Nam Giang is one of the mountainous districts in the western part of Quang Nam, where many ethnic minority communities live under difficult conditions.

The students we support in this initiative often face long and challenging commutes to school, with many walking several kilometers each day or relying on others for transportation. Their journey is not only time-consuming but also physically draining, especially during the rainy season or extreme weather conditions. Through this initiative,

Lifestart Foundation aims to help students reclaim their energy, time, and focus - key factors in improving school attendance, academic performance and overall well-being. Each bicycle is a small step towards reducing educational inequality and helping students stay on track with their learning journey.

The joy on the students' faces upon receiving their bikes was incredibly heart-warming. We believe that having a bicycle will not only allow these students to attend school on time but will also inspire them to continue pursuing their dreams. We are sincerely grateful to all our supporters and donors who make initiatives like this possible.

Your contributions are changing lives and creating a lasting impact.

Together, we can build a brighter future for these deserving students.

Press



UPDATE: 11-06-2025

LIFESTART FOUNDATION TÀI TRỢ HƠN 2.2 TỶ ĐỒNG GIÚP CẢI THIẾN CHẤT LƯỢNG NƯỚC UỐNG HỌC ĐƯỜNG TỈNH QUẢNG NAM

Hiện nay, một số trường học tại các huyện miền núi tỉnh Quảng Nam chưa có nguồn nước sạch để sử dụng, việc tiếp cận nguồn nước ổn định và bảo đảm vệ sinh còn khó khăn.

Trong khi cuộc sống của người dân còn nhiều khó khăn, nguồn kinh phí để đầu tư cho việc trang bị hệ thống lọc nước uống ở các trường học còn hạn chế nên nhiều trường không thể mua sắm thiết bị nêu trên để phục vụ cho học sinh. Nhận thấy nhu cầu bức thiết sử dụng nguồn nước sạch của các trường học, tổ chức Lifestart Foundation đã quyết định hỗ trợ hệ thống lọc nước uống cho các trường ở một số địa phương thuộc tỉnh Quảng Nam, đặc biệt ưu tiên các huyện miền núi.

Theo đó, các trường học ở các huyện Phước Sơn, Quế Sơn và Thăng Bình đã được hỗ trợ trong đợt này. Trong các điểm trường trên, hầu hết các trường tại huyện Phước Sơn có học sinh chủ yếu là người dân tộc thiểu số Giê Triêng theo học. Các điểm trường này tọa lạc tại các khu vực khó khăn về kinh tế-xã hội. 10 hệ thống lọc nước mới được lắp đặt lần này sẽ giúp hơn 2.200 học sinh và đội ngũ giáo viên, nhân viên các trường nêu trên được hưởng lợi trực tiếp từ chương trình này chỉ tính riêng trong năm học 2024-2025.

Mỗi hệ thống trị giá cao nhất lên đến 66,4 triệu đồng (tương đương 4.000 đô-la Úc), có khả năng lọc đến 250 lít mỗi giờ, giúp loại bỏ vi khuẩn, virus, kim loại nặng và các tạp chất độc hại khác. Từ khi khởi động chương trình nước sạch học đường vào năm 2021, đến nay tổ chức Lifestart Foundation đã tài trợ tổng cộng 48 hệ thống lọc nước cho các trường khó khăn tại Quảng Nam với tổng trị giá hơn 2,2 tỷ đồng (tương đương hơn 131.000 đô-la Úc), nâng tổng số người hưởng lợi trực tiếp lên đến hơn 12.400 người tính riêng trong năm thực hiện dự án.

Xin vui lòng truy cập đường link bên dưới để biết thêm thông tin chi tiết: <https://bitly.li/Zgdv>

Please read the English content at this link: <https://vietnamnews.vn>

Lifestart Foundation xin chân thành cảm ơn Báo Nhân Dân đã đưa tin về sự kiện quan trọng này của tổ chức



UPDATE: 23-06-2025

LIFESTART FOUNDATION DISTRIBUTES NEW BICYCLES TO DISADVANTAGED STUDENTS

Lifestart Foundation recently visited and distributed a total of 37 new bicycles to underprivileged secondary school students in the impoverished Nam Giang district and Dien Ban town in central Quang Nam province.

Notably, all students who received bicycles in the mountainous district of Nam Giang are children of ethnic minority communities, whose families still face significant daily hardships. The total value of this round of donations reached 70 million Vietnamese Dong (more than \$4,300 AUD).

This initiative aims to make the daily school commute safer and more convenient for students whose families bear heavy financial burdens.

Beyond practical support, it also nurtures a sense of hope and determination among the young recipients.

Please click on the link below to read more about this important project: <https://shorturl.at/Zn4oN>

A big THANK YOU to Bizhub by Việt Nam News for featuring and acknowledging this special project in your newspaper.



UPDATE: 16-07-2025

LIFESTART FOUNDATION TRAO TẶNG XE ĐẠP MỚI CHO HỌC SINH NGHÈO HIẾU HỌC

Vừa qua, tổ chức phi chính phủ Lifestart Foundation đã đến thăm và trao tặng 37 chiếc xe đạp mới cho các em học sinh có hoàn cảnh khó khăn tại huyện Nam Giang và thị xã Điện Bàn, tỉnh Quảng Nam.

Đặc biệt, toàn bộ học sinh nhận xe tại huyện miền núi Nam Giang đều là con em đồng bào dân tộc thiểu số,

những gia đình còn nhiều nhọc nhằn trong cuộc sống.

Tổng giá trị đợt trao tặng lần này lên đến gần 70 triệu đồng. Chương trình trao tặng xe đạp là một trong những hoạt động thường niên mà Lifestart Foundation đặc biệt chú trọng tại Quảng Nam.

Phi dự án này hướng tới mục tiêu tạo điều kiện thuận lợi nhất cho việc đến trường của những em học sinh có hoàn cảnh đặc biệt khó khăn, tiếp thêm động lực để các em vững bước trên con đường học tập và chinh phục ước mơ.

Xin vui lòng truy cập đường link bên dưới để biết thêm thông tin chi tiết: <https://bitly.li/N9cD>

Lifestart Foundation xin chân thành cảm ơn báo Kinh tế nông thôn đã đưa tin về sự kiện quan trọng này của tổ chức.

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

www.lifestartfoundation.org.au

Please read the English content at this link: <https://surl.li/ouvdaqb>

Benefactors



UPDATE: 26-06-2025

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

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.

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



UPDATE: 24-07-2025

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.

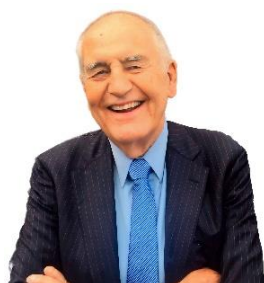
Dr. Geok Hua Wong (1931–2015)

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.



UPDATE: 14-08-2025

**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.

Other Activities



UPDATE: 01-06-2025

Happy International Children's Day from the Lifestart Foundation Team!

Let us all take a moment to think about how we can help children to reach their full potential. Be it through access to education, clean water, food, or safe housing, and then take that thought and turn it into action. Even the smallest action can sometimes positively impact a child's life.

We would also like to take this opportunity to send a special thank you to all of our wonderful sponsors who support our Educational Scholarship Project. You are directly contributing to a positive generational change for disadvantaged children in Central Vietnam.



UPDATE: 07-06-2025

LIFESTART FOUNDATION HONOURED WITH CERTIFICATE OF MERIT AND ANNOUNCES OVER 3.3 BILLION VND (\$220,000 AUD) IN NEW DONATIONS TO QUANG NAM PROVINCE

Recently, Lifestart Foundation was deeply honoured to be awarded a Certificate of Merit by the Quang Nam People's Committee in recognition of our meaningful contributions to the province's economic and social development during the 2021–2024 period. Our In Country Manager, Ms Nhung travelled to Hanoi to receive this award.

Building on this recognition, Lifestart Foundation is proud to announce a new commitment of over 3.3 billion VND (equivalent to approximately \$220,000 AUD) to support ongoing philanthropic initiatives in Quang Nam province, Vietnam. This significant funding contribution was confirmed during the signing of a renewed Memorandum of Understanding (MOU) with the Quang Nam Union of Friendship Organizations, which extends our valued partnership through to 2029.

The MOU signing ceremony took place during the recent "Conference on Strengthening Cooperation and Mobilizing Assistance from Foreign Non-Governmental Organisations (FNGOs) and Partners in 2025", hosted by the Quang Nam People's Committee in Hanoi, which Lifestart Foundation was honoured to be invited to and to participate in this important gathering. The conference highlighted the important contributions of FNGOs to Quang Nam's development, highlighting their impactful work from 2021 to 2024 across key sectors including education, healthcare, environmental protection, and social welfare. These collaborative efforts have meaningfully improved the quality of life for local communities and supported the province's progress toward sustainable development goals. Lifestart Foundation is honoured to be among the FNGOs contributing to these important advancements.

We extend our sincere gratitude to the Quang Nam People's Committee and the Quang Nam Union of Friendship Organizations for your ongoing trust, support, and collaboration. With your continued partnership, Lifestart Foundation remains steadfast in our mission to transform the lives of disadvantaged communities in Central Vietnam through sustainable philanthropic initiatives.



UPDATE: 27-07-2025

Exciting news from Lifestart Foundation!

Our founder, Karen Leonard OAM, and the Lifestart Foundation team enjoyed a journey to Hue for a week-long trip. During our visit, we had the honour of awarding scholarships to 9 medical students and 2 resident doctors at Hue University of Medicine and Pharmacy.

As part of our tradition, we hosted a special dinner bringing together all of our medical scholarship recipients. It was a fantastic opportunity for both new and current students to mingle, connect, and form lasting bonds.

The evening was filled with so much warmth as we gathered under the stars with our dedicated staff, 22 medical students and 7 resident doctors. Beyond enjoying a delicious meal, the dinner held immense significance. It provided a platform for students to support each other, share experiences, and hopefully build lifelong friendships. Plus, they had the chance for heart-to-heart conversations with Ms. Karen and our mentors, who offer guidance and support every month to each student.

Seeing these bright minds come together, sharing stories and forming study groups, fills us with joy. Many students expressed how they hadn't had the chance to connect deeply before this dinner. Now, with newfound friendships and study buddies, they feel more supported in their academic journey away from home.

At Lifestart Foundation, we firmly believe in the power of such gatherings. They not only nurture personal connections but also foster professional growth. Our aim is to empower these students as they pursue their dreams in medicine and healthcare.

We look forward with anticipation to the incredible journey ahead for our scholars!



UPDATE: 10-08-2025

MEET OUR FOUNDER

Did you know?

Our incredible Founder, **Karen Leonard OAM**, has been the heart and soul of Lifestart Foundation for the past **25 years** - volunteering her time, expertise, and endless passion to create lasting change.

Karen has dedicated this significant chapter of her life to improving the lives of **thousands of disadvantaged children and families in Vietnam**. Her unwavering commitment has led to life-changing opportunities for so many.

In 2017, Karen was awarded the **Order of Australia Medal (OAM)** in recognition of her outstanding international humanitarian work - a truly well-deserved honour. au

Want to learn more about the incredible impact Karen has made?

Head over to our website to explore the many projects she has brought to life.



UPDATE: 25-08-2025

Lifestart Foundation Meets the Da Nang Union of Friendship Organizations

Following the official merger of Quang Nam and Da Nang on July 1st, the Da Nang Union of Friendship Organizations recently hosted a meeting to introduce international NGOs operating in the region, including Lifestart Foundation. The event was attended by key representatives of the Union: President Mr. Binh, Vice President Mrs. An, and Chief of Office Mr. Hai.

The meeting provided a valuable opportunity for all participants to share their activities and discuss future collaboration. In the past, Lifestart Foundation has partnered with the Quang Nam Union of Friendship Organizations on meaningful projects, including educational scholarships, clean water systems for remote communities, house building, and providing essential items, bicycles, medical equipment and emergency relief. With continued cooperation and the spirit of friendship with the Da Nang Union, we are confident that our future projects will reach more communities and provide support to even more people in need.

We deeply appreciate the ongoing administrative support, which allows us to focus more energy on the communities we serve. With strong partnerships like this, we are confident we can create greater, lasting impact together.

Lifestart Foundation is proud to continue supporting and contributing to sustainable development in Da Nang and across Vietnam's Central region.

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



UPDATE: 26-08-2025

LIFESTART FOUNDATION UNIVERSITY STUDENT UPDATE

CLICK HERE TO READ ALL ABOUT OUR UNIVERSITY SCHOLARSHIP STUDENTS: <https://byvn.net/Jfo8>

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

40 Billion VND (approximately \$2,424,000 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: 01-08-2025

[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: 05-08-2025

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>
A few tips on your efforts:

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

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

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



UPDATE: 12-08-2025

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: 15-08-2025

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.

Please note – Goodwill wines only ship within Australia



lifestart
foundation

UPDATE: 18-08-2025

#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.