

Clean Water Project



UPDATE: 22/3/2026

LIFESTART FOUNDATION - LATEST NEWS

#CLEAN_WATER PROJECT NUMBER 42



Providing clean water for over 19,200 students to 48 remote schools in Central Vietnam. Proudly made possible by Lifestart Foundation and Karma Foundation.



Nguyen Duy Hieu Secondary School is located in Thang Binh district, Quang Nam province, where over 272 students and staff will have access to clean water.

Please click on the link below to watch the video of our Clean Water

project at Nguyen Duy Hieu Secondary School: <https://youtu.be/video42>



UPDATE: 17/5/2026

LIFESTART FOUNDATION - LATEST NEWS

#CLEAN_WATER PROJECT NUMBER 43



Providing clean water for over 19,200 students to 48 remote schools in Central Vietnam. Proudly made possible by Lifestart Foundation and Karma Foundation.

Vo Thi Sau Primary and Secondary School is located in

Phuoc Son district, Quang Nam province, where 269 students and staff will have access to clean water.

Please click on the link below to watch the video of our Clean Water project at Vo Thi Sau Primary and Secondary School: <https://youtu.be/video-43>

Education



UPDATE: 07/3/2026

WELCOME TO LIFESTART FOUNDATION FAMILY – MEET PHUOC, DOCTOR OF THE FUTURE

Lifestart Foundation is delighted to welcome Thien Phuoc, a third-year General Medicine student at Hue University of Medicine and Pharmacy, as one of our newest Educational Scholarship recipients.

Phuoc grew up in a remote commune in Gia Lai Province, located in Vietnam’s Central Highlands, where the nearest town is 45 minutes away through forest paths. Life there is marked by hardship, and her family depends on unstable manual labour income. Despite her parents’ efforts - her father working as a farm labourer and her mother juggling work as both a cleaner and a retired teacher - the family has carried heavy agricultural bank loans for many years due to crop failures.

Even under these circumstances, Phuoc has shown remarkable academic consistency and dedication. Her GPA has steadily improved every semester, reaching 3.53 out of 4.0 in the most recent term.

Her journey reflects not only academic excellence but also deep resilience. Growing up in a rural school with limited resources, Phuoc learned to rely on self-study. She carried this discipline into university, even when she faced anonymous messages criticising her for studying Medicine while her family was still in debt. Instead of giving up, she became more determined.

In 2023, Phuoc travelled alone to Binh Duong, a major industrial province in Southern Vietnam, to take on manual work to financially assist her family. There, she witnessed many young people who postponed their education to work, only to gradually lose their chance to return to school. This experience strengthened her belief that education is the only sustainable path out of poverty, not just for herself but for her entire family.

Her dream of becoming a doctor is grounded in compassion. Inspired by Dr. Paul Kalanithi’s memoir *When Breath Becomes Air*, she believes that:

“A doctor may not always save a life, but they can bring clarity, comfort, and peace to those facing illness and loss.”

This humanistic perspective is one of the reasons Phuoc is such a fitting addition to the Lifestart Foundation Scholarship family.

Through the full Lifestart Foundation Education Scholarship, Phuoc now receives **tuition support, living assistance, and mentoring**, helping to ease her financial burdens so she can focus on her studies and future career in Medicine. She hopes to one day contribute meaningfully

to Vietnam's healthcare system and support other disadvantaged students - just as she once needed support.

We are honoured to accompany Thien Phuoc on her journey and proud to welcome her into the Lifestart Foundation Family.

Upon receiving the scholarship, Phuoc wrote a heartfelt **Letter of Gratitude**, sharing more about her personal journey and life as a medical student.

We warmly invite you to read her letter of appreciation: <https://lsf/phuoc-letter2025/12/19>

MEET ALL OF OUR UNIVERSITY STUDENTS AND GRADUATES HERE: <https://meet-students-graduates>

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

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



UPDATE: 14/3/2026

**DOCTOR OF THE FUTURE – MEET PHUOC NGUYEN,
NEW LIFESTART FOUNDATION SCHOLARSHIP
STUDENT**

We are proud to welcome Phuoc Nguyen, a second-year General Medicine student at Hue University of Medicine and Pharmacy, to the Lifestart Foundation scholarship family.

Growing up in Hue, Nguyen faced many challenges from an early age. After the loss of his beloved mother, his father became the sole provider for the family, working long and demanding shifts as an ambulance driver to support Nguyen and his younger brother. Despite financial hardship and emotional loss, Nguyen has never let circumstances

define his limits. He successfully achieved an impressive GPA of 3.56 out of a possible 4.0 when he was granted the Lifestart Foundation scholarship.

With an excellent academic record and a strong sense of responsibility, Nguyen dreams of becoming a skilled and compassionate doctor, so he can help patients who struggle to access proper medical care. Alongside his studies, he actively participates in volunteer activities and tutors younger students to help ease his family's financial burden.

“Medicine is not only a career, but a mission - to bring hope and life to others.”

Nguyen was selected for the Lifestart Foundation scholarship not only for his strong academic achievements and disadvantaged background, but also for his remarkable perseverance, clear

sense of purpose, and heartfelt commitment to learning and community service. This scholarship is more than financial support - it is encouragement and belief, allowing him to continue his journey with greater stability and focus.

This opportunity is made possible thanks to the generosity of our donors and supporters.

Welcome to the Lifestart Foundation family, Nguyen. We believe in you and are honored to walk alongside you on this journey

Upon receiving the scholarship, Nguyen wrote a heartfelt **Letter of Gratitude**, sharing more about his personal journey and life as a medical student.

We warmly invite you to read Phuoc Nguyen's letter of appreciation: <https://lsf/nguyen>



GRADUATION HIGHLIGHT



Dr. Y Thang

- ◆ **Major**
General Medicine
Danang University of Medical
Technology and Pharmacy
- ◆ **Cumulative GPA**
3.46/4.0 - Distinction
- ◆ **Achievement**
 - “Five-Good Student” Award from Danang University of Medical and Pharmacy for 2 Consecutive Years
 - Certificates of Merit for Outstanding Contributions to Youth Union Activities and Student Movements
 - Awards in “Hult Prize YDN” Innovation and Entrepreneurship Contest for 2 Consecutive Years

UPDATE: 21/3/2026

LIFESTART FOUNDATION SUCCESS STORY: CELEBRATING DR. Y THANG'S GRADUATION

Today, Lifestart Foundation proudly celebrates the graduation of Dr. Y Thang, a remarkable young doctor whose journey is defined by resilience, determination and an unwavering commitment to Medicine. Dr. Y Thang is the first member of his family to graduate, marking a milestone not only for himself but also for his parents and loved ones. Born and raised in Ayun Pa town, Gia Lai province, he comes from a Jrai ethnic minority family whose livelihood depends on selling bananas at the local market. Despite financial hardship and uncertainty, Dr. Y Thang

remained steadfast in his dream of becoming a doctor.

Dr. Thang graduated with a Distinction degree in General Medicine from Danang University of Medical Technology and Pharmacy and is currently completing his 12-month internship at Gia Dinh People’s Hospital in Ho Chi Minh City to obtain his Medical Working License. In this professional and demanding clinical environment, he has been fortunate to learn from dedicated doctors and mentors who have guided him with both expertise and compassion.

During his university years, Dr. Y Thang developed a strong passion for Internal Medicine, which he considers the foundation of many other medical specialties. Internal Medicine helps explain disease mechanisms across multiple organ systems and provides a comprehensive approach when caring for patients. This solid foundation has shaped his clinical thinking and future career orientation.

Throughout his university years, Dr. Y Thang consistently demonstrated excellence both academically and socially. He earned the “Five-Good Student” Award at university level for two consecutive school years from 2020 to 2022 and Certificates of Merit for outstanding contributions to Youth Union activities and student movements. He also achieved notable results in innovation

and entrepreneurship, winning Third Prize at the Hult Prize YDN 2020 and an Encouragement Prize in 2021.

Looking ahead, Dr. Y Thang is particularly drawn to fields related to the heart, recognizing its vital role and far-reaching impact on the entire body. His future orientation includes Anaesthesiology - Intensive Care or Interventional Cardiology, specialties that require precision, responsibility and a strong foundation in Internal Medicine.

As a recipient of the Lifestart Foundation Scholarship, Dr. Y Thang's journey reflects the true meaning of opportunity and empowerment. The scholarship supported his tuition, living expenses, and daily needs, easing the financial burden on his family and allowing him to focus wholeheartedly on his studies.

Once again, congratulations Dr. Y Thang. We are incredibly proud of you and look forward to seeing your continued journey as a compassionate and dedicated doctor.

After his university graduation, Dr. Thang wrote a **Letter of Gratitude** to Lifestart Foundation, sharing his remarkable story of overcoming life's obstacles to pursue his dreams.

We warmly invite you to read Dr. Thang's letter of appreciation: <https://lsf-y-thang/>

Please click on the link below to read more about Y Thang: <https://www.facebook.com/Y-Thang>



UPDATE: 28/3/2026

**LIFESTART FOUNDATION SUPPORTS FUTURE DOCTOR:
MEET KIEU NHI**

Lifestart Foundation would like to introduce Kieu Nhi, a determined and compassionate fourth-year General Medicine student at Danang University of Medical Technology and Pharmacy as one of the new recipients of the Lifestart Foundation Medical Scholarship.

Kieu Nhi was born and raised in Quang Binh province, a coastal fishing village where life is closely tied to the sea and shaped by the harsh conditions of Central Vietnam. Her family's income relied mainly on her father's fishing and welding work and her mother's small-scale farming and trading.

Tragedy struck the family when her father passed away suddenly after being electrocuted while working, leaving her mother alone to raise three children who were all still in school. Since then, her mother has carried the heavy responsibility of being both parent and provider, earning a living by raising pigs, chickens and ducks, brewing rice wine and doing seasonal work. Despite her tireless efforts, her health has gradually declined - she suffers from chronic sinusitis but often postpones proper treatment due to financial constraints.

Growing up amid loss and hardship, Kieu Nhi learned resilience early. Determined not to burden her mother, she took on multiple part-time jobs throughout her studies, from café and restaurant

work to private tutoring while maintaining strong academic results. Her journey into Medicine was deeply personal - shaped by witnessing her father's sudden passing and her mother enduring illness without adequate medical care. These experiences inspired her to pursue a career where she could bring healing and hope to others.

Academically, Kieu Nhi continues to excel. She achieved an impressive GPA of 3.8/4.0 in the second semester of her third year. She maintains a disciplined daily self-study routine and dedicating time each day to improving her English.

The Lifestart Foundation Scholarship has been a profound source of support for Kieu Nhi and her family. Beyond easing financial pressure, it has allowed her to fully focus on her demanding medical training and has brought much-needed relief to her mother who has sacrificed so much for her children's education.

Looking ahead, Kieu Nhi plans to complete her university studies, obtain the National Medical License and pursue Specialist Doctor training with a growing interest in Paediatrics. More than a profession, becoming a doctor is her way of transforming loss into purpose - caring for her mother, supporting her family and serving disadvantaged communities with compassion and integrity.

Thank you to our generous donors and supporters, for making journeys like Kieu Nhi's possible. Your support is helping nurture not only a future doctor but also hope for many lives she will one day touch. Upon receiving the scholarship, Nhi wrote a heartfelt **Letter of Gratitude**, sharing more about her personal journey and life as a medical student.

We warmly invite you to read Nhi's letter of appreciation here: <https://www.nhi'sletter>



UPDATE: 01/4/2026

A POST FROM OUR LIFESTART FOUNDATION FOUNDER

These past work weeks in Hue, Da Nang, and Hoi An have been full - intense, inspiring, and deeply rewarding. When based at Hue University of Medicine and Pharmacy, our team had the privilege of spending one on one time with all of our current medical students, along with our growing cohort of resident doctors who are continuing their post graduate specializations.

One of the highlights of the week was our annual awards ceremony. To date, Lifestart Foundation

has awarded a total of 278 undergraduate scholarships, 17 residency scholarships and 15 master's scholarships in the Health Sciences sector across multiple universities in Vietnam. Each scholarship represents not just financial support, but belief in the extraordinary potential of these young doctors to transform lives and strengthen the healthcare sector in their communities.

Among the many inspiring stories is Dr Linh. Against all odds, she is now a surgical resident and will soon move to Ho Chi Minh City to further develop her life-saving skills in surgical

transplantation, particularly kidney transplants. Her journey is a powerful reminder of what determination, opportunity, and compassion can achieve.

I hold deep admiration for all of our students. Many face circumstances that would seem insurmountable, yet they continue to push forward with resilience, courage, and an unwavering commitment to serve others. Watching them rise - through sheer determination - to reach such extraordinary heights is as always both humbling and profoundly inspiring.

You can read more about Dr Linh's inspiring story here: <https://LSF/posts/1026>



UPDATE: 04/4/2026

WELCOMING NEW MEDICAL STUDENT TO THE LIFESTART FOUNDATION FAMILY: TIEN DAT - DOCTOR OF THE FUTURE

Lifestart Foundation is proud to introduce Tien Dat, a second-year General Medical student at Hue University of Medicine and Pharmacy, who has recently officially joined the Lifestart Foundation scholarship family.

Born and raised in Quang Nam, Tien Dat grew up in a family facing ongoing financial and health challenges. His father has lost the ability to work due to chronic illness, while his mother works tirelessly in a fish processing factory to support the family and care for both her husband and elderly mother.

Despite these hardships, Dat has never allowed circumstances to dim his determination to study medicine. He achieved a GPA of 3.75/4.0 when he received the scholarship, earning him the title of Excellent student.

With outstanding academic results and a strong commitment to community service, Dat is not only an excellent student but also an active volunteer. He regularly participates in blood donation programs, patient support activities and community outreach, driven by a deep desire to give back to society.

Dat dreams of becoming a doctor who can heal not only patients, but also bring hope and reassurance to families facing hardship like his own. His long-term goal is to specialise in Cardiology and contribute meaningfully to Vietnam's healthcare system.

With the support of the Lifestart Foundation scholarship, Dat can now focus fully on his studies, easing the financial burden on his family and allowing his dream of becoming a doctor to grow stronger each day. We are honoured to walk alongside Dat on his journey and look forward to seeing the positive impact he will one day make for his community and country.

Upon receiving the scholarship, Dat wrote a heartfelt **Letter of Gratitude**, sharing more about his personal journey and life as a medical student.

We warmly invite you to read Dat's letter of appreciation here: [https://tien-dats-letter./](https://tien-dats-letter/)

From hardship to hope – together, we support future doctors who will change lives.



UPDATE: 11/4/2026

**LIFESTART FOUNDATION SCHOLARSHIP SPOTLIGHT:
DOCTOR OF THE FUTURE – MEET AI NHI**

We are proud to introduce Ai Nhi, a fifth-year General Medicine student at Danang University of Medical Technology and Pharmacy, as one of the latest recipients of the Lifestart Foundation Scholarship.

Growing up in a farming family with unstable income, Ai Nhi has experienced firsthand the challenges of financial hardship. As her parents grow older and their health declines, the responsibility of supporting the family has become increasingly difficult. These circumstances have shaped her strong sense of independence and determination to pursue education as a way to build a better future.

Despite these challenges, Ai Nhi has consistently achieved excellent academic results, ranking among the top students in her class. Notably, she obtained an impressive GPA of 3.8/4.0 when she received the Lifestart Foundation scholarship. Transitioning from a Physics-focused background to Medicine was not easy, but through discipline, persistence, and countless hours of self-study, she has steadily grown both academically and personally.

Beyond her studies, Ai Nhi actively participates in community and volunteer activities. From organizing Mid-Autumn programs for disadvantaged children to supporting outreach initiatives in remote areas, she is committed to giving back and developing a strong sense of social responsibility as a future healthcare professional.

Ai Nhi is especially passionate about mental health and aspires to specialize in Psychiatry. Through her clinical experiences, she has come to understand that many individuals facing psychological challenges are often misunderstood or lack proper support, particularly those from disadvantaged backgrounds. This has inspired her to become a doctor who listens, empathizes, and helps patients find hope and balance in their lives.

Behind all her efforts lies a simple but powerful dream: to improve her family's living conditions. Living in a small, deteriorating house affected by harsh weather, she hopes that one day she can repair it so her parents can live in comfort and peace.

Receiving the Lifestart Foundation Scholarship has been a meaningful turning point in her journey. With tuition, study materials, and living expenses supported, a significant burden has been lifted from both her and her family, allowing her to fully focus on her studies and pursue her dream with confidence. In the future, Nhi hopes not only to heal patients but also to give back by supporting other students facing similar challenges.

We warmly invite you to read Nhi's letter of appreciation: <https://lsf/ai-nhis-letter/>



UPDATE: 18/4/2026

DOCTOR OF THE FUTURE

INTRODUCING VAN THAN - NEW LIFESTART FOUNDATION SCHOLARSHIP STUDENT

We are very happy to introduce Van Than, a resilient and determined fourth-year General Medicine student at Hue University of Medicine and Pharmacy, as one of the latest recipients of the Lifestart Foundation scholarship.

Than's journey toward becoming a doctor is a powerful testament to the strength of a mother's love and a student's unwavering grit in the face of immense adversity. Born into a farming family in Nghe An, Than's life was profoundly changed in 2017 when his father tragically passed away in an accident. This left his mother to raise the family alone while battling her own chronic health issues and the difficult recovery from major surgery.

Despite these heavy burdens, Than has never allowed his circumstances to limit his ambition. To keep his dreams alive, he balances an intense medical school schedule with long hours as a food delivery driver and a tutor, working whenever he is not in class to help support his mother and cover his tuition. His academic excellence remains a point of pride, as he consistently maintains Very Good study results over the semesters.

Van Than isn't just surviving his education; he is mastering it with a clear, selfless purpose. His ultimate dream is to return to his rural hometown as a doctor who can provide high-quality care to those who live far from major hospitals and may otherwise go untreated.

Than carries a beautiful spirit of gratitude, hoping that one day he can transition from a scholarship recipient to a benefactor himself, helping future students who face the same struggles he does today. We are so proud to support Than on his path to graduation in 2028 and invite you all to help us welcome him to the Lifestart Foundation family.

We warmly invite you to read Van Than's letter of appreciation: <https://lsf/thans-letter/>



UPDATE: 25/4/2026

MEET LY – A NEW LIFESTART FOUNDATION SCHOLARSHIP STUDENT, NOW CLOSER TO HER DREAM OF BECOMING A DOCTOR

Please join us in welcoming Luu Ly, a resilient and compassionate fifth-year General medical student at Danang University of Medical Technology and Pharmacy, as one of our newest Lifestart Foundation scholarship recipients.

Born in a small rural community in Quang Nam Province, Ly comes from a humble family of three - her mother, her older sister, and herself. Raised by a single mother who has been both the emotional and financial pillar of the family, Ly grew up

witnessing immense sacrifice. Now nearly 70 years old, her mother suffers from multiple serious health conditions and can no longer work as she once did, making the family's situation even more challenging.

Witnessing her mother endure pain while hesitating to seek medical care due to financial constraints left a profound impact on Ly. It was in those moments that her dream of becoming a doctor was born - not only to care for her own family, but also to bring hope and healing to others facing similar struggles.

Ly's journey to medical school has not been easy. She has balanced her demanding studies with part-time work, taking on shifts at local eateries, saving every possible expense, and even borrowing money to continue her education. There were times she felt overwhelmed and close to giving up, but her resilience and sense of purpose kept her moving forward. Her hard work paid off, she received a GPA 3.5 out of a possible 4.0 when she received the Lifestart Foundation scholarship!

Today, Ly stands strong as a dedicated medical student with a clear vision for her future. She dreams of becoming a Paediatrician, driven by her deep love for children and her desire to care for those who cannot afford treatment. Alongside her studies, she actively participates in volunteer activities and hopes to join medical outreach programs to serve disadvantaged communities.

Receiving the Lifestart Foundation Scholarship has been a life-changing turning point for Ly. It not only eases the financial burden on her family but also gives her the confidence and motivation to continue pursuing her dream with renewed strength.

Looking ahead, Ly aspires not only to become a skilled and compassionate doctor but also to give back. She dreams of one day creating opportunities for other disadvantaged students - just as this scholarship has done for her.

We warmly invite you to read Ly's letter of appreciation: <https://lsf/luu-lys-letter>

With your continued support, more students like Ly can overcome hardship and pursue their dreams of becoming doctors.



UPDATE: 02/5/2026

INTRODUCING NEW LIFESTART FOUNDATION SCHOLARSHIP RECIPIENT - VAN BINH

FROM RURAL HARDSHIP TO A FUTURE DOCTOR IN THE MAKING

In a small rural village of Que Son - Quang Nam, where livelihoods depend on uncertain weather and physically demanding work, Binh grew up surrounded by hardship - but also by quiet resilience.

As the eldest child of a family of seven, Binh has long carried responsibilities beyond his years. His parents work tirelessly in unstable jobs, earning just enough to get by on good days, and

far less on difficult ones. At times, the family's income is so fragile that even a spell of bad weather or a sudden illness can disrupt everything.

His grandmother's declining health has added another layer of strain, requiring both emotional and financial care. Meanwhile, his younger siblings are still in school, relying on the family's limited resources to continue their education.

In such circumstances, higher education can easily become an unreachable dream. Yet, in the face of these difficulties, Binh has never stopped striving. Instead of stepping back to ease the burden, he stepped forward - determined to change his family's future. He balanced his studies with part-time tutoring, contributed to student activities, and pushed himself academically despite constant financial pressure.

Today, Binh is a fourth-year General Medical student at Da Nang University of Medical Technology and Pharmacy, steadily turning what once seemed impossible into reality. His efforts have led to outstanding academic results, including a perfect 4.0 GPA in the semester he received the Lifestart Foundation scholarship.

Yet behind these achievements is a story of sacrifice - of studying late into the night after long days, of worrying about expenses while trying to stay focused, and of always carrying the hope of lifting his family out of hardship. His dream of becoming a doctor was shaped during the time he cared for his grandmother in the hospital. Witnessing her struggle, and the compassion of the doctors who treated her, left a lasting impression. It was then that he realized he wanted not only to heal, but to give others the same hope his family once held onto.

Receiving the Lifestart Foundation Scholarship is a meaningful turning point in Binh's journey. The scholarship supports tuition fees, study materials, and essential living expenses, easing the financial burden that has weighed on his shoulders for so long. With this support, Binh can dedicate himself more fully to his studies without the constant worry of how to make ends meet.

And one day, he hopes to return to his community - not just as a doctor, but as someone who can bring better healthcare and new possibilities to families who, like his own, are still waiting for a way forward. As Binh embarks on this exciting journey, we warmly welcome him to the Lifestart Foundation community. Stay tuned for future updates as we closely follow his remarkable progress.

We warmly invite you to read Binh's letter of appreciation: <https://LSF/binhs-Letter/>



UPDATE: 03/5/2026

Lifestart Foundation: Beyond Scholarships – Weekly ESL Classes for Our Students

At Lifestart Foundation, our commitment to education extends well beyond providing scholarships. A vital part of our program is the free weekly ESL (English as a Second Language) classes we run for our scholarship students. These classes are thoughtfully designed and delivered by our dedicated Lifestart Foundation staff and ESL volunteers, who invest significant time in

preparing tailored lesson plans to ensure every session meets the unique learning needs of our students. Their professionalism, patience, and care turn these lessons into life-changing opportunities.

Thanks to the tireless efforts of our team and volunteers, thousands of hours of English lessons have already been delivered to hundreds of students. These lessons have not only strengthened their English proficiency but also significantly enhanced their confidence and long-term opportunities. As a result, many students have successfully achieved recognized qualifications such as VSTEP and IELTS certifications, achievements that open doors to further study, internships, and employment both in Vietnam and internationally.

Our ESL classes are conducted one-on-one or in very small groups, allowing for highly personalized learning. Each student receives focused guidance in speaking, listening, reading and writing – skills that are increasingly essential in today’s globalized world. For many of our students, this is their very first chance to consistently practice English in such an engaging and structured environment outside of school.

The impact of these classes goes far beyond academics. By empowering disadvantaged students with stronger English skills, we are equipping them with a tool that can truly transform their futures, helping them succeed in higher education, secure better job opportunities and broaden their horizons.

We are incredibly proud of our staff and volunteers, whose dedication makes this program possible. Their passion, combined with the generosity of our supporters, ensures that we are not only helping students stay in school but also giving them the skills and confidence to thrive.

A heartfelt thank you to everyone who contributes to this meaningful work. Together, we are making a lasting difference one student, one lesson, one future at a time.



UPDATE: 09/5/2026

LIFESTART FOUNDATION GRANTS NEW MEDICAL SCHOLARSHIPS TO DISADVANTAGED STUDENTS AT HUE UNIVERSITY OF MEDICINE AND PHARMACY

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

Our Education Scholarships are at the heart of this mission, opening doors for those who need it most. For the past 26 years, Lifestart Foundation’s Medical Scholarship Program has been our most significant investment in empowering disadvantaged youth in Vietnam. Through this scholarship program, we aim not only to ease financial burdens but also to empower bright, determined students to reach their full potential. This initiative has enabled students to pursue higher education and fulfill their aspirations of becoming highly skilled healthcare professionals.

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

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

In the awards ceremony, **8 medical scholarships** were granted to outstanding students who have demonstrated academic excellence despite coming from extremely disadvantaged backgrounds. These recipients have overcome significant hardships to pursue their dreams of studying medicine. Beyond benefiting the students and their families, their chosen field of study will have a profound impact on the broader community, aligning with Lifestart Foundation's mission to support education in areas that drive social change.

This latest round of scholarships represents a total investment of **over \$95,300 AUD (more than 1.75 billion VND)**. The support package includes financial aid for the **six General Medicine students** and **two Resident Doctors** pursuing their Master's and Specialization degrees, along with **two brand-new laptops** for 2 deserving students.

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

Nguyen Dinh Phuoc Nguyen, a second-year General Medicine student at Hue University of Medicine and Pharmacy, representing recipients of the Lifestart Foundation scholarships for the 2025–2026 academic year, shared: "For myself and many other students who aspire to become doctors and dedicate ourselves to caring for and saving patients' lives, pursuing this dream is not always easy as many of us face significant challenges, particularly financial difficulties. Therefore, receiving this scholarship is truly a meaningful gift. It is not only a great source of encouragement that motivates us to keep striving toward our goals, but also timely and valuable support for both us and our families, enabling us to move one step closer to fulfilling our unfinished dreams."

To date, **Lifestart Foundation has awarded 278 undergraduate Scholarships, 17 residency scholarships and 15 master's scholarships to 117 students in the Health Sciences sector across multiple universities in Vietnam, with a total investment exceeding \$934,100 AUD (more than 17.1 billion VND).**

Once again, we extend a warm welcome to this extraordinary group of 8 General Medicine students and Residents into the Lifestart Foundation family. We are confident that they will continue to inspire us with their resilience, dedication, and commitment to making a difference.

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

Please click on the link below to read more about this important scholarship awards ceremony:
<https://vietnamnews.vn//LSFnews>



UPDATE: 16/5/2026

ANOTHER OUTSTANDING SEMESTER FOR LIFESTART FOUNDATION SCHOLARSHIP STUDENT NHAN

We are delighted to share the exceptional achievements of Nhan, one of Lifestart Foundation’s long-term scholarship students.

A full scholarship recipient since Year 10, Nhan is now in her fifth year of General Medicine at Danang University of Medical Technology and Pharmacy. Despite growing up in a disadvantaged background, she continues to rise above challenges through her determination and relentless effort.

In the first semester of her fifth year, Nhan successfully completed a demanding study curriculum, including Hematology, Tuberculosis, Oncology, Pediatrics III, Infectious Diseases, Molecular Medicine, Immunopathology and Traditional Medicine. As a hard-working student, she often commits up to 14 hours per day on the days leading to the exam.

Through immense dedication, she achieved a **perfect GPA of 4.0** out of 4.0! Remarkably, this is her second consecutive 4.0 GPA, following her excellent performance in the previous semester.

Nhan also participated in National Medical Academic Competition - NMAC 2025, a prestigious nationwide medical competition organized by Vin University, bringing together over 80 teams from more than 20 leading medical universities across Vietnam. With the theme “Urban Health,” the competition challenged participants to address real-world healthcare issues in rapidly urbanizing environments. After passing the online qualifying round, she advanced to the in-person finals in Hanoi, where the top 30 teams competed and were further narrowed down to the top 20. In the individual scoring round, Nhan achieved an impressive result, ranking Top 6 Individual Performer nationwide.

Nhan comes from a family of seven, where her parents work tirelessly as rice farmers to support their children. In addition to financial challenges, her family also faces the burden of her father’s long-term hypertension and ongoing medical expenses. These circumstances have strengthened her determination to succeed and build a better future.

Nhan’s journey is a powerful story of perseverance, excellence, and hope. We are incredibly proud of her achievements and inspired by her unwavering commitment.

At present, Nhan aspires to pursue a career in Diagnostic Imaging, with the goal of contributing meaningfully to healthcare and giving back to her community.

Congratulations, Nhan! Lifestart Foundation will continue cheering you on every step of the way. If you want to read more about Nhan, please click here:

- Introducing Nhan – New LSF Education Scholarship Recipient: <https://LSFNhan1>
- A Bicycle Donation for Nhan: <https://LSFNhan2>
- Home Improvement Project for Nhan: <https://LSFNhan3>
- Meet Nhan – Doctor of the Future: <https://LSFNhan4>
- Wonderful news from Nhan: <https://LSFNhan5>



UPDATE: 23/5/2026

EMPOWERING FUTURE DOCTORS: OVER 1.2 BILLION VND (\$63,700 AUD) IN SCHOLARSHIPS AWARDED TO STUDENTS AT DANANG UNIVERSITY OF MEDICAL TECHNOLOGY AND PHARMACY!

Lifestart Foundation is proud to continue our mission of transforming lives through education, committing more than 1.2 billion VND (approximately \$63,700 AUD) in medical scholarships to support disadvantaged yet outstanding students at Da Nang University of Medical Technology and Pharmacy.

This year, 10 exceptional students from General Medicine, Pharmacy and Medical Laboratory Technology have been awarded full scholarships worth up to more than \$15,000 AUD each - alongside new laptops for two students to support their academic journey. We extend a warm welcome to this new, extraordinary group of students into the Lifestart Foundation family.

Despite facing significant hardships, these students have shown incredible determination, resilience and academic excellence. For many, this scholarship is more than financial support - it provides access to education, safe accommodation and proper nutrition, allowing them to fully focus on their dreams of becoming healthcare professionals.

Le Van Binh, a fourth-year General Medicine scholarship student expresses his gratitude upon receiving such a prestigious support: "This scholarship motivates us to work even harder in our studies and personal development. We truly believe that the support and trust that Lifestart Foundation has given to us will continue to inspire many young people on their journey of learning and personal growth. In the future, as healthcare professionals, we hope to contribute our knowledge and abilities to caring for the health of our communities and to spreading the spirit of compassion and kindness that we have received."

To date, **Lifestart Foundation has awarded 278 undergraduate Scholarships, 17 residency scholarships and 15 master's scholarships to 117 students in the Health Sciences sector across multiple universities in Vietnam, with a total investment exceeding \$934,100 AUD (more than 17.1 billion VND).**

Beyond funding, Lifestart provides mentorship, resources and long-term support - helping students not only graduate, but thrive. Many recent graduates have already succeeded in competitive residency and postgraduate programs, proving the life-changing power of education.

Together, we are not just funding education - we are building the next generation of compassionate healthcare leaders.

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

Please click on the link below to read more about this important scholarship awards ceremony: <https://vietnamnews.vn/students-get-medical-scholarships>



UPDATE: 30/5/2026

WONDERFUL NEWS FROM LIFESTART FOUNDATION MEDICAL SCHOLARSHIP STUDENT THAI!

Lifestart Foundation is proud to celebrate the outstanding achievement of our scholarship student Duy Thai, a sixth-year General

Medicine student at Hue University of Medicine and Pharmacy, who has excelled at the National Medical Academic Competition – NMAC 2025.

Earlier this semester, Thai joined NMAC 2025 - a prestigious nationwide academic competition organized by VinUni, bringing together over 100 teams from more than 20 leading medical universities across Vietnam. With the theme “Urban Health,” the competition challenged participants to address real-world healthcare issues in rapidly urbanizing environments.

The journey began with an intense online qualifying round, where teams competed for a place in the Top 30. Advancing to the final rounds in Hanoi, Thai and his team faced a series of rigorous and dynamic challenges

Throughout the competition, Thai and his teammates demonstrated exceptional determination, strong clinical knowledge, and the ability to perform under pressure. Their teamwork, critical thinking, and adaptability allowed them to stand out among the best medical students in the country.

Final Achievements:

- **Second Prize Overall (Team Award):** Competing against the other 29 outstanding teams nationwide, Thai’s team delivered an impressive performance across all rounds. Their strong collaboration, clinical competence, and problem-solving skills secured them a well-deserved Second Prize.
- **Top 3 Individual Performer Nationwide:** In addition to the team’s success, Thai was recognized as one of the top 3 individual performers among 90 contestants in the final rounds. This prestigious recognition highlights his academic excellence, clinical reasoning ability and confidence in high-pressure assessment settings.

Beyond the competition, Thai has also demonstrated strong academic and research capabilities. He is the first author of a scientific paper written in English, which has been published in the journal of Hue University of Medicine and Pharmacy - a significant achievement for a medical student.

Behind these accomplishments is Thai’s dedication and discipline. He often commits up to 10 hours per day to self-study on the days leading to his exams, continuously strengthening both his theoretical knowledge and practical skills.

Thai grew up in a farming family. When his father left his family, he was only six years old. Since then, his mother has single-handedly raised him on a very modest income of about 3.5 million VND (approximately \$205 AUD) per month. Without higher education herself, she has taken on physically demanding jobs with unstable pay. Despite frequent health issues and a fragile home often damaged by storms, she has always been the unwavering pillar of strength in Thai's life.

Lifestart Foundation is incredibly proud of Thai and a generation of students who dare to challenge themselves, push beyond their limits and dedicate their knowledge to improving community health.

Thai's recent achievements mark an important milestone in his journey - and we are confident that he will continue to grow into a skilled, compassionate and impactful doctor, who can contribute meaningfully to society in the years ahead.

If you would like to read more about Thai, please click on the links below:

- Introducing Thai - New Scholarship Student: <https://www.facebook.com/photo/>
- Great News from Thai: <https://www.facebook.com/photo/>

Donation

UPDATE: 01/3/2026



Lifestart Foundation, in collaboration with the Da Nang Union of Friendship Organizations (DAFO), has delivered 50 emergency hamper boxes to families in Tra Giap Commune, with a total value of 30,000,000 VND.

Each emergency hamper includes rice, cooking oil, shampoo, washing powder, fish sauce, soy sauce, toothpaste, and milk. These essential items were provided to 50 disadvantaged ethnic minority students from Chu Huy Man and Vo Thi Sau Semi-Boarding Ethnic Minority Schools. Tra Giap Commune faces harsh weather, frequent natural disasters, and severe

landslides, making daily life extremely challenging. For many ethnic minority students and their families, nutritious food is a luxury, and even basic necessities are often out of reach due to limited income.

Tra Giap is a mountainous and extremely disadvantaged area formed by the merger of Tra Giap and Tra Ka communes (formerly part of Bac Tra My district). The majority of residents belong to the Ca Dong, Co, and other ethnic minority groups. Poverty remains high, and most families depend on subsistence farming, leading to very difficult living conditions. A lack of transportation also makes school attendance difficult, affecting both students' learning and teachers' ability to deliver lessons. Lifestart Foundation's goal is to help ease these daily hardships for students and their families. During this trip, we also donated 50 blankets, 50 electric fans, and 50 bicycles to disadvantaged ethnic minority students in Tra Giap Commune. The total value of all donations was 190,260,000 VND (equivalent to \$11,123 AUD).

UPDATE: 15/3/2026

ELECTRIC FANS DONATED TO TRA GIAP MOUNTAIN COMMUNE



To help families in Vietnam's highlands cope with extreme weather, Lifestart Foundation, with generous support from Karma Foundation, has recently delivered 50 electric fans, valued at VND 26,500,000, to disadvantaged households in the remote mountainous commune of Tra Giap, Da Nang City.

Tra Giap is a mountainous commune facing particularly difficult socio-economic conditions. The local population is primarily composed of Ca Dong,

Co and other ethnic minority groups. With high poverty rates and livelihoods mainly dependent on subsistence farming, residents face significant economic shortages and challenging living conditions, which have been worsened by floods and landslides.

This donation was part of a larger initiative to improve living conditions for underprivileged ethnic minority communities in highland areas, totaling nearly VND 200,000,000 (approximately AUD \$11,500). At the handover ceremony, 50 bicycles (VND 110,000,000) were provided to students to shorten travel time to school and save energy, 50 essential goods packages (VND 30,000,000) supplied daily necessities such as rice, cooking oil, fish sauce and detergent, and 50 warm blankets (VND 23,760,000) offered comfort during the cold season.

The electric fans were distributed to bring cool relief during the upcoming hot months. For families in Tra Giap who have already endured floods and landslides, these fans provide a practical and much-needed improvement to daily life.



UPDATE: 29/3/2026

LIFESTART FOUNDATION PROVIDES MUCH NEEDED SUPPLIES TO ETHNIC MINORITY STUDENTS

As part of our ongoing mission to support under-resourced schools in remote areas of Quang Nam province, Lifestart Foundation continues to go beyond the basics. In addition to providing essential amenities such as clean water systems, Smart TVs into schools for educational purposes, and bicycles for transportation, we continue to expand our efforts to meet students' daily needs.

Our latest contribution includes shoes, stationery supplies, and cartons of milk,

donated to Phuoc Loc Primary and Secondary School.

Located in the disadvantaged Phuoc Son District - home to over 2,000 households living in poverty, many from ethnic minority backgrounds - this school serves as a beacon of hope for 184 ethnic minority students. In the 2024-2025 academic year, the majority of these students come from extremely poor families. Nestled in the highlands of Quang Nam province, the school faces many challenges, particularly the lack of basic learning supplies, including shoes and writing tools.

We believe this generous gift will significantly support the daily educational needs at Phuoc Loc Ethnic Primary and Secondary School.

In addition, we also donated cartons of milk to the kindergarten students at this school.

As part of this trip, Lifestart Foundation donated 10 clean water systems to remote communes in Quang Nam province. Phuoc Loc School was among the beneficiaries of these high-standard water systems.



UPDATE: 03/4/2026

LIFESTART FOUNDATION'S MILK SUPPORT: NOURISHING TRIEU'S HEALTH AND FUTURE

Trieu, a Year 10 student, is one of the most recent recipients of the Lifestart Foundation's full Education Scholarship. As an orphan, Trieu lives with his sister and her four-year-old daughter in a small home, facing many challenges since the heartbreaking loss of their parents to cancer. Trieu's childhood has been marked by kidney-related health issues, which have taken a toll on his overall well-being. His sister, who shoulders the responsibility of caring for both Trieu and her young daughter, works hard selling vegetables at the local market, earning about 100,000 VND (approximately \$4 USD) per day. However, her caregiving duties often disrupt her ability to work consistently, leading to financial instability for the family.

Besides supporting Trieu with his full education scholarship that provides all tuition fees, books, stationery, uniforms, and all of the important extra classes, Lifestart Foundation education scholarship project also provides Trieu with much-needed additional support. One such form of support is nutritional aid provided via daily milk. Since receiving his scholarship, Trieu has benefited from approximately 700 units of milk provided by Lifestart Foundation. This essential nutritional support will continue throughout his next three years of high school. For Trieu, who struggles with ongoing kidney issues, the consistent supply of milk is more than just a nutritional supplement—it's a lifeline. It helps strengthen his health, supports his physical development, and significantly improves his quality of life. Through both the scholarship and the milk support, Lifestart Foundation is making a profound difference in Trieu's life, ensuring he has the resources he needs to thrive both in and out of the classroom.

Please click here to read more about Trieu: <https://LSF/Trieu-hamper/>



UPDATE: 05/4/2026

FINANCIAL AID TO RESTORE LINH'S FAMILY LIVELIHOOD

Lifestart Foundation is committing a total of \$20,000 raised during our emergency relief campaign. This support will be provided to hundreds of families impacted by the historic floods that struck the central region last October and November.

The Lifestart Foundation team has worked tirelessly to organize Emergency Relief Distribution Days for those affected. Recently, our team visited the home of our

scholarship student Linh, whose household items were severely damaged following a series of devastating floods.

Linh lives with her grandmother, her parents, and her younger brother in Dien Ban. Before she was granted the valuable Lifestart Foundation Education Scholarship, her family faced many challenges. Her parents are rice farmers trying to raise and educate their two children with their meagre and unstable income of only 4,000,000 VND (approximately \$174 USD) per month. With this modest income, Linh's parents sometimes had to borrow money from relatives to cover their children's school fees as well as books, uniforms, and stationery.

After the floods, because their house is located in a low-lying area, floodwaters rose to more than 2 meters, causing severe damage to the family's belongings. Her family suffered significant losses: 2 pigs, 15 chickens, 10 ducks, and sweet potato crops in the field. In addition, three motorbikes, a water pump, and a grinder were flooded, they were either destroyed or rendered unusable after being submerged.

The damage caused by the flood resulted in considerable material and emotional losses, making Linh's family's situation even more difficult.

Thanks to the generous donations received, the family's immediate burden has been eased. The support has enabled them to repair parts of their home, purchase essential items, and fix damaged equipment. The images show the extent of the damage and the recovery made possible through donor contributions.

Pictured in this post is Linh's family, who happily received the Emergency Donation from Lifestart Foundation. It is wonderful to learn that their family has been able to recover from the damage to their crops and to see how they have achieved a new fruitful harvest thanks to their hard work, and more importantly, the timely support from Lifestart Foundation and our generous donors.

We hope that this series of updates has given our donors a glimpse of how their support has helped families restore their livelihoods after the historic floods and typhoon.

To see how these historic natural disasters impacted the lives of hundreds of thousands of people in Central Vietnam last year, please click here: <https://youtu.be/BAtv28GpiLQ>

Read more updates about families who received financial aid to replant crops thanks to Lifestart Foundation and our generous donors:

- Quynh Nhi's family: <https://Nhi-LSF/posts/>
- Hai Trieu's family: <https://Trieu-LSF/posts/>
- Hamper Boxes Distribution: <https://Hamper-LSF/posts/>

Stay tuned for many more Lifestart Foundation Donation Day posts, including support for housing repairs, crop replanting, and the repurchasing of livestock.



UPDATE: 17/4/2026

A HAMPER BOX DONATION FOR TRANG

Every student supported by Lifestart Foundation has a unique story of resilience. Trang is one such student, a gentle, determined and hardworking young girl whose journey reflects strength in the face of ongoing challenges.

Trang lost her father in a tragic accident when she was just six months old. Since then, her mother has carried the full responsibility of raising Trang and her two older

sisters alone. The family currently lives with their grandparents in a small home, where conditions are very modest but filled with care and support. With her eldest sister now studying at university, the financial pressure on the family has increased significantly.

Previously, Trang's mother worked long hours selling vegetables at a local market to support the family. However, after suffering a stroke, her health declined, making it impossible for her to continue such physically demanding work. There are times when even basic needs become difficult to meet and the family must depend on the support of neighbours.

Despite these hardships, Trang remains focused and optimistic. She dedicates 6–7 hours each day to her studies, takes part in school clubs and sports activities, and helps with household responsibilities. She has a strong interest in Literature, History, and Geography and hopes to become a lawyer in the future, someone who can stand up for others and contribute to a fairer society.

With the support of the Odyssey International School – Da Nang student community, Trang is among 12 Lifestart Foundation scholarship students who received a special hamper donation this year. This support was made possible through funds generously raised by Odyssey students to assist families in need.

Through this initiative, Trang's family received a hamper box of essential items, including rice, cooking oil, fish sauce, soy sauce, salt, toothpaste, dishwashing liquid, shampoo and washing powder.

This meaningful support not only helps cover daily necessities but also brings encouragement and reassurance during a difficult time, allowing the family to ease some financial strain and focus more on Trang's education.

Through the Lifestart Foundation Education Scholarship Program, along with additional support initiatives like this, we continue to walk alongside students like Trang, helping them overcome obstacles and move steadily toward a brighter future.

Together, we are creating opportunities and building hope – one student, one family, one act of kindness at a time.

Please click on the link below to read more about the donation from Odyssey International School:
<https://www.facebook.com/photo/?fbid=1330236845803224&set=a.628466192646963>



UPDATE: 19/4/2026

LIFESTART FOUNDATION HAMPER SUPPORT FOR QUYNH

At Lifestart Foundation, we believe that supporting our students goes beyond education - it also means standing beside them and their families during difficult times and important moments throughout the year.

Quynh, a Year 12 student from Dien Ban, Quang Nam, has been a dedicated recipient of the

Lifestart Foundation Education Scholarship since Year 8. She comes from a family of five who have faced significant hardship following the heartbreaking loss of her father. Since then, her mother has worked tirelessly as the sole provider, earning a modest income from shoe-making to support the entire family.

Despite these challenges, Quynh has remained focused and determined in her studies. She spends 6–7 hours each day on self-study and achieved an impressive GPA of 8.7/10 in the first semester of Year 12. With a passion for creativity and design, she aspires to become an architect and is working hard to turn her dream into reality.

During Lunar New Year, Quynh and her family received a hamper box of essential household items from Lifestart Foundation, including rice, cooking oil, fish sauce, soy sauce, toothpaste, shampoo, shower gel and washing powder.

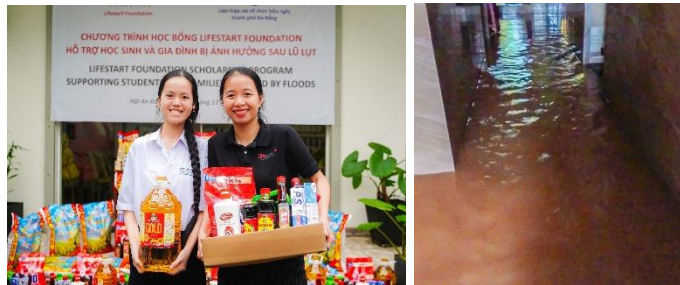
This support helped ease some of the family’s financial burden during the festive period, allowing them to focus on their daily needs while also bringing a sense of care.

Lifestart Foundation remains committed to supporting students like Quynh - not only in their education but also in their everyday lives - helping them overcome challenges and move closer to a brighter future.

Thank you to all our supporters who make this support possible.

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

- Introducing Diem Quynh – New LSF Education Scholarship student: <https://LSF/Qphoto1/>
- A Donation of Study Essentials for Diem Quynh: <https://LSF/Qphoto2/>
- A Donation of Household Essentials for Diem Quynh: <https://LSF/Qphoto3/>
- Great news from Quynh: <https://LSF/Qphoto3/>
- A hamper box donation for Quynh: <https://LSF/Qphoto4/>
- Tet gift for Quynh: <https://LSF/Qphoto5/>



UPDATE: 20/4/2026

FINANCIAL AID TO RESTORE YEN 'S FAMILY LIVELIHOOD

Lifestart Foundation has committed a total of \$20,000 raised during our emergency relief campaign. This support has been provided to hundreds of families impacted by the historic floods that struck the central region last October and November.

The Lifestart Foundation team has been working tirelessly to organise Emergency Relief Distribution Days for those affected. We delivered essential supplies along with financial support to help Yen - one of the

households most severely impacted by this devastating disaster.

Yen comes from a disadvantaged background and has been receiving a Lifestart Foundation scholarship. She was raised in a single-parent family, and her mother suffers from mental health issues, often requiring hospital care and ongoing medication. During these difficult times, Yen and her younger sister stay with their grandparents and receive occasional support from their aunt.

After the floods, as their home is located in a low-lying area, the water rose rapidly and caused severe damage to their belongings. The family suffered significant losses: household items and vegetables in the garden were submerged and destroyed, leaving many things unusable. The flood caused significant material and emotional loss, making Yen's families' situations even more difficult.

Thanks to the generous donations received, the family's immediate burden has been eased. The support has enabled them to repair parts of their home, purchase essential items, and fix damaged equipment. The images show the extent of the damage and the recovery made possible through donor contributions. It is wonderful to see that their family has been able to recover from the damage to their crops and achieve a new, fruitful harvest thanks to their hard work and, most importantly, the timely support from Lifestart Foundation and our generous donors. We hope that this series of updates has given our donors a glimpse of how their support has helped families restore their livelihoods after the historic floods and typhoon.

To see how these historic natural disasters impacted the lives of hundreds of thousands of people in Central Vietnam last year, please click here: <https://youtu.be/BAtv28GpiLQ>

Read more updates about families who received financial aid to replant crops thanks to Lifestart Foundation and our generous donors:

- Quynh Nhi's family: <https://www.facebook.com/TheLifestartFoundation/posts/>
- Hai Trieu's family: <https://www.facebook.com/TheLifestartFoundation/posts/>
- Hamper Boxes Distribution: <https://www.facebook.com/TheLifestartFoundation/posts/>



UPDATE: 05/5/2026

MUCH NEEDED SUPPORT FOR ORPHAN TRIEU

At Lifestart Foundation, we believe that education is not only about school fees, books, and uniforms, but also about ensuring that our students have the stability and support they need at home. Alongside our comprehensive education scholarships, we are committed to providing practical assistance to help ease the daily

burdens faced by our students and their families.

Trieu, currently a Year 11 student, has been a dedicated recipient of a full Lifestart Foundation Education Scholarship. Each day, he spends around five hours self-studying in addition to attending school and extra classes. Despite his demanding schedule, Trieu still sets aside time to help his sister with household chores. With determination and quiet resilience, he dreams of building a future in the Information Technology sector.

Recently, Trieu received a meaningful donation of a hamper box and milk - simple yet essential items that make a significant difference in everyday life. The hamper includes rice, cooking oil, fish sauce, condensed milk, milk, shower gel, shampoo, detergent, and other daily necessities. These are items many of us rarely think twice about, yet for families facing financial hardship, they can represent a real source of stress and uncertainty.

Behind Trieu's determination is a story shaped by hardship. Several years ago, he and his sister lost both of their parents to cancer, leaving the siblings to navigate life on their own. They now live together in a small home, along with his young niece. During his childhood, Trieu also struggled with kidney-related health issues, placing an additional financial burden on the family.

His sister, showing remarkable strength, returned home with her young daughter after an unhappy marriage in order to care for both Trieu and her child. She works selling vegetables at the local market, earning approximately 100,000 VND per day. However, due to caregiving responsibilities, her work is often inconsistent, making it difficult to cover even the most basic living expenses.

This is why support like the hamper box and milk donation is so meaningful. It not only provides essential daily items but also brings a sense of relief and reassurance - allowing Trieu's sister to stretch her limited income further, and giving Trieu the chance to focus more fully on his studies and future aspirations.

Through the continued support of our donors and community, we hope to empower students like Trieu to rise above their circumstances, pursue their dreams, and create a brighter, more stable future for themselves and their families.

You can read more about Trieu here: <https://www.facebook.com/photo/?fbid=8>



UPDATE: 10/5/2026

FINANCIAL AID TO RESTORE NHI 'S FAMILY LIVELIHOOD

Lifestart Foundation has committed a total of \$20,000 raised during our emergency relief campaign. This support has been provided to hundreds of families impacted by the historic floods that struck the central region in October and November 2025.

The Lifestart Foundation team has worked tirelessly to organise Emergency Relief Distribution Days for those affected. We personally delivered essential supplies along with financial support to help Nhi

whose family was severely impacted by this historic flooding disaster.

Nhi comes from a disadvantaged background and is the recipient of a Lifestart Foundation scholarship. Her family faces significant financial hardship. Nhi was born into a single-parent family, where her mother has an unstable job. She works as a server at a vegetarian restaurant in Hoi An, earning a low income while supporting two children.

After the floods, because her home is located in a low-lying area, the water rose quickly and caused severe damage to their belongings. The family suffered major losses: furniture was damaged, all of their poultry died, and vegetables in the garden were submerged and destroyed, leaving many items unusable. The flood caused significant material and emotional loss, making Nhi 's families' situations even more difficult.

Thanks to the generous donations received, the family's immediate burden has been eased. The support has enabled them to repair parts of their home, purchase essential items, and fix damaged equipment. The images show the extent of the damage and the recovery made possible through donor contributions. It is wonderful to see that their family has been able to recover from the damage to their crops and achieve a new, fruitful harvest thanks to their hard work and, most importantly, the timely support from Lifestart Foundation and our generous donors.

We hope that this series of updates has given our donors a glimpse of how their support has helped families restore their livelihoods after the historic floods and typhoon.

To see how these historic natural disasters impacted the lives of hundreds of thousands of people in Central Vietnam last year, please click here: <https://youtu.be/BAtv28GpiLQ>

Read more updates about families who received financial aid to replant crops thanks to Lifestart Foundation and our generous donors:

- Quynh Nhi's family: <https://www.facebook.com/TheLifestartFoundation/posts/>
- Hai Trieu's family: <https://www.facebook.com/TheLifestartFoundation/posts/>
- Hamper Boxes Distribution: <https://www.facebook.com/TheLifestartFoundation/posts/>
- Yen's family: https://www.facebook.com/TheLifestartFoundation/posts



UPDATE: 11/5/2026

LIFESTART FOUNDATION'S HAMPER BOX DONATION SUPPORTING ORPHANS

At Lifestart Foundation, we believe that supporting our students goes beyond education - it also means standing beside them and their families through life's challenges and important moments throughout the year.

Tran Thanh Tung is an orphan, and has been a Lifestart Foundation scholarship recipient since Year 10 and is currently a second-year student majoring in Information Technology at the University of Information Technology – Vietnam National University, Ho Chi Minh City.

Tung has faced significant hardship from a young age, having lost both of his parents. He was raised by his grandmother and aunt, and following his grandmother's recent passing, his aunt has become the sole provider for the family. Despite these challenges, Tung continues to show strength and resilience as he pursues his education.

He remains focused and determined in his studies, dedicating 8–10 hours each day to self-study. His hard work has led to an excellent GPA of 9.1 in his second semester at university - a strong reflection of his commitment and perseverance.

During the Lunar New Year, Tung and his family received a hamper box of essential household items from Lifestart Foundation, including rice, cooking oil, fish sauce, soy sauce, toothpaste, shampoo, shower gel and washing powder.

This support helped ease some of the family's financial pressure during the festive period, allowing them to focus on their daily needs while also bringing a sense of care and encouragement during a meaningful time of year.

Lifestart Foundation remains committed to supporting students like Tung - not only in their education, but also in their everyday lives - helping them overcome challenges and move towards a brighter future.

Thank you to all our supporters who make this support possible.

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

- Introducing Tung – New LSF Scholarship Student: <https://www.facebook.com/262>
- A Hamper Box for Tung: <https://www.facebook.com/971>
- Household Essentials for Tung: <https://www.facebook.com/286>
- An Electric Bike Donation for Tung: <https://www.facebook.com/441>
- Great News from Tung: <https://www.facebook.com/174>
- Tung accepted to University: <https://www.facebook.com/photo/963>
- Tet gift for Tung: <https://www.facebook.com/photo/963>



UPDATE: 13/5/2026

LIFESTART FOUNDATION SUPPORTS TIEN DAT'S FAMILY

Lifestart Foundation is committing a total of \$20,000 raised during our emergency relief campaign. This support will be provided to hundreds of families impacted by the historic floods that struck the central region last October and November.

At Lifestart Foundation, we understand that behind every determined scholarship student is a family making quiet sacrifices each day. Through our ongoing

support programs, we are committed not only to education, but also to easing the financial pressures that many families face in their daily lives, especially during the tough time of floods or storms.

Recently, we extended financial assistance and Hamper Donation to the family of our scholarship student, Tien Dat - a second-year General Medical student at Hue University of Medicine and Pharmacy. This support aims to help his family maintain stability after the flood, allowing Dat to continue pursuing his studies with greater peace of mind.

Dat comes from a family in Quang Nam that has long faced both financial and health-related challenges. His father is no longer able to work due to chronic illness, leaving the responsibility of providing for the entire family to his mother. Each day, she works tirelessly in a fish processing factory while also caring for her husband and elderly mother. Despite her strength and resilience, her income remains modest and unstable, making it difficult to meet the family's daily needs.

After the floods, because his house is located in a low-lying area, floodwaters rose to more than 2 meters, causing severe damage to the family's belongings. His family suffered significant losses: The rice crop was completely destroyed, and all the beans and vegetables being grown were also lost. Both motorbikes used for transportation were damaged due to water entering the exhaust. In addition, the entire corn field, covering 2,000 square meters, was ruined.

The damage caused by the flood resulted in considerable material and emotional losses, making Dat's family's situation even more difficult.

Thanks to the generous donations received, the family's immediate burden has been eased. The support has enabled them to repair parts of their home, purchase essential items, and fix damaged equipment. The images show the extent of the damage and the recovery made possible through donor contributions.

Pictured in this post is Dat's family, who gratefully received an Emergency Donation from Lifestart Foundation. It is heartening to see how their family has recovered from the damage to their crops

and gone on to achieve a new and fruitful harvest through their own hard work, supported by the timely assistance from Lifestart Foundation and the generosity of our donors.

We hope that this series of updates has given our donors a glimpse of how their support has helped families restore their livelihoods after the historic floods and typhoon.

To see how these historic natural disasters impacted the lives of hundreds of thousands of people in Central Vietnam last year, please click here: <https://youtu.be/BAtv28GpiLQ>

Read more updates about families who received financial aid to replant crops thanks to Lifestart Foundation and our generous donors:

- Dieu Linh family: <https://vnshort.com/oSZg>
- Yen's family: <https://vnshort.com/07UJ>
- Quynh Nhi's family: <https://vnshort.com/l0dO>
- Hai Trieu's family: <https://vnshort.com/Z8n5>
- Hamper Boxes Distribution: <https://vnshort.com/TVSb> , <https://vnshort.com/G095>

Stay tuned for many more Lifestart Foundation Donation Day posts, including support for housing repairs, crop replanting, and the repurchasing of livestock.



UPDATE: 20/5/2026

LIFESTART FOUNDATION PROVIDES AID TO REINVEST IN TRANG'S FAMILY LIVELIHOOD

Lifestart Foundation has committed a total of \$20,000 which was raised during our fundraising campaign for emergency relief. Aid continues to be provided to families severely impacted by the devastating floods that struck Central Vietnam last October–November.

Lifestart Foundation team has organized Emergency Relief Distribution Days for those affected and now that the immediate emergency has passed we are focused on long term aid to restore their livelihoods. Our team has made a visit to our scholarship student Trang's family in

Cam Kim, Hoi An, whose crops were decimated after a series of devastating floods.

Trang is currently a 5th-year General Medicine student at Hue University of Medicine and Pharmacy. She hails from a poor family of four, including her parents, her younger brother and herself. Tragically, Trang's father passed away after a long battle with cancer a year ago. Her family is now led by her mother, a single parent who relies on farming and part-time restaurant

work to survive. However, she has had the valve replaced and must take medication for the rest of her life and she has completely lost the ability to do strenuous work.

The historic floods, which rose too quickly, left the vulnerable family with little time to respond, caused immense damage to their home and livelihood: Floodwater rose up to 1 meter inside the house and over two meters in the garden. The house was submerged for 8 days. All crops in their 100m² garden, including 20 dwarf banana trees that were bearing fruit and mixed vegetables were destroyed. Trang's family depends mainly on crops for daily survival. Losing everything at once pushed them into an extremely challenging situation.

Through our Emergency Relief Fundraising Campaign, Lifestart Foundation has supported hundreds of families like Trang's - families living in insecure housing, relying on farming and daily labor, and hit hardest by historic floods, typhoons, and landslides.

Relief & Reinvestment Support

Trang's family received:

An emergency relief hamper, including: rice, cooking oil, fish sauce & soy sauce, washing powder, shampoo, toothpaste, condensed milk and dish detergent

Financial aid to reinvest in their livelihood, enabling the family to: purchase new seedlings and regrow crops to rebuild after total loss

The donated funds have eased immediate hardship and, more importantly, allowed the family to start again. You can see the images showing the devastation - and then the gradual regeneration after support was provided.

We hope that this series of updates has given our donors a glimpse of how their support has helped families restore their livelihoods after the historic floods and typhoon.

Once again, our deepest gratitude goes to all donors who made this emergency relief possible. Your generosity is helping families not just survive, but recover and rebuild with dignity.

To see how these historic natural disasters impacted the lives of hundreds of thousands of people in Central Vietnam last year, please click here: <https://youtu.be/BAtv28GpiLQ>

Read more updates about families who received financial aid to replant crops thanks to Lifestart Foundation and our generous donors:

- Quynh Nhi's family: <https://vnshort.com/l0dO>
- Hai Trieu's family: <https://vnshort.com/Z8n5>
- Hai Yen's family: <https://vnshort.com/07UJ>
- Dieu Linh's family: <https://vnshort.com/oSZg>
- Hamper Boxes Distribution: <https://vnshort.com/G095>
- Visits to Students' Families: <https://vnshort.com/TVSb>

Stay tuned for many more Lifestart Foundation Donation Day posts, including support for housing repairs, crop replanting, and repurchasing livestock.



UPDATE: 24/5/2026

LIFESTART FOUNDATION'S SUPPORT FOR DISADVANTAGED STUDENTS & FAMILIES IN TRA VAN COMMUNE

Following our first round of support in Tra Giap, the Lifestart Foundation team continued its journey to Tra Van, a remote mountainous commune, delivering 200 Tet gift packages to disadvantaged students and families. The support, valued at VND 100,000,000

(approximately AUD \$5,400), included essential goods, along with electric fans and warm blankets, bringing practical assistance and care during the Lunar New Year period.

Located around 152 km from Hoi An, Tra Van is a particularly disadvantaged highland area, formerly part of Nam Trà My District, Quảng Nam Province. The commune is home to predominantly ethnic minority communities, mainly the Ca Dong people, who continue to face significant challenges due to unstable livelihoods and the ongoing impact of natural disasters, especially landslides during the rainy season.

Through this initiative, Lifestart Foundation provided essential household items to support students in their daily lives and education, while also extending assistance to families through electric fans and warm blankets to improve living conditions and help them cope with harsh weather. These contributions not only eased financial pressures but also helped bring warmth, comfort, and a sense of care to households during Tet.

Our team of four staff and one volunteer travelled for four hours along steep, winding mountain roads, many of which had been affected by landslides and poor conditions, to reach the commune. Despite the difficult journey, the heartfelt smiles and gratitude of the students and families made every moment worthwhile.

Lifestart Foundation sincerely thanks all supporters whose generosity made this meaningful initiative possible. Together, we continue to create opportunities, improve living conditions, and bring hope to communities in need.

Your support helps us reach even more families and students facing hardship.

Please click here to read more about our first round of donation in Tra Giap: <https://www.facebook.com/TheLifestartFoundation/posts/pfbid02bPhyPBU6ErSD31Jjz2vWTsTbD1uvSKU3pssmjKLU7T5DrKBdLCanQwGEeRo8Zwd7I>



UPDATE: 26/5/2026

LIFESTART FOUNDATION HAMPER SUPPORT FOR DUONG

At Lifestart Foundation, we believe that supporting our students goes beyond education - it also means standing beside them and their families through life's challenges and important moments throughout the year.

Duong is a Lifestart Foundation Medical Scholarship student, who is currently in her final year studying General Medicine at Danang University of Medical Technology and Pharmacy.

Duong comes from a disadvantaged farming family in Quang Nam province. Over the years, her family has faced significant hardship. Her mother suffers from ongoing health issues related to bone and joint conditions, while her father experienced a stroke in 2022 that left him unable to work and in need of full-time care. With no stable source of income, the family now relies largely on the limited support of her older siblings, who are also facing financial pressures of their own.

Before receiving the scholarship, Duong had to take on various part-time jobs while her family borrowed money to support her studies. With the support of Lifestart Foundation, she is now able to focus fully on her education without the constant worry of financial burden.

Despite these challenges, Duong has remained focused and determined in her studies. She dedicates 6–10 hours each day to self-study and achieved an excellent GPA of 3.9 out of 4.0 in the second semester of her fifth year - a strong reflection of her commitment and perseverance.

During the Lunar New Year, Duong and her family received a hamper box of essential household items from Lifestart Foundation, including rice, cooking oil, fish sauce, soy sauce, salt, toothpaste, shampoo, dishwashing liquid and washing powder.

This support helped ease some of the family's financial pressure during the festive period, allowing them to focus on their daily needs while also bringing a sense of care and encouragement.

Lifestart Foundation remains committed to supporting students like Duong - not only in their education, but also in their everyday lives - helping them overcome challenges and move towards a brighter future.

Thank you to all our supporters who make this support possible.

Please click here to read more about Duong:

- Introducing Duong: <https://www.facebook.com/991759199650992>
- A laptop donation for Duong: <https://www.facebook.com/628466192646963>



UPDATE: 31/5/2026

**LIFESTART FOUNDATION
DONATES ELECTRIC FANS TO
TRA VAN MOUNTAIN COMMUNE**

To help families in Vietnam's highlands cope with extreme weather, Lifestart Foundation, with the generous support of Karma Foundation, has recently delivered 50 electric fans to disadvantaged households in the remote mountainous commune of Tra Van, Nam Tra My, Da Nang City.

All beneficiaries of this distribution are from ethnic minority communities, with the majority belonging to the Ca Dong ethnic group. These essential items help provide comfort and practical support for families living in difficult conditions.

Tra Van Commune, a particularly disadvantaged highland area formerly belonging to Nam Tra My District, Quang Nam Province, was established through the merger of Tra Van and Tra Vinh communes. With more than 98% of the population belonging to ethnic minority groups, primarily Ca Dong people, the community continues to face significant challenges due to unstable livelihoods and frequent natural disasters, especially landslides during the rainy season.

At the official ceremony, Lifestart Foundation presented:

- 100 essential goods packages valued at VND 50,000,000 to disadvantaged students at Tra Van Semi-Boarding Ethnic Minority Secondary School (including rice, cooking oil, fish sauce, soy sauce, detergent, shampoo, toothpaste and milk)
- 50 electric fans and 50 warm blankets with a combined value of VND 50,000,000 to families experiencing hardship in the commune

The electric fans were distributed to bring cool relief during the upcoming hot months. For families in Tra Van who have already endured floods and landslides, these fans provide a practical and much-needed improvement to daily life.

Lifestart Foundation Benefactors



UPDATE: 05/3/2026

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.

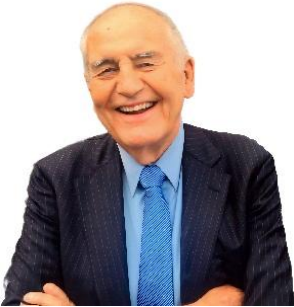
Dr. Geok Hua Wong (1931–2015)

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: 12/3/2023

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.



UPDATE: 20/3/2026

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

Lifestart Foundation Team



UPDATE: 03/3/2026

MEET THE LIFESTART FOUNDATION TEAM - DIEU

Dieu's journey with **Lifestart Foundation** began nearly a decade ago, in **2016**, when she became a recipient of a Lifestart Foundation scholarship. That life-changing support not only enabled her to continue her education, but also helped shape the person she is today. In **2023**, Dieu proudly graduated from **Danang University of Foreign Language Studies**, carrying with her not only academic knowledge, but also a strong desire to give back.

In **2022**, Dieu joined Lifestart Foundation as an intern - and very quickly, she knew she had found her place. She made the decision to stay on after her internship, and today, she is a valued member of the team, dedicated to supporting disadvantaged communities and helping to create brighter futures - just as others once did for her. Dieu is involved in a wide range of **educational and communications tasks** at Lifestart Foundation. From translating letters and mentoring students, to editing photos, designing materials, and supporting the manager with special projects - she approaches each task with care and purpose. For Dieu, even the smallest contribution feels meaningful because it plays a part in **changing lives**.

What drives Dieu most is the **joy she sees in the eyes** of those Lifestart Foundation supports. Every day, she feels grateful that her work allows her to fulfill her **dream of serving the community**. Her role has taken her to **remote mountainous areas** to meet children, students, and families - places she never imagined she would visit. These experiences have deeply touched her and allowed her to **grow both personally and professionally**. As the **youngest and least experienced member** of the team, Dieu feels incredibly lucky to work in such a **united and supportive environment**. She is constantly inspired by the **strong sense of collaboration** and shared mission at Lifestart Foundation. With **endless encouragement from her colleagues**, she has gained new skills, matured, and grown into a more confident and capable version of herself.

Dieu shares her deep gratitude for the **Founder of Lifestart Foundation, Karen Leonard OAM**, whose unwavering kindness and dedication to Vietnam continue to inspire her. She also thanks the **generous sponsors**, many of whom she has never met, for their wholehearted support, and acknowledges the incredible volunteers who give so selflessly of their time and energy. Their example has solidified Dieu's decision to **pursue a career in the NGO sector** - especially with Lifestart Foundation, the organization that once supported her, and now gives her the chance to do the same for others.

Nearly ten years on, **Lifestart Foundation is no longer just an organization** to Dieu - it is her **second family**. A place where she has **grown, learned, and found a true sense of purpose**.



UPDATE: 10/3/2026

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.

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. www.lifestartfoundation.org.au



UPDATE: 17/3/2026

MEET THE LIFESTART FOUNDATION TEAM - NHUNG

In-Country Manager | Dream Team Leader | Heart of the Mission in Vietnam

We are thrilled to shine a spotlight on someone very special in the Lifestart Foundation family - Nhung, our incredible In-Country Manager! Nhung has been a core part of the Lifestart Foundation journey for nearly 11 years, and is held in the highest esteem by our Founder Karen Leonard OAM, the Board, our staff, our volunteers, supporters, and the entire LSF team. Karen often refers to Nhung as an irreplaceable head of her “Dream Team” - and with good reason. From her university days, Nhung knew she was destined for a career in social work - and her time at Lifestart Foundation has been, in her own words, “one of the greatest blessings of my life.”

What makes Nhung truly extraordinary? It’s her dedication, compassionate leadership, and deep belief in Lifestart Foundation’s mission. Each scholarship student supported and every community project delivered only deepens her commitment to making long-term, meaningful change. She draws inspiration daily from our Founder, Karen, whom she calls “a miracle.” Nhung is constantly in awe of Karen’s unwavering devotion to a community far from her own home - and feels humbled to be part of that vision. Through her years at Lifestart Foundation, Nhung has grown not just professionally, but personally - gaining skills, wisdom, and friendships that have shaped her life. “I hope to continue this journey with Lifestart Foundation for many years to come. Together with my colleagues, I want to keep making a meaningful contribution to the community.”

We are incredibly lucky to have Nhung leading our mission in Vietnam with heart, grace, and determination. She is not just a team member - she is the beating heart of our work on the ground. Please join us in thanking Nhung for her incredible contribution and dedication!



UPDATE: 24/3/2026

MEET THE LIFESTART FOUNDATION TEAM – UYEN

Today, we're delighted to introduce you to Uyen, one of the dedicated team members at Lifestart Foundation.

Uyen has been a member of the Lifestart Foundation team for the past five years. Her multifaceted role includes mentoring and teaching English to our scholarship students, managing administrative tasks, handling social media and press releases, capturing project moments through photography, and supporting our In-Country Manager with the implementation of key initiatives. **Uyen is deeply inspired by our founder, Karen Leonard OAM**, whose unwavering spirit of philanthropy

continually drives her to give her very best. Working alongside Karen has been a transformative experience – Uyen has learned so much and grown in ways she never imagined. Watching our students - a group marked by resilience and determination - achieve their goals fuels Uyen's own passion for lifelong learning and disciplined growth. She's proud to be part of a team that truly uplifts communities, and she remains committed to empowering the next generation toward a brighter future.

What Uyen says about our team environment:

- "It doesn't feel like a workplace - it feels like family."
- "We're supportive and always ready to help one another."
- "Everyone of us is friendly, encouraging, and ready to lift each other up."
- "We're united by our shared passion to make a difference."

What drew Uyen to the NGO sector in the first place?

Despite Vietnam's rapid development, she knows many families still face extreme hardship. Education and community projects, she believes, open doors to opportunity - and being part of that mission gives her a powerful sense of purpose. For Uyen, it isn't just work; it's a way to "pay it forward," grow alongside her community, and bring lasting change - even through small actions.

What truly inspires Uyen?

Seeing our scholarship students flourish - growing, achieving, and thriving - is what makes it all worthwhile. She lives every day with the dream of helping the youth of her hometown, and of Central Vietnam more broadly, to overcome challenges and create brighter futures.

Thank you, Uyen, for your heart, passion, and dedication. We're honoured to have you on the team!



UPDATE: 31/3/2026

MEET THE LIFESTART FOUNDATION TEAM – HIEN

We're thrilled to introduce you to Hien, a deeply valued and passionate member of the **Lifestart Foundation** team.

Hien's journey with Lifestart Foundation is nothing short of inspiring. Fourteen years ago, as a young orphan facing an uncertain future, she was awarded a Lifestart Foundation scholarship - a moment that not only changed her path, but gave her hope when she needed it most. When her future felt uncertain, it was **our founder, Ms. Karen Leonard OAM**, who stepped in to offer guidance, hope, and support. Today, Hien is proud to be part of the very organization that helped shape her future.

In Hien's words: "I feel very fortunate to be part of Lifestart Foundation and to accompany its meaningful charity projects. Through this work, I've realised the true importance of education, perseverance, and resilience. Witnessing the challenges faced by disadvantaged students makes me value my work even more - it is rich in humanity and continues the mission Lifestart Foundation has pursued for over two and a half decades. Working here fills me with pride, gratitude, and a strong sense of responsibility to give back."

On the team spirit at Lifestart Foundation, she shares: "Our team is collaborative, supportive, and united by shared values of compassion and service. Everyone works with sincerity and commitment, creating a strong sense of belonging. I feel inspired by the dedication of my colleagues and the way we complement one another to achieve meaningful goals."

What inspired her to join NGO work?

Hien's own background as a scholarship recipient sparked a desire to give back. Experiencing first hand the life-changing impact of support, she was drawn to the humanitarian values of NGO work - especially those focused on **education and social equity**. It was clear to her: this was her calling.

Hien's contributions to Lifestart Foundation include:

- Supporting and mentoring scholarship students
- Translating letters from students to sponsors
- Assisting with community programs
- Teaching English as a Second Language (ESL)
- Helping with day-to-day administrative operations
- Managing content creation and social media
- Capturing and sharing meaningful moments through photography and video

Thank you, **Hien**, for your unwavering dedication, resilience, and compassion. Your journey is a testament to the power of education, kindness, and giving back. We're honoured to have you as part of the **Lifestart Foundation family!**

Other Activities



UPDATE: 08/3/2026

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

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

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

International Women's Day events vary across nations, but various women, including political, community, and business leaders, as well as leading educators, inventors, entrepreneurs, and television personalities, are usually invited to speak at various events on the day. The messages given at these events often focus on various themes such as innovation, the portrayal of women in the media, or the importance of education and career opportunities. Many students in schools and other educational settings participate in special lessons, debates or presentations about the importance of women in society, their influence, and issues that affect them. In some countries school children bring gifts to their female teachers and women receive small presents from friends or family members. Many workplaces make a special mention about International Women's Day through internal newsletters or notices, or by handing out promotional material focusing on the day.

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

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

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



UPDATE: 09/3/2026

#Lifestart_Foundation is celebrating a major milestone - **26 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.



UPDATE: 11/3/2026

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

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

A few tips on your efforts:

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

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

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



UPDATE: 13/3/2026

Join us for our interview with one of our Lifestart Foundation Scholarship Students Phan Thi Bao Vy!

She shares her thoughts and feelings on her profession and the Lifestart Foundation scholarship program.

Please click on the link below to watch the video of Vy: <https://www.tiktok.com/7571290823061409041>



UPDATE: 16/3/2026

GOODWILL WINE: SUPPORTING LIFESTART FOUNDATION

Whether you will be celebrating a birthday, enjoying dinner with close friends or looking for a delicious glass of vino to compliment your next master chef dish – treat yourself to a Lifestart Foundation Goodwill Wine. We also have a Vegan wine available.

Wines are selected from boutique wineries across Victoria, Australia – a great addition to your next occasion and sure to be the talking point of the table.

Click here to learn more and order: <http://goodwillwine.com.au/pages/lifestart-foundation>

50% of the profit raised will go to supporting Lifestart Foundation projects.

Please note – Goodwill wines only ship within Australia



UPDATE: 16/3/2026

A POST FROM OUR LIFESTART FOUNDATION FOUNDER

A few special moments from the first of many shared dinners with our wonderful doctors, graduates, resident doctors, and current scholarship students. Evenings like this remind me why the journey has been so worthwhile.

This dinner was particularly close to my heart, as Dr A was able to step away from his incredibly demanding schedule to join us. Twenty-two years ago, he was the very first student I awarded a

scholarship to - just a young high school student, at risk of not being able to complete his education, but with great potential and determination. I could never have imagined then just how proud I would feel watching the man he has become. Today, he is a Paediatric Oncologist and Deputy Head of the General Paediatrics Department at Da Nang Hospital for Women and Children. Next year, he hopes to further his training at the prestigious Mayo Clinic in the United States - an extraordinary achievement that reflects his dedication and compassion.

My heart is full of pride for this remarkable group - Dr Linh, Dr Nhung, and Rehabilitation therapists Thuyet and Duyen - each of them committed to making a difference every single day. Watching these young students grow into skilled, caring health professionals has truly been one of the greatest privileges of my life.



UPDATE: 18/3/2026

Join us for our interview with one of our Lifestart Foundation Former Scholarship student - Dr Nguyen Bao Giang!

He shares his thoughts and feelings on his profession and the Lifestart Foundation scholarship program.

Please click on the link below to watch the video of Giang:
<https://www.tiktok.com/7582085230601784593>



UPDATE: 19/3/2026

A POST FROM OUR LIFESTART FOUNDATION FOUNDER

TWO FOUNDERS - KINDRED SPIRITS

Some 20+years ago, two Australian women - from opposite ends of the country - met by chance at what was then the Hội An Orphanage. Neither of us could have imagined that this simple meeting would shape so much of the path ahead.

In time, we would both go on to found our own charity organisations in Hội An. I founded Lifestart Foundation, and Robyn founded CHIA (Children's Hope In Action). What we shared from the beginning was a deep commitment to volunteering in Central Vietnam and doing whatever we could to improve the lives of impoverished children and families facing extreme hardship. Along the way, we each found our own niche, our own way of serving, and what began as a commitment slowly grew into something much bigger - a magnificent obsession that has shaped both of our lives.

Robyn, I have such deep respect for you, for the woman you are, and for the friendship we've built over the years. We resonate on so many levels. Being a founder of an NGO is a role that isn't always well understood, so having someone who truly gets it - who understands the gravitas, the challenges, the responsibility, the passion behind it all - has meant more to me than words can say. I'm so grateful for the conversations, the shared experiences, the laughter, and the quiet understanding that has carried us through the years.

This photo was taken today at one of our favourite breakfast haunts after we'd just polished off a delicious bowl of Mỳ Gà, and were on our way for a Cà Phê Sữa Sài Gòn - simple moments that somehow say everything about a friendship like ours.

Kindred spirits, always.



UPDATE: 23/3/2026

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

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

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

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



UPDATE: 25/3/2026

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://www.lifestartfoundation/gift-certificates/>



UPDATE: 27/3/2026

LIFESTART FOUNDATION UNIVERSITY STUDENT UPDATE

CLICK HERE TO READ ALL ABOUT OUR UNIVERSITY SCHOLARSHIP STUDENTS: <https://UniStudentUpdate>

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

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

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

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

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

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

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



UPDATE: 30/3/2026

Join us for our interview with one of our former Lifestart Foundation Scholarship Students, Vo Thoi Nay!

He shares his inspiring journey of studying overseas and reflects on how the Lifestart Foundation Scholarship Program supported his dreams.

Please click on the link below to watch the video of Nay: <https://www.tiktok.com/7567281715224349953>



UPDATE: 06/4/2026

Join us for our interview with one of our Lifestart Foundation Scholarship Students Nguyen Thi Xuan Vien!

She shares her thoughts and feelings on her profession and the LSF scholarship program.

Please click on the link below to watch the video of Vien:

<https://www.tiktok.com/7564599573700742407>



UPDATE: 13/4/2026

Meet our team! This is Jordan, our Media Intern from Australia, who's sharing a bit about herself and why she is interning here at Lifestart Foundation!

Please leave questions in the comments for her to respond to!

Click on the link below to watch the video of Jordan:

<https://www.tiktok.com/7585415188254330129>



UPDATE: 21/4/2026

VIETNAM BOOK AND READING CULTURE DAY 2026

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

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



UPDATE: 12/5/2026

TODAY IS INTERNATIONAL NURSES' DAY!

#International Nurses Day celebrates the tireless contribution of the Nursing community to societies all over the world.

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

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

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

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

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



UPDATE: 27/5/2026

Join us for our interview with one of our Lifestart Foundation Scholarship Students Vo Nguyen Thuy Ha!!

She shares her thoughts and feelings on her profession and the LSF scholarship program

Click on the link below to watch the video of Ha:

<https://www.tiktok.com/7575076030902258960>

Press



VIETNAMNEWS.VN
Disadvantaged students and families get Tết gifts

UPDATE: 04/3/2026

LIFESTART FOUNDATION PRESENTS 200 TET GIFT PACKAGES TO DISADVANTAGED STUDENTS AND FAMILIES IN TRA VAN MOUNTAIN COMMUNE, DANANG

Lifestart Foundation has delivered 200 Tet gift packages, including essential household goods, electric fans and blankets to disadvantaged students and families in

Danang’s mountainous commune of Tra Van. The total value of the support reached VND 100 million (approximately AUD \$5,400).

This initiative aims to encourage students facing hardship in their pursuit of education, ease daily living challenges for local families and bring warmth and care to households as they celebrate the Lunar New Year - the Year of the Horse.

All beneficiaries are from ethnic minority communities, with the majority belonging to the Ca Dong ethnic group. The Tra Van Tet gift initiative is one of many community-focused projects undertaken by Lifestart Foundation to support vulnerable communities in Vietnam’s central region.

Please read more about our project here: <https://vietnamnews.vn/tet-gifts>.

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



VIETNAMNEWS.VN
Students get medical scholarships
Lifestart Foundation (Australia), a non-governmental organisation, has recently awarded a new round of prestigious Medicine, Pharmacy...



UPDATE: 07/4/2026

LIFESTART FOUNDATION COMMITS NEARLY 3 BILLION VND (\$165,000 AUD) IN MEDICAL SCHOLARSHIPS TO EMPOWER DISADVANTAGED STUDENTS IN CENTRAL VIETNAM

Lifestart Foundation has recently awarded a new round of prestigious Medicine, Pharmacy and Residency Scholarships to 18 exceptionally talented students from extremely disadvantaged backgrounds in Central Vietnam.

This latest cohort includes 16 university students and 2 resident doctor students from Hue University of Medicine and Pharmacy and Da Nang University of Medical Technology and Pharmacy. These students have demonstrated exceptional academic performance despite their challenging circumstances. They have been granted prestigious scholarships, which include financial support covering tuition fees, accommodation, food, living expenses, and four new laptops - bringing the total value to nearly 3 billion VND (equivalent to \$165,000 AUD).

We are incredibly proud to offer the most prestigious and highest-value Medicine, Pharmacy and Residency Scholarships to these reputable institutions.

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

<https://vietnamnews.vn/students-get-medical>

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



VIETNAMNEWS.VN
Flood-damaged houses repaired

UPDATE: 15/5/2026

LIFESTART FOUNDATION SUPPORTS HOME REBUILDING FOR FAMILIES AFFECTED BY NATURAL DISASTERS IN TRA GIAP, DA NANG

Lifestart Foundation has committed a total of \$20,000 raised during our emergency relief campaign. This support has been provided to hundreds of families impacted by the historic floods that struck the central region in October and November 2025.

Alongside providing essential supplies and financial support to help families rebuild their livelihoods, Lifestart Foundation is also proud to support home rebuilding for disadvantaged households in the mountainous Tra Giap Commune.

Located in a remote mountainous area, Tra Giap is highly vulnerable to extreme weather. During the severe floods and landslides in late 2025, homes were buried or heavily damaged, leaving families living in unsafe and unstable conditions.

Lifestart Foundation has worked tirelessly to provide essential funding to help 11 vulnerable households repair their damaged homes – including kitchens, bathrooms, and roof replacement.

The project's total investment is VND 187,000,000 (approximately AUD \$11,000), directly supporting families in need to rebuild safer homes.

This initiative aims to restore safety, improve daily living, and help communities rebuild with greater resilience. It is also part of our ongoing commitment to disaster recovery and long-term community development in Central Vietnam. Stay tuned for upcoming posts as we share more updates from the field.

Read more: <https://vietnamnews.vn/flood-damaged-houses-repaired>

We are deeply thankful to every donor who contributed, your support is already making a tangible and immediate difference for families in need.

To see how these historic natural disasters impacted the lives of hundreds of thousands of people in Central Vietnam last year, please click here: <https://youtu.be/BAtv28GpiLQ>