

Clean Water Project



UPDATE: 14/06/2026

LIFESTART FOUNDATION - LATEST NEWS

#CLEAN_WATER PROJECT NUMBER 44

Providing clean water for over 19,200 students to 48 remote schools in Central Vietnam. Proudly made possible by Lifestart Foundation and Karma Foundation. The next remote education centre to receive support from Lifestart Foundation is Chanh Cong Kindergarten – Main campus,

where 219 students and staff will gain access to clean water. Please click on the link below to watch the video of our Clean Water project at Chanh Cong Kindergarten School:
<https://www.youtube.com/watch?v=JOb-eYlbzJ0>



UPDATE: 19/07/2026

LIFESTART FOUNDATION - LATEST NEWS

#CLEAN_WATER PROJECT NUMBER 45

Providing clean water for over 19,200 students to 48 remote schools in Central Vietnam. Proudly made possible by Lifestart Foundation and Karma Foundation. The next remote education centre to receive support from Lifestart Foundation is Phuoc Loc Semi-Boarding Primary and

Secondary School for Ethnic Minorities, where 224 students and staff will gain access to clean water. Please click on the link below to watch the video of our Clean Water project at Phuoc Loc Semi-Boarding Primary and Secondary School for Ethnic Minorities:
<https://www.youtube.com/watch?v=OJ54F DXftU>



UPDATE: 16/08/2026

LIFESTART FOUNDATION - LATEST NEWS

#CLEAN_WATER PROJECT NUMBER 46

Providing clean water for over 19,200 students to 48 remote schools in Central Vietnam. Proudly made possible by Lifestart Foundation and Karma Foundation. The next remote education centre to receive support from Lifestart Foundation is Chanh Cong Kindergarten – Branch campus,

where 60 students and staff will gain access to clean water. Please click on the link below to watch the video of our Clean Water project at Chanh Cong Kindergarten School:
https://www.youtube.com/watch?v=hPi_yp1SGYY

Education



UPDATE: 06/06/2026

CLOSING THE SCHOOL YEAR WITH PRIDE & ACHIEVEMENTS

Honouring Another Outstanding Academic Year

Lifestart Foundation is incredibly proud to celebrate the achievements of our secondary and high school scholarship students as they complete the 2025–2026 academic year. Their hard work, perseverance, and determination have truly paid off, and we are honoured to support them on their educational journey.

Throughout the year, our students have shown remarkable dedication to their studies while continuing to grow in confidence, resilience, and character. Many students achieved excellent academic results and received recognition in both academic competitions and extracurricular activities.

This year, our scholarship students proudly achieved numerous prizes:

- First Prize in Geography – Da Nang City Competition for Excellent Students
- First Prize in History - School's Level Competition for Excellent Students
- Second Prize in Literature – Da Nang City Competition for Excellent Students
- Second Prize in Mathematics – School's Level Competition for Excellent Students
- Second Prize in Geography – School's Level Competition for Excellent Students
- Second Prize in Literature – School's Level Competition for Excellent Students
- Third Prize in Physics – Da Nang City Competition for Excellent Students
- Third Prize in Literature – Olympic Competition at Le Thanh Tong High School for Gifted Students
- Third Prize in Geography – Northern Coastal Region Olympic Competition
- Consolation Prize in Geography – National Competition for Excellent Students
- Plus Multiple Consolation Prizes, Outstanding Student and Very Good Student Awards

As the school year comes to a close, we proudly stand beside our students as many prepare for one of the most important milestones in their journey: the National High School Graduation Exam.

We believe in each and every one of them and are confident that their hard work, determination, and resilience will lead them toward bright futures and even greater achievements ahead.

Please join us in congratulating our students and sending them encouragement for the journey ahead!



UPDATE: 13/06/2026

**LIFESTART FOUNDATION SCHOLARSHIP STUDENT
PHUONG NHI WINS 3RD PRIZE IN LITERATURE OLYMPIC
COMPETITION!**

The Lifestart Foundation team is delighted to share some news from our Education Scholarship recipient, Tran Linh Phuong Nhi!

Currently in Year 9, Nhi has proudly achieved 3rd Prize in the Literature Olympic Competition hosted by Le Thanh Tong School for Gifted Students. Congratulations, Nhi!

Phuong Nhi continues to be a shining example of perseverance and academic excellence. She comes from a single-parent family in Duy Nghia Commune, Danang City. Her devoted mother works tirelessly to support Nhi and her younger sister, despite facing ongoing health challenges. Their living conditions are very modest, without running water or a proper bathroom, and their home is often affected by flooding during the rainy season. Despite these hardships, Nhi remains determined and focused on her education.

Nhi's dedication to her studies is truly commendable. During the second semester, she managed a demanding schedule of regular classes alongside advanced Literature lessons to prepare for the Olympic Competition. Through her consistent effort and determination, she achieved 3rd Prize and was awarded a bronze medal.

The competition brought together 21 schools from across Da Nang City, giving Nhi a valuable opportunity to challenge herself, gain practical exam experience, and broaden her knowledge. Through the Lifestart Foundation Education Scholarship, Nhi receives comprehensive support, including tuition fees, books, stationery, uniforms, and additional classes. This vital support has greatly eased the financial burden on her family and allows Nhi to fully focus on her studies. Looking ahead, Nhi aspires to gain admission to Le Thanh Tong High School for the Gifted, and we have every confidence in her ability to achieve this goal. Once again, congratulations to Nhi from everyone at Lifestart Foundation. We are incredibly proud of your achievements and look forward to seeing all that you accomplish in the future.

Learn more about Nhi:

- Introducing Nhi: <https://vnshort.com/AoZi>
- A Donation of Household Essentials for Nhi: <https://vnshort.com/SGrl>



UPDATE: 20/06/2026

ANOTHER OUTSTANDING ACHIEVEMENT FOR LIFESTART FOUNDATION SCHOLARSHIP STUDENT TAM

We are incredibly proud to celebrate another remarkable milestone achieved by Tam, one of Lifestart Foundation's dedicated long-term scholarship students.

A full scholarship recipient since Year 9, Tam is currently in her final year at Danang University of Medical Technology and Pharmacy, where she is pursuing a degree as a Medical Laboratory Technician. Continuing her strong academic journey, Tam has achieved a **perfect GPA of 4.0 out of 4.0** in the most recent semester - an outstanding accomplishment that reflects her perseverance and commitment to excellence.

Tam's journey has not been an easy one. Orphaned at a very young age, she has been raised by her elderly grandmother in Dien Ban. Despite difficult living conditions and her grandmother's ongoing health issues, Tam has always shown incredible strength and responsibility. Alongside her studies, she continues to spend time each day helping with household chores such as cooking, cleaning, and washing dishes to support her grandmother.

Before receiving support from Lifestart Foundation, Tam did not have access to extra classes that are so important for academic success. Since joining the scholarship program, she has been given the opportunity to fully focus on her education. The scholarship has supported her with tuition fees, books, uniforms, and additional learning opportunities - giving her the foundation to pursue her dreams. Tam has always been a hardworking and determined student. Through consistent effort, including many hours of self-study each day, she successfully graduated from high school and became the first in her family to attend university. Her passion for Biology has inspired her to pursue a career in the healthcare sector, where she hopes to contribute to improving the well-being of others.

Achieving a perfect 4.0 GPA at university is a testament to Tam's resilience, discipline, and unwavering determination to build a better future for herself and her family. Her journey continues to inspire us all.

Congratulations, Tam! We are so proud of you and will continue to support you every step of the way as you pursue your dreams.

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

- Introducing Tam – new LSF scholarship student: <https://shorturl.at/yBYLO>
- A hamper box donation for Tam: <https://shorturl.at/QJq4z>



UPDATE: 27/06/2026

LIFESTART FOUNDATION SCHOLARSHIP SUCCESS STORY: FROM PREVENTIVE MEDICINE DOCTOR TO MASTER'S IN CLINICAL NUTRITION: DR. NHUNG'S JOURNEY CONTINUES

From a young scholarship student to a dedicated doctor, Dr. Nhung's journey with Lifestart Foundation has been one of perseverance, growth, and purpose. Over the years, we have had the privilege of supporting her throughout her university years as she completed her six-year degree in Preventive Medicine at one of Vietnam's most prestigious medical universities – Hue University of Medicine and Pharmacy. A journey like this often spans over a decade, and Dr. Nhung is a wonderful example of what long-term support and determination can achieve.

Today, Dr. Kim Nhung works as the Head of the Consulting Doctor Department at Danang's Family Hospital, where she plays a key role in both patient care and team leadership.

Her responsibilities include examining patients and providing consultation and treatment across a range of areas such as nutritional therapy, psychotherapy, preventative care, and lifestyle counselling. In her role, Dr. Nhung also guides and coordinates the daily work of her colleagues and represents her team in discussions with hospital management, contributing to improving healthcare services.

Continuing to grow and give back

Driven by her passion for learning, Dr. Nhung has been accepted into the two-year Master's program in Clinical Nutrition at Thai Binh University of Medicine and Pharmacy, where she ranked 2nd overall and 1st in her specialty in the entrance exam.

Despite her demanding schedule, Dr. Nhung remains deeply committed to her patients. During her studies, she regularly travels between Thai Binh and Da Nang to continue her work at the hospital - balancing both roles with remarkable dedication.

Why Clinical Nutrition?

For Dr. Nhung, clinical nutrition is a vital part of comprehensive patient care - especially for inpatients and those with chronic or complex conditions. She believes that alongside medication, proper nutrition and lifestyle changes can significantly improve health conditions, and in some cases, even reduce the need for medication. This belief has inspired Dr. Nhung to pursue deeper expertise in this field. Dr. Nhung's long-term goals are to continue advancing her professional knowledge and qualifications, while also expanding the scope of her medical practice and certifications. Looking ahead, she also hopes to contribute to medical teaching and training in the future.

A story rooted in family and resilience

Dr. Nhung was born and raised in Hoi An, the second of three children. Her father works as a builder's assistant, while her mother has been staying at home for nearly two years due to health issues. From humble beginnings to becoming a doctor and future specialist, Dr. Nhung's journey reflects not only her own hard work but also the strength of her family and the impact of consistent support. We are incredibly proud of Dr. Nhung and excited to see where her journey leads next.

Read more about Dr. Nhung's journey:

- Nhung volunteers at the Lifestart Foundation workshop: <https://vnshort.com/SAJp>
- A laptop donation for Nhung: <https://vnshort.com/HvAB>
- Nhung graduates from Hue University of Medicine and Pharmacy:
<https://vnshort.com/hJMt>
- An update on Dr. Nhung: <https://vnshort.com/knuY>
- Speaker at Lifestart Foundation Workshop on Nutrition and Food Safety:
<https://vnshort.com/LNHv>



UPDATE: 04/07/2026

INSPIRING NEWS FROM LIFESTART FOUNDATION SCHOLARSHIP STUDENT VAN

Lifestart Foundation is proud to celebrate the outstanding achievements of Van, one of our dedicated Education Scholarship students.

Van is currently a Year 11 student at Le Thanh Tong High School for gifted students. Through her diligence and strong commitment to learning, she achieved an excellent academic result of 9.65 in the first semester. We are delighted to share that Van was awarded First Prize in Geography at the Da Nang City-level Competition for Gifted Students, an outstanding achievement that earned her the opportunity to represent her city at the national level. She then went on to receive a Third Prize in Geography at the Northern Coastal Region Olympic Competition, followed by a Consolation Prize in Geography at the National Competition for Gifted Students - a great accomplishment that reflects both her academic ability and perseverance. Van comes from a disadvantaged family of three, including her mother, younger brother and herself. Her mother is the sole provider, working long hours selling vegetables and helping at a local food stall to support the family. With an unstable income and demanding workload, her mother often faces health challenges, making daily life even more difficult. Despite these hardships, she continues to do everything she can to support her children's education.

Understanding her family's situation, Van has remained highly motivated and focused on her studies. She dedicates 6–10 hours each day to self-study, consistently working towards her goals and making the most of every learning opportunity. Her achievements are the result of years of hard work, determination and a desire to create a brighter future for herself and her family. Van's success is a testament to her resilience, the unwavering support of her mother, and the opportunities made possible through the Lifestart Foundation Education Scholarship. It has been a pleasure to watch Van grow into a confident and capable young woman who continues to excel both academically and personally.

Lifestart Foundation is incredibly proud of Van and all that she has accomplished so far. We look forward to seeing her continue to grow, achieve even greater success, and inspire others with her journey.

Thank you to our generous supporters who make journeys like Van's possible.

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

- Introducing Van – A new LSF Education Scholarship student: <https://shorturl.at/SefhP>
- Introducing new Lifestart Foundation scholarship students: <https://shorturl.at/hMoTa>
- Entering Le Thanh Tong High school for Gifted students: <https://shorturl.at/6BcvX>
- Supply Donation for Van, Trieu and Duyen: <https://vnshort.com/NJSA>
- A hamper box donation for Van: <https://vnshort.com/wsdd>
- Great news from Van: <https://vnshort.com/CjLc>



UPDATE: 11/07/2026

WELCOMING OUR NEW LIFESTART FOUNDATION EDUCATION SCHOLARSHIP STUDENTS

For 26 years, the Lifestart Foundation Secondary School Education Scholarship Program has opened doors for talented and determined students facing challenging circumstances across Vietnam. Through access to education and ongoing support, countless scholars have gone on to graduate from prestigious universities both in Vietnam and overseas, creating brighter futures for themselves and their communities. We are deeply honoured to support young minds who demonstrate extraordinary resilience, determination, and a commitment to overcoming adversity. By investing in their education, we hope to help them unlock opportunities that can transform not only their own lives but also those of future generations.

This year, we are proud to welcome the five most recent scholarship recipients into the Lifestart Foundation family. These outstanding Year 9 students come from disadvantaged communities in Quang Nam province (now part of Da Nang City), where their families face significant financial

hardship and often struggle to cover basic daily needs, let alone educational expenses. Despite challenges such as poverty, the loss of a parent, single-parent households, family separation, or caring for ill family members, these students have continued to excel academically. Several have achieved remarkable results without the benefit of private tutoring that many of their peers rely upon.

Beyond their studies, these young scholars carry substantial responsibilities at home. From caring for younger siblings and supporting unwell parents to managing household duties, they contribute greatly to their families while maintaining exceptional academic performance. Many have earned consecutive years of “Excellent Student” recognition and consistently demonstrate maturity, confidence, and perseverance beyond their years.

Following a highly competitive application and interview process, these five students stood out among many deserving candidates. Their academic achievements, strength of character, and dedication to helping others impressed our selection panel and reaffirmed the importance of supporting their educational journeys. The moment they learned they had been awarded a Lifestart Foundation Education Scholarship was one of immense joy and relief for both the students and their families. For them, this opportunity represents far more than financial assistance - it is a pathway to hope, confidence, and a future filled with possibilities.

Through the scholarship program, all school-related expenses are covered, including tuition fees, textbooks, uniforms, stationery, and essential extra classes. Together, these five students will receive more than AUD \$4,215 in educational support each year, enabling them to focus on their studies and pursue their dreams without the constant burden of financial hardship. Please join us in congratulating these remarkable young people as they begin the next chapter of their educational journey. Over the coming weeks, we look forward to sharing each of their inspiring stories and celebrating the determination, courage, and dreams that make them such deserving members of the Lifestart Foundation family.



UPDATE: 18/07/2026

MEET NHA HAN – A NEW LIFESTART FOUNDATION SCHOLARSHIP STUDENT WHO DREAMS OF A BRIGHTER FUTURE

Please join us in welcoming Nha Han, a resilient and hardworking student, as one of our newest Lifestart Foundation scholarship recipients.

Born into a family facing many hardships, Han has experienced instability from a very young age. Following her parents' divorce, she now lives with her mother and younger brother in a small rented room. As a single mother, Han's mum works long and exhausting hours at a spa to support the family, despite suffering from ongoing health issues and an unstable income. Growing up witnessing her mother's sacrifices has deeply shaped Han's outlook on life. Despite the challenges she faces daily, she continues to study hard and remain hopeful for the future. Han understands that education is the key to creating a better life not only for herself, but also for her family. Academically, Han is an excellent student who ranked among the top students in her class,

achieving strong academic results while balancing household responsibilities at home. After school, she helps care for her younger brother, cooks meals, cleans the house and supports her mother in any way she can. Yet even after long days, she still dedicates time every evening to self-study and attending extra classes. Han especially loves Literature and dreams of one day becoming a Literature teacher. She believes teaching is a meaningful profession that can inspire and guide future generations. Alongside her studies, she also enjoys drawing, reading books and participating in her school's Art Club. Receiving the Lifestart Foundation Scholarship has brought renewed hope and encouragement to Han and her family. The scholarship will cover **tuition fees, health insurance, books, stationery, and uniforms**, which enables Han to now focus more on her education and worry less about daily financial struggles.

Looking ahead, Han hopes to continue achieving strong academic results, attend university and create a more stable and happy future for her mother and younger brother. Through her determination, kindness and perseverance, we believe Han has a very bright future ahead of her.

We warmly invite you to read Han's letter of appreciation: <https://vnshort.com/QglH>



UPDATE: 25/07/2026

FROM A BOY WHO FEARED HE COULD NEVER ATTEND UNIVERSITY TO A RESIDENT DOCTOR DELIVERING NEW LIFE – A Lifestart Foundation Scholarship Success Story – Meet Resident Doctor Lam

More than 12 years ago, Lam was a quiet secondary school student growing up in a large family in Hoi An.

Life changed dramatically when both his father and eldest brother - the two main breadwinners of the family - tragically passed away in the same year after serious illnesses. Their loss left immense emotional pain and financial hardship behind. At the time, Lam's mother suddenly had to carry the burden of raising a large family of seven on her own. She worked tirelessly in the fields every day, worrying constantly about how she could continue supporting her children's education. For Lam, the dream of attending university - especially studying medicine - felt painfully far away.

Then, through the support of his teachers, Lam was introduced to Lifestart Foundation. Receiving the Lifestart Foundation scholarship became a turning point not only for Dr. Lam, but for his entire family. The scholarship eased the burden on his mother, allowing Lam to continue going to school with proper books, supplies, and opportunities to attend extra classes like his peers. Over the years, Lifestart Foundation also supported his family with daily necessities and educational equipment, including laptops and tablets that became essential for his studies. Most importantly, the scholarship gave Lam hope. "Without the scholarship, I do not know if I could have studied General Medicine," Dr. Lam once shared. "I might have stopped studying after high school to help support my family." Instead, he continued moving forward - step by step, year after year. After six demanding years at Hue University of Medicine and Pharmacy, Dr. Lam graduated with Distinction, ranking 16th among more than 400 General Medicine students. He later successfully passed the highly competitive Residency entrance examination and is now pursuing his dream specialty in Obstetrics and Gynecology.

Today, Resident Doctor Dr. Lam rotates between Hue Central Hospital and Hue University of Medicine and Pharmacy Hospital, caring for women through every stage of reproductive health - from routine gynecological conditions to high-risk pregnancies and complicated cases. He examines patients, provides consultations, joins emergency on-call shifts, assists in surgeries, performs specialized procedures, and has already delivered more than 300 babies. One of the moments that continues to inspire him most is hearing a newborn baby cry for the very first time. "The moment a baby is born, hearing the baby cry and seeing the joy of the mother and family - that is when I feel this profession is truly sacred and meaningful," he shared. Among the many deliveries he has performed, one unforgettable case involved safely delivering a 4.2-kilogram baby naturally despite significant risks during labour. Through careful assessment, teamwork, and calm decision-making, both mother and baby remained safe - a moment that reminded him how much he has grown since his student days. From once only observing procedures as a medical student, Dr. Lam can now independently manage deliveries, assist in cesarean sections, and perform specialized obstetric and gynecological procedures under the guidance of senior doctors and professors. Despite his achievements, he remains humble about the challenges ahead.

"The hardest thing is overcoming moments of self-doubt when facing difficult emergency cases," he said. "But I continue learning every day so I can better care for my patients."

Looking toward the future, Dr. Lam hopes to specialize further in Maternal-Fetal Medicine and fetal ultrasound, with the goal of helping diagnose and intervene early in high-risk pregnancies. Dr. Lam's journey is a powerful reminder that education can transform not only one life, but an entire family's future. From a young boy uncertain if he could continue school, to a resident doctor helping bring new life safely into the world, his story reflects the lasting impact of compassion, opportunity, and unwavering determination. Lifestart Foundation is incredibly proud to have walked alongside Dr. Lam throughout this remarkable journey and looks forward to his even greater accomplishments in the future.

You can read more about Dr. Lam here:

- Introducing new Lifestart Foundation scholarship student Lam: <https://vnshort.com/Wlzu>
- An update from Lam: <https://vnshort.com/UnWw>
- Lam accepted to Hue University of Medicine and Pharmacy: <https://vnshort.com/mVxE>
- Great news from Lam: <https://vnshort.com/fatN>
- Congratulations Dr. Lam on university graduation: <https://vnshort.com/fyKh>

MEET ALL OF OUR UNIVERSITY STUDENTS AND GRADUATES HERE:

<https://bit.ly/UniStudentUpdateNov2025>



UPDATE: 01/08/2026

WELCOMING LIFESTART FOUNDATION'S MOST RECENT SCHOLARSHIP STUDENT: NGOC HANH

"My dream is to become a Math teacher because I love this subject and want to help future generations discover the joy of learning. One day, I hope to contribute to society just as others have helped me."

Every year, Lifestart Foundation has the privilege of meeting remarkable young people whose determination shines through even the most difficult circumstances. Today, we are delighted to introduce one such student - Ngoc Hanh, a bright and hardworking Year 9 student whose resilience and academic excellence have earned her a place in the Lifestart Foundation family. At just 14 years old, Hanh has already experienced more hardship than many people face in a lifetime.

More than two years ago, her beloved mother passed away unexpectedly, leaving behind a grieving family and a tremendous financial burden. Since then, her father has become the sole breadwinner for the family, working as a construction laborer and taking on any available manual work to support his four children and elderly father.

The family's challenges have continued to grow. Hanh's grandfather recently suffered a severe stroke that left him partially paralysed and unable to speak, requiring constant care and ongoing medical support. Her eldest sister, who only began working in 2025, is trying to contribute to the family while managing chronic anaemia that requires monthly treatment. Meanwhile, her second sister is in her final year at university, where tuition fees and living expenses place additional pressure on the family's already stretched finances. Hanh's younger brother is also still in school, adding to the many educational expenses her father must shoulder alone.

Despite these overwhelming circumstances, Hanh has never allowed hardship to stand in the way of her education. A dedicated and exceptional student, she currently ranks first in her class at Le Ngoc Gia Secondary School and achieved an outstanding overall average of 9.34 in her most recent school year. Her achievements were recognised with the Academic Excellence Award for the 2025–2026 school year.

What makes Hanh's accomplishments even more remarkable is the effort behind them. Every day, she helps with household chores, assists her family with agricultural work, and studies for more than three hours each evening. During harvest season, while many students are focused solely on their studies, Hanh spends long hours working alongside her father under the scorching sun, sorting beans, drying crops, and helping bring in the family's harvest. Yet she continues to excel academically and remains deeply committed to her education.

Today, Hanh carries with her a dream of becoming a Mathematics teacher and using education to create positive change in the lives of others. Recognising her outstanding academic achievements, strong character, and unwavering perseverance, Lifestart Foundation is proud to welcome Hanh into our Educational Scholarship Program. Through comprehensive educational support including **tuition fees, insurance, books, stationery, and uniforms** as well as

assistance with essential family needs, we hope to ease some of the burden her family carries and give her every opportunity to pursue her dreams.

We believe that with the right support, Hanh's future is bright. Her story reminds us that talent can flourish even in the most difficult circumstances and that education remains one of the most powerful tools for breaking the cycle of poverty. Please join us in welcoming Ngoc Hanh to the Lifestart Foundation family and wishing her every success as she takes the next step toward a brighter future.

We warmly invite you to read Hanh's letter of appreciation: <https://vnshort.com/MwCW>



UPDATE: 08/08/2026

LIFESTART FOUNDATION SCHOLARSHIP RECIPIENT SAM SECURES A THIRD PRIZE AT THE NATIONAL CONTEST!

The Lifestart Foundation team warmly congratulates Sam on her outstanding achievement of winning Third Prize at the Hosei Japanese Speech Contest!

Following the competition, she also had the honor of meeting

and engaging with representatives from the Japanese Embassy in Da Nang - an unforgettable experience.

The final round brought together 19 exceptional contestants from across the country, each sharing meaningful and inspiring stories. It was a highly competitive event, but through her passion and determination, Sam made a remarkable impression. She was awarded Third Prize after delivering a powerful speech about her life, her dream and the impact of Lifestart Foundation. For a long time, her Lifestart Foundation scholarship has been a strong source of motivation and encouragement, helping Sam stay committed to her educational journey - and it also became the inspiration behind her speech. This achievement is a clear testament to her academic excellence.

The competition was jointly organized by the University of Languages and International Studies – Vietnam National University, Hanoi, and Hosei University (Japan), under the theme: “What we can do to protect the future – Reflections on education, environment, and human rights.” As an annual event supported by organizations such as the Embassy of Japan in Vietnam and the Japan Foundation Center for Cultural Exchange in Vietnam, the competition carries a meaningful message that inspired Sam to challenge herself and take part. After competing with many participants nationwide, Sam earned her place among the Top 19 finalists and advanced to the final round in Hanoi.

There, she once again excelled and proudly secured Third Prize along with a prestigious certificate of recognition. This competition was not only an academic platform for Japanese language enthusiasts but also an opportunity for Sam to express her perspectives, sense of responsibility, and voice on important issues shaping the future.

Sam is currently a third-year University student from a disadvantaged family of six, with hardworking parents who are rice farmers. She deeply understands the value of education and

has always remained committed to her studies while helping with household responsibilities. Thanks to the Lifestart Foundation scholarship, her life has improved significantly. The scholarship supports her tuition fees, books, uniforms, and essential extra classes. In addition, she receives further assistance such as monthly nutritional milk, a bicycle donation, and emergency supplies. This support has greatly reduced the financial burden on her family, allowing her parents to continue supporting her siblings' education as well. Sam's passion for learning foreign languages is truly inspiring. She has consistently achieved excellent academic results at the University of Foreign Language Studies, University of Da Nang. She has also actively participated in many language competitions. Most recently, she and her team won Second Prize at the Danang J-Seiyu 2025 Contest, awarded by the Japanese Language Faculty of the University of Foreign Language Studies, Da Nang. Her dedication, combined with the continuous support from Lifestart Foundation, has helped her move closer to her dream of mastering languages - especially Japanese, her chosen major. We are incredibly proud of Sam! Congratulations on this wonderful achievement - it is well-deserved recognition and a strong motivation for her to continue striving for excellence in the future.

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

- Sam wins 2 prestigious prize at Danang J - Seiyu 2025: <https://vnshort.com/lxFL>
- Sam wins 3rd prize at the "Olympiad of Talent in English" competition:
<https://vnshort.com/uQqv>
- Sam wins a Bronze medal in English at the provincial Olympic contest:
<https://vnshort.com/juYw>



UPDATE: 15/08/2026

LIFESTART FOUNDATION'S VISIT MEDICAL SCHOLARSHIP STUDENTS IN HUE

Lifestart Foundation is delighted to share highlights from our recent visit to Hue University of Medicine and Pharmacy, where our team had the opportunity to reconnect with our current scholarship students and warmly welcome a new group of inspiring recipients.

During this visit, we were honoured to award 8 new General Medical scholarships to highly capable and diligent students from disadvantaged backgrounds. This new group includes 6 General Medicine students and 2 Residency students. In addition to the scholarships, new laptops were provided to support their studies and ensure they have access to essential learning tools.

Our time in Hue also allowed us to engage directly with all 36 of our current scholarship students. Through one-on-one mentoring sessions, and shared dinners with our Founder, we were able to gain deeper insight into their academic journeys, personal challenges and future aspirations. All of our scholarship recipients are currently pursuing General Medicine, are dedicated to becoming

future doctors. Alongside this, our 7 Residency students are specialising in important fields such as Internal Medicine, Surgery, and Obstetrics and Gynaecology - contributing to the development of Vietnam's healthcare workforce. Lifestart Foundation scholarships go beyond financial support. They provide students with stability, access to essential resources, and the confidence to continue their education despite the challenges they face. We are incredibly proud of our students' perseverance and accomplishments. Their commitment continues to inspire us, and we look forward to supporting them as they move closer to their goals in the medical profession.

Thank you to all our supporters who make this meaningful work possible.



UPDATE: 22/08/2026

MEET OUR NEW LIFESTART FOUNDATION SCHOLAR - THIEN OANH

For many young people, education is a pathway to opportunity. For 14-year-old Thien Oanh, it was slowly becoming a dream that felt almost out of reach. A Year 9 student at Ngo Quyen Secondary School, Oanh has endured profound hardship from an early age. She lost her mother to illness while still a young teenager, and her family has struggled ever since. Her father, whose health has

deteriorated following a serious motorbike accident and ongoing medical conditions, is no longer able to provide for the family as he once could. To help make ends meet, Oanh's older brother had to give up his own university education and enter the workforce. As the family's financial situation became more difficult, Oanh found herself carrying responsibilities far beyond her years. Alongside her studies, she helped care for the household and even took on part-time work after school to contribute towards daily expenses.

Despite her determination and hard work, the constant financial pressure made it increasingly difficult for her to simply do what every child deserves the chance to do: learn, grow, and dream about the future. Yet Oanh refused to give up. She continued to work hard at school, earning the title of Excellent Student and achieving an impressive academic average of 9.2, ranking 4th in her class. She has a genuine love of learning and enjoys reading books that broaden her knowledge and understanding of the world. Oanh dreams of becoming a doctor. Inspired by her own family's experiences, she hopes that one day she can care for those in need and bring comfort to families facing hardship and uncertainty. For Oanh and her family, receiving a Lifestart Foundation Scholarship has been far more than financial assistance. It has been a light at the end of the tunnel. At a time when the burden of everyday challenges threatened to overshadow her education, the scholarship has brought hope, stability, and the reassurance that she does not have to face these difficulties alone. Through comprehensive educational support, including tuition fees, health insurance, books, stationery, school uniforms, and assistance with essential family needs, Lifestart Foundation is helping to ease the burdens her family has carried for so long. Since receiving the scholarship, Oanh's life has begun to change for the better. Instead of worrying about whether she can continue her education, she can now look ahead with renewed confidence and believe that her dream of becoming a compassionate and skilled doctor is truly within reach. Once again, we are delighted to welcome Thien Oanh to the Lifestart Foundation family and look forward to supporting her journey toward a brighter future.



UPDATE: 29/08/2026

CONGRATULATIONS TO TWO OUTSTANDING LIFESTART FOUNDATION SCHOLARSHIP STUDENTS: ANH TUAN & KIEU DUYEN!

At Lifestart Foundation, we believe that hard work, determination and educational support can transform lives. Today, we are delighted to celebrate the outstanding achievements of two of our scholarship students, who have been recognised for their academic excellence during the past school year.

Kieu Duyen – Year 12 at Ho Nghinh High school

Duyen has continued to excel academically, earning: Encouragement Prize in Danang City's Chemistry Competition for Excellent Students, Excellent Academic Performance award. When Duyen joined the Lifestart Foundation scholarship program in Year 10, she had already demonstrated exceptional dedication to her studies despite growing up in a family facing significant financial hardship. Duyen's success is the result of years of hard work and determination. Every day, she spends around five hours on self-study, solving advanced exercises and expanding her knowledge beyond the classroom. Her dream of becoming a doctor has continued to inspire her to work tirelessly, and she has never lost sight of her dream of contributing to the discovery of new treatments for serious diseases.

Anh Tuan – Year 10 at Nguyen Khuyen High school

Tuan has also achieved remarkable success this year, receiving: Second Prize in his school's Maths Competition for Excellent Students, Very Good Academic Performance award. Since joining the Lifestart Foundation family in year 9, Anh Tuan has remained committed to his studies while balancing family responsibilities. Anh Tuan's achievements reflect his strong commitment to learning. Every day, he spends around four hours studying, balancing schoolwork with self-study and challenging himself with advanced Maths exercises while also preparing for future academic competitions. His love for Maths and his determination to pursue his dream of becoming a doctor continue to drive him towards even greater achievements. These awards reflect not only our students' talent but also their resilience, discipline and commitment to creating brighter futures for themselves and their families. Congratulations, Duyen and Tuan! We are incredibly proud of everything you have achieved and look forward to celebrating many more milestones with you in the years ahead.

Please click on the links below to read more about Kieu Duyen and Anh Tuan:

- Introducing Kieu Duyen: <https://vnshort.com/pJqj>
- Introducing Anh Tuan: <https://vnshort.com/DrxN>

Donation



UPDATE: 05/06/2026

LIFESTART FOUNDATION PROVIDES AID TO REBUILD NHA LINH AND XUAN VIEN'S FAMILIES LIVELIHOODS

Lifestart Foundation has committed a total of \$20,000 raised during our emergency relief fundraising campaign to support families severely affected by the devastating floods that struck Central Vietnam last October–November.

Our team first organized Emergency Relief Distribution Days for families facing urgent hardship. Now that the immediate emergency has passed, we are continuing to provide long-term support to help families restore stability and rebuild their livelihoods.

Nha Linh in Dien Thang Nam, Quang Nam, and Xuan Vien in Binh Son, Quang Ngai, are two scholarship students among many whose families were heavily impacted by the historic floods. Both families were already facing financial hardship before the disaster, and the floods made their situations significantly more difficult. Nha Linh lives with her mother, a single parent working in a garment factory to support the family. Also living in the household are her elderly grandparents, both over 80 years old, and her younger sister, who is currently in year 3. With only one main income and multiple dependents to care for, the family has always struggled financially.

During the floods, water rose to 1 meter inside their home, forcing the family to evacuate and stay temporarily at their relative's house for safety. Their house was without electricity and clean water for several days, and during that time, they mainly survived on instant noodles and simple food. The flooding caused major damage to both their home and livelihood. Their chickens were lost, reducing an important source of daily income. Essential household furniture and study materials, such as study desk, and study lamp, were damaged beyond use. Even after the water receded, the family continued to face stress and uncertainty as floodwater returned again, making recovery even more difficult. Xuan Vien is currently a fifth-year General Medicine student at Hue University of Medicine and Pharmacy. She lives with her mother, father, and younger brother, who is currently in year 12. Her father has lost his ability to work and can no longer contribute financially to the family. Her mother works in farming and is the main source of household income. Their family depends heavily on a herb garden, where they grow aromatic herbs for their daily income. During the floods, water entered their home and the entire herb garden was submerged, resulting in a complete loss of crops and their primary source of livelihood. Losing the entire harvest meant losing immediate income and created major difficulty for household expenses and Xuan Vien's education.

While staying in her rented room in Hue during university, Xuan Vien also experienced several days of power outages due to the floods. She relied on a small gas stove to prepare simple meals and often had to eat only instant noodles while waiting for electricity to return. Through our Emergency Relief Fundraising Campaign, Lifestart Foundation has supported hundreds of vulnerable families like Nha Linh's and Xuan Vien's - families living with financial insecurity and heavily affected by floods, typhoons, and landslides across Central Vietnam.

Relief & Reinvestment Support

Nha Linh'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 help them recover and rebuild.

Nha Linh's family used the support to purchase a new study desk and study lamp so Linh and her younger sister can continue studying in better conditions as well as buy new chickens to restore part of the family's small household livelihood after livestock losses during the floods.

Xuan Vien's family received:

Financial aid to help restore their farming livelihood by purchasing new seedlings and replanting their herb garden after the complete loss of their vegetable crops during the floods. This support helped ease immediate hardship while also giving both families practical tools to move forward and rebuild daily life after significant loss. You can see the images showing the devastation - and then the gradual regeneration after support was provided.

We hope these updates help our donors see the real impact of their generosity. Your support is helping families like Nha Linh's and Xuan Vien's not only survive difficult times, but recover with dignity and hope for the future. Once again, our heartfelt thanks go to all donors who made this emergency relief possible. To see how these historic floods and typhoons impacted hundreds of thousands of families across 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/I0dO>
- 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 more Lifestart Foundation Donation Day updates, including support for housing repairs, crop replanting, and restoring family livelihoods.



UPDATE: 07/06/2026

WARM BLANKETS DONATED TO DISADVANTAGED FAMILIES IN TRA VAN MOUNTAINOUS COMMUNE

As part of our ongoing mission to support remote communities in Vietnam's highlands, #LifestartFoundation, with generous support from Karma Foundation, has delivered 50 warm blankets, valued at VND 25,000,000, to disadvantaged families in the mountainous commune of Tra Van, Da Nang City.

Located at 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.

This donation forms part of a broader initiative to improve the living conditions of underprivileged ethnic minority communities, with a total value of nearly VND 100,000,000 (approximately AUD \$5,400). At the handover, 100 essential goods packages (VND 50,000,000), including rice, cooking oil, fish sauce, detergent and other daily necessities, were distributed to households, alongside 50 electric fans (VND 25,000,000) to help families cope with the summer heat.

The 50 warm blankets were provided to bring warmth and comfort during the colder months. For families in Tra Van who have been affected by floods and landslides, this support is both practical and meaningful in helping them improve their daily living conditions. Lifestart Foundation sincerely thanks all supporters whose generosity made this initiative possible. Together, we continue to create opportunities, improve living conditions, and bring hope to communities in need.



UPDATE: 08/06/2026

A HAMPER BOX DONATION FOR AN ORPHAN TAM

Every student supported by Lifestart Foundation has a unique story of resilience. Tam is one such student, a gentle, determined and hardworking young woman who continues to overcome life's challenges with quiet strength.

Tam was orphaned at a very young age and has been raised by her elderly grandmother in Dien Ban. Tragically, she lost both of her parents within just 10 days of each other when she was only five years old. Since then, her grandmother has been her only source of care and

support. However, due to her old age and frequent health issues, their daily life remains very difficult, with limited income and ongoing financial pressure.

Despite these hardships, Tam always tries her best to support her grandmother. She spends time helping with household chores such as cooking, cleaning and washing dishes, while still staying focused on her studies and future goals. She is currently a four year student majoring in Medical Laboratory Techniques at Danang University of Medical Technology. With the support of our generous donors, Tam recently received a hamper box of essential items to support her and her grandmother during this challenging time. The hamper included rice, cooking oil, fish sauce, soy sauce, salt, toothpaste, shampoo, dishwashing liquid and washing powder. This meaningful support helps ease the burden of daily expenses and brings comfort and encouragement to both Tam and her grandmother. It allows them to focus more on Tam's education and wellbeing, knowing they are not alone in their journey. Through the Lifestart Foundation Education Scholarship Program and additional support initiatives like this, we continue to walk alongside students like Tam, helping them overcome obstacles and build a brighter future.

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



UPDATE: 16/06/2026

FLOOD RELIEF SUPPORT FOR DUYEN'S FAMILY

Thanks to the generous donations received during Lifestart Foundation's emergency flood relief campaign, we have been able to provide support to many disadvantaged families affected by severe flooding in Central Vietnam. Among the families receiving support was our long-term Education Scholarship student Duyen's family from the countryside of Dien Ban.

Duyen is currently in her final year studying Pharmacy at Danang University of Medical Technology and Pharmacy and has been a valued Lifestart Foundation Education Scholarship recipient since Year 7. Duyen was born into a very poor family. Her family includes her parents, her younger brother, and Duyen. Her mother is the main breadwinner of the household, but sadly she has suffered from a herniated disc problem for many years which becomes more painful as she grows older. Despite her ongoing health problems, she continues doing farming work to support the family with a very small and unstable income of only around 2 million VND (\$87 USD) per month. Duyen's father is unfortunately unable to work much due to mental health issues, making life even more difficult for the family. When the severe floods struck their area, the family's already difficult circumstances became even harder. Floodwaters impacted their home and damaged many household belongings, causing additional financial and emotional stress for the family during an already challenging time.

Thanks to the timely support from our generous donors, Duyen's family received financial assistance and essential supplies such as rice, cooking oil, fish sauce, soy sauce, toothpaste, shampoo, shower gel and washing powder to help ease some of their immediate burdens after the floods. The support helped the family repair and replace essential household items and provided much-needed relief during a very stressful period. 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://vnshort.com/I0dO>
- 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: 17/06/2026

LIFESTART FOUNDATION DONATES A HAMPER BOX FOR NHI

The Lifestart Foundation team continues to extend additional support to students like Nhi and her family. Nhi, a hardworking Year 9 student at Ngo Quyen Secondary School in Duy Xuyen, former Quang Nam Province, remains a valued recipient of the Lifestart Foundation scholarship as she prepares for an important milestone in her academic journey.

Nhi's journey has not been easy. Growing up in a single-parent household, she has witnessed her mother working tirelessly to care for both her and her younger sibling. With a modest income from her work, Nhi's mother continues to face many financial challenges in supporting her children's education. Despite these difficulties, Nhi has remained determined and focused on her studies, especially now as she prepares for the upcoming high school entrance exam. She is currently working hard toward her goal of gaining admission to Le Thanh Tong High School for gifted students.

Recognizing these challenges during such an important time, the Lifestart Foundation recently provided Nhi with a hamper box filled with essential household items including rice, cooking oil,

fish sauce, soy sauce, toothpaste, shampoo, dishwashing liquid, and washing powder. This practical support aims to ease some of the financial pressure on her mother, allowing Nhi to concentrate fully on her studies and exam preparation.

Like many students supported by the Lifestart Foundation, Nhi and her family are deeply grateful for this timely assistance. These hamper donations not only provide essential support but also bring encouragement and hope during a crucial stage of her education.

We would like to give our BIG THANK YOU to Lifestart Foundation's donors for making this meaningful support possible.

As Nhi prepares for her upcoming exams, we would like to send her our very best wishes. We hope she stays confident, focused, and achieves excellent results in the high school entrance exam. Good luck, Nhi – we believe in you!

You can read more about Nhi here:

- Introducing Nhi – new LSF scholarship student: <https://vnshort.com/IIVz>



UPDATE: 21/06/2026

LIFESTART FOUNDATION HAS DONATED 100 ESSENTIAL GOODS PACKAGES WITH A TOTAL VALUE OF VND 50,000,000.

Each emergency hamper included rice, cooking oil, shampoo, washing powder, fish sauce, soy sauce, toothpaste, and milk. These supplies were distributed to 50 disadvantaged ethnic minority students at Tra Van Semi-Boarding Ethnic Minority Secondary School in Tra Van Commune, Nam Tra My.

Tra Van is a particularly disadvantaged highland commune, facing harsh weather, frequent natural disasters, and severe landslides that make daily life extremely challenging. Formerly part of Nam Tra My District, Quang Nam Province, the area was established through the merger of Tra Van and Tra Vinh communes.

Today, over 98% of the population belongs to ethnic minority groups, primarily the Ca Dong people. Due to unstable livelihoods and recurring natural disasters - especially landslides during the rainy season - many families continue to struggle. For these students, nutritious food is often a luxury, and even basic necessities can be out of reach.

The joy and excitement on the students' faces as they received their gift packs were truly heartwarming. These essential supplies will help ease the financial burden on their families, allowing them to allocate their limited resources to other urgent needs.

Our Lifestart Foundation team, consisting of four staff members and one dedicated volunteer, undertook a challenging journey along winding mountain roads to reach this remote community. Despite the difficult conditions, the experience was incredibly meaningful and rewarding.

We are deeply grateful to our supporters who make these life-changing initiatives possible. Your generosity continues to bring hope and opportunity to those who need it most.

At the official ceremony, Lifestart Foundation also presented 50 electric fans and 50 warm blankets, bringing the total value of support to VND 100,000,000 (approximately USD \$4,000) for families facing hardship in the commune.



UPDATE: 24/06/2026

LIFESTART FOUNDATION SUPPORTS RECOVERY FOR FAMILIES AFTER DEVASTATING FLOODS

Following the devastating floods and typhoons that struck Central Vietnam last October and November, Lifestart Foundation dedicated \$20,000 through our Emergency Relief Fundraising Campaign to support affected communities in their recovery. Following the delivery of emergency aid during the height of the crisis, we have continued working alongside families as they recover and rebuild their livelihoods.

Recently, additional support was provided to the families of several scholarship students in Central Vietnam - many of whom were already experiencing financial difficulties before being further impacted by repeated flooding and storm damage.

Thanh Thao, a 5th-year Electronics and Telecommunications student at Danang University of Science and Technology, lives in a single-parent household where her mother supports the family through manual work. Their home was flooded twice, with water rising above 1.5 meters and lingering for days. Essential appliances such as the refrigerator and washing machine were damaged, and their vegetable garden - an important source of daily food - was ruined.

Quoc Loc, a 6th-year General Medicine student at Hue University of Medicine and Pharmacy, lives with his elderly grandmother who is over 80 years old and his extended family. His father has passed away, and his mother now lives separately in Da Nang. The floods brought water levels up to 1.8 meters, cutting off electricity and communication for days. The family suffered losses to motorbikes, livestock, and their entire vegetable garden.

Khanh Ly, a 4th-year Pharmacy student at Danang University of Medical Technology and Pharmacy, comes from a family with multiple dependents, including an elderly grandmother and relatives with chronic health conditions. Floodwater remained inside their home for nearly a week, leaving them without electricity or clean water. The family relied on donated food and improvised lighting during this time. Crops were destroyed, household items were damaged, and livestock was lost. Her mother was also forced to stop working for nearly two weeks, placing additional strain on the family's income.

The impact of these floods went beyond physical damage - they disrupted the small but vital sources of income that these families depend on every day. Yet, with timely support, recovery has begun.

Relief & Reinvestment Support

Through the Emergency Relief Fundraising Campaign, Lifestart Foundation has provided both essential supplies and financial support to help families recover and rebuild their livelihoods. Thanh Thao received financial support to repair damaged household appliances and reinvest in vegetable farming, while Quoc Loc was assisted in rebuilding his poultry and restoring crops. Khanh Ly was supported in replanting vegetables and raising chickens again after the losses.

In addition, emergency relief hampers were provided to these families, including rice, cooking oil, fish sauce, soy sauce, washing powder, shampoo, toothpaste, condensed milk and dish detergent, helping families meet their essential daily needs during the most difficult period. It is truly encouraging to see how these families have begun to recover from the damage to their livelihoods and move toward new, fruitful harvests. Their resilience and hard work, combined with the timely support from Lifestart Foundation and the generosity of our donors, have made this recovery possible. We hope these updates offer a meaningful glimpse into how your generosity is making a real difference in the lives of our students and their families. Once again, our heartfelt thanks to all donors who made this support possible. Stay tuned for more updates on housing repairs, crop replanting, and livelihood restoration.

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/I0dO>
- 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>



UPDATE: 28/06/2026

REBUILDING HOMES IN TRA GIAP AFTER FLOODS AND LANDSLIDES

Tra Giap is a remote and difficult-to-reach mountainous commune located approximately **142 kilometres from Hoi An**, requiring a journey of more than three and a half hours through steep and winding mountain roads.

The commune was established through the merger of the former Tra Giap and Tra Ka communes and is home to nearly 6,000 people. The majority of residents are **Ca Dong, Co and other ethnic**

minority groups who rely largely on small-scale farming for their livelihoods. Poverty remains widespread.

During 2025, Tra Giap was severely affected by **heavy rainfall, flooding and landslides**. Torrential rains in late October and early November triggered widespread landslides, causing extensive damage throughout the commune. Several houses collapsed completely, while many others suffered severe structural damage, making them unsafe for families to continue living in.

The families affected by these disasters are very poor and lack the financial resources needed to repair or rebuild their homes. Many continue to face significant challenges as they work to recover their livelihoods and restore stability to their daily lives.

Following site assessments and discussions with local authorities, **Lifestart Foundation identified 11 households in urgent need of assistance**. These families require support to repair and improve their homes so they can once again live in safe and secure conditions.

Lifestart Foundation raised a total of **AUD \$20,000** during our 30-day fundraising campaign to support families affected by devastating floods and landslides in Central Vietnam. Following the distribution of urgent emergency relief supplies to hundreds of families in the immediate aftermath of the disasters, the next vital step was to provide **long-term, sustainable assistance** to help those whose homes and livelihoods had been severely impacted. Lifestart Foundation has also provided seeds, crops and replacement livestock to help families re-establish their source of food and income.

Over the past months, the Lifestart Foundation team has been working tirelessly alongside our local government partners to identify the most vulnerable households and develop practical solutions to help them rebuild safer and more secure living conditions. Through this project, support will be provided for **essential home repairs**, including roof restoration, building kitchens and bathrooms, helping families regain stability and improve their quality of life.

Pictured in this post is the devastating aftermath of the floods and landslides in the mountainous commune of Tra Giap, where many families continue to face the challenges of recovery and rebuilding their lives.

Stay tuned for future updates as we share the progress of this important housing support project and the positive impact it is having on families in need.

Liking and sharing this post helps us reach even more communities in need.



UPDATE: 30/06/2026

FINANCIAL AID TO RESTORE AN'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 An - one of the households impacted by this devastating disaster.

An is one of our scholarship recipients and was born and raised in Hue in a family of four. He is currently pursuing a degree in General Medicine. His family previously relied on farming, but recent changes and ongoing health-related expenses have created significant financial challenges. To cope, they have since shifted to informal and unstable work such as selling sticky rice in the mornings, making incense and taking on seasonal labour jobs.

Despite these difficulties, An has shown remarkable dedication to his studies, achieving a **perfect GPA of 4.0/4.0** in the second semester of his second year. Inspired by his experiences caring for ill family members, he aspires to become a **Cardiologist** and support patients facing serious heart conditions.

After the floods, the family suffered significant losses. Their motorbike was damaged, books were soaked, vegetables were submerged and banana trees were ruined. The garden, which included long beans, water spinach, Malabar spinach and mustard greens, was heavily flooded, causing many plants to die, with some areas still remaining underwater. In addition, ongoing flooding in the house and surrounding village prevented his parents from working or selling goods, resulting in further loss of income.

Thanks to the generous donations received, the family's immediate burden has been eased. The support has enabled them to reinvest in growing vegetables, bananas and beans, as well as purchase essential household items and food during this challenging time. The images reflect both the severity of the damage and the gradual recovery made possible through donor contributions.

It is inspiring to see that, with determination and timely support from Lifestart Foundation and our generous donors, An's family is taking steps toward restoring their livelihood and stability.

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 heartfelt thanks go to all donors who made this emergency relief possible.

To see how these historic floods and typhoons impacted hundreds of thousands of families across 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:

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- Dieu Linh's family: <https://vnshort.com/oSZg>
- Phuong Nhi's family: <https://short.com.vn/uKw>
- Hamper Boxes Distribution: <https://vnshort.com/G095>
- Visits to Students' Families: <https://vnshort.com/TVSb>

Stay tuned for more Lifestart Foundation Donation Day updates, including support for housing repairs, crop replanting, and restoring family livelihoods.



UPDATE: 03/07/2026

LIFESTART FOUNDATION RESTORING HOPE AND LIVELIHOOD FOR NHAN'S FAMILY AFTER THE HISTORIC FLOODS

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 Nhan - one of the households impacted by this devastating disaster.

Nhan has been a full scholarship recipient since Year 10 and is now in her fifth year of **General Medicine at Danang University of Medical Technology and Pharmacy**. Despite her disadvantaged background, she continues to demonstrate strong determination and academic commitment. Nhan grew up in a large family of seven, supported by her hardworking parents who earn a living through rice farming. In addition to daily financial pressures, the family also faces ongoing medical expenses due to her father's long-term illness. These circumstances have strengthened Nhan's resolve to pursue her education and contribute to improving her family's future.

After the floods, the family's agricultural livelihood was significantly affected. Approximately 300m² of malabar spinach and sweet potato leaves were destroyed, five papaya trees were lost, and

700m² of sugarcane was submerged for many days, leading to substantial losses. Thanks to the timely support from our generous donors, Nhan's family received financial assistance and essential supplies such as rice, cooking oil, fish sauce, soy sauce, toothpaste, shampoo, shower gel and washing powder to help ease some of their immediate burden after the floods. The financial support has enabled them to invest in replanting vegetables and restoring their sugarcane crops. The images show both the impact of the floods and the early stages of recovery made possible through donor contributions.

It is encouraging to see that, with resilience and timely support from Lifestart Foundation and our generous donors, Nhan's family is gradually restoring their agricultural production and stabilizing their livelihood. 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>

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Stay tuned for more Lifestart Foundation Donation Day updates, including support for housing repairs, crop replanting, and restoring family livelihoods.



UPDATE: 05/07/2026

LIFESTART FOUNDATION'S HOUSING SUPPORT PROJECT IN TRA GIAP – A LONG TERM PROJECT COMPLETED!

Lifestart Foundation is pleased to share the successful completion of our Housing Support Project in Tra Giap Commune, providing essential home repairs and improvements for **11 disadvantaged families** affected by severe floods, landslides and storms in 2025.

Over recent months, Lifestart Foundation has worked closely with local authorities to support vulnerable households whose homes suffered significant damage during the natural disasters. Many of these families belong to the Ca Dong, Co and other ethnic minority groups and rely on subsistence farming and unstable incomes to support their families. Living in one of the most disadvantaged mountainous areas in Central Vietnam, they faced enormous challenges in repairing their homes without our help.

Through this project, **11 households received targeted support** based on their most urgent needs. **Four families received assistance to build new kitchens**, creating safer and more hygienic cooking areas. **Four households were supported to build new bathrooms and toilets**, helping improve sanitation and family health. A further **three families received new replacement roofs** to strengthen their homes and better protect them from future storms and heavy rainfall.

Lifestart Foundation raised a total of **AUD \$20,000** during our 30-day fundraising campaign to support families affected by devastating floods and landslides across Central Vietnam. Following the distribution of urgent emergency relief supplies to hundreds of families immediately after the disasters, the next vital step was providing **long-term, sustainable assistance** to help families rebuild their homes and restore stability to their lives. Lifestart Foundation has also provided **seeds, crops and replacement livestock** to help families re-establish their sources of food and income. Over the past months, the Lifestart Foundation team has worked tirelessly alongside our local government partners to identify the most vulnerable households and implement practical solutions to improve their living conditions. Despite the challenges of difficult mountain terrain and remote access, the project has now been **successfully completed**.

This housing support project is about far more than rebuilding kitchens, bathrooms and roofs. It is about helping families regain **safety, dignity and hope** after experiencing the devastating impact of natural disasters. These improvements will provide **safer living conditions and greater security** for years to come.

This post includes images showing the completed repairs made possible through this project.



UPDATE: 07/07/2026

LIFESTART SUPPORTS THAM'S FAMILY AFTER SEVERE FLOODING

When devastating floods swept through Central Vietnam last year, many vulnerable families were left struggling to rebuild their homes, livelihoods, and daily lives. Thanks to the generosity of our donors through Lifestart Foundation's Emergency Flood Relief Campaign, we were able to support affected families, including the family of Tham, a long-term Lifestart Education Scholarship recipient from the rural district of Dien Ban.

For more than 10 years, Tham has been part of the Lifestart Foundation family, receiving educational support that enabled her to pursue her studies and graduate with a Distinction degree

in Economic Law from Danang University of Economics. Tham is working as a Human Resources Officer in Danang, building a promising career and contributing to her community.

When severe flooding struck Go Noi Commune, where Tham's family lives, floodwaters rose to approximately 1.5 metres above road level and remained for five days. The family was left without electricity and clean water for more than a week. As farmers, they suffered significant losses, including the destruction of approximately 500 square metres of vegetable crops, damage to cattle feed, and the loss of several chickens. With farming as their primary source of income, the floods placed considerable financial pressure on the family.

To help them recover, Lifestart Foundation provided financial assistance together with a hamper of essential household supplies, including rice, cooking oil, fish sauce, soy sauce, toothpaste, shampoo, shower gel, and washing powder. This support helped ease some of the family's immediate burdens and enabled them to repair and replace essential household items damaged by the floodwaters.

Today, we are delighted to share that Tham's family has made a strong recovery. Through their hard work, resilience, and determination, they have successfully restored their crops and achieved a productive new harvest.

Stories like Tham's remind us that recovery from natural disasters does not end when the floodwaters recede. While emergency assistance is critical in the immediate aftermath, rebuilding livelihoods and restoring financial stability often takes many months of hard work and ongoing support.

Through our Emergency Flood Relief Campaign, Lifestart Foundation committed a total of \$20,000 to support families affected by the devastating floods and typhoons that struck Central Vietnam in October and November last year. While urgent assistance was provided during the crisis, our commitment did not end there. We have continued supporting families as they rebuild their homes, restore their livelihoods, and move forward with hope.

We hope this update provides our donors with a meaningful glimpse into the lasting impact of their generosity. Thanks to your support, families like Tham's have been able to recover, rebuild, and look towards the future with renewed confidence.

Thank you for helping families like Tham's rebuild their lives after one of the most devastating natural disasters to affect Central Vietnam in recent years.

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/I0dO>
- 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 more Lifestart Foundation Donation Day updates, including support for housing repairs, crop replanting, and restoring family livelihoods.



UPDATE: 10/07/2026

REBUILDING HOPE: LIFESTART SUPPORTS SAM'S FAMILY AFTER THE FLOODS

Sam is a third-year Japanese major at the University of Foreign Language Studies – The University of Da Nang and a long-term recipient of the Lifestart Foundation Education Scholarship. When severe floods swept across Central Vietnam last year, her family's home in rural Dien Ban was among those affected. With the generous support of our donors through Lifestart Foundation's Emergency Flood Relief

Campaign, we were able to stand beside Sam's family and many others as they began rebuilding their homes and their lives.

During the floods, their house was inundated with around 30 centimetres of water, while the yard and garden remained submerged by up to 1.5 metres for nearly four days. The family was left without electricity or running water for four days and was unable to leave their home to buy food. By the third day, they had exhausted their food supplies and relied on simple meals of dried fish and sesame salt.

When the floodwaters receded, they returned to muddy walls, damaged belongings, and a devastated vegetable garden. Banana trees had fallen, vegetables had rotted, and the family's small garden, which helped supplement their daily meals, had been badly affected.

Thanks to the timely support of our generous donors, Sam's family received financial assistance and essential supplies, including cooking oil, fish sauce, soy sauce, toothpaste, shampoo, shower gel, and washing powder, to help ease some of their immediate burdens after the floods. This support enabled the family to repair and replace essential household items while providing much-needed relief during an incredibly difficult time.

It is heartening to see that Sam's family has since recovered from the damage to their crops and achieved a new, fruitful harvest. Their resilience and hard work, combined with the timely support of Lifestart Foundation and our generous donors, have helped them regain stability and look to the future with renewed hope.

Sam comes from a family of six. Despite financial hardship, Sam has remained committed to excelling in her studies while helping with household responsibilities.

Through our Emergency Flood Relief Campaign, Lifestart Foundation committed a total of USD \$20,000 to support families affected by the devastating floods and typhoons that struck Central Vietnam in October and November last year. While urgent assistance was provided during the crisis, our commitment did not end there. We have continued supporting families as they rebuild their homes, restore their livelihoods, and move forward with hope.

Thank you to every donor who made this support possible. Your generosity is helping families like Sam's recover, rebuild, and continue looking ahead with hope.



UPDATE: 12/07/2026

LIFESTART FOUNDATION DONATES NEW BICYCLES TO DISADVANTAGED ETHNIC MINORITY STUDENTS IN PHUOC TRA, DA NANG

At Lifestart Foundation, we are committed to helping disadvantaged students overcome barriers to education and build a brighter future. Through practical support initiatives, we aim to ensure that children living in remote and underserved communities have better opportunities to attend school and achieve their full potential. Lifestart Foundation recently donated 30 new bicycles to disadvantaged students in Phuoc Tra Commune, Da Nang City. The bicycles were distributed to students from Le Loi Primary School, Nguyen Ba Ngoc Primary School, Kpa Kolong Primary School and Hiep Duc Ethnic Minority Boarding Secondary School.

Phuoc Tra is a remote mountainous commune where most of the population belongs to ethnic minority communities. The area continues to face significant economic challenges, with most families relying on small-scale farming and forestry activities for their livelihoods. As a result, many households experience unstable incomes and struggle to provide adequate educational support for their children.

The students selected for this bicycle donation program come from particularly difficult circumstances. Many are from low-income ethnic minority families, while some have lost a parent or have parents who are seriously ill or unable to work. Several students live in remote villages located far from their schools and have had to walk long distances every day due to a lack of transportation.

For these children, the journey to school is often physically demanding and time-consuming, especially during periods of heavy rain and harsh weather conditions. Long travel distances can affect school attendance, academic performance and overall well-being, creating additional obstacles to their education.

By providing bicycles, Lifestart Foundation hopes to ease these challenges and help students travel to school more safely and efficiently. Reduced travel time will allow them to focus more on

their studies, participate more actively in school activities and enjoy a better balance between learning and daily life.

The smiles and excitement on the students' faces when receiving their new bicycles were truly inspiring. For many of them, a bicycle is more than just a means of transportation - it represents greater independence, improved access to education and renewed hope for the future.

This bicycle donation formed part of a larger initiative in which Lifestart Foundation provided a total of 50 bicycles valued at VND 100 million (approximately USD \$4,000) to disadvantaged students in Que Son and Phuoc Tra communes.

We would like to express our sincere gratitude to our supporters and donors whose generosity makes initiatives like this possible. Together, we are creating meaningful opportunities and helping disadvantaged children in remote communities continue their educational journey with confidence and hope.



UPDATE: 13/07/2026

LIFESTART FOUNDATION IN ACTION: DAT'S FAMILY RECOVERS AFTER THE FLOODS

When historic floods swept across Central Vietnam last October and November, thousands of families were left struggling to rebuild their homes and livelihoods. Among them was Dat, a Lifestart Foundation scholarship recipient studying Information Technology at Danang University of Science and Technology. Thanks to the generosity of our donors through Lifestart Foundation's Emergency Flood Relief

Campaign, Dat's family received essential supplies and financial assistance to help them begin recovering from this devastating disaster. Dat is from Thang Binh District in Quang Nam province, he grew up in a family of six facing ongoing financial hardship. His father works as a construction labourer while his mother works in farming, and the family is classified as financially disadvantaged. During the floods, nearly one meter of water entered the family's home. Although the floodwater initially receded, heavy rain caused water levels to rise again, making recovery even more difficult. Eggplants and pennywort in the family garden were badly damaged, while sacks of rice were soaked by floodwater. The family also had to urgently relocate their chickens to a safer area to protect them from further loss.

Thanks to the generous donations received, the family's immediate burden has been eased. The support has enabled them to reinvest in vegetables, rice, and chickens to gradually restore their livelihood after the disaster. The images reflect both the devastating impact of the floods and the recovery made possible through donor generosity.

It is encouraging to see that, with resilience and timely support from Lifestart Foundation and our generous donors, Dat's family is working toward rebuilding stability and restoring their daily life. Through our Emergency Flood Relief Campaign, Lifestart Foundation committed a total of US\$20,000 in emergency assistance to hundreds of families affected by the historic floods across Central Vietnam. We are deeply grateful to every donor whose generosity has helped families like

Dat's rebuild their homes, restore their livelihoods, and look to the future with renewed hope. 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://vnshort.com/I0dO>
- 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 more Lifestart Foundation Donation Day updates, including support for housing repairs, crop replanting, and restoring family livelihoods.



UPDATE: 26/07/2026

LIFESTART FOUNDATION DONATES A NEW LAPTOP TO HUYEN

Lifestart Foundation is proud to announce that our scholarship recipient, Huyen, has recently received a valuable donation – a much-needed laptop to support her medical studies.

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

Huyen is currently a General Medicine student at Hue University of Medicine and Pharmacy. She comes from a poor family and has faced many hardships since childhood. After losing her father at a young age, her aging and often unwell mother became the sole breadwinner, working tirelessly as a farmer. Despite her mother's hard work,

unpredictable weather conditions such as floods and droughts have repeatedly damaged their crops, leaving the family struggling financially.

Despite these challenges, Huyen has held fast to her dream of becoming a doctor. This dream was shaped by a deeply personal loss - the passing of her grandmother due to a stroke caused by delayed medical care. This painful experience filled her with both grief and a strong sense of purpose, becoming the driving force behind her dedication to studying medicine and helping others in need.

Before receiving this laptop, Huyen found it difficult to keep up with her studies due to limited access to proper devices. She often had to manage her coursework on basic tools, which made online learning, accessing medical resources, and completing assignments both challenging and time-consuming.

Now, thanks to the support of Lifestart Foundation, Huyen has a brand-new laptop that will greatly enhance her academic journey. With improved speed, reliability, and access to essential learning resources, she can now study more efficiently, conduct research, and fully engage in her medical training.

We are inspired by Huyen's resilience and determination, and we are proud to support her as she works toward a brighter future – not only for herself, but also for her family and the community she hopes to serve. At Lifestart Foundation, we believe that education, when combined with opportunity, can transform lives.

Read more about Huyen here: <https://vnshort.com/hxeN>



UPDATE: 02/08/2026

LIFESTART FOUNDATION'S 2026 SUPPLY DISTRIBUTION DAY

As another school year approaches, excitement is building for our scholarship students who recently gathered for Lifestart Foundation's annual Supply Distribution Day.

To help create the best possible learning environment, the Lifestart Foundation team carefully prepares and provides each student with essential school supplies, including textbooks, stationery, uniforms, and other study materials needed for the year ahead.

This year, our scholarship students, who are all from disadvantaged families received their supplies with smiles, gratitude, and excitement. While financial hardship continues to present challenges, these young people remain determined to pursue their education and work towards brighter futures. Their resilience, dedication, and dreams inspire us every day.

Supply Distribution Day is always one of the highlights of the year. Beyond receiving practical support, it gives our students the chance to reconnect with one another, share their experiences,

and talk about their hopes and ambitions for the coming academic year. Many dream of attending university and building careers that will allow them to support their families and give back to their communities.

Seeing the students leave with bags full of supplies and hearts full of motivation reminds us of the impact that education and community support can have on a young person's life.

Thank you to everyone who continues to support the work of Lifestart Foundation. Your generosity helps provide opportunities and hope to students who are working hard to overcome disadvantages and create a better future.



UPDATE: 09/08/2026

LIFESTART FOUNDATION DONATES 20 BICYCLES TO DISADVANTAGED STUDENTS IN XUAN PHU COMMUNE

As part of Lifestart Foundation's ongoing commitment to supporting disadvantaged students in rural and remote communities, we recently donated 20 bicycles valued at 40,000,000 VND (approximately AUD \$2,100) to students at Que Xuan 1 Primary School in Xuan Phu Commune.

The students receiving support through this initiative come from particularly difficult family circumstances. Some have lost one or both parents, while others have parents suffering from illness or with very limited ability to work. Many of the students live a long distance from school and previously had to walk considerable distances each day due to the lack of transportation.

These challenges not only affect students' daily lives and learning opportunities but also create difficulties for schools in maintaining attendance and ensuring consistent learning outcomes. For many families already struggling financially, purchasing a bicycle is simply beyond their means.

Each bicycle represents more than just transport - it is an opportunity for students to continue their education with greater confidence and independence. The happiness and excitement on the students' faces as they received their new bicycles was truly heartwarming. We believe these bicycles will not only make the journey to school safer and easier, but will also encourage students to keep striving towards their dreams despite the hardships they face.

Lifestart Foundation sincerely thanks all supporters and donors whose generosity makes initiatives like this possible. Together, we are helping create brighter futures for disadvantaged children and communities in need.

Please read the press release about our project: <https://vnshort.com/mRKv>



UPDATE: 23/08/2026

A HAMPER BOX FOR NAM'S FAMILY

Lifestart Foundation is committed to supporting disadvantaged students not only with educational expenses but also with practical assistance that helps ease the financial pressures their families face. We were delighted to provide a Hamper Box to our Education Scholarship student, Nam, and his family.

Nam comes from a disadvantaged farming family. His household includes seven family members, including his elderly grandmother and two younger sisters. Since his mother became seriously ill in 2018, the family has faced ongoing medical debts and reduced income from farming. In 2020, severe flooding destroyed their watermelon crops, creating even greater financial hardship. Despite these challenges, Nam's parents and older sister have made many sacrifices to ensure he can continue his education, believing that education offers the best path to a brighter future. To help reduce some of the family's daily living expenses, Lifestart Foundation provided a Hamper Box filled with essential household and cooking items. The box included rice, cooking oil, fish sauce, soy sauce, noodles, shampoo, toothpaste, and other everyday necessities. This practical assistance allows the family to save money for medical treatment, educational costs, and other urgent needs. Despite the many hardships his family has faced, Nam continues to study diligently and remains deeply grateful for the sacrifices his parents and sister have made for him. We hope that the generosity of our donors will continue to encourage Nam as he works towards achieving his dreams and creating a better future for himself and his family.

A heartfelt thank you to our wonderful donors whose kindness continues to make a meaningful difference in the lives of disadvantaged students and families across Central Vietnam.

By liking our page or sharing this post, you can help us reach more people and support even more students in need.



UPDATE: 30/08/2026

A LAPTOP DONATION FOR DAT

#LifestartFoundation is happy to share that our newly awarded Medical Scholarship recipient, Dat, has recently received a valuable donation – a much-needed laptop to support his studies. Like many of our students from disadvantaged backgrounds, access to essential educational tools such as a laptop is often a luxury they cannot afford. This support plays a vital role in helping students fully engage in their studies and keep up with the demands of university life.

Dat is currently a second-year General Medicine student at Hue University of Medicine and Pharmacy. Born and raised in Quang Nam Province, he comes from a family facing ongoing financial and health challenges. His father is no longer able 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 remained determined to pursue his dream of becoming a doctor. He dedicates 6 –10 hours each day to self-study and achieved an excellent GPA of 3.75/4.0 in the second semester of his first year, earning the title of excellent student. Before receiving this laptop, Dat relied on an old computer that could only function while plugged into a charger. The laptop would frequently freeze or become unresponsive, making it difficult to prepare study materials, review lecture notes before class and complete assignments. Running multiple documents or browser tabs at the same time was almost impossible, often forcing him to visit internet cafés to finish his coursework. Slow performance also made online learning challenging, while technical issues regularly caused him to lose important study files, requiring him to constantly back up documents to cloud storage.

Thanks to the support of Lifestart Foundation, Dat now has a brand-new laptop that has transformed the way he studies. He can install specialised medical software, note-taking applications and study planning tools, while easily working with multiple documents and online resources at once. Managing and storing study materials has become far more reliable, and he can now communicate more easily with lecturers, classmates and his family. The new laptop has also greatly improved his English learning, allowing him to listen to podcasts, create digital flashcards and practise spoken English through online learning platforms every day. Beyond his academic achievements, Dat is also actively involved in community service. He regularly participates in blood donation programs, patient support activities and community outreach, driven by a strong desire to give back to society. He hopes to become a doctor who not only treats illness but also brings comfort and hope to families facing hardship like his own, with a long-term goal of specialising in Cardiology. We are inspired by Dat's dedication and compassion, and we are proud to support him as he continues working towards a brighter future – not only for himself, but for his family and community. At Lifestart Foundation, we believe that education, when combined with opportunity, can transform lives.

Thank you to our generous supporters for making this meaningful support possible.

Please click on the link below to read more about Dat: <https://vnshort.com/VKta>

Lifestart Foundation Benefactors



UPDATE: 13/08/2026

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



UPDATE: 20/08/2026

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: 27/08/2026

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.

Lifestart Foundation Team



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



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!



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!



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**!



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**.

Other Activities



UPDATE: 01/06/2026

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

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

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

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: 22/06/2026

Exciting news from Lifestart Foundation!

Our founder, Karen Leonard OAM, and the Lifestart Foundation team embarked on a meaningful trip to support our medical scholarship program. During this visit, we had the honour of awarding scholarships to 6 medical students and 2 resident doctors, continuing our commitment to empowering future healthcare professionals. As part of our annual tradition, we also hosted a special dinner with 30 of our medical students and 6 resident doctors studying in Hue. It was a

wonderful opportunity for everyone to come together, connect, and build meaningful relationships beyond the classroom.

The evening was filled with warmth and laughter as students shared their journeys, challenges, and aspirations. More than just a meal, this gathering created a safe and supportive space for students to open up, exchange experiences, and strengthen their sense of community. They also had the chance to engage in heartfelt conversations with Ms. Karen and our dedicated mentors, who continue to guide and support them throughout their academic journey.

It was truly inspiring to witness these bright and passionate individuals bonding, forming new friendships, and even creating study groups. Many shared that opportunities like this help them feel less alone and more confident as they pursue their demanding path in medicine.

At Lifestart Foundation, we believe that nurturing connections is just as important as providing financial support. By bringing students together, we aim to build a strong, supportive network that encourages both personal and professional growth.

We look forward to seeing all that our scholars will achieve in the future. The journey ahead is bright!



UPDATE: 17/07/2026

Join us for our interview with one of our Lifestart Foundation Scholarship Students - Resident Doctor - Tran Thi My Linh! She shares her thoughts and feelings on her profession and the Lifestart Foundation scholarship program

Please click here to watch more our videos:

<https://www.tiktok.com/@lifestartfoundation/video/7649655092945128725>



UPDATE: 12/08/2026

Join us for our interview with one of our Lifestart Foundation Scholarship Students - Resident Doctor - Le Trong Khiem!

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

Please click here to watch more our videos:

<https://www.tiktok.com/@lifestartfoundation/video/7668527318771485972>



UPDATE: 04/08/2026

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: 07/08/2026

#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: 10/08/2026

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: 17/08/2026

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: 26/08/2026

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: 21/08/2026

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.