

Education



UPDATE: 02/12/2023

THE LIFE-CHANGING IMPACT OF EDUCATION SCHOLARSHIPS: KIM YEN'S STORY

You may remember our scholarship student Kim Yen, a hard-working young woman who has been sponsored by Lifestart Foundation for many years. She has completed her Bachelor's degree in Business Administration at Ho Chi Minh University of

Economics, where she achieved an outstanding overall GPA of 8.87 out of a possible 10, ranking her 2nd out of all students in her faculty.

Yen is the first in her family to graduate from University.

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

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

YEN'S GRATITUDE LETTER:

Dear Everyone at Lifestart Foundation,

My name is Nguyen Thi Kim Yen, the lucky student who has received a Lifestart Foundation scholarship since I was in Year 7 and have recently graduated in Business Administration at the University of Economics in Ho Chi Minh City. The 10-year journey with Lifestart Foundation helped me become more mature and confident, pursue my dreams and live a responsible life. The scholarship has not only financially supported my family during our difficult times but has also been a spiritual encouragement helping me follow my passions and shine with my own values.

Now, looking back on that journey, I cannot help choking up with gratitude. I would like to extend my sincere thanks to Ms. Karen for giving me the opportunity of becoming a member of Lifestart Foundation's family, and to Lifestart Foundation's staff and students for encouraging me and accompanying me over the past wonderful years.

I still remember the day my mother and I were interviewed and then learned that I was awarded Lifestart Foundation's scholarship. At that time, I felt so fortunate and grateful that life had given me such a great gift. Since that day, I have made a promise to myself that I will strive even harder to be worthy of what Lifestart Foundation has given to me.

Coming from an impoverished family and living with my mother and my grandmother, I understand that I have to work harder than my peers. My mother is a single parent, so she has to carry a great burden on her shoulders and work very hard to raise my sister and me. Both my family's love and the difficulties in my life are great sources of motivation for me to strive every day. Understanding my family's situation, I have never asked my mother to provide me with unnecessary things. Since I was a child, I have helped my mother with work in the fields such as harvesting, growing vegetables, raising chickens, and selling vegetables at the market.

For me, the scholarship has been a great source of financial support to my family which helped us overcome challenges in life and enabled me to pursue my passion and dreams. It has also provided me with spiritual support which helps me realise my own values and makes me aware of contributing to society.

Being a student at Lifestart Foundation, I have had the opportunity to listen to, share and understand unfortunate lives, encouraging me to keep moving ahead and devote all my energies and wisdom to society. Every student in Lifestart Foundation has a different family background but they all have the same dreams and aspirations which are to contribute to their community.

Honestly, I was so grateful and could not help choking back the tears when I heard my name on the list of students receiving scholarships that year. This is a priceless gift that life has given to me. Having been awarded the scholarship, I have always been aware that I needed to try harder and make constant efforts to improve myself every day.

I have no words to express my feelings but if it wasn't for the scholarship, I would now face a variety of problems on my journey to conquering my dreams. I would have had difficulty joining specialised and advanced classes, reading precious books, and participating in trips and meetings with Ms. Karen and everyone else at Lifestart Foundation.

I would like to thank Lifestart Foundation for providing me with the opportunity to follow my dreams and for sponsoring me during the past 4 years since I was given admission straight into the University of Economics in Ho Chi Minh City. It is thanks to all that I have been able to achieve such good results today. This motivates me to keep striving and actively participate in numerous activities within class and university, and to join in volunteer activities.

Last semester, the time I did my internship to complete the graduation thesis was the most memorable stage in my student life. Knowledge gained at university was integrated into real-life situations in business. Fortunately, I had the chance to be a project intern at Deloitte Vietnam – one of the four largest accounting firms in the world. In addition, I was also a sales executive intern at an Australian Education Organisation based in Vietnam. This stage of my life was the most unforgettable one for me when I faced a variety of difficulties during the pandemic with online internships and working on my graduation thesis simultaneously. Eventually, all my efforts were

rewarded when I was one of the two students who achieved the highest score of 10 out of a possible 10 in my graduation thesis.

Looking back on my learning journey, I feel very fortunate and satisfied because I have put my best effort into studying and joined in many activities. During the past 12 years at school, I had always achieved the title of a very good student. I also successfully attended Physics classes at Le Thanh Tong High School for gifted students and was given admission straight into university. The proudest thing was that I received the title of “Students with Five Merits” for two consecutive years in 2020 and 2021. For me, it was not only a title but also a piece of evidence of my continuous striving every day with 5 criteria: good study, good morality, good health, good volunteer, and good integration.

With a dream of becoming a successful businesswoman and contributing greatly to society, I have already set my own goals for my future path. In the next 5 years, I aim to be a manager at multinational cooperation, and I will study for a Master's if I have a chance. Therefore, I need to improve myself every day to meet the needs of society.

Currently, I am working in supply chain management customer service at one of the largest shipping companies in the world - Maersk. Though I have little experience in this field and faced numerous challenges in the beginning, I will try my best to do well in the future.

I feel very fortunate to be a member of the Lifestart Foundation family because it has been a great opportunity to help me fulfill my dream.

Finally, I wish Lifestart Foundation strong growth to help more students achieve their dreams and contribute actively to the community. Once again, I would like to deeply thank Ms. Karen and everyone at Lifestart Foundation for having accompanied me over the years.

Sincerely yours,

Nguyen Thi Kim Yen

MEET ALL OF OUR UNIVERSITY STUDENTS AND GRADUATES HERE:

https://www.lifestartfoundation.org.au/wp-content/uploads/2023/12/University-Students-update-December-2023.pdf?fbclid=IwZXh0bgNhZW0CMATAAR3PmiNA89W8SKyfpq2C_6udT-H_cWBVJIZ7FWW80rDApVi73m9KzfZw414_aem_ZmFrZWR1bW15MTZieXRlcw

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UPDATE: 09/12/2023

THE LIFESTART FOUNDATION TEAM CONGRATULATES NHUNG - We are so proud of your achievements!

Our Lifestart Foundation Education Scholarship recipient, Nhung, recently completed her final year of high school and has been accepted into the University of Finance & Marketing (Ho Chi Minh City), where she will major in Marketing. Nhung's journey is particularly remarkable as she has been a scholarship recipient since Year 8, and this opportunity has truly changed her life. Being the first in her family to attend university adds even more significance to her achievements.

At the conclusion of Year 12, Nhung achieved an impressive overall score of 26.35 out of 30, with notable scores of 9.2 in English and 8.75 in Literature in the National High School

Graduation Exam. Like all of our scholarship students, Nhung continues to inspire us with her determination and accomplishments, despite the significant challenges she faces.

Nhung hails from a disadvantaged family of four, including her grandparents and her mother. Prior to receiving the invaluable Lifestart Foundation Education Scholarship, her family faced numerous obstacles. Nhung's mother, a single parent, works as a tailor during the day and makes pork rolls at night to supplement her income. She also suffers from arthritis, which affects her mobility and ability to work. Nhung's grandparents, being elderly, are no longer able to work. However, since Nhung became a recipient of the Lifestart Foundation Education Scholarship, their circumstances have significantly improved. The scholarship has alleviated a considerable burden from her mother's shoulders, as she no longer has to worry about Nhung's education or borrow money to pay for her classes. The scholarship covers Nhung's tuition fees, books, uniforms, supplies, and all the necessary additional classes to support her education. This support has brought about a positive transformation in their lives, providing them with financial relief and a renewed sense of hope for Nhung's future.

Despite the challenges posed by her disadvantaged background, Nhung has consistently demonstrated herself to be an exceptional student, earning the title of an excellent student for many years. In addition to attending regular school classes, she dedicates a remarkable 7-8 hours per day to self-study and devotes nearly the entire day to studying in the days leading up to exams. As a result of her unwavering commitment and hard work, in Year 12, she achieved an impressive GPA of 9.3 out of 10 and successfully passed the National High School Graduation Exam, which paved the way for her acceptance into the University of Finance & Marketing in Ho Chi Minh City.

Nhung is a well-rounded student, and besides studying, she is also actively engaged in extracurricular activities. She contributed to the local fight against Covid-19, visiting and distributing gifts to the community in the mountainous district of Nam Tra My, Quang Nam

province, and even founded the Media club at her high school. As the head of the club, she organized a wide range of activities and programs to benefit the students and foster a vibrant school community. Nhung's involvement in these extracurricular activities presents her dedication to making a positive impact in her community.

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

Once again, congratulations to Nhung on her accomplishments. We are eagerly looking forward to witnessing her future triumphs throughout her academic journey. Nhung's unwavering resolve, strength in the face of adversity, and exceptional academic performance serve as a remarkable source of inspiration. We take great pride in providing our support as she continues to strive for a better and brighter future.



UPDATE: 16/12/2023

**LIFESTART FOUNDATION UNIVERSITY GRADUATE:
INTRODUCING HONG AND HER INSPIRING JOURNEY
FROM CHALLENGES TO TRIUMPH**

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

Le Thi Hong, recipient of the Lifestart Foundation Education Scholarship, has successfully completed her 4-year Bachelor's degree in Japanese Studies at Danang University of Foreign Language Studies, where she achieved a GPA of 3.64, earning a High Distinction degree. Notably, she is the first person in her family to graduate from university. Currently, she is working for a Japanese company in Danang.

Hong has received the Lifestart Foundation Education scholarship since she was in Year 7.

She hails from an underprivileged family comprising six members, where her parents work as rice farmers and depend on their agricultural endeavours to sustain their household. In order to supplement their income and support the entire family, Hong's father takes on additional work as a builder's assistant, while her mother sells soya milk. The scholarship Hong received marked a significant turning point in her life, igniting her determination to excel academically, and leading to a series of remarkable achievements throughout her educational journey.

The Lifestart Foundation team is immensely proud of her accomplishment. We wish her great success in all her future endeavours.

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

HONG'S GRATITUDE LETTER:

Dear everyone at Lifestart Foundation,

My name is Le Thi Hong, and I have been a grateful recipient of your kind sponsorship for the past few years. I am thrilled to share that I recently graduated in Japanese from Danang University of Foreign Language Studies.

Let me begin by sharing about my second semester, which was the final phase of my academic journey and presented numerous challenges. I undertook a total of 10 credits, including my graduation thesis and an internship. My thesis, titled "Comparative Research on Language Characteristics in Japanese and Vietnamese Television Advertising," was a long and arduous task, which I completed with the help of two friends and our instructor. We encountered difficulties at the start, such as limited data sources, but we dedicated nearly 100% of our time to researching, reading documents, and gathering information from bookstores and libraries. Despite the challenges, with the support and guidance of our lecturer, we successfully completed the thesis, and I received an A grade for this subject.

During my internship at Japan Quality company in Da Nang, specialising in software testing, I gained valuable knowledge and soft skills related to the job. Working in a professional environment with talented colleagues and absorbing new information technology knowledge was initially daunting, but the friendliness and enthusiasm of my seniors and colleagues helped me adapt. After the internship, I received a positive review with a perfect score and was offered a full-time position with the company. In my second semester, I felt immense happiness and gratitude when I achieved a perfect GPA of 4.0 out of a possible 4.

Time flew by, and before I knew it, I had completed four years of university with a GPA of 3.64 and earned a High Distinction Degree. Looking back at my journey, I am happy with my achievements - securing a good job and creating wonderful memories. I am proud of my determination to face challenges with optimism and strive for continuous progress. Additionally, I am grateful for the support of my friends who stood by me through thick and thin. Most importantly, I am delighted to have fulfilled my promise to my parents, and the Lifestart Foundation, successfully completing my studies and pursuing my dreams.

In my current role as a software tester, I am committed to furthering my knowledge of Japanese and information technology. I have set two near-future goals: achieving the highest level, N1, in the Japanese Language Proficiency Test and completing an Information Technology (IT) course to deepen my expertise and obtain the International Software Testing Qualifications Board certificate. My long-term goal is to become a bridge system engineer in this field within the next three years. To achieve this, I will dedicate myself to improving my Japanese language and IT skills. Furthermore, I plan to volunteer in my community during weekends, participating in

activities such as cleaning and providing rice porridge to the elderly and patients at hospitals, contributing to society in my own small way.

Before receiving your support, my family lived as poor peasants in the village. Despite my parents' hard work day and night, they struggled to afford our education. I vividly recall that, at one point, I couldn't even imagine what extra classes were like, and I helped my parents with housework while studying on my own. My parents faced frequent illnesses, and my two-year-old brother experienced febrile convulsions. Life was incredibly challenging, and my dreams seemed out of reach. However, those struggles made me stronger and more determined. I worked hard, excelled in school competitions, and received awards that eased the financial burden on my parents, such as notebooks, textbooks, and school bags.

Fortunately, my relentless effort was rewarded when I received the Lifestart Foundation scholarship. It felt like a dream come true, and tears of joy and relief filled my eyes. My scholarship had a profound impact on my family. It alleviated the burden of tuition fees, allowing my parents to focus on my brother's medical treatment. With time, my brother's health improved, and my parents managed to pay off their debts. The scholarship provided not only material support but also spiritual assistance. Lifestart Foundation staff always showed concern, encouragement, and prompt advice whenever I faced difficulties, guiding me in making the right decisions.

Lifestart Foundation organised meetings and trips, providing opportunities for me and my fellow scholarship recipients to gather and listen to senior students sharing their study and work experiences. During extreme weather conditions like rainy and stormy seasons, my family received valuable gifts and well-wishes. Thanks to your generous support, I could concentrate entirely on my studies and achieve numerous accomplishments. I am deeply grateful for everyone's help and care.

Your support has completely transformed my life. From a fearful child, I have grown into an educated adult with a good job, capable of supporting my family and my brother's education. In the future, I aim to continue developing my career and contributing to society.

The past few years have been a long journey, and to me, my sponsors, Ms. Karen, and everyone at Lifestart Foundation - are like angels who granted my wish and made it come true. I lack words to express my heartfelt gratitude for your tremendous support, and tears of joy, pride, and appreciation fill my heart. I hope that in the near future, I can help other disadvantaged students like me, giving them the opportunity to attend school, break the cycle of poverty, and become valuable members of society.

In conclusion, I want to thank you for your unwavering support over the past few years. I will cherish and hold your generosity in my heart forever. It will serve as a constant motivation for my future endeavours, inspiring me to strive and achieve my goals. From the depths of my heart, I extend my profound thanks and wish you good health and happiness.

Sincerely,

Le Thi Hong



UPDATE: 23/12/2023

CELEBRATING THAI: A LIFESTART FOUNDATION SCHOLAR'S JOURNEY

We are thrilled to extend our heartfelt congratulations to Thai, a Lifestart Foundation scholarship recipient, on her remarkable achievement of graduating with an excellent Degree from Hue University of Medicine, specializing in General Medicine.

Thai's Story: Thai hails from a family of five, including her parents, elder sister, younger brother, and herself. Her parents work as farmers, relying on a modest and unstable income to support their family. Growing up in an underprivileged environment, Thai fully understands the pivotal role education plays in breaking the cycle of poverty.

Academic Excellence: Thai, one of the outstanding students who received a scholarship from Lifestart Foundation, has consistently impressed us with her academic performance. She maintained an exceptional academic record, achieving very good and excellent results. Her relentless efforts culminated in a total GPA of 3.46/4.0.

Thai's Dreams: We are delighted to witness the growth and success of our scholarship students. Thai's journey, overcoming various family obstacles, and her unwavering commitment to becoming a compassionate and skilled doctor, are truly inspiring.

Thai's Gratitude: In her heartfelt letter of gratitude, Thai shares her journey from facing financial challenges to becoming a scholarship recipient. She expresses her deep appreciation for the support that transformed her life and enabled her to pursue her dreams. Her story is a testament to the impact of education and the transformative power of scholarships.

Join us in congratulating Thai and in celebrating her inspiring journey from adversity to achievement. We wish her continued success as she embarks on her journey to save lives and contribute to society as a doctor.

Read Thai's Letter:

THAI'S GRATITUDE LETTER

Dear everyone at Lifestart Foundation,

My name is Nguyen Thi Thai, and I have recently graduated in General Medicine from Hue University of Medicine and Pharmacy.

The last semester marked the end of my 6-year journey at the university, filled with countless cherished memories. From the challenging night duties during clinical practice at the hospital to the eye-opening experiences that expanded my knowledge and horizons, every moment has left

an indelible mark. I am immensely grateful for the unwavering support of my faithful friends who encouraged and helped me wholeheartedly. Additionally, the days spent collecting data for scientific research at the Department of Gastroenterology of Hue University of Medicine and Pharmacy and the hard work put into my graduation thesis have made this final year truly unforgettable.

In the second semester, I had the opportunity to participate in a Student Science Conference where I presented a topic on "Research on clinical characteristics and results of bacterial isolation in purulent appendicitis at Hue University Hospital of Medicine and Pharmacy." This experience was invaluable, as it honed my skills in data processing, referencing, and presentation. It also prepared me well for successfully defending my graduation thesis. Thanks to this experience, I felt more confident during my thesis presentation and achieved the highest mark of 9.0/10 among the exam board. Additionally, my overall GPA for the semester was an impressive 3.57 out of 4.0, surpassing my own goals.

Over the course of my 6-year journey at the university, I achieved an excellent GPA of 3.46 out of 4.0, a result that I am deeply satisfied with as it represents the culmination of my hard work and determination. After graduating from the university, I plan to move to Ho Chi Minh City to complete an 18-month internship at Cho Ray Hospital to obtain my working certificate. Following this, I aim to find a respectable job and continue my medical postgraduate training to further enhance my capabilities and knowledge.

Entering Hue University of Medicine and Pharmacy was a turning point for my family, as my parents faced even greater financial difficulties. They worked tirelessly to support my sister's education, and my acceptance into medical school was both a joy and a concern for them. In the early years of university, I worked tirelessly at a part-time job to contribute to my tuition fees and living expenses. Despite the freezing cold and rainy days, I cycled to work regularly, often working until late at night. The struggle to balance work and study filled me with worries about how long I could continue like this and whether I could sustain it during clinical internships and night duty at the hospital.

Then, in my third year of university, something miraculous happened. I learned about the Lifestart Foundation scholarship through a friend and applied with hope that it might answer my prayers. When I was accepted as one of the scholarship recipients, I was overwhelmed with joy and gratitude. The tears of happiness shed by my mother and the beaming smile on my father's face made me realize just how meaningful this scholarship was to my family.

Since receiving the Lifestart Foundation Scholarship, my life has taken a positive turn. The scholarship covered all my tuition and living expenses during my studies. When the Covid-19 pandemic struck, Lifestart Foundation provided essential items and rice, standing by my side through the hardships. With the financial burden eased, my academic results significantly improved, as I could focus solely on my studies without worrying about part-time work. My parents were relieved, and they could use the extra money to invest in a new crop and care for my sister and younger brother. I cannot fathom how different my life might have been without the

scholarship. It enabled me to pursue my dreams without the burden of financial worries, allowing me to excel in my studies and achieve my goals.

I am eternally grateful to Lifestart Foundation for the incredible care, encouragement, and assistance you have provided me with. This scholarship has been a lifeline for me, and I promise to always strive for a better life and be a useful contributor to society.

In closing, I wish Ms. Karen, and the entire Lifestart Foundation team good health, enthusiasm, and joy in your mission of spreading love and making a difference.

Yours sincerely,

Nguyen Thi Thai



UPDATE: 06/01/2024

CONGRATULATIONS TO LIFESTART FOUNDATION'S MEDICAL GRADUATES ON GAINING RESIDENCY PROGRAM ADMISSION

What a wonderful start to the New Year of 2024 with this great news!

The Lifestart Foundation team is thrilled to share the outstanding achievements of our 7 brilliant medical scholarship graduates from Hue University of Medicine and Pharmacy! These individuals have not only successfully completed their university studies with excellent results but have also excelled in the Residency entrance exams, marking a fantastic beginning to their professional careers.

Dedicated to pursuing excellence, our 7 remarkable graduates have surpassed hundreds of their peers, securing desired positions in the three-year medical Residency programs at both Hue University of Medicine and Pharmacy and the University of Medicine and Pharmacy in Ho Chi Minh City. These universities are widely recognized as prestigious medical institutions in Vietnam.

A medical Residency program is held in high esteem within the healthcare field, playing a crucial role in advancing medical education and training for newly minted doctors as well as serving as a prerequisite for their medical licences. Residents will be able to acquire invaluable hands-on clinical experience, refining their skills in real-world medical settings. Specialization in various medical fields enables residents to concentrate on areas of personal interest, thereby fostering their professional expertise.

Hailing from financially underprivileged backgrounds, it would have been impossible for these students to complete a six-year degree studying General Medicine, let alone gaining the

Residency program admission if it hadn't been for the unwavering support from the Lifestart Foundation education scholarship project.

Pictured in this post are 7 remarkable medical residents, who will specialize in Internal Medicine, Surgery, Obstetrics & Gynaecology, and Diagnostic Medical Imaging. One notable achiever, Ngoc Hoai, a recipient of the Lifestart Foundation Medical scholarship, secured a commendable GPA of 3.65, placing her among the Top 10 students among 467 General Medicine final-year students. She successfully became a Salutatorian in the Residency entrance exam for Medical Diagnostic Imaging speciality at Hue University of Medicine and Pharmacy with an exceptional grade of 27.35 out of a possible 30 points.

Reflecting on her accomplishment, Hoai expressed gratitude for the financial assistance, study conditions, and spiritual support provided by the organization. Without the Lifestart Foundation scholarship, she believes her journey towards becoming a skilled and compassionate doctor would not have been possible.

Over the past 24 years, the Lifestart Foundation's Medical Scholarship program has significantly invested in the disadvantaged youth of Vietnam. With over 7 billion VND in scholarships awarded to approximately 90 Medical and Pharmacy students at Hue University of Medicine and Pharmacy and Danang University of Medical Technology and Pharmacy, the foundation has enabled these students to pursue their educational aspirations and become highly educated healthcare professionals. On this wonderful occasion, let's join us in extending heartfelt congratulations and best wishes to these extraordinary students as they embark on their promising future endeavours!

Read more about the achievements of our group of 24 outstanding medical and pharmacy graduates from the Class of 2023 below:

<https://www.facebook.com/photo?fbid=712949807531934&set=a.628466192646963>



UPDATE: 13/01/2024

LIFESTART FOUNDATION SCHOLARSHIP STUDENT'S GRADUATION – MEET VY

The Lifestart Foundation team congratulates Vy, our education scholarship student, on her graduation, and we would like to share her success story.

Recently, Vy successfully completed her final year in Japanese studies at Danang University of Foreign Language Studies with an impressive overall GPA of 3.6/4, earning her a Distinction Degree. Due to her outstanding qualities, she was accepted as an employee at Vi-Mash Joint Stock Company, a software company, during her internship. With her sense of

responsibility and eagerness to learn new things, Vy performed exceptionally and received high praise from the company.

Following her internship, Vy continued to enhance her Japanese skills by joining another internship at Mikazuki Japanese company in Japan. To meet the requirements for the internship in Japan, Vy excelled and was honored to be chosen among 12 candidates for the internship program.

During her internship in Japan, Vy gained diverse work experiences at the company. She felt that this journey allowed her to acquire not only Japanese language skills but also insights into Japanese culture and work etiquette. Vy now feels more confident in her Japanese language abilities. Additionally, she had the opportunity to explore various places in Japan.

The scholarship has positively transformed Vy's life. Throughout her 11 years as a scholarship recipient, Vy received full support for all her educational expenses, necessary study materials each academic year, emergency gifts during natural disasters or pandemics, and other forms of assistance to ensure her education was secured.

In a recent letter Vy sent us after her graduation, she expressed deep gratitude towards Lifestart Foundation. We hope you enjoy reading it.

VY'S GRATITUDE LETTER

Dear everyone at Lifestart Foundation,

My name is Luong Thi Thao Vy, a recent graduate from Danang University of Foreign Language Studies, with a bachelor's degree in Japanese Linguistics.

Time has flown by, and it feels like just yesterday when I embarked on my four-year university journey. I want to express my gratitude for the incredible support you have provided throughout the past eleven years.

The last semester was particularly memorable for me. I immersed myself in two specialized subjects: Interpreting and Translation. Over three intense months, I honed my skills as if I were a professional translator and interpreter. I learned valuable techniques in oral and written translation in every class, from parallel interpretation to book translation, and even editing and completing translations.

I'm thrilled to share that my efforts paid off, with a B in the Interpreting subject and an A in the Translation subject.

I'm proud to say that I've achieved all of my personal goals and graduated with honors. This outcome fills me with joy and satisfaction, though I can't help but think that I would have pushed even harder if given the chance to start over.

Recalling the time when I was in year 6, my family faced incredibly challenging circumstances. My parents, both farmers with limited income, struggled to care for all three of their children.

Farming is financially demanding and highly unpredictable, heavily influenced by weather, and susceptible to natural disasters. In our region, frequent floods wreaked havoc on our crops. During that period, my parents even had to borrow money to cover our basic living expenses while taking care of us. When I learned that I had been awarded the Lifestart Foundation scholarship, my family was overjoyed and profoundly grateful.

Since receiving the scholarship, I've carried within me a determination to study diligently, driven by the desire not to disappoint you, the Lifestart Foundation, and my family. Thanks to the scholarship, my educational journey has become significantly more manageable. I received new books, uniforms like my peers, and even a bicycle that made commuting to school easier. Whenever natural disasters, floods, or epidemics struck, the Lifestart Foundation extended additional support. I've had the invaluable opportunity to participate in summer outings in Da Nang, organized by the foundation. These events have provided me with essential insights into university life, study methods, and valuable tips shared by senior members of the Lifestart Foundation.

This experience has been instrumental in helping me gain clarity about my studies and future aspirations, significantly improving my family's overall situation.

I can't even fathom what my life would have been like if I hadn't received the scholarship back then. Completing my studies would have been a daunting challenge, especially considering the annual tuition fee, which is a significant burden for my family. Hence, from the depths of my heart, I am incredibly grateful.

I want to extend my heartfelt thanks to you and everyone at the Lifestart Foundation for your time and unwavering support. Thank you for the encouragement, guidance, and empathy extended by each member of the foundation.

Your collective support has been a continuous source of motivation and hope, propelling me forward each day. I truly can't find the words to adequately express my gratitude for your kindness and assistance. Please know that I will cherish this forever.

I consider myself immensely fortunate to have known everyone, Ms. Karen, and to have been one of the students who received a scholarship from the Lifestart Foundation. It is a true honor. I wish you and your family good health, happiness, and continued success in life.

Additionally, I extend my best wishes to the Lifestart Foundation, hoping for its continued growth and development, enabling you to support students facing challenging circumstances yet brimming with determination and vitality in their lives. To Ms. Karen, I wish for a life filled with happiness, peace, and endless success.

Once again, from the depths of my heart, thank you very much.

Warmest regards,

Luong Thi Thao Vy



UPDATE: 14/01/2024

THE LIFESTART FOUNDATION TEAM CONGRATULATES NGOC THU - We are so proud of your achievements!

We are delighted to announce that our Lifestart Foundation Education Scholarship student Ngoc Thu has recently completed Year 12 and has been successfully accepted into Duy Tan University in Danang city, pursuing a major in Logistics and Supply Chain Management. She has been a Lifestart Foundation scholarship student since Year 7 and she will be the first in her family to attend University.

As with all of our scholarship students, despite enormous odds stacked against them they continue to inspire us with their accomplishments and determination.

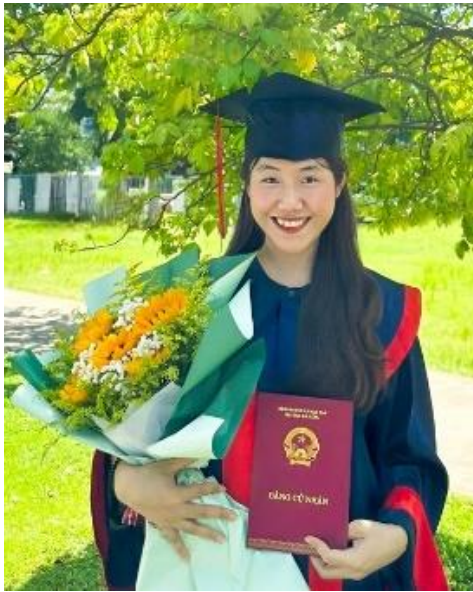
Thu hails from a financially disadvantaged family of four, including her mother, elder brother, sister, and herself.

Unfortunately, her father passed away when she was only four years old. Since then, her mother, who works as a rice farmer, has single-handedly raised the three children with a very modest income. Prior to receiving the scholarship, they faced numerous hardships and had to be extremely careful with their expenses, including electricity, water, food, and other necessities.

Despite her disadvantaged background, Thu has consistently strived for academic excellence. The invaluable support of the Lifestart Foundation scholarship has made a significant impact on her family's life. It covers Thu's tuition fees, books, uniforms, supplies, and all the necessary supplementary classes to support her education. In addition to these academic supports, she has also received additional assistance such as household necessities, table and chairs, a bicycle donation, and emergency supplies and housing repairs following severe weather conditions. This financial relief has alleviated a substantial burden from her mother, enabling Thu to devote more attention to her studies and achieve outstanding academic performance.

During her time in high school, she dedicated herself to diligent studying. In addition to attending regular and supplementary classes, she spent approximately 12 hours per day on self-study. On days without classes, she devoted almost the entire day to studying. Like other Vietnamese children, Thu also helps her mother with light household chores and assists her sister at her stall. Thu has expressed her determination to work even harder at the university level, with the goal of securing a good job and salary upon graduation. Her aspiration is to break the cycle of poverty for herself and her family.

Once again, we extend our heartfelt congratulations to Thu on her achievements, and we eagerly look forward to hearing about her future successes in her academic journey. Her resilience, determination, and academic excellence serve as a true inspiration, and we are proud to support her as she pursues a brighter future.



UPDATE: 20/01/2024

LIFESTART FOUNDATION SCHOLARSHIP STUDENT - MEET THINH: OVERCOMING ADVERSITY TO COMPLETE HER EDUCATION AT UNIVERSITY

Lifestart Foundation team is immensely proud to announce that Nguyen Thi Thinh, a recipient of the Lifestart Foundation Scholarship, has successfully completed her 4-year Bachelor's degree in Japanese Studies at Danang University of Foreign Language Studies. Thinh achieved an outstanding Distinction degree with a GPA of 3.55 out of a possible 4.0. Presently, she is employed by a Japanese company in Danang, specializing in software testing, including both Web and App applications.

Thinh received her Lifestart Foundation education scholarship in 2016. During that time, her family faced numerous hardships due to her father's deteriorating health with kidney disease, requiring frequent hospital treatments. Her parents, who worked as farmers with low income, shouldered the responsibility of raising two children on a meagre income. Receiving the scholarship became a pivotal turning point in Thinh's life, providing her with increased motivation to excel in her studies, as evidenced by her remarkable achievements throughout her academic years.

We are incredibly proud of Thinh's accomplishments and the exceptional young woman she has become. We extend our heartfelt wishes for her continued success in all her future endeavors.

Thinh has also penned a letter of gratitude to the Lifestart Foundation, sharing her inspiring story of triumphing over adversity to achieve her dreams. We invite you to read her heartfelt expression of thanks.

THINH'S GRATITUDE LETTER:

Dear everyone at Lifestart Foundation,

I am Nguyen Thi Thinh, a recent graduate in Japanese from the University of Foreign Language Studies - The University of Danang.

In the previous semester, I chose to collaborate on a graduation thesis with two friends rather than focusing solely on professional subjects like Interpreting and Translation. This endeavor took five months, from January to May, during which I primarily worked from home. Occasionally, I would visit the university for my instructor's guidance. Our thesis, titled "Comparative Research on Language Characteristics in Japanese and Vietnamese Television Advertising," presented several challenges, notably the limited availability of reference materials. Fortunately, our team of three members collaborated efficiently, dividing tasks, extensively researching materials from sources such as YouTube and websites to gather sufficient data from both Vietnamese and

Japanese advertising videos, eventually completing the thesis. Moreover, in late March, I undertook an internship at an information technology company named Japan Quality in Da Nang. This experience provided invaluable knowledge and practical skills in a real working environment, introducing me to the field of software testing, which is closely related to information technology. I learned how to test Japanese applications and websites, reporting any errors to the developers for correction. The work environment was entirely in Japanese, enabling me to practice and enhance my language skills.

Managing both the internship and thesis simultaneously required meticulous time organization. With the internship taking place from 8 am to 5 pm daily, I dedicated my evenings to working on the thesis. I made every effort to utilize any available free time. With the support of my instructor, I successfully completed the thesis after five months. Subsequently, I defended the thesis before the grading committee, a 30-minute session that, despite its initial stress, concluded smoothly, leaving me highly satisfied. I am elated to have achieved an "A" grade with 8.8 points for the graduation thesis and a perfect score of 10 points for the internship, culminating in a GPA of 4.0 out of a possible 4.0 for this semester. This accomplishment fills me with immense pride, as it reflects the outcome of my relentless dedication. Each semester throughout the past four years has held significant value for me. While facing numerous academic challenges, I've gathered a wealth of knowledge from each subject, greatly benefiting my current job. Some semesters may not have yielded the results I desired, but I used those experiences as stepping stones to improve and achieve better outcomes in subsequent semesters. I continually reminded myself to strive for the best results possible, ultimately graduating with Distinction and a GPA of 3.55, a result I am very happy with.

Currently, I am employed as a software tester at the same company where I completed my internship. As this is a new field for me, I am actively expanding my vocabulary in information technology and deepening my understanding of testing. In the near future, I hope to continue this work and pursue software testing certification, which will undoubtedly enhance my career prospects.

Before being awarded the Lifestart Foundation scholarship, my family encountered considerable challenges, given that my parents were farmers raising and educating two children – my brother and me. Understanding our family's situation, I always felt grateful for my parents' efforts to earn money and support our education. However, I harbored concerns about whether I could continue my studies upon entering university. At one point, I realized that to secure our future, I needed to put forth extra effort in my studies. With the aspiration to consistently attend school, I was utterly committed to achieving high academic results to bring happiness to my parents. I first learned about the Lifestart Foundation scholarship in Year 8. The moment I was awarded this precious scholarship, tears of joy and gratitude welled up in my eyes. My entire family rejoiced at this wonderful news, as it felt like a miraculous blessing for us. I was overjoyed by the prospect of continuing my education and pursuing my unfulfilled dreams.

Over the past nine years, the scholarship has brought transformative positive changes to my family's life. It has supported me in all aspects of my studies – from tuition fees to living expenses, and provided invaluable spiritual support. The scholarship has lightened the educational burden

on my parents' shoulders and ensured favorable learning conditions for me. Moreover, my family and I consistently experience care and receive well-wishes from the entire Lifestart Foundation community. Their unwavering support serves as a significant source of spiritual encouragement, motivating me to continuously pursue academic excellence and progress in life.

During Tet (Lunar New Year) and challenging times such as storms, floods, and the Covid-19 pandemic, the Lifestart Foundation has consistently provided daily household items to my family, enabling us to experience a warm and joyous Tet and overcome these difficult circumstances. I am profoundly grateful for the support provided by the Lifestart Foundation. Equally, I am thankful for the encouragement and backing from Ms. Karen, and the entire Lifestart Foundation Team. Honestly, the two simple words "thank you" fail to truly convey the depth of my gratitude.

I often contemplate how my educational journey would have unfolded without the invaluable scholarship I received. Without it, completing my four-year university degree and maintaining our current standard of living would have been extremely challenging for my family. We would have likely encountered numerous hardships, with my parents shouldering the heavy burden of tuition fees for both my brother and me. The scholarship, therefore, holds immense significance and meaning in my life. It has not only enabled me to dream fearlessly but has also played a pivotal role in shaping the life I currently enjoy.

I feel an immense sense of gratitude and a strong desire to extend my sincerest and deepest thanks to everyone at the Lifestart Foundation for their unwavering support, care, encouragement, and assistance throughout my educational journey. Today, as I complete my four-year university journey, I am one step closer to realizing my dreams. Furthermore, my family's life has experienced a positive transformation over the years. I deeply cherish the Lifestart Foundation scholarship that has been bestowed upon me. The scholarship you have bestowed upon me and my family has been truly priceless and holds profound meaning. It serves as a constant source of motivation, driving me to give my best efforts in my studies every single day. Your tremendous act of kindness will forever remain in our hearts, and we are sincerely grateful beyond words. In light of this immense gratitude, I am committed to dedicating myself to both my professional and personal endeavors, striving to successfully achieve the goals I have set. The support I've received from the Lifestart Foundation scholarship has laid the foundation for the life I currently lead. Therefore, I aspire to achieve future success so that I can share my blessings with those facing challenging circumstances, enabling them to lead better and more meaningful lives. This scholarship is the most fortuitous gift in my life, and I shall never forget it. I commit to giving my best in the present and the future to ensure I do not let you down.

Once again, I extend my sincere wishes for everyone to enjoy good health, happiness, success, and good fortune in life. Finally, I want to convey my heartfelt wishes to Karen and everyone at the Lifestart Foundation for an abundance of joy, safety, good health, and continued success in life. I hold the best intentions for everyone. Thank you very much!

Sincerely,

Nguyen Thi Thinh



UPDATE: 27/01/2024

**LIFESTART FOUNDATION UNIVERSITY GRADUATE
HIEU'S JOURNEY: OVERCOMING CHALLENGES TO
ACHIEVE SUCCESS**

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

Vien Thi Minh Hieu, who has been a recipient of the Lifestart Foundation Education scholarship for the past 11 years, has successfully completed her four-year Bachelor's degree in Japanese Studies at Hue University of Foreign Language Studies. Her dedication and hard work resulted in her achieving a Distinction degree with a GPA of 3.41 out of a possible 4. Notably, she is the first person in her family to graduate from university. Currently,

Hieu is employed at the Rubbersoul company in Danang, specialising in Japanese translating and interpreting.

Hieu comes from a highly disadvantaged family consisting of five members. Both of Hieu's parents work as rice farmers and rely on their meagre income from farming to support and provide for the education of their three daughters.

The scholarship Hieu received marked a significant turning point in her life, igniting her determination to excel academically, and leading to a series of remarkable achievements throughout her educational journey. The Lifestart Foundation team is immensely proud of her accomplishment. We wish her great success in all her future endeavours.

After her university graduation, Hieu wrote a gratitude letter to Lifestart Foundation, sharing her remarkable story of overcoming life's obstacles to pursue her dreams.

HIEU'S GRATITUDE LETTER:

Dear everyone at Lifestart Foundation,

I am Hieu, and I am thrilled to share with you that I have successfully graduated with a degree in Japanese from Hue University of Foreign Languages and International Studies. I wanted to convey this wonderful news to you.

The previous semester was a significant one, as it marked the culmination of my four-year university journey. There were fewer subjects to attend regularly, and most of my time was dedicated to report writing and job hunting. In the previous semester, I studied three subjects: Japanese for Tourism, Japanese for Information Technology (IT), and Japanese for Business. In the Japanese for Tourism class, we collaborated in groups to create a Japanese video introducing

a place or a specific dish. This experience allowed students to work together and gain practical skills. The remaining subjects, Japanese for IT and Japanese for Business, were instrumental in preparing us for our post-graduation plans. Having a fundamental understanding of computers and business communication is essential. Overall, I found these three subjects manageable, and I had ample time to prepare for the N2-level Japanese Language Proficiency Test.

I was elated to receive straight A grades in all subjects for the second semester, maintaining a GPA of 4.0. Throughout report writing and exams, my lecturers provided enthusiastic support, especially the department dean. My daily routine consisted of approximately 5 to 6 hours of self-study. Learning and adapting to a new language was initially challenging for me. I felt lost and struggled to absorb everything. I even questioned whether I had chosen the right major. However, with your assistance, Ms. Nhung's encouragement, and the support of the Lifestart Foundation, I gradually overcame these obstacles and made progress. In June, I graduated with Distinction, earning a GPA of 3.41 out of 4. I am pleased with this achievement, and my parents are overjoyed to see me graduate from university. Fortunately, at the end of April, I secured a job related to my Japanese major. I am now employed by Rubbersoul, a company specialising in printing newspapers, catalogues, manga, and image editing for the Japanese market.

Since 2012, my family has been profoundly grateful for the opportunity to be part of the Lifestart Foundation. Back then, I had just completed Year 5, and the news that someone would support my educational journey filled me with joy. During those days, my family faced numerous hardships. My two younger sisters, aged 4 and 2, required my mother's care, while my father was the sole breadwinner. Our house could barely withstand minor storms. I understood that studying diligently was the key to transforming my life and helping my parents overcome poverty. However, it was challenging to focus on my studies when daily meals were a struggle to afford. I strove to excel in all subjects at school while assisting my parents with household chores, such as laundry and farming. I believed scholarships were only awarded to exceptional students. Thankfully, my father had the chance to speak with Ms. Quang, a social worker who introduced me to the Lifestart Foundation.

The tremendous support from Ms. Karen's, and Lifestart Foundation, has brought significant changes to my family's life. In Year 6, I received new books, uniforms, and school supplies for the first time. I still vividly remember the overwhelming joy I felt. I treasured each item, carefully wrapping my books and feeling excited as I wrote my name on new notebooks. The scholarship has consistently been a source of gratitude for my family, motivating me to study hard and prove myself deserving of your and the Lifestart Foundation's support. Previously, I never imagined attending university, as it seemed far beyond my family's reach. However, thanks to your kind support, my dream of pursuing higher education became a reality. Your support has been an invaluable and meaningful gift to my family. Furthermore, my family's life has undergone numerous positive changes, and providing me with an education has become less of a worry for my parents.

The Lifestart Foundation has been a constant companion, providing essential items, bicycles, and even chickens to ease the financial burden on my family. In Year 10, our house was freshly

painted, and the floor was replaced with ceramic tiles, fulfilling a long-standing desire of ours. This invaluable assistance has brought unimaginable changes to my family's life.

Without receiving the scholarship, I believe there would have been no path to university for me, and I wouldn't have dared to dream of attaining such a high level of education. Many shortcomings might have persisted in my life, and I might have been forced to discontinue my studies after high school. I knew my parents couldn't afford to send me to university, and I am truly fortunate to have received such a valuable scholarship. Your support, along with the assistance of the Lifestart Foundation team, has completely transformed my life. My family and I are at a loss to adequately express our gratitude. Reflecting on the past 11 years, it feels like an incredibly long journey for me. Ms. Karen, and the entire Lifestart Foundation team have wholeheartedly supported me, enabling me to reach the position I am in today. My family and I are profoundly appreciative and grateful for your assistance, which has ranged from providing spiritual guidance and encouragement to substantial material support.

Now, I am capable of earning money to support myself and care for my younger sisters, for which I feel immensely fortunate. I will never forget your unwavering support. Once again, my parents and I extend sincere thanks for accompanying and supporting us throughout these years. We truly appreciate it. Finally, I wish for the Lifestart Foundation to continue growing stronger, enabling them to assist many disadvantaged individuals like myself.

Sincerely,

Vien Thi Minh Hieu



UPDATE: 03/02/2024

**LIFESTART FOUNDATION UNIVERSITY GRADUATE:
MEET DINH AND HIS INSPIRING JOURNEY FROM
HARDSHIP TO TRIUMPH**

Congratulations Dinh from the Lifestart Foundation. We are so very proud of your accomplishments!

Lifestart Foundation's General Medical Scholarship student Dinh has recently achieved a significant milestone by successfully graduating from Hue University of Medicine and Pharmacy with a Credit degree. Presently, he is working at Khanh Hoa Oncology Hospital, aiming to achieve the Surgery practice certificate. In the future, Dinh plans to study for Specialist Level I in Urology at University of Medicine and Pharmacy in Ho Chi Minh City.

Dinh hails from an economically disadvantaged and fragmented family. When he was 14, his parents divorced, and since then, he has resided with his father and his two siblings. His father is disabled due to a leg amputation, resulting in an

income of only 1 million dong VND or approximately \$41 USD per month, which is insufficient to support his three school aged children. Dinh's mother worked tirelessly, borrowing money from relatives and taking out student loans to support him and his younger sister. The scholarship Dinh received has left an indelible impact on his life, igniting his determination to excel academically, and leading to a series of remarkable achievements throughout his educational journey.

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

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

DINH'S GRATITUDE LETTER:

Dear everyone at Lifestart Foundation,

I am writing to extend my heartfelt gratitude for the scholarship support I've received from the Lifestart Foundation over the past five years.

As a sixth-year student, the second semester marked the culmination of my university studies.

During this semester, I diligently prepared for and successfully cleared three exams: basic theory, clinical theory, and clinical practice. I had set a goal to achieve a GPA of 3.21 out of a possible 4, and I'm pleased to report that I met this target. The final exam preparations demanded intense effort as they held the key to evaluating six years of learning.

My university journey culminated with a Credit degree, securing a GPA of 3.13 out of a possible 4. I take pride in the dedicated effort I poured into my studies.

Following the graduation exam, I embarked on an enriching one-month field trip to the general surgery department of Quang Nam Central General Hospital in Nui Thanh district, Quang Nam province. This practical experience exposed me to the real-world medical environment and acquainted me with scenarios I might encounter in my future medical career. The senior doctors and nurses at the department were exceptionally supportive, aiding me in successfully navigating this period. During my internship, I had the privilege of shadowing the department's doctors during patient consultations and examinations. In the afternoons, amidst duties, the department even organized football matches to help alleviate the stress of the day. Upon completion of the internship, the staff extended warm wishes and an open invitation to visit them anytime.

Currently, I am fully dedicated to preparing for the upcoming residency exam, a crucial milestone for all graduates. I've chosen to specialize in oncology, aspiring to support cancer patients in my future endeavors. My study routine involves approximately 12 hours of daily commitment. The depth of knowledge required for this exam exceeds that of the final exam. While I've encountered

moments of exhaustion and headaches due to the sheer volume of information, I manage these by taking brief naps and then continuing my studies. I recognize that this is not the time for rest.

Looking back at my journey, I recall the myriad challenges I faced upon entering university, including financial limitations, familial responsibilities, and the unfamiliarity of university life. My mother, who wakes up at 3 am to run a fruit stall and returns home around 6 pm, toiled relentlessly to support my sister's and my pursuit of higher education. To cover living expenses, she resorted to borrowing money from relatives and taking out student loans. These circumstances often distracted me from my studies, as I worried about my mother's hardships and the uncertain educational prospects for my future.

During my second year of university, I discovered the Lifestart Foundation scholarship, which reignited my hope of receiving sponsorship. Determined to achieve academic excellence, I applied for the scholarship. The memory of the interview process remains vivid; I felt a mix of nervousness and excitement, particularly when I met Ms. Karen, Ms. Nhung, and Ms. Phuong on the first floor of the interview venue. However, as our conversation progressed, I began to feel increasingly at ease. The email notifying me of my selection for a full scholarship filled me with immense joy.

Since then, my life has undergone a remarkable transformation. My scholarship provided me with my daily meals, accommodation, tuition fees, school supplies, and English lessons without relying on my family's monthly support. The Lifestart Foundation has also stepped in to provide essential items like rice, washing powder, and soap, ensuring I was well-equipped for an entire semester. Since receiving my scholarship, each day of study has been a wonderful experience, free from the financial worries that previously plagued me. My scholarship has significantly lightened the financial burden on my mother.

Without this support, my six-year university journey would have been fraught with challenges and stress. My mother would have endured prolonged hardship, and I would have been uncertain about the duration of my education. The assistance from the Lifestart Foundation marked a turning point in my life. Words can hardly encompass the depth of my gratitude to you, Ms. Karen, and the entire Lifestart Foundation team. You have been my guiding lights through the most challenging phase of my life. As I embark on a new journey, I am even more determined to work harder, with the aspiration that one day, when I achieve success, I can support the Lifestart Foundation and aid other students facing adversity.

I extend my warmest wishes to you, the benefactor who has sponsored me throughout my six-year university journey. My gratitude also extends to the Lifestart Foundation, Ms. Karen, the founder of Lifestart Foundation, and Ms. Phuong, my mentor, for their consistent support, guidance, and motivation during my scholarship. I convey my regards to all the staff members at Lifestart Foundation and wish for unwavering strength as you continue to assist numerous students in the future. Thank you wholeheartedly for your invaluable support!

Warm regards,

Nguyen Trong Bao Dinh



UPDATE: 11/02/2024

LIFESTART FOUNDATION UNIVERSITY GRADUATE - MEET DIEU – HOW AN EDUCATION SCHOLARSHIP CAN TRANSFORM A LIFE

Lifestart Foundation Scholarship student Dieu has recently graduated from Danang University of Foreign Language Studies, where she pursued a Bachelor's degree in English Translation and Interpreting. Dieu had the privilege of being a recipient of a full Lifestart Foundation scholarship that commenced in 2016 when she started high school.

Dieu is a gifted language student and was already quite proficient in English during her high school years. She worked incredibly hard in order to gain acceptance to study at her preferred university: Danang University of Foreign Language Studies. After studying diligently for 4 years, Dieu successfully achieved an outstanding

cumulative GPA of 3.67 out of a possible 4.0, earning her a High Distinction degree. We are so very proud of your achievements!

Not as fortunate as other children, Dieu hails from a single-parent family, comprising only her mother and herself. Her mother shoulders the responsibility of providing for the family as the sole breadwinner. Sadly, Dieu's mother is nearly 60 years old and has been blind in one eye since birth, which has always made it very difficult for her to find a good job. She works as a rice farmer with a very modest and unstable income. They do not own land so they reside in a small room where their ancestor's place of worship is located.

Before being granted the education scholarship, attending university appeared to be an unattainable dream for Dieu due to her family's financial constraints. Fortunately, Dieu's life has changed for the better since she was awarded the precious Lifestart Foundation Education Scholarship. The subsequent scholarship from Lifestart Foundation has carried Dieu through her tertiary education without having to worry about tuition fees and living expenses.

Inspired profoundly by the meaningful activities and programs organized by Lifestart Foundation and recognizing the significance of community contribution, Dieu has chosen to pursue a career in the NGO sector following the completion of her studies. After an internship at Lifestart Foundation, Dieu made the decision to continue her professional journey with all of the Lifestart Foundation team. She is currently employed full-time at Lifestart Foundation, working as an Education Scholarship and Administration Officer with the goal of extending a helping hand to the underprivileged members of society and helping them work towards improved lives.

Having grown up from a disadvantaged background, Dieu is extremely grateful for the dedicated support from Lifestart Foundation which has helped her develop personally and professionally.

Working at Lifestart Foundation has been a great motivation for her to “give back” to the community and pay it forward through philanthropic and volunteering activities.

After finishing her university studies, Dieu expressed her sincere acknowledgement to Lifestart Foundation through her letter of gratitude, where she shared her inspiring journey of overcoming life's challenges to pursue her dreams. We invite you to delve into her heartfelt expression of appreciation.

Lifestart Foundation takes immense pride in accompanying Dieu through her education journey and witnessing her transformation into a capable young woman. Congratulations Dieu we wish you every success in life!

DIEU'S GRATITUDE LETTER:

Dear Karen and everyone at Lifestart Foundation,

My name is Ha Thi Dieu, a recent graduate in English Language from the University of Foreign Language Studies, University of Danang. Today, I am writing this letter to share with you all my recent study achievements, my family's life, and my plans for the future. Also, I would like to express my deepest gratitude to you both and everyone at Lifestart Foundation for the invaluable support you have provided to me and my family throughout the scholarship period.

In terms of my studies, as I had completed most of my specialized subjects in third year, I only had a two-credit Graduation Internship module to complete in the first semester of year 4. This period was profoundly meaningful for me as I had the incredible opportunity to undertake an 8-week internship at Lifestart Foundation. During this time, I applied the knowledge and skills I had acquired over the past three years to real-world situations. I also gained a deeper understanding of the noble work carried out by Lifestart Foundation. I successfully completed the internship, achieving an A level mark with a GPA of 9.8 out of a possible 10.

Following the internship, I dedicated all of my free time every day to preparing for the IELTS exam. I followed my study plan, focusing on at least two skills a day, with a minimum of 4 hours for each skill. During the rest of my free time, I worked on solving the tests in Cambridge reference books. In February 2023, I took the exam and achieved my target score of 7.0 in IELTS. As I am not completely satisfied with this result, I am determined to continue enhancing my English skills in the future.

Looking back on the past four years, I am delighted to inform you that I graduated with a GPA of 3.67 out of a possible 4.0, earning the title of High Distinction. This achievement fills me with joy and satisfaction, motivating me to continue to improve in the future through constant learning and development of my skills every day.

I am thrilled to share that after completing my internship, I applied for a formal position at the Lifestart Foundation, realizing my long-held dream of working in the NGO sector. I started my probation period in May 2023 and officially joined the organization in July. During the probation period, I was involved in various tasks related to the organization's communications, participated

in donation trips, translated letters from scholarship students, and taught English to some of Lifestart Foundation's scholarship recipients. I am immensely grateful for the warm support and guidance provided by Lifestart Foundation's staff especially during challenging moments, and when adapting to the professional environment. Working here is a truly valuable and fulfilling experience because I have had the opportunity to engage in meaningful and practical tasks. For many years, I had nurtured thoughts about working in a non-governmental organization after graduation, as it would allow me to contribute my efforts to the community. Outside of working hours, I dedicate my free time to self-study, focusing on improving my English language skills and learning relevant skills such as writing, design, and photo and video editing using applications such as Lightroom, Photoshop, and Premiere. I also spend time revising the skills that I have been instructed in at work. In the future, I plan to continue self-learning these skills in order to become proficient in various applications, saving time with practical tasks.

Reflecting on the past, it has been seven years since I started receiving the Lifestart Foundation scholarship. At that time, my family faced numerous difficulties as my mother's health deteriorated, making it challenging for her to continue working. We relied on the income she earned from farming work and grass cutting. Early in the morning at 6 o'clock, my mother went to work. She didn't return home until 12 o'clock noon, and then she went back to work at 1 o'clock in the afternoon and didn't come back until late in the evening. For her work, she was paid 25,000 VND for one day, and sometimes they didn't pay her on time. I vividly remember my mother's worries and struggles during those days when she didn't know how to continue to support my studies. She believed that education was essential for a child's future, especially in a rapidly growing society.

During my secondary school years, I diligently studied and participated in contests to win books, gifts that would help reduce the burden of having to purchase study materials. I never imagined attending university; my goal was merely to continue studying until circumstances forced me to stop then I could either become a manual worker or a farmer. Then, a turning point arrived. My form teacher provided me with a scholarship application form. Although I had applied several times before without success, I submitted the form again in the 9th grade, thinking it would be my last attempt. At that time, I still didn't know the criteria for becoming a scholarship student. To my surprise, I received a call informing me of an interview one evening after school in 2016. I succeeded in the interview, receiving a certificate confirming my scholarship. This moment marked a significant change in my life. The scholarship not only provided me with essential study materials such as books, stationery and clothes but also daily essentials, bicycles, electric bikes, and electronic devices for study such as a tablet and a laptop. It was the first time I had all the necessary study resources. These were things that I never imagined having a chance to use one day. My mother and I were deeply moved and grateful for the gestures of kindness and encouragement from people that we had only met once or twice, or hadn't even met before, which made us burst into tears many times. During those completely hazy and uncertain days, the scholarship came and ignited a flame within me, lighting my path and warming my journey toward a brighter future.

When I received the scholarship, the financial burden on my family significantly reduced. My mother was able to focus more on household chores, growing vegetables for our daily meals and

selling lemongrass to earn additional income. We now enjoyed better nutrition, and my mother could devote more time to our well-being, without having to work long hours as she did before. I could concentrate fully on my studies, attend extra classes, and participate in high-quality university exam preparation courses. I had the opportunity to attend career orientation days organized by Lifestart Foundation which helped me gain experience and knowledge not typically accessible to someone of my age. I am incredibly fortunate that Lifestart Foundation continued to support my education through university. This support enabled me to focus on my studies, maintain good academic results, make new friends, improve myself daily, and eventually secure stable employment.

Occasionally, my mother and I wonder, "What would our life be like now if there had been no scholarship?" Without it, I might not have been able to attend university. I would have likely started working in low-paid manual jobs to support my family, and my mother would have continued struggling to make ends meet. I would have missed the opportunity to learn new things, to acquire knowledge at the university, and to explore new horizons. Most importantly, without the scholarship, I would not have met all of the kind-hearted individuals who gave me precious gifts, supported and motivated me, and encouraged me in my studies and my life every step of the way. One thing is certain: without the assistance provided by Lifestart Foundation, I would not become the person I am today.

Throughout my educational journey supported by Lifestart Foundation, I am profoundly grateful for the unwavering assistance. Through this final letter, I would like to express my heartfelt thanks for funding my scholarship, and for your continued care, help, and updates on my progress over the past seven years. I would also like to extend my sincere gratitude to Karen and the dedicated staff members at Lifestart Foundation, who have supported me and my family with material and spiritual support, encouragement, guidance and companionship throughout my education path. I am extremely grateful to Jill for the invaluable gift of a laptop, which aided my studies during the challenging period of the COVID-19 pandemic. I also appreciate Jill and Lifestart Foundation's staff for the extremely beneficial and high-quality English classes that significantly improved my language skills, enabling me to achieve the results I desired. There have been many other forms of assistance, both material and spiritual that cannot be adequately expressed in words, but please know that I am always grateful for each and every one of you.

In closing, I would like to extend my best wishes to Ms. Karen and everyone at Lifestart Foundation. May you all enjoy good health and continued success in the future to carry on your mission of bringing light and hope to those facing difficulties in life. It is through your invaluable assistance that students like me can dream, achieve, become valuable contributors to our families and society, and learn essential lessons in humanity, leading us toward a future dedicated to community service.

Yours sincerely,

Ha Thi Dieu



UPDATE: 17/02/2024

LIFESTART FOUNDATION EXTENDS CONGRATULATIONS ON QUYEN'S GRADUATION

We are thrilled to announce that Quyen, a recipient of the Lifestart Foundation scholarship, has recently completed her university degree at Danang University of Education, where she majored in Information Technology. Following a rewarding 3-month internship at FPT Software, Quyen further enhanced her skills with an additional 2-month training focused on Java programming language and is currently employed as a programming fresher. Quyen's life has commenced a new chapter, and she is determined to explore further opportunities to accomplish even more in the future.

Quyen has been a beneficiary of the Lifestart Foundation full scholarship since year 7. Like all scholarship students, Quyen hails from a disadvantaged family consisting of six members, residing in the most impoverished region of Quang Nam province. Quyen's father's health has declined significantly due to his illness. Quyen's mother, who also has weak health, has to support the whole family as a rice farmer and occasionally engages in manual labor whenever she finds employment. Quyen's life has improved a lot after receiving the Lifestart Foundation scholarship.

The Lifestart Foundation team is delighted to have accompanied Quyen throughout her educational journey and personal growth. We eagerly anticipate receiving further updates on Quyen's future achievements. May Quyen continue to strive for self-improvement and find happiness along the path she has chosen.

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

QUYEN'S GRATITUDE LETTER

Dear everyone at Lifestart Foundation,

I am Nguyen Thi My Quyen, a recent graduate of Danang University of Education with a degree in Information Technology. I am writing this letter to convey my heartfelt gratitude to both of you.

My journey at Danang University of Education has come to a successful conclusion. During the last semester, a classmate and I collaborated on our graduation project titled "Designing a Website for Selling Clothes." We encountered various challenges along the way but persevered and completed it on time, although there were some shortcomings. I dedicated approximately 8 to 9 hours every day to home study, and my classmate and I constantly discussed and analyzed our progress. Initially, we faced difficulties in writing the report and implementing specific website

functions. To overcome these challenges, we sought assistance from our instructor and friends who helped us find solutions. Our four years of friendship as classmates played a significant role in supporting and motivating us to successfully complete the project.

On July 5, 2023, I graduated.

I am currently employed as a Fresher at FPT Software to gain practical experience. In the future, I plan to further enhance my knowledge in Java programming to enhance my job prospects.

Before receiving the Lifestart Foundation scholarship, my family faced numerous hardships. Our primary source of income was my father, who worked as a bricklayer. Unfortunately, he suffered from epilepsy, which limited his ability to work and resulted in meager earnings. My mother managed our land and vegetable cultivation at home but had no income. At that time, we were categorized as an impoverished household. Both my parents worked tirelessly to support and educate the four of us. My two older sisters were attending college, I was in Year 7, and my younger brother had just started Year 1. Due to frequent illnesses, my parents could not provide us with favorable conditions for education. My friends attended summer courses and additional classes to gain more knowledge, and I longed for a similar opportunity. However, due to our financial difficulties, my parents could only afford to pay for my school tuition fees, and my mother borrowed used textbooks from older students for me to study with, instead of purchasing new ones.

During Year 7, Lifestart Foundation visited my school to interview potential scholarship recipients. As a financially disadvantaged student who faced challenging circumstances but exhibited exceptional dedication to academic excellence, I was fortunate enough to be selected for an interview. After participating in two interviews, I was overwhelmed with gratitude upon being awarded a Lifestart Foundation scholarship. At that moment, no words could adequately express my feelings. You opened a new door of hope for me on my educational journey and alleviated some of the burdens on my parents' shoulders. Together with my mother on her Honda Super Cup 50 motorcycle, I gradually became familiar with the route to the Lifestart Foundation office. Since receiving your invaluable scholarship, my family has experienced fewer difficulties in our lives. Your support provided me with better educational opportunities, including learning materials, textbooks, notebooks, and tuition fees, which relieved my parents' concerns about my education. During times of floods or the Covid-19 pandemic in 2019, the Lifestart Foundation assisted us greatly by providing essential items such as rice, cooking oil, chicken, and other household necessities, enabling us to get through those challenging periods. When I was in secondary school, the Lifestart Foundation even gifted me a bicycle, which greatly helped my daily commute. Upon entering university, the scholarship served as a strong motivation for me to work even harder to achieve the best possible academic results. Additionally, your financial assistance with living expenses and tuition fees, both of which were a substantial burden for my family, is deeply appreciated.

We will forever remain grateful to you and the Lifestart Foundation for accompanying and supporting me throughout my four years at university.

Without your scholarship, I believe I would not have had favorable study conditions, and my family would have faced even greater difficulties. My parents would have had to borrow money from others to make ends meet and provide education for us. Our daily meals would have lacked nutritious food such as meat and fish. My sisters and I would not have had the opportunity to attend college or university, and our academic performances would have suffered due to our inability to afford extra lessons.

My family and I are immensely grateful to Lifestart Foundation for the past 10 years of continuous support that have brought us to where we are today. You have always been by my side, providing the best resources for my education. If given the opportunity, I will always strive to do everything possible, alongside the Lifestart Foundation, to help those who are less fortunate.

Once again, I would like to express my deepest gratitude to you and the Lifestart Foundation for your unwavering support and encouragement throughout my educational journey.

I wish you good health, happiness, and peace in your lives. May the Lifestart Foundation continue to have the strength to bring more joy and assistance to underprivileged families in society.

Thank you very much, and I will always cherish your help.

Sincerely,

Nguyen Thi My Quyen



UPDATE: 24/02/2024

MEET TEACHER DUNG: A LIFESTART FOUNDATION UNIVERSITY GRADUATE'S SUCCESS STORY

All the team at Lifestart Foundation would like to send our heartfelt congratulations to Dung on her university graduation! Dung has recently completed her 4-year Bachelor's degree in English Language at Danang University of Foreign Language Studies, where she achieved a remarkable GPA of 3.56 out of a possible 4.0, earning her a Distinction degree. Especially, Dung is the first in her family to obtain a University degree.

It feels like just yesterday when Dung started this transformative chapter with Lifestart Foundation.

Dung has held a full Lifestart Foundation scholarship since year 10 at high school. It is a very long road we walk with our scholarship students, and as Dung graduates from university, we are filled with a mix of both bittersweet and joyful feelings.

For a family of farmers, where the fields were both their livelihood and their struggle, pursuing a University education used to be a distant dream for Dung and her family. Prior to receiving the

scholarship, the family of six survived on her parents' meagre and unstable income from farming of 3 million VND per month or approximately \$125 USD.

Fortunately, a huge financial burden was lifted from Dung's parents' shoulders when she received a full Lifestart Foundation Education Scholarship. They no longer needed to worry about education costs for Dung and thus were able to reallocate money for other necessary expenses instead. Therefore, Dung was also able to entirely focus on her study to achieve her goals.

Despite her financial constraints, Dung is an outstanding student and a very dynamic young woman.

Dung's passion for English has been the motivation for her to become a dedicated English teacher at a secondary school in her hometown Dien Ban, Quang Nam province, where she imparts knowledge she has acquired during her university years and wisdom to her students, hoping to foster a love for learning English among them.

We are extremely proud of Dung's academic achievements which would not have been possible without her sheer hard work and the generous gift of her full Lifestart Foundation Education scholarship. Below is a gratitude letter Dung wrote to Lifestart Foundation after graduating from university, where she shares her journey from an underprivileged student to a university graduate.

Dung's Letter of Gratitude:

Dear Karen and everyone at Lifestart Foundation,

The last semester was my final one at university. My study curriculum last semester included two specialized subjects, namely Advanced Translation & Interpreting and Business Communication. Thanks to these subjects, I have learned numerous specialized terms and necessary professional skills for my future career.

Recently, I successfully completed an 8-week internship at Lifestart Foundation under the enthusiastic guidance and attentive supervision of Ms. Karen, Ms. Jill, and the Lifestart Foundation's mentor team. For me, this internship was an extremely fruitful experience. Besides gaining practical working experience, my translation skills were also enhanced thanks to the valuable feedback from Ms. Jill. My favorite task during the internship was translating letters because it allowed me to put my translation skills into practice - one of the two fields I hope to work in in the future. I am extremely grateful to Lifestart Foundation for providing me with this internship opportunity that helped me enhance my soft skills, task management skills, other essential professional skills, such as prioritising my work load, and time management skills. It has laid a strong foundation for me to be well-prepared when entering the workplace. I am delighted to share with you all that my GPA in the second semester was 4.0 out of a possible 4.0. This is the second time I have achieved this maximum GPA in the same academic year 2022-2023. As for my extracurricular training point, I received an Excellent score of 95 out of a possible 100.

Furthermore, in the second semester, I have obtained two English certificates, including VSTEP at C1 level and IELTS at band 6.5, and fulfilled my graduation requirements. During my VSTEP

and IELTS exam preparation, I searched for past exams on the Internet to download for practice and sought assistance from teachers for advice and corrections. I had the opportunity to participate in Ms. Jill's English class, and her dedicated feedback greatly improved my English skills. I would like to express my gratitude to Ms. Jill for being my English teacher throughout this past period. Despite her busy schedule, she always arranged her work to provide me with weekly lessons.

After studying diligently for eight semesters, I graduated with a Very Good degree, achieving a cumulative GPA of 3.56 out of a possible 4.0. I am truly satisfied with this result, as I have put my utmost effort in my studies. Thanks to the timely advice and guidance from the Lifestart Foundation scholarship mentors, I have learned valuable lessons that have led to significant progress in my studies, reflected in my end-of-semester grades.

My future career plan is to pursue a career in the field of translation and interpretation, the very field I was trained in at university. I hope to apply the skills and accumulated experience from my academic studies to excel in this profession and find stable employment. My current part-time job involves teaching at an English center, where I instruct students from various educational levels. This provides me with regular opportunities to practice my English and I hope with my earnings, I can financially support my parents with household expenses, support my siblings' education, and become a responsible citizen who can contribute to the community.

Before receiving the Lifestart Foundation education scholarship, I faced financial difficulties regarding my education. Growing up in a farming family with unstable economic conditions and with two other sisters also attending school, it was impossible for us to have a computer for studying or go to extra classes. At that time, although I desired to acquire comprehensive knowledge, I chose not to pursue extra classes to avoid burdening my parents with these extra expenses on top of their daily living costs. With the encouragement from my family, relatives, and my own passion for education, along with the dream of securing a stable job to support my family, I was motivated to strive for academic excellence every day, never once considering giving up. I self-studied entirely using textbooks and borrowed study materials from my friends, photocopying and studying them. I maintained a record of outstanding academic achievements and ranked among the top students in my class every academic year.

At the end of year 9, my form teacher introduced me to the Lifestart Foundation scholarship, and I applied with the hope that it would facilitate my education journey. Fortunately, after several interviews, I was selected as a scholarship recipient of Lifestart Foundation starting from year 10 and have received the scholarship for seven years now. Upon receiving news of being awarded the Lifestart scholarship, my family was overjoyed and deeply grateful to Lifestart Foundation.

The Lifestart Foundation scholarship has had a positive impact on my life and also my family's life; a significant financial burden related to my education was removed from my parents' shoulders, allowing them to provide better educational conditions for my two siblings. In addition to covering tuition fees, the Lifestart Foundation scholarship has funded my extra study expenses, and helped me purchase study materials, pay my rent and living expenses, and buy an electric motorcycle, and a laptop to support my studies. Furthermore, during challenging times, such as

natural disasters and the Covid-19 pandemic there was additional support including financial aid for my family to resume farming after a crop failure and a hamper containing many essential household items.

Currently, my family's financial situation has significantly improved compared to when I first received the scholarship, as they can now work with peace of mind and no longer have to worry about my education expenses. If it weren't for the support of the Lifestart Foundation scholarship, I believe it would have been challenging for me to maintain a good academic performance until now. Having to manage financial burdens such as tuition fees, meals, transportation, and accommodation away from home would have required me to work part-time, preventing me from fully focusing on my studies. Thanks to the support in all aspects from the Lifestart Foundation scholarship, I have been able to dedicate myself to studying and devote all my time to learning and personal development.

To end this letter, I would like to express my and my family's heartfelt gratitude to the sponsors, Ms. Karen, Ms. Jill, and everyone at Lifestart Foundation for everything you have provided for me over the past seven years. I am grateful for your continuous support, creating the best possible conditions, and being with me in both my studies and my life. I am always grateful and promise to become a useful person for my family and society in order to be worthy of your trust and expectations. I wish everyone good health, happiness and success. I hope Lifestart Foundation will grow stronger and stronger.

Sincerely,

Le Thi My Dung



UPDATE: 02/03/2024

LIFESTART FOUNDATION SCHOLARSHIP STUDENT – MEET HIEU: OVERCOMING OBSTACLES TO SUCCESS

Lifestart Foundation Education Scholarship Hieu has completed his 4-year Bachelor's degree in Japanese Studies at the University of Foreign Languages and International Studies at Hue University, where he achieved a Distinction degree.

Hieu has been a Lifestart Foundation Education Scholarship student since year 7. During his academic journey, Hieu has been a diligent student and achieved excellent results in his studies. He was consistently recognized as an outstanding student for three consecutive years at high school and graduated from university with an excellent degree, earning a total GPA of 3.34/4.0. Currently, Hieu works at FPT Software Company in Quy Nhon. However,

he aspires to gain more experience to eventually return to his hometown and contribute to its growth in the future.

Hieu comes from a family of four, with his mother, a hardworking rice farmer, serving as the main breadwinner due to his father's unfortunate battle with mental health issues over the past few years. Despite the challenges posed by his family situation, Hieu's resilience and perseverance have been instrumental in overcoming adversity and achieving his educational goals.

As we celebrate Hieu's accomplishments, we extend our wishes for his continued success in his career endeavors.

Hieu's remarkable accomplishments would not have been possible without the support of his Lifestart Foundation. As a grateful recipient of Education Scholarship, Hieu expresses his heartfelt appreciation.

HIEU'S GRATITUDE LETTER

Dear everyone at Lifestart Foundation,

I am Hieu, a fourth-year student majoring in Japanese at the University of Foreign Languages and International Studies at Hue University. My family and I are doing well. However, my parents, who are farmers, are gradually facing the challenges of aging, leading to a decline in their ability to work. Their primary source of income comes from cultivating and selling vegetables like spinach and amaranth. Additionally, they rear and sell eggs from a flock of 10 chickens.

It has been a decade since I was awarded a scholarship from the Lifestart Foundation. I have recently completed my studies in Japanese. In my final semester, I concentrated on three key subjects: Japanese for Business, Japanese for Information Technology, and Japanese for Tourism. Among these, Business Japanese resonated with me as it equipped me with crucial skills for potential work in a Japanese company. With fewer subjects this semester, I had ample free time to revise my lessons, complete assigned exercises, and prepare for forthcoming lessons. I composed a comprehensive final internship report titled "Essential Considerations When Collaborating with Japanese Clients." This report encapsulates my internship experience from the prior summer, detailing my learnings, accomplishments, and the challenges I encountered. It also delves into pivotal soft skills necessary in a professional setting and strategies for effectively fulfilling assigned tasks. Additionally, I undertook a three-month course in web application testing at FPT Software, augmenting my knowledge in software testing. During my spare moments, I dedicated myself to preparing for the N2-level Japanese Language Proficiency Test by engaging in daily listening exercises through CDs and movies. To enhance my reading skills, I regularly immersed myself in Japanese articles and news to enrich my vocabulary and stay informed about global events. The Japanese Language Proficiency Test was taken on July 2nd and I am currently awaiting the results.

I was elated with my academic achievements during the second semester, having achieved an excellent grade, resulting in a GPA of 3.75 out of 4. I successfully completed the Testing course,

attaining a certificate in Web Application Testing. I hold a special sense of pride in earning a Distinction degree, securing a GPA of 3.34 out of 4. These accomplishments have left me immensely content.

Now that I have graduated from university, I will be embarking on a career as a software tester at FPT Software in Quy Nhon. Despite the company being situated around 300 kilometers from my home town, I have secured a room just 5 kilometers from the office. While I anticipate challenges in this new environment, I am fully committed to surmounting them and excelling in my role. In the future, I intend to further enrich my professional expertise by delving deeper into Automation Testing. Furthermore, I am resolute in advancing my proficiency in both Japanese and English, recognizing that improved language skills will open doors for career growth.

Before being granted the scholarship from Lifestart Foundation, my family confronted numerous hardships. My father's illness prevented him from working, placing a significant burden on my mother who tirelessly provided for us. She bore a double workload due to my father's inability to work, toiling in the fields during the day, tending to tasks such as planting, weeding, and fertilizing vegetables. During the evenings, she would sell the produce at the market to generate income. It was during this period that I contemplated forgoing university after high school to seek employment and support my mother. Initially, I had considered securing a job at a nearby factory to contribute financially and assist my mother in maintaining our family.

Observing my mother's unwavering determination, I grew increasingly concerned about her declining health. I was deeply motivated to alleviate the financial burden she bore and not add to her responsibilities by seeking education.

During my seventh year, Lifestart Foundation visited my school to identify students facing challenging circumstances yet demonstrating remarkable commitment to academic excellence. Thankfully, I was among the fortunate recipients chosen for the scholarship. The news of receiving the Lifestart Foundation scholarship brought immense joy to my entire family, leaving my mother in tears of happiness.

You have supported me holistically, spanning from education to daily essentials, covering tuition fees, books, clothing, and footwear. Throughout my university journey, you provided substantial financial assistance, including accommodation expenses, and generously gifted me a new laptop that proved invaluable during the two years of online learning necessitated by the COVID-19 pandemic. The laptop not only facilitated my online studies but also became a tool to practice and enhance my Japanese language skills.

Additionally, Lifestart Foundation aided my family by providing chickens that contributed to our income. During periods of storms and floods, your financial support assisted us in recovering from damages to our crops. When the COVID-19 pandemic struck, essential supplies from you helped us weather the challenging times. Your support has been immeasurable.

Since receiving the scholarship, a significant portion of the burden on my mother's shoulders has been lifted. She no longer bears the anxiety of my tuition fees, allowing her to save some money for crucial home improvements. With the financial backing from Lifestart Foundation, we managed

to replace the roof and repaint the walls, fortifying our home and expanding its space. The weight of my education's financial cost no longer plagues my mother, and she doesn't need to toil as relentlessly.

My family and I are profoundly thankful for the unwavering support bestowed upon us by the Lifestart Foundation. Without your assistance, I would not be the individual I am today. My mother eagerly awaits the opportunity to meet you in person, to directly express our heartfelt gratitude to you and the Lifestart Foundation. The tremendous support we have received from you has truly transformed our lives, providing us with opportunities I never dreamed of before. Without your help, my family would likely still be facing numerous challenges. Thanks to your generosity, I was able to complete my university program without the fear of having to drop out.

I hold immense gratitude towards my sponsors who supported me from the inception of my scholarship journey. Moreover, Ms. Karen and the Lifestart Foundation managers consistently offered both material and moral support to my family. Your assistance will forever remain etched in my memory. You and the Lifestart Foundation have breathed new life into me. Without you, I wouldn't be in the position I am today, and my family and I wouldn't have experienced such notable enhancements in our lives.

I am steadfast in my commitment to working diligently and becoming a valuable contributor to society, capable of aiding my family and making a positive impact in the community.

Once more, my family and I extend our sincerest gratitude to you and the entire Lifestart Foundation.

Sincerely,

Ha Ngoc Vinh Hieu



UPDATE: 03/03/2024

**NEW LIFESTART FOUNDATION SCHOLARSHIP STUDENT
- PHAM DUC HAI TRIEU**

#Educating young Central Vietnamese students to reach their potential.

Trieu is one of the most recent students to receive a full Lifestart Foundation Education Scholarship. He is currently studying in Year 9 and his dream of becoming a Programmer is now a lot closer.

As with all of our scholarship students, Trieu has a difficult backstory which he explains in his letter of gratitude below.

Trieu hails from a financially challenged family of 3, including his sister, his niece, and himself. Unfortunately, both of his

parents lost their lives to cancer several years ago. Trieu's sister was in an unhappy marriage, so she returned to their parents' small home and embarked on a new life with her four-year-old daughter, to ensure she could provide care and support for Trieu and her daughter.

To make ends meet, Trieu's sister works part-time and earns a meagre income of only 2,500,000 VND (approximately \$103 USD) per month, which has to cover the entire family's living expenses.

With such a disadvantaged situation, Trieu was unable to attend any supplementary classes. However, he still achieved a very good GPA of 8.6 out of a possible 10 in Year 8, which left a lasting impression during his interview process.

Currently, Trieu's ambition is to pursue a career as a programmer, and the Lifestart Foundation scholarship will play a crucial role in turning this dream into a reality.

Since being awarded the full scholarship, Trieu's life has undergone a significant transformation. The scholarship has alleviated an enormous financial burden from both him and his sister. It covers all of Trieu's educational expenses, including tuition fees, books, uniforms, and stationery. Additionally, the scholarship provides him with the opportunity to enrol in important extra classes that will further enhance his education.

We warmly welcome Trieu into the Lifestart Foundation family and hope to provide him with as much support as possible.

Below is the beautiful letter Trieu sent to us when he learned that he would receive the Lifestart Foundation Education Scholarship.

TRIEU'S THANK-YOU LETTER:

Dear Sponsor and Lifestart Foundation,

I am Pham Duc Hai Trieu, a student in Year 8 at Dung Si Dien Ngoc Secondary School. I am writing this letter to express my gratitude for the scholarship you have provided me and to share some information about myself, my family, my studies, and my current life.

I was born and raised in a traditional farming family. Sadly, both of my parents passed away at an early age due to cancer, leaving me and my sister, who has a 4-year-old daughter, living in a small house. During my childhood, I faced health issues related to my right kidney, which caused me to have poor health. As a result, the financial responsibilities of my medical issues fell on my sister's shoulders. In addition, her part-time job is unstable and insecure, putting our family in a very challenging financial situation.

In school, my current academic average in 8th grade is 8.6 out of a possible 10. My favourite subject is IT, as my long-held aspiration is to become a computer programmer. Therefore, I eagerly engage with computers to expand my knowledge. Physics is another subject I excel in at school. In class, I learn valuable knowledge while also enjoying time with friends. They are always willing to help me, explaining concepts when I struggle. Additionally, I receive caring guidance from teachers and actively participate in extracurricular activities.

Despite my eagerness to attend classes every day, financial constraints prevent me from joining any much-needed supplementary classes. Apart from home study, I dedicate 4 to 5 hours daily to homework, lesson preparation, and study before attending school. Afterward, I assist my sister with household chores, taking care of her daughter, cleaning, and cooking.

In the upcoming year, my goal is to improve my academic performance from the previous year and enhance my IT skills, particularly in programming.

Since learning about computers at school and watching TV programs, I have aspired to become a programmer, software engineer, designer, or developer, contributing to the world of computer software. Just like an orchestral conductor shaping a musical piece, a programmer crafts code to create perfect software melodies. They work across various programming languages, building and designing websites. These passions fuel my desire to contribute creatively by developing programs that advance national technology. Moreover, I hope to secure a well-paying job to alleviate my sister's financial strain.

When I applied for the Lifestart Foundation scholarship, my shy and reserved nature, left me apprehensive. However, I committed to giving my best effort to secure the scholarship and assist my sister with our daily expenses. The interview process was friendly and comfortable, enabling me to speak about myself. Upon receiving news of the scholarship, my sister and I were overwhelmed with happiness.

This scholarship is the first of its kind for me, enabling me to continue my education. I felt an immense sense of excitement, happiness, and gratitude. Luck had truly smiled upon me, delivering the best news I could have hoped for.

In the upcoming school year, the foundation has kindly provided me with all my necessary study materials – books, pens, school bags, and other essentials.

For me, the Lifestart Foundation scholarship is an invaluable gift for my forthcoming educational journey. It offers physical and emotional support, easing my family's financial burden. With this scholarship, I can attend additional classes, expanding my knowledge further. I am planning to enrol in Mathematics, English, and Literature courses to strengthen my foundation for the future. I am determined to meet your expectations and those of my family. Additionally, I dream of breaking free from the cycle of poverty and achieving good health to pursue my aspirations.

I extend my heartfelt gratitude to you for granting me this incredible opportunity, enabling me to continue my education and chase my dreams.

In closing, I wish you and your family good health and happiness.

Yours sincerely,

Pham Duc Hai Trieu



UPDATE: 09/03/2024

LIFESTART FOUNDATION UNIVERSITY GRADUATE: INTRODUCING HIEN AND HER INSPIRING JOURNEY FROM HARDSHIP TO TRIUMPH

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

Nguyen Thai Hien, who has been a recipient of the Lifestart Foundation Education scholarship for the past 11 years, and has successfully completed her four-year Bachelor's degree in English at Danang University of Foreign Language Studies. Notably, she is the first person in her family to graduate from university.

Currently, Hien is working as a full-time employee for the Lifestart Foundation as an Education Scholarship and Administration Officer. She shared that this role perfectly aligns with her deep-seated aspiration to make a positive impact on the community. She has long held admiration for the work accomplished by Ms. Karen and the entire staff at the Lifestart Foundation, viewing her job as a dream filled with great human significance. Working at the Lifestart Foundation allows Hien to fulfill her passion for contributing to the betterment of society and making a difference in the lives of others.

Hien is an orphan who experienced a tragic loss at the age of 7 when her mother passed away, leaving her and her older brother in a very difficult position. Since then, she lived in her uncle's home, where he already had three children of his own. However, his unstable job provided only a meagre income that couldn't meet the family's living expenses. Therefore, they had considered sending Hien to an orphanage because of being unable to have the financial means to support her.

The scholarship Hien received marked a significant turning point in her life, igniting her determination to excel academically, and leading to a series of remarkable achievements throughout her educational journey. Moreover, it also enabled Hien to lead a better life with her uncle's family as she did not need to live in the orphanage.

The Lifestart Foundation team is immensely proud of her accomplishment. We wish her great success in all her future endeavours.

After her university graduation, Hien wrote a gratitude letter to Lifestart Foundation, sharing her remarkable story of overcoming life's obstacles to pursue her dreams.

HIEN'S GRATITUDE LETTER:

Dear everyone at Lifestart Foundation,

My name is Nguyen Thai Hien, and I have been a fortunate recipient of your kind sponsorship for the past years. Recently, I graduated in English from Danang University of Foreign Language Studies. This is a special letter, because I am no longer a student but a graduate and a member of staff at Lifestart Foundation.

Via this letter, I would like to tell you about my current life as well as what I have been through.

After completing the second semester of my fourth year, due to the kindness of Karen and everyone at Lifestart Foundation, I was able to work as an intern with Lifestart Foundation, which helped me to mature. I have gained knowledge in the field of English translation as well as skills such as computer skills and time management; I have been assigned various tasks that have helped me become more proactive. Because everyone understands that I am a fresh graduate, Karen, Nhung, and the other staff members here have been very supportive, guiding me in every small detail and important task. Everyone is united, and I feel a warm sense of belonging as if it is my second home. I feel truly lucky to receive the care, support and love from you all, Karen, and the staff at Lifestart Foundation.

After completing the internship, I achieved the highest GPA of 4.0/4.0. In my specialized courses, I studied Advanced Translation and Interpreting and Marketing, to which I dedicated a lot of time to study for the final exams. I spent 8-9 hours every day practicing interpreting skills and searching for English videos on YouTube to listen to and translate. I found this method to be effective and beneficial as it helped me learn new vocabulary and gain new knowledge. As for Marketing, I worked with my group on a project to design and advertise a product. Our group planned and executed the project immediately after receiving the topic. We created and filmed a promotional video, completed the project report, and prepared thoroughly for the presentation. As a result, our group received praise from the teacher and did better than other groups in the class. I achieved a perfect GPA of 4.0/4.0 for the second semester. With my efforts throughout the learning process, I graduated with a Credit degree, not as good as I had hoped, but when I look back at what I have done and the effort I have made, I feel very satisfied.

Time flies so quickly. It feels like just yesterday I was a nervous freshman at university, but now I have graduated. Everything seems so recent, from when I was an orphaned girl with only my older brother, who was in high school, as my only family. Our lives were uncertain and without a future. We relied on our aunt and uncle for food and to continue going to school like other children. I remember at that time, there were six people in my uncle's family, including himself, his wife, three cousins, and my cousin's wife. He did not have a stable job, and the whole family depended on their small café, but the business was struggling because the café was located in a quiet rural area. My brother and I added to the financial burden on my uncle's shoulders, and I felt truly sad and pressured during that time. They even considered sending me to an orphanage feeling unable to support me.

I had always dreamed of having a warm and loving family, with a mother to take care of me like my peers. And that dream came true when I met Karen and received the invaluable Lifestart Foundation scholarship. The scholarship came at the exact moment when I was utterly in need, serving as a warm flame lighting up hope within me. I still vividly remember the day when the school informed me to come for an interview. I was interviewed by Karen, who sat across from me, looking at me with gentle eyes and a warm smile, just like my mother's smile that I had not seen in a long time. She asked me many questions about my life and encouraged me to strive hard to study. I was deeply moved and cried a lot during the interview. A few days after the interview, I received the news that I had been awarded the scholarship, which made me overwhelmed with joy. The scholarship has given me new hope for my life. I shared the news with my uncle and everyone was overjoyed and congratulated me. I truly cannot forget that moment.

Thanks to the scholarship, my life has turned into one full of promise. Since receiving the scholarship, I have been provided with all study-related costs such as extra classes, uniforms, shoes, tuition fees, annual study equipment, a laptop, accommodation, living expenses and other costs until I graduated. Furthermore, the scholarship has alleviated the burden on my uncle's shoulders. In times of natural disasters such as floods, I received essential supplies from the Lifestart Foundation, including salt, sugar, toothpaste, shampoo, rice, etc., to use during difficult days. Additionally, I was given a bicycle to commute to school like other students. I also participated in the day-out events to relieve stress after long and tiring hours of studying at school, along with other scholarship students. When I was in Year 11, I moved back home, but Ms Karen was afraid that no one would take care of me, so she allowed me to stay at her house. I feel very fortunate and grateful to her. During my stay with her, she took care of all my needs, from food and living expenses to everything else. She always took me to eat delicious meals and bought me various things, from a hairdryer, a pillow, and a school bag to clothes. The time I stayed with her was extremely happy because she cared for me like my mother which left me full of warmth and touch.

I was also lucky to have Lifestart Foundation volunteers, Ms. Jill from Australia, and Ms. Sue from the UK teach me English. They taught me many valuable lessons, and thanks to them, my English has improved significantly. They always brought positive energy and joy to our study sessions, helping me prepare for IELTS, introducing me to relevant IELTS materials and helping me improve my pronunciation. As a result, I became more confident in my communication skills. The scholarship has greatly improved my life. I have better study conditions, the opportunity to pursue additional education, learn English, and have all the necessities like other students, without worrying about borrowing money to attend university. I am truly touched and cannot fully express my gratitude to everyone for my scholarship and the support I have received. Despite coming from different countries and being complete strangers, everyone at Lifestart Foundation has always been ready to help me and support my journey towards success. It is a great support that I can never forget in my lifetime.

Now looking back at the past, I cannot believe I have overcome everything so smoothly. Even now, I cannot believe where I am today. If I had not received the scholarship, I truly could not imagine that I would be able to continue studying until university, graduate, and pursue my

dreams. Without the help of everyone and the Lifestart Foundation, I might have had to work as a laborer like my older brother and many other friends who did not have the opportunity to study.

I have now been accepted by Ms. Karen as a full-time employee for the Lifestart Foundation as Education Scholarship and Administration Officer. I have always admired the work that Ms. Karen and the other staff members have done at the Lifestart Foundation. This job has been like a dream, full of human significance, for me. Through this job, I have come to understand the value of giving, which is to bring joy to others. Sometimes, helping someone is not just about providing material possessions, but also about offering spiritual support, and allowing us to comprehend the difficulties and hardships that others face. Translating thank-you letters from students, participating in volunteer activities to distribute gifts in mountainous areas with the Lifestart Foundation, and witnessing situations that are even harder than those I experienced in the past, have given me countless unnamed and indescribable emotions. I cherish my current life, have a stronger determination to strive and remind myself to continuously improve and fulfill my role. In the future, I hope I can contribute something to the community, just you and everyone at the Lifestart Foundation have done.

In closing, I appreciate the love and care that everyone has shown me over the years. I also want to thank Ms. Karen and everyone at the Lifestart Foundation, thank you all for accompanying me throughout this long journey of education. I sincerely wish everyone robust health and unceasing happiness. Thank you very much.

Best regards,

Nguyen Thai Hien



UPDATE: 16/03/2024

LIFESTART FOUNDATION CONGRATULATES DR. THUY LINH ON BECOMING AN INTERNIST AT DANANG C HOSPITAL

Recently, Lifestart Foundation Medical Scholarship student Thuy Linh has successfully graduated from Hue University of Medicine and Pharmacy majoring in General Medicine with a Distinction degree. Linh is the first in her family to graduate from University.

Linh hails from a disadvantaged family of 5, including her grandmother, her parents, her elder brother and herself. They live in Binh Son, a poor commune in the mountainous district Hiep Duc of Quang Nam province. Her hometown is in a farming area, and as with many households in the village, both her parents are farmers. Her father has been

the main laborer in the family, but since he had an accident at work that limited his ability to work, the family has faced many difficulties.

Before receiving the precious Lifestart Foundation Medical Scholarship, Linh's family's monthly income was only 5,000,000 VND or approximately \$217 USD per month, which made it extremely difficult for her parents to manage their daily living expenses while having to support Linh with six years of university studies. As a result, they had to borrow a large sum of money so she could continue her education. After receiving her Lifestart Foundation Scholarship Thuy Linh's life has changed for the better. Thanks to the timely support from Lifestart Foundation, she no longer had to worry about tuition fees and living expenses. Linh was also able to take time off from working part-time as a tutor, which has helped her focus completely on her studies to achieve her desired goals. At present, Linh is working as an Internist at the Geriatric Department at Danang C Hospital. We extend our heartfelt congratulations to Linh and wish her every success in her career path. It's been an absolute pleasure for the Lifestart Foundation team to accompany Linh through her education journey and watch her grow into a capable young woman.

After her university graduation, Linh wrote a heartfelt gratitude letter to Lifestart Foundation, where she shared her inspiring story of overcoming life's obstacles to pursue her dreams.

LINH'S GRATITUDE LETTER:

Dear Karen and Everyone at Lifestart Foundation,

Firstly, I'd like to extend my heartfelt greetings to the Lifestart Foundation scholarship sponsors, Karen, and all the members of the organization. I am Doan Thi Thuy Linh, a recent graduate in General Medicine from Hue University of Medicine and Pharmacy. Time has passed quickly; it feels like just yesterday when I hesitantly stepped into Hue University of Medicine and Pharmacy, and now I stand here as a new doctor, about to leave the familiar halls of this institution. Today, I am filled with immense gratitude for the opportunity that Lifestart Foundation has given me.

Last semester included 2 clinical subjects: Internal Medicine and Surgery. As a final-year student, most of my time was spent on clinical training at hospitals. The period leading up to the graduation exam was intense and I had only one month for revision. Over six years, I've undergone countless exams both big and small. However, facing the decisive exam for medical students, my peers and I couldn't help but feel a bit anxious. The graduation exam was divided into three parts: basic theoretical exam, clinical theory, and clinical practice. Each section included several subjects comprising an extensive amount of knowledge such as Anatomy, Physiology, Epidemiology Internal Medicine, Surgery, Obstetrics, and Paediatrics. That's why we had to study diligently, ensuring we covered everything. After studying for 10-12 hours a day during that period, I successfully completed the exams with the results I desired. I scored an A grade with 9.1 out of a possible 10 in the basic theoretical exam, a result that reflected my dedicated preparation. During the clinical exams, I was assigned to the Obstetrics department.

I ended the second semester of my sixth year with a GPA of 3.21 out of a possible 4.0. Over the six years, my cumulative GPA was 3.30 out of 4, and I had the honor of receiving a Distinction

degree in General Medicine from Hue University of Medicine and Pharmacy. I was overjoyed because my six years of hard work at the university and in hospitals have been truly rewarded. Although this is just the beginning of my medical journey, it is an important milestone for me. After the final exams, we had a month-long practical training at local hospitals. I was assigned to the General Internal Medicine department at Quang Tri Provincial General Hospital.

Now, I have graduated, and have officially become a doctor, marking the end of my student life at the Hue University of Medicine and Pharmacy. Initially, I planned to take the Residency exam, but considering my financial situation, the resources I have available to me, and the time factor I have decided to seek employment and pursue further studies later. The cost of the postgraduate program is significant and beyond my family's financial capacity. Therefore, I intend to work and help ease some of the financial burdens on my family. Six years at Hue University of Medicine and Pharmacy have taught me that the medical field is vast, and what I have learned is just a grain of sand in the desert. My six years at university have come to an end. I have come a long way since the early days when I stumbled into the university environment trying to adjust to new learning methods, then gradually becoming accustomed to the rhythm of studying there. I am the first member of my family to attend university. My elder brother, who is five years older than me, graduated from a vocational school, but he struggled to find stable employment. I vividly remember the day I received my acceptance letter. My mother was overjoyed, and tears welled up in her eyes. My less expressive father showed pride in his eyes. Carrying the dreams of youth and aspiring to become a doctor, I went to Hue for a university education on a hot day at the end of summer. At that time, in addition to hope and happiness, I also worried about the tuition fees, which would be a considerable burden on my parents.

I vividly recall a day in late April 2019 when I returned home for the April 30th holiday. My father was out clearing grass in the forest and my mother and I were preparing dinner. My father returned home with a bloodshot left eye, injured by a piece of flying wood while operating a grass-cutting machine. Despite surgery, his eye never fully recovered, and he lost nearly all vision in his left eye. From being the primary breadwinner, my father could no longer work far away and had to avoid strenuous outdoor activities. Our balanced life became uncertain, and my mother's worry wrinkles deepened. At times, I wondered whether, if the financial commitment to my education wasn't there, my parents would suffer less? However, looking into my parents' hopeful and proud eyes, I couldn't allow myself to give up. In the second semester of that academic year, I achieved a GPA of 3.88 out of 4.0.

One day, I received an interview invitation from the Lifestart Foundation in Hoi An. Unfortunately, I felt unwell due to car sickness on the way there. I was nervous as it was my first interview, but with encouragement from Karen and Nhung, I gained confidence. I remember Karen's kind smile and her empathy and understanding when she heard about my family's situation. Though separated by a computer screen, her image remains etched in my mind until now. In that room, there were many paintings, one of which had the words: "Always believe that something wonderful is about to happen." That statement left a strong impression on me, adding an unnamed strength and an unending faith within me. When I received the news that I had been awarded the scholarship, I was truly overwhelmed: tears of joy streamed down my face, but they were tears of

happiness. Thank you, Lifestart Foundation, for allowing me to start a new life, and a brighter future.

The Lifestart Foundation scholarship holds immense significance for me and my family. The scholarship not only provides material support but also invaluable spiritual encouragement. The scholarship has helped me overcome challenges in life and pay tuition fees more easily, lightening the financial burden on my parents' fragile shoulders. Thanks to the support from Lifestart Foundation, besides covering tuition fees and daily expenses, I was able to buy more reference books, aiding my learning process. The scholarship also serves as a great motivation source for me to strive harder in my studies. It constantly reminds me that I must continue to make efforts and never stop trying to prepare for the future. I am truly grateful for the support from the organization. I'd also like to thank Ms. Uyen for accompanying me over the years and motivating, understanding, and guiding me whenever I felt lost. There were moments when academic pressures overwhelmed me, but those meetings with her brought me back to reality, reminding me that I had to try even harder, maintain good academic performance to meet the scholarship requirements, and accumulate a wider range of knowledge.

Apart from myself, the Lifestart Foundation scholarship has also considerably impacted my family. It is an achievement of mine that our entire family is proud of. I am genuinely thankful and appreciate the opportunity that the Lifestart Foundation scholarship has given me, allowing me to develop myself to reach the final stage of my university journey. I have achieved my goal of graduating with honors, with a cumulative GPA of 3.30 for the entire course. If it were not for the scholarship, I believe my student life would have been much more difficult. For my family during that period, household expenses, medical bills, and my allowance would have been an enormous burden. I would have faced financial pressure, unable to cover my living expenses, especially the tuition fees. Certainly, my parents would have had to borrow more money to support me, and the debt would have increased day by day. The scholarship has indeed had a significant impact on me, influencing my motivation and spirit. If I hadn't been fortunate enough to receive the Lifestart Foundation scholarship, my life would have been much more difficult. But I would still have tried and never ceased in my efforts to pursue my dreams. I would not have given up on my education and would have utilized every available resource to complete the medical degree. I am truly grateful to Lifestart Foundation; no words can fully express my gratitude for what the charity has given me.

In conclusion, I would like to express my sincere gratitude to Karen and everyone at Lifestart Foundation for allowing me to receive this scholarship. It has kept alive my hope for a bright future. Thank you to the staff at Lifestart Foundation for always helping and encouraging me and keeping me motivated to realize my dreams. Thank you to myself for always making an effort and not giving up. I hope for Lifestart Foundation's continuous growth and that more students will experience the same good fortune as I have. I also hope that you all enjoy good health. May we all have the strength to overcome all our challenges in life.

Yours sincerely,

Doan Thi Thuy Linh



UPDATE: 17/03/2024

LIFESTART FOUNDATION INTRODUCING NEW SCHOLARSHIP STUDENT – VAN

#Educating young Central Vietnamese female students to reach their potential.

Lifestart Foundation is thrilled to introduce Van, a recent recipient of a full Lifestart Foundation Education Scholarship. We are delighted to accompany her on her journey to overcome hardships and pursue her dream of education. Van is currently in year 9.

Like other Lifestart Foundation scholarship students, Van comes from a disadvantaged family of three. Her mother not only fulfills the dual role of mother and father but also takes

care of Van and her younger brother to the fullest. With an unstable income from selling vegetables and working as a helper in a food stall, Van's mother faces numerous difficulties in daily expenses and providing for the children's education. Due to her heavy workload, Van's mother often falls ill, and their family's situation is becoming increasingly challenging.

Since receiving the full Lifestart Foundation Education Scholarship, Van's life has improved significantly. A tremendous burden has been lifted from her mother's shoulders.

The scholarship covers all of Van's tuition fees, books, uniforms, stationery, and also enables her to continue attending crucial extra classes.

Once again, we warmly welcome Van into the Lifestart Foundation family and hope to provide her with as much support as possible.

VAN'S GRATITUDE LETTER:

Dear Karen and Everyone at Lifestart Foundation,

I am Ho Thi Thuy Van, I am about to enter Year 9 at Ngo Quyen Secondary School. With heartfelt gratitude, I am writing this letter to express my sincere thanks for the scholarship you have graciously provided, enabling me to continue my education. Through this letter, I also wish to share insights into my life, family, studies, and aspirations.

My family consists of three members: my mother, my younger brother, and myself. My mother works as a vendor, tirelessly waking up early each day to visit the market, purchasing vegetables, meat, and fish, and reselling them to customers for their meals. She has sustained this occupation for over a decade. Regardless of rain, storms, or scorching heat, she persists through extreme weather conditions, enduring significant challenges. In the afternoons, she assists my aunt at a

stall, often working until 9 or 10pm. The rigors of her work cause her frequent headaches and discomfort. Witnessing her relentless efforts motivates me to excel in my studies and honor her sacrifices.

My family has consistently created a conducive educational environment for me. In the past academic year, I earned recognition as a model outstanding student, attaining a GPA of 9.6 out of 10 and securing the second position in my class and grade.

Among my subjects, English, Chemistry, and Mathematics hold my keen interest, with English emerging as my strongest subject.

At school, my teachers and peers consistently support my studies, readily aiding me in comprehending lessons or exercises that challenge me. My educators exhibit unwavering dedication, delivering engaging lessons that foster understanding. The school organizes diverse activities such as camping, musical performances, and sports days, helping me overcome shyness.

Beyond regular studies, I engage in supplementary Mathematics classes twice weekly to enhance my preparedness for the upcoming academic year.

On summer vacation, endowed with ample free time, I dedicated 7 hours weekly to independent study of Chemistry and Physics online. I am also an active participant in the specialized Geography team for gifted students. Despite devoting substantial time to Geography, I remain committed to maintaining my status as a model outstanding student.

During leisure moments, I contribute to household chores, indulge in reading books, and listen to music. My current aspiration is to become a doctor, helping individuals in conquering ailments and leading healthier lives. While apprehensive during my interview with Lifestart Foundation, the exhilaration upon learning of my scholarship award was immeasurable.

Recently, I received a multitude of school supplies, including notebooks, pens, colored pencils, and notepads – essential provisions that bolster my studies. This scholarship has eased my family's financial burdens, empowering me to strive harder and alleviate my mother's concerns.

I wish to extend my profound gratitude to Ms. Karen, and Lifestart Foundation for the bestowed scholarship. Your benevolence has alleviated my mother's struggles and enabled her to support my brother's education.

For me, this scholarship signifies a cherished gift, igniting motivation for enhanced academic pursuits and infusing my studies with greater allure. In closing, I extend wishes for good health and happiness to you and your family.

With sincere appreciation,

Ho Thi Thuy Van



UPDATE: 23/03/2024

LIFESTART FOUNDATION UNIVERSITY GRADUATE: MEET TRINH AND HER JOURNEY OF OVERCOMING ADVERSITIES TO ACHIEVE SUCCESS

We extend our heartfelt congratulations from the Lifestart Foundation to Trinh! Your remarkable accomplishments fill our hearts with immense pride and admiration.

Trinh, has been a recipient of the Lifestart Foundation Education scholarship for the past 11 years, and has successfully completed her four-

year Bachelor's degree in English at Danang University of Foreign Language Studies. Her outstanding academic performance earned her a Distinction degree, reflecting her exceptional dedication and hard work.

Currently, Trinh is working in the Study Abroad Application Processing Department at UE Study Abroad Consulting Company in Danang city. In addition, she also holds the responsibility of managing the IELTS Certification Teaching Department. These roles demonstrate her expertise and dedication in the field of education.

Trinh hails from a disadvantaged family residing in Cam Thanh, Hoi An. Prior to being granted the Lifestart Foundation scholarship, her family encountered various hardships. Her parents worked as rice farmers, earning a meagre monthly income of 3,000,000 VND (around \$124 USD) to support the entire family. Additionally, they had taken out a substantial loan from the bank to cover her sister's university fees, which took them several years to repay. The scholarship Trinh received has left an indelible impact on her life, igniting her determination to excel academically, and leading to a series of remarkable achievements throughout her educational journey.

The Lifestart Foundation team is immensely proud of her accomplishment. We wish her great success in all her future endeavours, confident that she will continue to make significant contributions and achieve impressive milestones in her chosen path.

After her university graduation, Trinh wrote a gratitude letter to Lifestart Foundation, sharing her remarkable story of overcoming life's obstacles to pursue her dreams.

TRINH'S GRATITUDE LETTER:

Dear everyone at Lifestart Foundation,

My name is Phan Ut Le Trinh, and I have recently graduated in English specializing in English for Tourism from the University of Foreign Languages in Danang. As I sit down to write this letter, I am flooded with memories, emotions, and an overwhelming sense of appreciation for the journey

I have undertaken, a journey which was shaped by your unwavering support through the Lifestart Foundation scholarship. I would like to tell you about my academic life, an experience that would have been entirely different, perhaps non-existent, without your intervention.

My university life, in general, was nothing short of vibrant and meaningful. By the end of this adventure, graduating with a GPA of 3.25/4.0 and earning honors was a momentous achievement. Every tear, every triumph, and every ounce of pride on my parents' faces as I stood on the stage, certificate in hand, was a testament to the transformative power of education, a power that your scholarship enabled. But my story with Lifestart Foundation began long before my university days. In 2010, I became one of the first students to be sponsored when I was in grade 6. Back then, my dream of education, especially higher education, was not guaranteed.

Being born and raised in a farming family, the living expenses and even the school fees of my sibling and myself depended on the tiny income from selling rice. Our house, made of dried coconut leaves, was dilapidated and damp, and we often had simple meals of vegetables from our garden. In the evenings, our father would rearrange the tools and head out to fish in the nearby river to earn extra income.

Life was filled with difficulties and instability, but fortunately, our parents made every effort to provide us with a complete and happy childhood. I remember the rainy days when my parents couldn't sleep at night because the continuous rain seeped through the floor. The burden was even heavier during storms, as our whole family had to quickly move belongings to our neighbors' houses, fearing that the flood and wind could destroy our home at any moment. Working on our own small plot of land wasn't enough, so our parents borrowed fields from a few people in the neighborhood to cultivate more crops. They sacrificed everything, even their health and well-being, just to ensure that we could go to school. Both my sister and I wanted to make our parents as proud as possible and eventually to alleviate some of their burdens.

My connection with Lifestart Foundation began when Ms. Karen was looking for students in difficult circumstances to support with their education. After several meetings to thoroughly understand my situation and a direct interview as well as a home visit, I was chosen as one of the fortunate students to receive the Lifestart Foundation scholarship. From that moment, my life and educational journey have turned into a new chapter. The emotional whirlwind I experienced when I learned I would be receiving the scholarship cannot be expressed in words even today. Instead, it found its expression in my dedication to my studies. I realize how incredibly fortunate I was.

Reaching high school, once a distant dream, not only became a reality but also exceeded my wildest expectations, leading me to Da Nang University of Foreign Languages. This incredible journey was only possible due to the support of the Lifestart Foundation team, especially the support of Ms. Karen. Your kindness has not just funded my education; it has nurtured my dreams. The support provided by the Lifestart Foundation scholarship deeply touched my life, making a significant difference for both me and my family. The provision of study materials allowed me to focus entirely on my studies.

With the scholarship covering most of my expenses, I had the freedom to explore additional courses, enhancing my skills and knowledge. However, the most remarkable change occurred in

2015 when my family received your assistance to rebuild the deteriorated house. The walls of our home, once silent witnesses to our hardship, now stand tall, made from bricks. They bring comfort beyond anything we had ever imagined, and we carry this deep sense of appreciation in our hearts every day.

Without all the support I have received over the years, I shudder to think about the opportunities I would have missed, the friends I would never have met, and the person I might not have become. Your help was not just a support; it was a lifeline, turning the “what-ifs” of my life into stability, and giving me the confidence I needed to face the future. With your help, my potential was realized, my dreams took flight, and my future, once uncertain, now holds the promise of endless possibilities.

My situation today is clear evidence of your kindness - I work in the Study Abroad Application Processing Department at UE Study Abroad Consulting Company, one of the top-rated companies in the field of study abroad applications. Additionally, I directly manage the IELTS Certification Teaching Department at the center affiliated with UE Corporation. My colleagues here are incredibly friendly and have helped me a lot in my work. I aspire to progress further in this profession. The field of education offers incredible opportunities. Many students studying abroad in countries like Australia, the United States, and Canada are living proof of this. Being part of this profession fills me with immense pride and a sense of accomplishment when I witness firsthand the students, once uncertain and hopeless, now walking confidently towards their dreams.

To the sponsors and the entire Lifestart Foundation team, I offer my deepest and most heartfelt gratitude. Your belief in me brightened the darkest corners of my life and filled them with the light of knowledge and hope. I carry your generosity as a torch with every step I take, with every student I assist, and in every dream I help to fulfill. I also continue to strive to better myself, and to lead a good life.

More than a scholarship, you gave me the gift of belief – in myself, in my dreams, and in the goodness of humanity. The ten years of your companionship represent an immense amount of love and dedication. I understand that I can never repay this kindness fully, but I always carry it in my heart and promise to do the same myself in the future, to be a beacon of hope for others as you have been for me.

I wish the Lifestart Foundation organization, and Ms. Karen, good health to continue accompanying those in difficult circumstances, providing support for them to complete their educational journey. Education is the most sustainable path to help us overcome obstacles and become successful individuals.

With immeasurable thanks and a heart full of gratitude,

Yours sincerely,

Phan Ut Le Trinh



UPDATE: 30/03/2024

LIFESTART FOUNDATION TEAM CONGRATULATES TAN, A NEWLY GRADUATED MEDICAL SCHOLARSHIP STUDENT

Pham Thi Tan, a dedicated recipient of the Lifestart Foundation scholarship, has become the first member of her family to graduate from university. Coming from a large family of six, Tan faced the unfortunate loss of her mother due to blood cancer a few years ago. Since then, her father, who is a rice farmer, has been shouldering the responsibility of raising four children with his unstable income. Consequently, their financial situation has remained extremely challenging.

However, after receiving the Lifestart Foundation scholarship, Tan's academic journey and life have experienced remarkable improvements. Tan has always been a diligent and determined student, consistently attaining outstanding academic performance and distinguishing herself as one of the top students in her class. We vividly recall our initial interview with Tan, where her scholarship application showcased a GPA of 3.7/4.0.

We are thrilled that Tan has consistently maintained her achievements and has graduated with a Distinction university degree, with a total GPA of 3.57/4.0. Tan is currently completing an 18-month internship and has been fortunate enough to be accepted to work in the Otorhinolaryngology Department at Hai Chau District Hospital in Danang. The Lifestart Foundation team takes immense pride in Tan's achievements and remains hopeful that she will continue to nurture her passion for learning, embracing even greater success in her medical career. Congratulations, Tan!

Below is what Tan shared to us about her gratitude after graduating.

TAN'S GRATITUDE LETTER

Dear everyone at Lifestart Foundation,

I am Pham Thi Tan, a recent graduate in General Medicine from Danang University of Medical Technology and Pharmacy. I want to express my heartfelt gratitude to you all for your support throughout my academic journey. To begin, I would like to extend my deepest thanks to everyone and the entire Lifestart Foundation team. Your compassion and concern for individuals like me, who have faced challenging circumstances, have provided us with a brighter path forward. I am truly grateful for the opportunity you have given me.

The past semester marked the culmination of my six-year university journey. It was a period of intense dedication as I focused on two essential modules: graduation practice and my thesis. My

time was largely dedicated to reading and researching to complete my thesis. Beyond classroom theory, I visited hospitals to gather data for my research on "The Relationship between Clinical Characteristics and Endoscopic Images in Patients with Gastroesophageal Reflux Disease." This thesis demanded more time and effort compared to regular studies and exams, but it also enhanced my research and data analysis skills. Despite the challenges in data collection and analysis, I successfully completed the thesis and achieved a remarkable score of 9.2 out of 10. This accomplishment contributed to my perfect 4.0 GPA for the semester. Graduating with Distinction, I achieved a GPA of 3.57 out of 4. The past six years have been a significant period filled with both joyful and challenging memories. I had the privilege of meeting new friends who supported each other in both academics and life, fostering a strong sense of camaraderie. In the near future, I plan to pursue a practice certificate in internal medicine through an 18-month program in Da Nang. This endeavor will enhance my qualifications and open up new employment opportunities.

I was born into a family that faced significant financial challenges, relying mainly on farming for income. Following my mother's passing, my father's responsibility to raise and educate four children became even more daunting. Despite juggling multiple jobs such as farming, carpentry, and animal husbandry, his income was inadequate to support us. During my earlier years of university, I worked as a tutor and took on part-time jobs to cover my living expenses and tuition fees. While these jobs helped, they limited my time for self-study. However, receiving the Lifestart Foundation scholarship changed my prospects. Before this scholarship, my focus was on finding ways to study, graduate, and contribute to my family. But now, with your support, my dreams have expanded.

My introduction to the Lifestart Foundation came through my university. Although I hesitated initially, fearing that I might not be selected, the warmth and sincerity displayed by Ms. Karen during the interview boosted my confidence. The scholarship felt like a distant dream, but the genuine interest shown during the interview resonated deeply with me. Receiving the scholarship notification filled me with an overwhelming sense of joy and gratitude. I struggled to find words to express my emotions at that moment, but all I wanted was to convey my sincere thanks.

The Lifestart Foundation's full scholarship has been transformative for both me and my family. It covered tuition fees and living expenses, lightening the financial burden on my father and giving him a chance to focus on my younger sisters. It's more than just financial assistance; it's a source of inspiration. This support allowed me to quit my part-time job, enabling me to concentrate more on my studies. Consequently, my academic performance improved, and I achieved outstanding results. Alongside the financial aid, the scholarship also provided me with a laptop, which has been instrumental in my studies, research, and collaborations with peers. Honestly, I cannot fathom where I would be without the Lifestart Foundation's support. The scholarship arrived at a critical juncture, alleviating the stress of juggling studies and work. My family's financial situation had already reached its limits, making further borrowing impossible. Without this scholarship, I wouldn't have achieved my current results or graduated.

I want to express my deepest gratitude to everyone and the entire Lifestart Foundation team for providing me with this incredible opportunity. Your care has extended to those facing challenging

circumstances, and your support has been life-changing. I hope the foundation continues to grow and uplift the underprivileged, helping them lead better lives. I pledge to continue pursuing my medical career and strive to become a valuable member of both my family and society. Thank you from the bottom of my heart!

Warm regards,

Pham Thi Tan



UPDATE: 06/04/2024

LIFESTART FOUNDATION'S UNIVERSITY GRADUATE – MEET TRINH

THE JOURNEY FROM AN ORPHAN TO A JAPANESE BRIDGE SOFTWARE ENGINEER

Yen Trinh, a remarkable recipient of the Lifestart Foundation Education Scholarship program, has recently graduated from Danang University of Foreign Language Studies, where she pursued a Bachelor's degree in Japanese Language.

Trinh's journey with Lifestart Foundation began with her full education scholarship from year 11, a turning point that has not only totally transformed her life but also ignited her determination to help her family break free from poverty.

Despite facing immense challenges in her childhood as an orphan, Trinh has always been an excellent and diligent student. Her hard work and resolute dedication despite challenging health conditions earned her a cumulative GPA of 3.4 out of a possible 4.0, which resulted in a well-deserved Distinction degree. Following a 6-month internship at an IT company in Danang, she has officially embarked on her career as a Bridge Software Engineer in Japanese language – realizing her long-held and cherished dream of pursuing a technology-related career since the beginning of her university years.

The Lifestart Foundation team is incredibly proud of Trinh's achievements, which would not have been possible without her relentless efforts and the generous gift of her full Education Scholarship. It has been an absolute pleasure to watch Trinh grow and develop into a capable young woman.

Let's join us in celebrating Trinh's academic achievements and wishing her a future career filled with continued success!

In her heartfelt message of gratitude, Trinh expressed her emotions after graduation and her plans for the future.

YEN TRINH'S GRATITUDE LETTER:

Dear Lifestart Foundation,

I'm Nguyen Do Yen Trinh, born and raised in Dai Loc district, a rural area in Quang Nam province. Recently, I graduated from my four-year degree in Japanese Language Studies at University of Foreign Language Studies - University of Danang. I am incredibly fortunate to have received the prestigious scholarship sponsored by Lifestart Foundation to help with my studies, and today, I am writing this letter to express my sincere gratitude.

In the last semester – my final one at university, my curriculum included two specialized subjects: Interpreting and Translation. During this period, I had the chance to practice in-depth interpreting for presentations and real speeches. I also participated in translating books and had the chance to listen to the experiences of professional translators. After finishing these subjects, I had a two-month internship at a technology company in Danang as a Bridge System Engineer (BrSE). My specific duty was to bridge the gap between clients and the software development team. I participated in meetings with clients to clarify their requirements, discussed software development issues, proposed solutions for product development, and then conveyed and discussed them with the development team. Additionally, I created documents to use in communication with clients, as well as documents for programmers to code effectively such as Requirement Definitions and Basic Design documents.

Moving from academic studies to the professional world, I faced challenges adapting to a new work environment. At the company, I attended training sessions on information technology and Japanese communication skills. Through direct training and exercises given by my mentors, I gradually understood the work I was aiming for. During the internship, I learned how to create documents, understand work processes, and especially the role of a BrSE in projects. I am deeply thankful to my mentors and colleagues at the company who helped me throughout this process. At the end of this period, I feel more confident in my translation and document editing skills. My overall GPA at the end of this semester was 4.0. out of a possible 4, and I am delighted that my hard work paid off. After four years of study, I graduated in Japanese Language with a cumulative GPA of 3.41 out of a possible 4.0. Although this might not be an outstanding achievement, I am satisfied because I have always tried my best. Currently, I am working at the same company where I interned as a BrSE. This is a job I have always dreamed of during my university years. Although I lack experience and face many challenges, my colleagues in the company are always there to help me complete my tasks. I will continue to enhance my knowledge and skills to excel in my job. Outside of working hours, I plan to read more specialized IT-related books in Japanese to advance my career.

Looking back to 5 years ago, graduating from university and having a job like I do now seemed like a distant dream. Pursuing education in my economically struggling hometown was challenging, especially when my family was still facing financial hardships.

Before receiving the Lifestart Foundation scholarship, my family faced extreme hardships. My mother, a single parent, raised me since my childhood alone, but sadly, she passed away from cancer when I was in the 5th grade. During that time, my grandmother as well as my aunt and my

uncle took care of me. My grandmother, despite her old age, still grew vegetables to sell in the market daily, and my visually impaired uncle milled rice every day to earn a living for our family. My aunt sold fertilized duck eggs at the market nearby our house and raised chickens and ducks to sell in her free time. We barely made ends meet, only enough to cover study expenses for my cousins and myself. There were times of illness, times when we had to borrow money to pay for our education. We lived in a makeshift house that couldn't protect us from rain or sun, and during floods or storms, we lived in constant fear of our home collapsing.

One of the things I am extremely grateful for is the love, care, and support I received from my teachers at Chu Van An High School, who always created the best possible learning conditions for me. Fortunately, then I received an invaluable gift - the opportunity to receive a scholarship from the Lifestart Foundation. And the turning point that has totally changed my life was when I was chosen as one of the scholarship recipients by the Lifestart Foundation, thanks to the recommendation from my form teacher and the Youth Union Secretary of Chu Van An High School. This valuable scholarship covered all my study and living expenses. My family was in need, so when I heard the news of receiving the scholarship, I felt incredibly happy. Even now, thinking back, I still feel overjoyed. For me, receiving the Lifestart Foundation scholarship for six consecutive years is an extremely meaningful gift that has totally changed my life, helping me move confidently towards my dreams. New clothes, new shoes, a new bag, new books, new study materials - it turned my dreams into reality. Most importantly, this valuable scholarship relieved a huge burden from my grandmother as well as my uncle and my aunt. Since receiving the scholarship, I could focus entirely on my studies without worrying about not having enough money to attend school like before. Moreover, since receiving the scholarship, Lifestart Foundation has always cared and created the best conditions for me to concentrate on my studies and plan for my future career. I was able to get into the major I desired at University of Foreign Language Studies – The University of Danang.

What I am always thankful for and deeply appreciate is that the Lifestart Foundation scholarship has given me more than financial support. Ms. Karen and the Lifestart Foundation staff including Nhung, Ha, Giang, Ngoc Anh, Phuong and Uyen - they became like a family for me. I remember the days when I was still confused and uncertain about my future, Ms. Karen and the Lifestart Foundation staff always cared, encouraged, and inspired me, provided guidance and arranged visits to various universities so that I could gather information to make better decisions. Those hour-long phone calls, the encouraging text messages whenever I faced difficulties, were the joy and motivation for me. Not only that, within the Lifestart Foundation family, I found true friends, and we have supported each other until now. I can confidently say that without the scholarship from Lifestart Foundation, without Ms. Karen and the staff' encouragement, I would never have the life and job like the ones I do today.

There are no words that can truly express my gratitude for the dedicated support from you and everyone at Lifestart Foundation. My mother gave me life, and the Lifestart Foundation gave me a future. I believe that providing the best education opportunities for underprivileged students, as Lifestart Foundation is doing, is the most practical and meaningful work in life.

Above all, my family and I would like to extend our sincerest thanks to you, Karen and everyone at Lifestart Foundation. Thank you all for giving me a "future". Even though there will be many challenges ahead, I promise to always try my best to improve every day and be worthy of your trust and the Lifestart Foundation's support.

Yours sincerely,

Nguyen Do Yen Trinh



UPDATE: 13/04/2024

LIFESTART FOUNDATION'S SUCCESS STORY: MEET DOCTOR THINH

Congratulations to Thinh on becoming a doctor!

The Lifestart Foundation team is extremely proud to announce that Phan Ngoc Thinh, one of the first recipients of the Lifestart Foundation Medical Scholarship program, has successfully completed his 6-year degree in General Medicine at Hue University of Medicine and Pharmacy.

At present, Thinh is working as an official Oncologist at the Oncology department at Binh Dinh Provincial General Hospital in his hometown. His ambition for a life-long career is to become a skilled and competent doctor, particularly focused on patients with severe illnesses. He is committed to making a meaningful contribution to the well-being of society.

Thinh's path to success was marked by overwhelming challenges, which he shared in his letter of gratitude below. Fortunately, the education scholarship that was awarded to Thinh in 2018 shed light at the end of the tunnel. After receiving his Lifestart Foundation Scholarship Thinh's life underwent a positive transformation. The full scholarship from Lifestart Foundation covered all of his tuition, books, food allowance, rent costs, and also a new laptop which was a great support tool for his studies. This financial assistance lifted a significant burden from Thinh and his family, enabling him to focus wholeheartedly on his academic pursuits.

We are incredibly proud of Thinh's accomplishments and the young man he has become. We extend our heartfelt wishes for his continued success in all his future endeavors.

After graduation, Thinh has additionally written a letter expressing his gratitude to the Lifestart Foundation, where he shares his inspiring journey of overcoming challenges to realize his dreams.

THINH'S GRATITUDE LETTER:

Dear Karen and everyone at Lifestart Foundation,

My name is Phan Ngoc Thinh, a recent graduate of the six-year degree in General Medicine at Hue University of Medicine and Pharmacy.

Today, I'm writing this letter to express my deepest gratitude to you all for having sponsored my scholarship over the past years. In addition, via this letter, I would like to take this opportunity to share my academic journey and future career aspirations with you.

During the last semester, my curriculum at university included two clinical courses, namely Clinical Internal Medicine and Clinical Surgery, along with the Graduation exam. Despite the rigorous schedule of clinical sessions and duty shifts in the final year, I managed to allocate the rest of my free time for self-study and extra clinical practice. In terms of External Medicine, I dedicated a lot of time to hands-on experience in the operating theatre, where I practiced simple procedures. I also gained practical knowledge and experience from my lecturers and the resident doctors.

In addition, I diligently pursued professional knowledge and enhanced my proficiency in English. My efforts included reviewing course book contents, lecture slides, and online medical materials such as diagnostic and clinical protocols, both in Vietnamese and English. This has allowed me to build up a substantial medical English vocabulary.

The six-year journey has helped me acquire a vast amount of professional knowledge and other life skills, including communication and teamwork skills, which have considerably contributed to my personal growth and are excellent preparation for the future.

I have successfully completed the one-month Internship program at the Oncology Department of Binh Dinh Provincial General Hospital and have received my Degree's graduation certificate. This invaluable practical experience allowed me to apply my academic knowledge in a real clinical environment at the grassroots level. I wholeheartedly appreciated the exposure to potential career opportunities offered during this period.

Concerning my career aspirations in the future, my intention is to return to my hometown and work at Binh Dinh Provincial General Hospital, specializing in Surgical Oncology. My time spent during the internship here has helped me to gain a more profound and realistic comprehension of the responsibilities that I will take on. This includes administering chemotherapy, radiation therapy, surgery, and palliative care for patients. My interactions with patients undergoing treatment during the internship have shown me the various challenging circumstances patients are living in, often involving financial disadvantages together with life-threatening illnesses. Consequently, I am committed to embrace the roles and responsibilities associated with my chosen profession. I'm firmly determined to become a competent doctor, dedicated to making a meaningful contribution to the well-being of society.

Before receiving the scholarship, my family faced substantial financial hardships. My parents, both elderly, worked diligently to make ends meet – my father as a security guard and my mother as a farmer. Our financial situation was indeed extremely challenging. Throughout my academic

journey, I mainly studied on my own, using borrowed books and I lacked access to extra classes and resources, including limited Internet. Despite these challenges, I persevered and successfully passed the entrance exam for the General Medicine program at Hue University of Medicine and Pharmacy, which made me both extremely happy and nervous at the same time.

However, during my first semester at university, while I was still getting familiar with the new study environment, our family met with even more hardship when my father had an accident resulting in a broken lumbar vertebrae and lung contusions. He was incapable of work, placing a significant burden on my mother. The news of my father's condition devastated us. Fortunately, through excellent medical attention, his health has gradually stabilized, and he now shows signs of recovery. Although he is unable to work, he can manage light household chores independently, alleviating some of the family's worries and restoring a semblance of happiness. However, he still needs regular health check-ups and continuous medication every three months.

The generous and practical support provided by Lifestart Foundation in various aspects of my life, including tuition fees, living expenses, laptops, books, and networking opportunities with fellow scholarship recipients, has assisted me greatly in my academic life. Therefore, I express my heartfelt gratitude for the timely guidance, encouragement, and aid extended by Lifestart Foundation. Your invaluable assistance has eased our financial burden, allowing me to concentrate on my studies and academic growth.

Without the caring support of Lifestart Foundation, my family would have encountered immense hardship and struggled to provide for my education. Consequently, I may not have had the privilege to complete my studies successfully because of the unaffordability to cover tuition fees, study essentials, rent costs, and daily expenses. The scholarship has indeed instilled in me a sense of excitement and dedication to excel in my academic pursuits. I am committed to striving harder to be deserving of your support, maintaining a strong focus on my studies and future career. My family is also extremely grateful for the wonderful support you have provided to us, alleviating the financial burdens on me.

Once again, I extend my sincerest gratitude to Karen, and each member of the Lifestart Foundation for the invaluable scholarship and unwavering support throughout my six years at university. I promise to put my utmost efforts into my future endeavors, honing my professional knowledge, clinical skills, and enthusiasm for my chosen profession to contribute meaningfully to the community's development and secure a stable income to aid both myself and my family. I am determined not to disappoint the expectations and the trust you have placed in me. Lastly, I would like to send my sincerest wishes for your continued good health and success in all aspects of life. Furthermore, I extend my heartfelt hopes for the continuous growth and prosperity of Lifestart Foundation.

With warmest regards,

Phan Ngoc Thinh



UPDATE: 20/04/2024

LIFESTART FOUNDATION UNIVERSITY GRADUATE - MEET LOAN - HER STORY OF OVERCOMING CHALLENGES TO BECOME A DOCTOR

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

Lifestart Foundation's General Medical Scholarship student Le Thi Thi Loan, has just successfully graduated from Hue University of Medicine and Pharmacy. Her dedication and hard work earned her a cumulative GPA of 3.52 out of a possible 4.0, resulting in a Distinction degree.

Following her graduation, Loan is working in the Diagnostic Imaging Department at Danang Oncology Hospital. Moving forward, she aspires to specialise in this field of medicine, delving into the intricacies of diagnosing

and treating patients through the use of advanced imaging technologies.

Loan was born and raised in an underprivileged family of six people, residing in a small village situated in Quang Nam province. Her father is a builder's assistant, while her mother is engaged in rice farming. The family's income primarily stems from the sale of vegetables and pigs, which barely covers their basic food requirements. Adding to their financial burden, Loan's father also experiences persistent back pain and sciatica, which at times makes it difficult for him to walk. Loan herself has suffered from Basedow's disease for a considerable period, requiring her to take monthly medication. Consequently, the family has had to borrow money to cope with their daily expenses and cover their children's educational fees. After her university graduation, Loan wrote a gratitude letter to Lifestart Foundation, sharing her remarkable story of overcoming life's obstacles to pursue her dreams. We invite you to read her heartfelt message of appreciation. It's been an absolute pleasure for Lifestart Foundation to accompany Loan through her education journey and watch her grow into a capable young woman.

Once again congratulations Loan, and we wish you every success on your career path! We are confident that she will continue to make a significant impact in the medical field and serve as an inspiration to others.

LOAN'S GRATITUDE LETTER:

Dear Ms. Karen and everyone at Lifestart Foundation,

My name is Le Thi Thi Loan, a newly graduated General Medicine student from Hue University of Medicine. Over the past four years, with the help of Mrs. Karen and everyone at Lifestart

Foundation, I have been able to overcome the difficulties in my academic journey, for which I am immensely grateful.

Last semester marked the final year of my university studies. I worked harder than ever before, with the hope of achieving better grades and performing well in my future career after graduation. Throughout the year, I dedicated most of my time to clinical practice in various fields such as Internal Medicine, Surgery, Obstetrics, and Pediatrics. At the end of the second semester, I successfully defended my dissertation, an accomplishment that made me immensely proud. Only about 10% of the students were selected to undergo this process, and I was grateful to be among them. The preparation and execution of Defence Day lasted a year, presenting numerous challenges and hardships. However, the outcome was highly rewarding, as I received a score of 9.2 out of 10 for my thesis. My GPA for the second semester was 3.86 out of 4.0, and my cumulative GPA for the six-year program was 3.52 out of 4.0. As a result, I earned the good title of Bachelor's Degree, surpassing my initial expectations. I am delighted with this achievement, which exceeded my aspirations upon entering the university.

Recently, I completed all the requirements of my university curriculum and participated in a one-month medical field trip to Da Nang Hospital for Women and Children. During this time, I gained practical experience in the Intensive Care Unit for Pediatrics, learning valuable knowledge from the doctors there. Engaging not only in clinical practice but also in various other experiences was truly exciting. The work environment was supportive, and everyone was friendly and helpful. If given the chance to start over, I would still choose to work in such a professional environment. Upon graduation, my plan is to pursue post-graduate training in imaging clinics. I have been studying diligently to prepare for the entrance exam.

When I first entered the university, I faced some challenges in adapting to the local dialect and the pace of studying. However, as I grew more comfortable in the learning environment and learned from my friends and seniors, my marks gradually improved. With the encouragement of my family, friends, and the Lifestart Foundation, I made extra effort to meet everyone's expectations and avoid disappointment. As someone from an ordinary peasant family, I faced significant financial stress as a university student, particularly concerning my tuition and living expenses. In the first few years at university, my father primarily provided for my living expenses, while my mother took out loans to cover my tuition. Due to limited funds, I had to adhere to a tight budget to manage my living costs.

I applied for a Lifestart Foundation scholarship through my university, and I was filled with joy upon being selected for the scholarship interview. Although I was not fortunate enough to receive the scholarship during my first interview, it served as a significant motivation for me to strive and improve. Fortunately, I was granted a half scholarship during my second interview, a moment filled with excitement and gratitude. When I learned that I had been accepted as a scholarship student at Lifestart Foundation, I felt incredibly lucky and happy to receive your support. The scholarship not only provided me with financial assistance but also served as a great source of comfort to help me overcome the challenges in my life. This gift is invaluable to me and has become the warm flame that ignites my dreams.

Thanks to the scholarship, I no longer have to worry about tuition fees or study materials, allowing me to focus more on my studies. The burden on my parents has also been relieved.

During the COVID-19 epidemic, the foundation provided me with significant support, including essential supplies during those challenging times. I also received care and love from everyone involved. This support has had a profound impact on me, both physically and mentally, giving me the confidence to overcome the difficulties I face. The monthly meetings with my mentor Ms. Minh Phuong, where I could share my achievements, academic challenges, and family situation, have been invaluable. She has been a source of encouragement during difficult times, providing me with helpful advice. These meetings, lasting about an hour each time, have provided me with significant mental support and further motivation for my studies and life.

I would like to express my heartfelt gratitude to you for allowing me to pursue my studies. Thank you to everyone at Lifestart Foundation for not only providing me with financial assistance but also for supporting me both academically and personally. Your encouragement has helped me overcome the challenges in my studies and my life. I am truly grateful for the chance to fulfill my dream of becoming a doctor and saving lives. Additionally, I hope that in the coming years, more students will have the opportunity to receive your scholarships, providing them with a better chance of education and a brighter future. I wish Ms. Karen and everyone at Lifestart Foundation good health and good luck. May the foundation continue to thrive and make a positive impact on the lives of many people.

Thank you very much!

Yours sincerely,

Le Thi Thi Loan



UPDATE: 27/04/2024

**LIFESTART FOUNDATION GRADUATE'S
ACHIEVEMENT: MEET DR QUYNH - EMBODYING HER
DREAM**

Quynh, one of the recent graduates of the Lifestart Foundation Scholarship at Hue University Of Medicine and Pharmacy, has achieved an outstanding accomplishment by graduating with a Distinction Degree, attaining a cumulative GPA of 3.55 out of 4.0.

Her remarkable score is evidence of Quynh's unwavering dedication and relentless effort throughout her years of study. We take immense pride in her achievements.

Like all our scholarship students, Quynh comes from an extremely disadvantaged family consisting of her parents,

her younger brother, and herself. Her father, once a carpenter, had to give up his demanding work due to illness. Consequently, her mother became the sole breadwinner, shouldering the responsibility of caring for the entire family, including Quynh and her sibling's education.

Her life has changed for the better since she was awarded the Lifestart Foundation Scholarship, and she is now more confident after achieving her dream of becoming a doctor.

Quynh is currently undergoing an 18-month internship at Hung Vuong Hospital in Ho Chi Minh City, aiming to specialize in Obstetrics and Gynaecology. We hope for Quynh's continued success in life and her career.

We invite you to read the letter below to learn more about Quynh's inspiring journey.

QUYNH'S GRATITUDE LETTER:

Dear Ms. Karen and everyone at Lifestart Foundation,

My name is Phan Thi Nhu Quynh, a newly graduated medical student from Hue University of Medicine and Pharmacy. I am writing this letter to share the results I have achieved in the last semester, as well as my upcoming plans.

In the second semester, I studied Internal and External Medicine and worked on my graduation thesis. As usual, my study schedule was quite busy. I spent the entire day at the clinic, followed by night watch duty in the evenings. Additionally, during my clinic hours, I dedicated time to collecting data at the Centre for Reproductive and Fertility Endocrinology for my graduate thesis. The focus of my thesis was "Studies on depression, anxiety, and stress using the DASS-21 scale in infertility cases."

Every day, apart from my clinic duties, I devoted 4 to 5 hours of my free time in the evenings to self-study and review for my resident doctor exam. I am pleased to share that my second-semester GPA was 3.71 out of 4.0. Last June, I successfully defended my graduation thesis and achieved a score of 9.3/10, which is an accomplishment I am very happy with. I am glad that my hard work over the past year has paid off. Additionally, I actively participated in other university activities, including reporting on scientific research.

I graduated with a bachelor's degree and earned a cumulative GPA of 3.55 out of 4.0. I am happy with this result, as I have always put in my best effort throughout my academic journey.

Before receiving the Lifestart Foundation scholarship, my family faced immense difficulties. My father suffers from osteoarthritis of the knee, which prevented him from working. He used to be a carpenter, often climbing onto people's roofs to repair them, and this demanding work took a toll on his health. My mother also has a degenerative spine condition and gallbladder problems. Despite their illnesses and challenging circumstances, my parents ignored their illnesses and still prioritized funding my university education. My younger brother had a cleft lip and cleft palate, which required surgery, and he still experiences related health issues. Since my father's knee condition worsened and he lost his source of income, the burden has fallen on my mother's

shoulders. Her monthly salary of about 3 million VND is barely enough to support both myself and my sibling, who is also attending school. I am aware of my family's significant hardships, which is why I constantly strive to excel academically to bring happiness to my parents. However, due to the distance between my school and home, I had to rent a room in a hostel, and I couldn't visit my family frequently due to a busy schedule and expensive travel costs. At times, I felt sad and helpless because I was unable to improve my family's living conditions.

When I received an email announcing the Lifestart Foundation scholarship, I prepared the papers and completed the application form. When I received an email from Lifestart Foundation that I had passed the application round, I was very happy. The hope in me re-ignited. On the day of the scholarship interview, I was nervous and trembling. However, after interacting with Mrs. Karen and sharing my story with her about my family's situation and my dreams and plans, I felt more at ease.

Receiving the Lifestart Foundation scholarship overwhelmed me with joy. I am incredibly proud to be a student supported by the LSF scholarship. The scholarship is not only valuable financial aid but also serves as motivation for me to work harder in my studies and in life. The assistance I received included a laptop and financial support. Additionally, I have monthly meetings with my mentor from Lifestart Foundation, where I can discuss the challenges and stress I face in my studies and personal life. These interactions make me feel recognized and reduce my stress levels. Receiving the LSF scholarship, I'm now able to do what I could not do before when I had neither the living conditions nor financial resources, such as studying additional English classes or buying books. At the same time, the LSF scholarship also helps cover my living expenses and relieves the economic pressures of buying food, traveling, and paying for accommodation and electricity. As for my family, thanks to the LSF scholarship, I can help my parents with their family living expenses. My father had money to have joint treatment, and now his knees are much better than before. My mother was happier as some of the economic pressures for supporting me and the family were relieved. My brother also has a good condition to study.

I would like to thank the LSF scholarship for enabling me and my family to have a fuller, happier life. If I didn't have the support of this scholarship, I believe my life and my family's life would be incredibly difficult. I would always feel guilty because I couldn't help my parents, and I would be a burden that they have to provide for. Additionally, I wouldn't have the opportunity or means to study English or buy books to expand my knowledge. My parents wouldn't have money to afford necessary medical treatment. My mother would face more financial pressure and have to work even harder to generate income for the whole family.

Once again, I would like to extend my most sincere thanks and gratitude to Ms. Karen and everyone at Lifestart Foundation. I wish you all good health and success in life as well as in work. Hopefully, Lifestart Foundation will grow further and be able to help students in difficult circumstances like me to have a chance to improve their life. Thank you very much!

Warm regards,

Phan Thi Nhu Quynh



UPDATE: 28/04/2024

LIFESTART FOUNDATION AWARDS A NEW ROUND OF 16 GENERAL MEDICINE SCHOLARSHIPS

At Lifestart Foundation, **Education Scholarships** are our largest and most important project as we believe that education holds the key to breaking the poverty cycle for future generations. We also believe that nurturing and encouraging fine minds in particular in the health sector, we will help the development of Vietnam and its people.

Lifestart Foundation has continuously offered major medical and pharmacy scholarships to many outstanding students in Central Vietnam. Recently, we have awarded a new round of General Medicine Scholarships to outstanding candidates at Hue University of Medicine and Pharmacy.

Hue University of Medicine and Pharmacy stands out as a top choice for aspiring doctors in Central Vietnam. We are extremely proud to be providing the most prestigious and highest value Medical Scholarships at this esteemed institution.

During the awards ceremony, 16 General Medicine scholarships were awarded to super impressive students who have demonstrated academic excellence and all hail from extremely underprivileged backgrounds. They have had to overcome enormous hardships to realize their dreams of studying medicine.

By way of their chosen vocation they also meet our criteria of completing a degree in an area that will not only benefit themselves and their families in the future but more importantly the wider community.

This round of scholarships totaled **\$250,000 AUD** (approximately VND 4.1 Billion), including financial aid for 16 General Medicine students and 4 Resident doctors who are completing their Masters and specialization, 8 new laptops for 8 students, and 1 English course.

Prior to receiving their Lifestart Foundation Medical Education Scholarships, many of our students struggled to afford their basic needs, including sufficient food and shelter. In addition to all tuition costs and books, their Lifestart Foundation scholarship provides them with a food and rent allowance which enables them to have a balanced nutritious daily diet and safe accommodation.

Since 2018 up to now, the total General Medicine and Pharmacy scholarships Lifestart Foundation offered to Hue University of Medicine and Pharmacy through direct education scholarship program are 47 educational scholarships, 2 high achievement awards, 15 Master of nursing scholarships, and 4 residency scholarships, totaling over **\$732,000 AUD** (equivalent to more than VND 12 billion), this figure does not include the new laptops also provided to the students.

Through our scholarship program, we aspire not only to alleviate their financial constraints but also to empower them to unleash their full potential. This enables these students to continue their educational journey and fulfill their dreams of becoming highly educated healthcare professionals.

Once again, we warmly welcome this remarkable cohort of 16 General Medicine students into the Lifestart Foundation family and we are confident that they will continue to inspire us.

We will post more about the individual recipients in future posts.

AWARDS CEREMONY

Lifestart Foundation Founder - Karen Leonard OAM

Official representatives from Hue University of Medicine and Pharmacy:

Associate Professor - Nguyen Minh Tam - Vice Rector

Dr. Le Phan Minh Triet - Deputy Head - Office of Graduate Academic Training

Dr. Nguyen Thi Anh Phuong - Deputy Head - Office of Science, Technology, International Relations

Mr. Ngo Van Thang - Acting Head - Office of Student Affairs



UPDATE: 04/05/2024

A SUCCESS STORY OF LIFESTART FOUNDATION SCHOLARSHIP STUDENT – MEET VAN: FROM ADVERSITY TO BECOMING A DOCTOR

Lifestart Foundation is thrilled to announce that Van, one of our scholarship recipients, has successfully completed her 6-year studies in General Medicine at Hue University of Medicine and Pharmacy. We are proud to share that she has excelled in her academic journey by achieving outstanding results in the Resident Doctor exam, which is considered the hardest and most important exam for every doctor. Van scored an impressive result and received the top 5 highest mark among students specializing in Obstetrics and Gynaecology.

Despite facing various challenges along the way, she has persevered and realized her dream of becoming a doctor. We extend our heartfelt congratulations to Van for her remarkable achievement!

Coming from a financially disadvantaged family of six, Van's parents faced significant difficulties in supporting her education. Since receiving the Lifestart Foundation scholarship in 2018, her academic life has become a positive turning point. During her years of study, Van continuously

strived for self-improvement, acquiring extensive medical knowledge and achieving outstanding academic accomplishments.

For Van, studying Medicine is both fortunate and exciting. Every day, she finds happiness in learning new things, interacting with and assisting patients and their families. She is determined to continue her journey with even greater effort and dedication. We are immensely proud of Van's accomplishments and the remarkable young woman she has become. We wish her continued success in her career endeavors.

Please find below a gratitude letter from Van to Lifestart Foundation, where she shares her journey from a disadvantaged student to a university graduate.

VAN'S GRATITUDE LETTER

Dear Karen and everyone at Lifestart Foundation,

My six-year educational journey at Hue University of Medicine and Pharmacy has finally come to an end. This has been a long and transformative path, not only for me but also for my family. Recently, I successfully completed my final exams, which included two clinical subjects, Outpatient Pathology 5 and Internal Pathology 7, as well as my graduation thesis. The satisfaction is immense as I dedicated relentless effort to my studies, never once contemplating the thought of giving up. I'm delighted to share that my graduation thesis received an overall grade of A. The subject of my thesis was centered around the field of surgery, titled "Assessment of outcome of Medical Treatment and Quality of Life in Patients with Benign Prostatic Hyperplasia at Hue University of Medicine and Pharmacy Hospital." The journey to completing my thesis spanned nearly eight months, marked by smooth progress owing to the enthusiastic guidance from my mentors and the invaluable support of peers and friends. It brings me great joy to share this achievement.

This past semester, I achieved an overall score of 3.86 out of a possible 4.0, surpassing my own expectations. In my life, I uphold two adages as guiding principles: "Practice makes perfect" and "Chance favors the prepared mind," as articulated by Louis Pasteur. My journey did not commence with the same advantages as some, but instead, I was instilled with values of diligence, perseverance, and unwavering commitment by my parents. I am proud to share that I graduated with distinction, ranking 20th in my university cohort. Moreover, I was bestowed with the title of a talented student at Hue University, a testament to my exceptional academic and training accomplishments throughout my course. While this achievement may not be monumental in the broader context, it symbolizes the culmination of my years of dedicated work, and I am content with my accomplishments.

At present, I am engaged in a field placement at the Department of Obstetrics and Gynecology at Binh Dinh General Hospital. The experience is progressing seamlessly, and I am fortunate to receive ample support and guidance from the hospital's medical professionals. Concurrently, I am diligently preparing for the resident doctor's examination—an immediate goal on my horizon. This examination holds particular significance for me, as Obstetrics and Gynecology is a highly

competitive field that demands exceptional performance. I am fully invested in this endeavor, as it aligns with my aspirations for the future. Looking ahead, I envision remaining in Hue city, ideally practicing at Hue Central Hospital.

Reflecting on the moment I received my university acceptance letter, an overwhelming sense of joy swept over me and my family. Yet, amidst my jubilation, my parents' concerns remained. Their worries were compounded by financial challenges and the responsibility of caring for me and my siblings. I vividly recall my mother meticulously recording expenses in her diary during my first year of university. The total amount, reaching 70 million dong, represented a substantial burden for my family. My mother's explanation was poignant: "I need to document this to remind myself to repay it next year." Gazing upon her handwritten notes, each number etched onto the page, my heart weighed heavily. Aware of my family's ongoing struggles, I understood that as long as I could cover tuition and sustain myself, it was more than sufficient. While I aspired to alleviate my parents' financial strain through part-time work, they discouraged the notion, fearing it could adversely impact my studies.

The connection I forged with Lifestart Foundation feels serendipitous. When I first held the scholarship application, a quiet hope stirred within me, anticipating a positive outcome. Fortuitously, I was selected to proceed to the interview stage, conducted at the Lifestart Foundation office in Hoi An, Quang Nam. The mixture of elation and trepidation preceding the interview remains vivid in my memory. I recall the overwhelming emotions I experienced while conversing with Ms. Karen and Ms. Nhung during the interview—a rare opportunity to share my journey with empathetic listeners. On my journey back home, I exhaled a sigh of relief. The day I received the scholarship offer coincided with my volunteer work at the hospital. Upon learning the news, my elation knew no bounds, and I wanted to shout with joy. I immediately phoned home to convey the news, and my parents' joy eclipsed even my own.

In addition to the unwavering support from my parents, who consistently stood by me, offering encouragement and solace during moments of setback, Lifestart Foundation and your generosity have been pillars of support. To all the members of Lifestart Foundation, my gratitude is profound and heartfelt. While I express my appreciation annually, I recognize that words alone cannot capture the extent of my gratitude. Lifestart Foundation's assistance primarily aided my parents, alleviating their financial burden. Ms. Karen's words remain etched in my memory—her assurance that with the Lifestart Foundation scholarship, my parents needn't fret about my well-being proved unequivocally accurate. The scholarship facilitated my undivided focus on academics, liberating my parents from the financial pressure of supporting my livelihood. To this, my parents and I are eternally thankful. Regular mentoring sessions, conducted by Ms. Nhung, Ms. Anh, Ms. Thanh Phuong, and now Ms. Minh Phuong, provided invaluable guidance on academic progress, health, and family circumstances. Their encouragement has been an indispensable source of moral support.

I extend profound gratitude to the entire Lifestart Foundation team, who have stood beside me over the years. Were it not for the intervention of Lifestart Foundation, my parents would have continued to bear the weight of debt as they advanced in age. I wonder whether my educational journey would have been as smooth without your benevolence. On behalf of my parents, I extend

our deepest and sincerest gratitude to you and your family. Thank you for accompanying us on this arduous journey, providing unwavering support, encouragement, and empowerment through your scholarship. While I am unable to express my gratitude in person, please accept this heartfelt letter as a token of my appreciation.

I reserve a special thank you for Ms. Karen. I wish her health, happiness, and enduring success in fortifying the Lifestart Foundation and propagating positive values throughout the community. My gratitude extends to Ms. Nhung, Ms. Anh, Ms. Thanh Phuong, Ms. Minh Phuong, and Ms. Uyen, who have accompanied and guided me as a Lifestart Foundation scholarship recipient.

Once again, my heartfelt gratitude flows to you.

Warm regards,

Tran Thi Khanh Van



UPDATE: 05/05/2024

INTRODUCING NEW LIFESTART FOUNDATION'S SCHOLARSHIP STUDENT - MEET DUYEN

Educating young Central Vietnamese students to reach their potential

The Lifestart Foundation warmly welcomes Duyen to join our growing cohort of Lifestart Foundation Education Scholarship recipients. Duyen is currently in year 10 at Ho Nghinh High School in Duy Xuyen district, Quang Nam province.

After a rigorous selection process, Duyen stood out as a compelling candidate and surpassed many other students in the interview round to receive this prestigious full Lifestart Foundation scholarship.

Despite her disadvantaged situation, Duyen has always excelled academically from primary school up to now. Her excellent results were achieved thanks to her diligence and dedication to her studies. Duyen's GPA when she received the Lifestart Foundation scholarship was a remarkable 9.5 out of a possible 10, earning her the title of the most outstanding student in Year 9. As with all of our scholarship students, Duyen has a difficult backstory which she candidly explains in her letter of gratitude below.

Hailing from a large family with seven members, including her parents, her four siblings, and herself, Duyen's father works as a laborer while her mum sells scrap materials to make ends meet. They face the challenge of working very hard with unstable incomes. The education expenses for all five children are huge, contributing to the daily struggle of meeting the entire

family's living expenses. To add to their existing burdens, Duyen's younger sister suffers from a rare incurable eye disease. Every month, it costs the family approximately 2,000,000 VND or \$83 USD for medical check-ups and medicine for her. Like other Vietnamese children, Duyen dedicates 2 hours per day to assisting her parents with light household tasks such as washing clothes, washing dishes, and cleaning the house, in addition to her study time.

At this stage, Duyen harbors ambitious aspirations to become an accomplished doctor in the future to be able to support the community and especially to discover new drugs treating life-threatening diseases. We should never underestimate the importance of providing educational opportunities for young females in developing countries. Each girl who receives an education is one less vulnerable woman in the future.

Below is Duyen's heartfelt message of gratitude upon learning of her Lifestart Foundation scholarship award.

DUYEN'S THANK-YOU LETTER:

Dear Karen and everyone at Lifestart Foundation,

I am Ho Thi Kieu Duyen, a student in Year 9 at Ngo Quyen Secondary School. I am writing to express my deep gratitude for the invaluable scholarship you have provided me with and to share more about my family, studies, and current life.

I come from a family of seven members, consisting of my parents, four siblings, and myself. My father used to be a fisherman, but due to the unstable income and hazardous conditions, he looked for more stable employment on land to support us. However, finding consistent work with reliable income has been a challenge, leading him to work as a freelance laborer, taking on various jobs that come his way. Presently, he is working on a construction project in Da Nang, which requires him to leave early in the morning. My mother, once a farmer, now earns her livelihood by selling scrap materials. This job is marked by its instability and unpredictability. Therefore, we carefully manage our meals and expenses, utilizing our resources wisely. This year's scorching weather has reminded me of the strenuous nature of my parents' work.

My eldest sister is a second-year university student majoring in Information Technology at Da Nang University of Technology. My second eldest sister is preparing for her twelfth year of education and has actively participated in the Academic Contest for Excellent Students, achieving commendable results. Despite her fragile health, my younger sister earned the title of Good Academic Performance in the third grade. Even my youngest sister, a first-grader, has been recognized for Excellent Academic Performance.

In year 9, I achieved an average of 9.5 out of 10 and secured the top rank in my class, a source of immense pride for me. I hold a strong interest in Chemistry, finding it captivating, while Mathematics is another subject where I excel. My school and class environment is incredibly supportive, with dedicated teachers and classmates. I am currently attending additional classes in Mathematics, Chemistry, and English. During the summer break, I dedicated five hours each

day to self-study, focusing on solving exercises and exploring advanced materials. The remainder of my time was dedicated to extra classes and honing other skills. As a new academic year approaches and with a new class setting, my aim is to adapt well and maintain my standing within the top five students. In my leisure time, I enjoy reading, listening to music, and helping my parents with household chores. Looking ahead, my aspiration is to become a doctor, with a strong drive to contribute to the field by treating complex diseases that lack effective remedies.

My scholarship interview experience at Lifestart Foundation brought a mix of excitement and anxiety. However, the warm and welcoming atmosphere made me feel at ease. I consider myself incredibly fortunate to have been chosen. The news of receiving the scholarship brought joy not only to me but to my entire family. The recent gift from Lifestart Foundation, including essential study items like a Casio calculator, brought me great joy. The package also included notebooks, pens, and a school bag. This scholarship's impact extends beyond material support; it provides emotional motivation and an improved learning environment, freeing me from financial concerns. Moreover, it alleviates some of the burden on my parents, allowing them to focus on my siblings. These factors inspire me to continue striving for excellence in my education. In closing, I extend my heartfelt gratitude to my sponsor, Karen, and the entire Lifestart Foundation team for granting me this life-changing opportunity. I am committed to making the most of it and living up to the trust placed in me. Lastly, I wish you all good health and happiness.

With sincere appreciation,

Ho Thi Kieu Duyen



UPDATE: 11/05/2024

MEET TANG - A DEDICATED LIFESTART FOUNDATION SCHOLARSHIP STUDENT, HAS RECENTLY GRADUATED WITH A DISTINCTION DEGREE

Among the 24 General Medicine and Pharmacy Lifestart Foundation scholarship students who graduated, Tang is one of the excellent students with outstanding academic achievements in the past years. Particularly, in his final year at university, he achieved an excellent overall GPA of 3.86/4.0.

Throughout his long journey of studying at Hue University of Medicine and Pharmacy, Tang has always nurtured a dream of becoming a Gastroenterologist to help his patients lead healthy lives.

After graduation, he aspires to further his education, enhance his skills, and expand his medical knowledge. He is taking a 18-month internship certificate at Gia Dinh Hospital of the People in Ho Chi Minh City.

We hope that he can excel and achieve even greater success in the forthcoming future to fulfill his dream of becoming a compassionate and skilled doctor.

Tang comes from a multi-generational family in the coastal area of Quang Ngai Province. His family consists of six members, including his grandmother, his parents, two younger sisters, and Tang himself. His father used to work in an ice factory, while his mother sold Xèo cakes (a Vietnamese traditional cake) to tourists near a coastal port.

Their life was initially comfortable, but adversity struck when Tang's father was diagnosed with a stomach tumor and had to undergo surgery. At that time, the family had to gather money and even borrow additional funds to cover his father's medical expenses. Tang's mother also had to quit her job to accompany his father to Saigon for treatment. Since then, the family has faced immense hardships and pressure while trying to manage both the children's studies and the family's well-being. Receiving our scholarship was like a beacon of hope for Tang, and his life has become comparatively easier than ever before.

We believe that the humanitarian values instilled through each Lifestart Foundation educational scholarship are a powerful force to uplift those in dire situations and help them find the light in their lives via education. Tang is a shining example among the impoverished students who have received our scholarships, as he has successfully graduated and embarked on his career as a doctor.

Below is a heartfelt thank-you letter from Tang, which he sent to us after his graduation.

TANG'S THANK-YOU LETTER:

Dear Ms Karen and everyone at Lifestart Foundation,

My name is Nguyen Hoang Cong Tang, a newly graduated student in General Medicine from Hue University of Medicine and Pharmacy academic year 2017 – 2023.

This is a time when I look back on my educational journey which has been filled with ups and downs. During my hard time in the past few years, I received support from Lifestart Foundation, where I could share my difficulties and stories, and I was listened to and advised by the staff at Lifestart Foundation. After each mentoring session, I was able to reflect on myself, gain a more accurate perspective, and overcome challenges in both my studies and daily life. Therefore, this letter is incredibly special to me even though it is not the first one I have written.

The second semester of my sixth year at University has been the most memorable period for me. This semester consisted solely of clinical courses, without any theoretical subjects. As a result, I had to dedicate a significant amount of time to studying and doing practical work at the hospital. The clinical exams were always challenging, putting pressure on me, but I was only achieving modest scores. Since my cumulative GPA was close to the good level mark, I made a great effort to read and listen to lectures extensively in hopes of achieving high marks in the clinical exams. Fortunately, I managed to pass both Obstetrics and Pediatrics with an average score of 3.5/4.0. I

was thrilled that my hard work paid off, and most importantly, I still had the opportunity to graduate with a Bachelor's degree with distinction.

I also finished the Graduation Examination, and I am happy with the results that exceeded my expectations. Throughout a month of exam preparation, studying a document of nearly 400 pages, it was truly a stressful time, and there were moments when I felt it was too difficult to achieve an excellent grade. I even sometimes contemplated giving up and accepting a credit degree. However, thanks to the encouragement from my mentors at Lifestart Foundation and friends, I regained my motivation and dedicated more time preparing for the exam.

When I received the results, I was genuinely surprised because I achieved an "A" level mark in all three subjects. I scored 9 out of 10 in the clinical exam, 9.2 out of 10 in the fundamental theory, and 8.6 in the clinical theory. My overall GPA for the second semester was 3.5 out of a possible 4.0, and my cumulative GPA for the entire six years of study was 3.24 out of 4.0. Hence, I could graduate with a distinction degree, and I am incredibly happy that my efforts have been rewarded. I am also delighted that I have lived up to the expectations of my family and Lifestart Foundation.

To be able to graduate, Hue Medical University students have to undergo a practical clinical internship in the central provinces. When I heard this news, I was truly excited because it was an opportunity to learn and gain deep insight into the healthcare system in my home province of Quang Ngai. My internship period at Quang Ngai General Hospital went very smoothly. I was fortunate to meet dedicated doctors and colleagues who were always enthusiastic in teaching and guiding me on my career path for the future.

Currently, I am focusing on the upcoming residency examination, which is very significant for all doctors. I realize that there are many talented individuals out there, and the pass rate may not be high. However, I am determined to study hard until the end because, for me, this is not just a competition, but also a challenge, a milestone that I must go through. Regardless of the outcome, I will still be proud of myself for being persistent, putting in all my effort, and, most importantly, overcoming my own fears.

As for where I want to work in the future, I haven't made any decision yet. If the results don't turn out as I hope, I have two options in mind. One is that I can choose to pursue an 18-month working certification at a hospital in Ho Chi Minh City, and the second one is that I can return to my hometown and seek employment at Quang Ngai General Hospital. For now, my main focus is on the residency examination. After the exam, I will take the time to research and make the most suitable choice for myself.

I remember the early days when I filled out the application for the Lifestart scholarship. I thought a lot about whether I deserved to receive the scholarship and whether my family's circumstances were truly difficult enough. I didn't want to take away opportunities from other students who might need help more than I did.

During that time, many things happened to my family, and the most challenging was when my father was diagnosed with a stomach tumor and had to undergo surgery. Our family had to spend money and even borrow to pay for his treatment. My mother had to quit her job to accompany my

father to Saigon for his treatment. This was the main reason why I decided to apply for the scholarship. I wanted to help my parents during that difficult time.

I was very nervous when going for the first interview at Lifestart, because I had to travel far and many other candidates were being interviewed. But the most important thing was that I had put a lot of effort and dedication into writing the scholarship application, so I was worried that I might not be selected. However, contrary to my thoughts during the travel time to the office, the interview session turned out to be very comfortable. Ms. Karen and Ms. Nhung were very friendly and open-minded, which made me feel more confident in answering the questions.

When I received the news that I had been awarded the scholarship, I was incredibly happy and proud. I immediately called home to share the news with my parents and sisters. Everyone was overjoyed and encouraged me to continue striving so as not to disappoint your expectations. Personally, I felt truly fortunate to have accomplished something that helped my parents during that difficult period.

The scholarship has greatly supported me in paying for tuition fees and daily expenses. Furthermore, beyond the financial assistance, Lifestart Foundation has also been a good listener who shared my hardships. Through conversations with my mentors, I have gained many things that have helped me establish a study plan and manage my time effectively.

If I didn't have the support of Lifestart at that time, perhaps I would have chosen to work part-time, and the fatigue from studying and working would have taken away my motivation back then, and I might have even failed and had to retake exams. Now, when I look back, I feel very lucky because both myself and my family have overcome everything, and Lifestart arrived just in time to help my family.

Finally, I would like to express my sincerest gratitude to the Lifestart Foundation, to Ms. Karen Leonard, and to all the people working at Lifestart. Having Lifestart accompany me on my journey as a student is an honor for me.

Thanks to the support of Lifestart, I have the strength to overcome difficulties in life and the motivation to go through the long and challenging path of being a student doctor. Even though I won't be able to continue with Lifestart Foundation, I believe that what I have received and learned will still be there, and it will help me greatly on the upcoming arduous journey to become a fully qualified doctor.

I hope the Lifestart Foundation continues to develop to provide more assistance to those in difficult circumstances and to guide more generations of students to become truly useful individuals and contribute to the increasingly strong nation. I wish Ms. Karen and everyone at Lifestart Foundation good health and happiness in life.

Yours sincerely,

Nguyen Hoang Cong Tang



UPDATE: 18/05/2024

**LIFESTART FOUNDATION UNIVERSITY GRADUATE:
INTRODUCING KHIEM AND HIS REMARKABLE
JOURNEY FROM HARDSHIPS TO TRIUMPH**

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

Le Trong Khiem, who has been a recipient of the Lifestart Foundation General Medical Scholarship for the past 5 years, and he has successfully graduated from Hue University of Medicine and Pharmacy. His dedication and hard work earned him a cumulative remarkable GPA of 3.45 out of a possible 4.0, resulting in a Distinction degree.

He has recently passed the residency examination and is pursuing a three-year residency program in Obstetrics and Gynecology at Hue University of Medicine and Pharmacy.

His ultimate goal is to become a skilled Obstetrician, dedicated to providing healthcare and support to women during pregnancy, childbirth, and beyond.

Khiem hails from an extremely disadvantaged family comprising six members. Prior to being granted the Lifestart Foundation scholarship, his family faced a range of difficulties. His parents, who are farmers with an unstable income, endured numerous challenges while providing for his younger sisters and himself.

The scholarship Khiem received has left an indelible impact on his life, igniting his determination to excel academically, and leading to a series of remarkable achievements throughout his educational journey.

Khiem is a versatile student who excels not only in academics but also in various extracurricular pursuits. Throughout his six years of study, he actively participated in multiple activities beyond the classroom. He made valuable contributions to the fight against Covid-19 in Ho Chi Minh City. Furthermore, recently, Khiem undertook scientific research, which resulted in him achieving the first prize - an exceptional achievement that highlights his dedication.

After his university graduation, Khiem wrote a gratitude letter to Lifestart Foundation, sharing his remarkable story of overcoming life's obstacles to pursue his dreams.

We invite you to read his heartfelt message of appreciation.

It's been an absolute pleasure for Lifestart Foundation to accompany Khiem through his education journey and watch him grow into a capable young man.

Once again congratulations Khiem we wish you every success on your career path!

KHIEM'S GRATITUDE LETTER:

Dear everyone at Lifestart Foundation,

I am writing to you as Le Trong Khiem, a recent graduate from Hue University of Medicine and Pharmacy where I completed a six-year program in General Medicine. I want to express my heartfelt gratitude for the incredible support that Lifestart Foundation has extended to me.

As I reflect on my past semester, I managed to achieve remarkable academic results despite being exceptionally busy. Although a significant portion of my time was dedicated to my graduation thesis, I successfully passed both internal and external clinical subjects with a commendable B grade. During the final months of the semester, I dedicated considerable hours to refining and editing my thesis, often working until the early hours of 5 a.m. This endeavor allowed me to explore my chosen field of obstetrics and gynecology through the lens of scientific research. I encountered numerous challenges while poring over documents, formulating protocols, collecting data on pregnant women, analyzing results, and articulating discussions. Through this process, I gained invaluable skills in scientific writing, the utilization of statistical software, data analysis, and proper referencing of sources.

I am grateful for the mentorship provided by my instructor, which proved instrumental in enhancing the quality of my research. The culmination of my efforts was an unexpected triumph as my research secured first place at the 10th Student Scientific Research Conference held by the university. Furthermore, I defended my graduation thesis in mid-June and received the highest score of 9.4, which brought me immense joy.

Throughout my university journey, I have consistently pursued my goals with determination, and my efforts have borne reasonable success. I graduated with distinction, boasting a GPA of 3.45 out of 4.

At present, I am preparing to embark on a residency program in Obstetrics and Gynecology facilitated by my university. To secure admission, I must navigate a rigorous entrance examination scheduled for October. I allocate considerable hours, roughly 8-10 hours per day, to thorough preparation for this examination. On weekends, I engage in revision and leisure activities such as exercise and cycling. My aspiration is to excel in this examination.

Before the Lifestart Foundation scholarship became a reality for me, my family grappled with various hardships. I perpetually fretted about expenses and witnessed the trials my parents endured while providing for my sister and me. As farmers with an uncertain income, my parents often faced health challenges. During the rainy season, my father would travel to Danang in search of work, leaving my mother and sister to manage at home. These circumstances spurred me to work harder in my studies, but they also burdened me with substantial pressure that impacted my academic performance.

The moment I received the Lifestart Foundation scholarship, after a prolonged wait following the interview, was truly exhilarating. The news filled me with elation, and I immediately shared it with my parents. Their joy and profound gratitude for your generous assistance were palpable. The scholarship emerged as a potent source of motivation for my studies. I am deeply appreciative of

my sponsors, and Lifestart Foundation for selecting and supporting both my family and I during this challenging juncture. Your benevolent support has kindled my determination to excel in my studies and practical endeavors.

The Lifestart Foundation scholarship has left an indelible impact on both my family and me. It has provided essential necessities including food, lodging expenses, educational supplies, laptops, books, and tuition fees, all indispensable for my education. These provisions fostered an optimal learning environment, enabling me to focus entirely on my studies.

Moreover, the scholarship relieved my parents' concerns about tuition, allowing them to focus on supporting my younger sister. During critical times, such as after the severe flood in 2021, Lifestart Foundation extended additional aid to my family, offering essential supplies. The support you provided has been immensely invaluable to both me and my family.

Without the support of Lifestart Foundation, my academic accomplishments would have been significantly hindered. Among the available scholarships, the one offered by Lifestart Foundation remains the most substantial, encompassing comprehensive financial aid that addresses the entire spectrum of essential needs for medical students. It has been an unwavering companion throughout my academic odyssey.

Over the past five years, spanning my second year at university through graduation, my profound gratitude goes out to you and the entire Lifestart Foundation team for your unwavering support. Your assistance has helped me surmount numerous challenges and achieve my current academic accomplishments.

Beyond material aid, Lifestart Foundation has consistently demonstrated care, encouragement, and guidance throughout my academic journey. You have not only provided me and my family with optimal learning conditions but also showed genuine concern. I am profoundly grateful.

On behalf of my parents, I extend deep appreciation to you for your invaluable care, encouragement, and support throughout my college years. Your assistance has enabled me to graduate with distinction and fulfill my dream of becoming a doctor. This gratitude is etched deeply in my heart.

My aspiration is to succeed in the residency examination and become a competent and compassionate doctor dedicated to serving patients in the future. Additionally, I hope that the Lifestart Foundation will continue offering scholarships to underprivileged students who, like me, surmount obstacles to pursue their educational goals.

I wish you and your families good health, abundant success, and enduring happiness in all facets of life.

With the sincerest of regards,

Le Trong Khiem



UPDATE: 25/05/2024

LIFESTART FOUNDATION'S MEDICAL UNIVERSITY GRADUATE: MEET DR. MAI - FROM A DISADVANTAGED STUDENT TO COMMENCING HER MASTER'S STUDIES IN KOREA

Lifestart Foundation is thrilled to announce the remarkable achievement of Dr. Mai, a recipient of our General Medicine Scholarship. Mai has recently successfully graduated from Hue University of Medicine and Pharmacy.

As the first member of her family to earn a university degree, Mai's success is truly inspiring. We extend our heartfelt congratulations to Mai as she embarks on the next chapter of her educational journey, pursuing a Master's degree in South Korea. We are so very proud of your accomplishments!

Mai's path to success has been marked by considerable challenges. Before being granted the prestigious Lifestart Foundation Medical scholarship, her family faced significant financial hardships.

The family of 5 relied on her parents' modest income from making paper handicrafts to support their 3 children's education and living expenses. Unfortunately, they suffered the tragic loss of Mai's father in a motorbike accident a few years ago, leaving her mother widowed with three school-aged children to raise alone.

However, with the wonderful support of the Lifestart Foundation scholarship, Mai's life and academic journey have experienced remarkable transformations. The financial burden on her family has been alleviated, allowing her mother to focus on caring for her siblings. This has enabled Mai to dedicate herself fully to her studies, no longer needing to work part-time after classes. Notably, her youngest brother has also been accepted to Hue University of Medicine and Pharmacy to study General Medicine.

Recently awarded a scholarship to continue her post-graduate studies, Mai will pursue a two-year Master's Program in Integrated Biomedical Science in South Korea, specializing in RNA-related research. Mai has long been fascinated by the complexities of Biology. Particularly fascinated by genetics and the mechanisms of disease throughout her undergraduate studies, she is motivated to delve deeper into these areas and make meaningful contributions to the Biomedical field.

Mai is an exceptionally well-rounded student. Her dedication is evident in her achievement of an excellent IELTS score of 7.5. In addition to her academic pursuits, Mai has been actively involved in extracurricular activities, including membership in the Asian Medical Student Association and volunteering to assist disadvantaged children and patients.

These accomplishments are a testament to Mai's determination and passion for studying abroad to advance her knowledge and skills in Biomedicine. Join us in expressing our sincere congratulations to Mai as she commences this exciting new chapter!

It has been an honor for Lifestart Foundation to accompany Mai throughout her educational journey and witness her growth into a capable inspirational young woman. Mai, we wish you every success on your study path!

After her university graduation, Mai wrote a gratitude letter to Lifestart Foundation, sharing her story of overcoming life's obstacles to pursue her dreams.

MAI'S GRATITUDE LETTER

Dear Ms. Karen and Everyone at Lifestart Foundation,

I am Thanh Mai, a recent graduate of the six-year degree program in General Medicine at Hue University of Medicine and Pharmacy. Today I am writing this letter to share my news and express my heartfelt gratitude to my sponsors who have supported me throughout these past academic years.

In this second semester, my curriculum included 2 clinical subjects namely Paediatrics and Obstetrics. During my Paediatric sessions, I had the opportunity to interact with paediatric patients, conduct examinations, and write medical records every morning. If there were any mistakes during the examinations, my teachers corrected them, thereby enabling me to improve my clinical skills significantly.

As a final-year student, I had to stay overnight at hospitals, which allowed me to develop crucial skills in managing paediatric emergency cases. In the Obstetrics clinical sessions, I also had the chance to observe several Caesarean section deliveries.

As my clinical sessions usually took place in the mornings and afternoons, I usually engaged in self-study during the evenings, except for the nights when I had to be on duty at the hospital. On a typical weekday, I dedicated approximately 4 hours to self-study. However, during weekends, if I were not on duty, I usually studied for about 8 hours per day.

As a final-year medical student, during the clinical exams, the lecturers focussed their questions on my clinical examination skills and diagnostic abilities. Fortunately, because I had practiced clinical examinations throughout my time at hospitals, I managed to pass the exams.

For my preparation for the graduation exam, I had a 4-week break dedicated to self-study. This period was undeniably intense, demanding a thorough understanding of both theoretical and clinical knowledge. It was, without a doubt, the most stressful examination period throughout my medical education. The graduation syllabus comprised 90 theoretical questions and a clinical exam. I invested a lot of time studying and revising, aiming to achieve a high score.

For the pre-graduation medical field trip, I chose to intern at Quang Tri Provincial General Hospital in the Paediatrics Department for a period of four weeks. Throughout this period, I attended

departmental meetings every morning. Then I would go on ward rounds with the main attending doctor. Before the rounds, I conducted patient examinations and reviewed their medical records. During the ward rounds, if I had any questions, the primary treating doctor would assist me and clarify my queries. I also had the opportunity to perform the procedure of inserting gastric tubes for newborn patients. The doctors and nurses in the Paediatrics department were incredibly supportive and helpful. This practical experience allowed me to apply the theoretical knowledge I had acquired, making the entire experience very enjoyable and enriching.

Besides my medical studies, I'm delighted to share that I have recently obtained my IELTS exam results, scoring 7.5. I am content with this achievement as I have been self-studying English for a significant time.

After a six-year journey, I completed my university studies with a Good degree, and I am confident that I performed to the best of my abilities.

Before receiving the scholarship from Lifestart Foundation, my family faced substantial financial hardships.

My father worked as a craftsman, and he also took on additional jobs such as electrical repairs. Unfortunately, he passed away suddenly in a traffic accident in 2017, leaving our family economically vulnerable. My mother's health was fragile, and she often fell ill. The family's main income depended on my mother's manual paper crafting work, which brought in only around 2 million VND per month.

I also worked part-time after classes to contribute to our daily living expenses taking on various jobs like tutoring and working at a handicraft store.

There were times when I contemplated pausing my education to support my family due to the extreme hardships. During this period, I also experienced depression after losing my father. My emotional instability made it incredibly challenging for me to concentrate on my studies; negative thoughts often distracted me from studying. My two younger brothers were still in high school, so they helped with household chores and the paper crafting work. Our family borrowed money from various sources to ensure that my two brothers and I could continue attending school.

During the process of preparing my application for the Lifestart Foundation scholarship, I put in considerable effort to prepare myself. I kept praying that I would be among the fortunate students to receive this scholarship, enabling me to continue my education.

When I received the invitation for an interview, I felt a mix of hope and anxiety. When I received the email informing me that I had been awarded the Lifestart Foundation scholarship, my family and I were overwhelmed with joy and happiness, especially my mother.

I was deeply moved and grateful for being chosen by Lifestart Foundation to receive this precious scholarship. The Lifestart Foundation scholarship has had an extremely positive impact on my life and my family.

Thanks to the substantial financial aid from the scholarship, I could cover my educational expenses and a portion of my living costs. This financial support has reduced the need for me to work excessively, allowing me to focus more on my studies.

As a result, my academic performance has significantly improved, and I have achieved excellent grades in the semesters after receiving the scholarship. I no longer had to worry excessively about earning money to pay for tuition fees, easing the burden on my mother.

Our family's financial situation has also become more stable since my mother no longer has to struggle to pay my tuition fees. Additionally, my mother's health has improved as she no longer has to constantly worry about the financial aspect of my education, especially covering the costs of my six-year university program.

I believe I wouldn't have been able to complete the six-year medical program without the support from the Lifestart Foundation scholarship, as my family's financial situation didn't allow for it. That's why I will always be grateful to the foundation for selecting me and granting me this valuable scholarship. It is thanks to this support that I have been fortunate enough to continue my education and pursue my dreams.

My family and I would like to express our sincere gratitude to you and everyone at Lifestart Foundation for accompanying me throughout these past years of my education. The support from you and Lifestart Foundation has been a tremendous source of motivation for me, encouraging me to strive to become a better version of myself each day.

It is due to the compassionate hearts of you and everyone at Lifestart Foundation that I have been able to complete my studies and fulfill my dream of becoming a doctor, and more importantly, pursue my aspiration of becoming a biomedical researcher.

I will continue to put my utmost efforts into both my professional career and postgraduate studies, aiming to become a valuable citizen contributing to society. My goal is to research and produce affordable test kits that all citizens can access and use. This endeavour will not only improve my own and my family's living conditions but also contribute positively to society.

I believe that words of gratitude are not enough to express my appreciation for what you and everyone at Lifestart Foundation have done for me during these past years of my education.

In closing, I would like to extend my heartfelt wishes to you and everyone at Lifestart Foundation for your good health, success, and the continued growth of the Foundation to help other students in challenging circumstances.

Yours sincerely,

Tran Thi Thanh Mai

Supplies



UPDATE: 10/12/2023

**LIFESTART FOUNDATION'S
LATEST SCHOLARSHIP
STUDENTS -SCHOOL SUPPLY
DISTRIBUTION DAY**

Pictured in this post are our three latest Lifestart Foundation Education Scholarship recipients - Trieu, Van, and Duyen. They met

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

As well as supporting our scholarship students with tuition fees and all of the important extra classes, the Lifestart Foundation Education Scholarship project also provides them with much-needed study essentials to equip them with the best possible learning conditions.

Trieu, Van and Duyen are all academically gifted and hail from very low-income families who struggle to equip their children with all that is needed to complete their education, so the purchase of new school supplies and books would not be possible for these families.

With the aim to ensure our latest scholarship students have all the requisite supplies for this academic year, the dedicated staff at Lifestart Foundation have procured all necessary educational essentials such as backpacks, various types of books and stationery such as a pocket calculator, pens, pencils, rulers, name tags, pencil cases and all of the necessary items for the new school year.

Our scholarship recipients expressed immense excitement and gratitude for this contribution, which plays a significant role in supporting their academic pursuits.

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

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

Please click on the link below to read more about our three latest scholarship students - Trieu, Van and Duyen:

<https://www.facebook.com/TheLifestartFoundation/posts/737693405057574>

Donations



UPDATE: 17/12/2023

📺 LIFESTART FOUNDATION PROVIDES A TELEVISION TO LY TU TRONG SECONDARY SCHOOL FOR ETHNIC MINORITY STUDENTS IN PHUOC SON DISTRICT, QUANG NAM PROVINCE 🎓

In our ongoing mission to support under-resourced schools in remote areas of Quang

Nam province, Lifestart Foundation goes beyond the basics. We provide essential amenities such as clean water systems and bicycles for transportation, and now, we're stepping up to supply cutting-edge educational equipment. Our latest contribution: a state-of-the-art 65-inch SONY smart TV with a wall mount, valued at approximately 15 million VND, to Ly Tu Trong Secondary School.

Located in the disadvantaged Phuoc Son district, this school currently has a total of 586 students for the academic year 2023-2024. The number of the students coming from ethnic minority backgrounds comprised 249 students, with 160 of the school's students belonging to very poor families.

Like many other schools in the impoverished mountainous districts of Quang Nam, the school still faces numerous challenges in accessing modern educational equipment such as Smart televisions.

We believe this generous gift will significantly enhance the quality of education at Ly Tu Trong Secondary School. It equips teachers with innovative tools for effective lessons and provides students with interactive educational content, inspiring them to strive for academic excellence and become valuable contributors to their community.

In this endeavor, Lifestart Foundation has donated a total of 15 x 65-inch TVs with wall mounts to 10 schools in Phuoc Son district. The total value of these contributions exceeds 220 million Vietnamese dong, equivalent to approximately USD \$10,000.

Over 1,500 students and teachers will directly benefit from these televisions, with the number of beneficiaries expected to grow in the coming school years.

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



UPDATE: 31/12/2023

LIFESTART FOUNDATION'S MILK DONATION FOR UNDERPRIVILEGED ILL CHILDREN

In addition to our main projects of educational scholarships, delivering Clean Water Projects to remote areas, and building compassionate homes, Lifestart Foundation reaches out to the community to improve the lives of those in need, especially children facing difficult circumstances. To help disadvantaged and sick children in Quang Nam Province improve their health and nutrition, Lifestart Foundation organized the first phase of our milk donation initiative. We donated 1,440 bottles, to 80 patients from disadvantaged backgrounds at the Pediatrics Department of Quang Nam Regional General Hospital in Dien Ban.

The recipients of our milk donation come from families with exceptionally low incomes. Their parents are mostly rice farmers and factory workers. For these children, milk is a luxury because their families struggle every day to provide them with very basic meals. The images below capture the heartwarming moments when the children eagerly anticipated and received their milk. Their parents expressed immense joy and profound gratitude for our support.

Lifestart Foundation previously donated Infānsure baby formula milk to approximately 200 disadvantaged families in Quang Nam Province, with a total value of 900,000,000 VND (\$45,000 AUD).



UPDATE: 07/01/2024

LIFESTART FOUNDATION DONATES 15 BICYCLES TO UNDERPRIVILEGED STUDENTS IN MOUNTAINOUS ZUOIH, TABHING, TA POO, CA DY COMMUNES AND THANH MY TOWN, NAM GIANG DISTRICT, QUANG NAM PROVINCE

As part of our effort to support remote areas in general and the specific project of donating bicycles to disadvantaged students in mountainous communes, Lifestart Foundation has recently organized a campaign involving the generous donation of 50 bicycles with a value of 80,750,000 VND. In this round, 15 bicycles were donated to

underprivileged students in Zuoih, Tabhing, Ta Poo, Ca Dy communes and Thanh My town, Nam Giang district, located in the western mountainous region of Quang Nam province.

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

The majority of these students, who come from rural mountainous regions, belong to ethnic minority families with extremely low incomes and face challenging backgrounds. One of the major obstacles they encounter is the lack of proper transportation. Not only do they struggle with financial resources to support their education, but they also face significant difficulties in reaching their schools, resulting in arduous daily commutes. By providing bicycles, these students can now travel to school more efficiently, ensuring punctuality and regular attendance in classes. This improvement in transportation not only maximizes their learning potential but also creates additional study opportunities due to reduced travel time.

The total value of the 15 donated bicycles exceeded 24,000,000VND, equivalent to approximately \$1,000 USD. The provision of these bicycles is expected to enhance the safety and convenience of the students' journeys, enabling them to overcome their challenging circumstances. It is hoped that this support will inspire them to strive for academic success and become valuable contributors to society.



UPDATE: 28/01/2024

LIFESTART FOUNDATION PROVIDES A TELEVISION TO PHUOC MY PRIMARY AND SECONDARY SCHOOL FOR ETHNIC MINORITY STUDENTS IN PHUOC SON DISTRICT, QUANG NAM PROVINCE

In our ongoing mission to support under-resourced schools in remote areas of Quang Nam province, Lifestart Foundation goes beyond the basics. We provide essential amenities such as clean water systems and bicycles for transportation, and now, we're stepping up to supply cutting-edge educational equipment. Our latest contribution: a state-of-the-art

65-inch SONY smart TV with a wall mount, valued at approximately 15 million VND, to the Phuoc My Primary and Secondary School.

Located in the disadvantaged Phuoc Son district, where more than 2,000 households live in poverty and many families belong to ethnic minority groups, this school is a beacon of hope for all 396 ethnic minority students. In the academic year 2023-2024, 331 of these students came from very poor families. Nestled in the highlands of Quang Nam province, the school faces various challenges, including limited access to modern educational equipment, like Smart TVs.

We believe this generous gift will significantly enhance the quality of education at the Phuoc My Primary and Secondary School. It equips teachers with innovative tools for effective lessons and provides students with interactive educational content, inspiring them to strive for academic

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

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



UPDATE: 04/02/2024

LIFESTART FOUNDATION'S DONATION TRIP TO NAM TRA MY MOUNTAINOUS DISTRICT OF QUANG NAM

Lifestart Foundation has recently organised a food distribution trip to provide hamper boxes to underprivileged ethnic minority students in the district of Nam Tra My.

This district, located in the highlands of Quang Nam province and approximately 150 km from Hoi An, is considered one of the most impoverished areas in the country, with nearly 50% of households living in poverty. The population of Nam Tra My consists

predominantly of ethnic minority groups, accounting for over 95% of the residents. The district faces numerous challenges due to its complex hilly and mountainous terrain, as well as frequent natural disasters such as storms, floods, landslides, and erosion.

During the trip, the Lifestart Foundation team visited the Tra Don Semi-Boarding Ethnic Secondary School in Nam Tra My district and donated 100 food hamper boxes, containing essential items of rice, cooking oil, fish sauce, washing powder, shampoo, toothpaste, and dishwashing liquid. The total value of the donations exceeded 42,000,000 VND or approximately \$1,800 USD. These hamper boxes were provided to 100 financially struggling Ca Dong ethnic minority students, who come from families with extremely low incomes. The support from the Lifestart Foundation has alleviated hardships for the students' families, creating a joyful atmosphere as the Tet holiday approaches.

The Lifestart Foundation team, consisting of four Lifestart Foundation staff members and one volunteer, undertook a challenging journey to reach the mountainous areas of Nam Tra My. The trip involved traversing winding mountain paths to reach the remote Tra Don commune. The team began in the early morning at 3:30 am and returned to Hoi An at around 5 pm.

A big #Thankyou to Karma Foundation for making this wonderful donation possible.



UPDATE: 25/02/2024

A PROVISION OF A SMART TV FOR VO THI SAU PRIMARY AND SECONDARY SCHOOL IN PHUOC SON DISTRICT, QUANG NAM PROVINCE

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

transportation but also deliver state-of-the-art educational equipment. Our most recent contribution is a cutting-edge 65-inch SONY smart TV complete with a wall mount, valued at approximately 15,000,000 VND, to the Vo Thi Sau Primary and Secondary School.

Vo Thi Sau Primary and Secondary school is located in a remote village 115 kilometers from Hoi An. The Lifestart Foundation team started early at 3.15am in the morning and it took us nearly 3 hours from Hoi An to reach this school.

Situated in the disadvantaged Phuoc Son district, where over 2,000 households grapple with poverty, and many families belong to ethnic minority groups, this school serves as a beacon of hope for 243 students. In the academic year 2023, nearly 100% of students belong to ethnic minority groups. Nestled in the highlands of Quang Nam province, the school faces various challenges, including limited access to modern educational equipment, such as Smart TVs.

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

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

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



UPDATE: 10/03/2024

LIFESTART FOUNDATION PROVIDES A TELEVISION TO PHUOC NANG PRIMARY AND SECONDARY SCHOOL IN PHUOC SON DISTRICT, QUANG NAM PROVINCE

In our ongoing commitment to support under-resourced schools in remote areas of Quang Nam province, Lifestart Foundation is taking our efforts to the next level. We not only provide essential amenities like clean water systems and bicycles for transportation but also deliver state-of-the-art educational equipment. Our most recent contribution is a cutting-edge 65-inch SONY smart TV complete with a wall mount, valued at approximately 15,000,000 VND, to the Phuoc Nang Primary and Secondary School.

Situated in the disadvantaged Phuoc Son district, where over 2,000 households grapple with poverty, and many families belong to ethnic minority groups, this school serves as a beacon of hope for 443 students. In the academic year 2023, 97% of students belong to ethnic minority groups. Nestled in the highlands of Quang Nam province, the school faces various challenges, including limited access to modern educational equipment, such as Smart TVs.

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

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

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



UPDATE: 30/03/2024

ESSENTIAL HAMPER BOXES PROVIDED TO DISADVANTAGED STUDENTS IN DONG GIANG

At Lifestart Foundation, we always prioritize improving the quality of life for impoverished students. In addition to our main projects, such as providing educational scholarships, we also focus on community initiatives to help more disadvantaged individuals.

Over the past year, we have successfully implemented various community projects in Quang Nam Province. Earlier this year, the Lifestart Foundation took the initiative to provide essential gift boxes to impoverished ethnic minority students in Dong Giang District, Quang Nam Province.

Dong Giang District, located approximately 80 km from Hoi An, is one of the nine mountainous districts in Quang Nam Province and is predominantly inhabited by the Cotu ethnic minority. As part of this initiative, we distributed 60 food parcels to students at Phan Chau Trinh Secondary School. Each parcel contained rice, cooking oil, fish sauce, soy sauce, washing powder, shampoo, toothpaste, and dish detergent. These supplies will help meet their daily needs and provide them with essential items during the early days of the new year. Additionally, we also provided new bikes and reference books for the students and the school library. The total cost of the donation exceeded \$2,000 USD (approximately 50,000,000 VND). All of the recipients come from extremely challenging circumstances.

Phan Chau Trinh Secondary School was selected for this initiative because it is located in the rural Song Kon Commune, Dong Giang District. The school has 186 students, 90 percent of whom are from the Cotu ethnic minority. The majority of these students come from poor families and face a variety hardships.



UPDATE: 07/04/2024

LIFESTART FOUNDATION & KMS TECHNOLOGY: NURTURING #IT TALENTS

Lifestart Foundation is honoured to connect with [KMS Technology Vietnam](#) – a Software Services Company based in the United States. They have generously raised and donated 50 million VND (equivalent to more than \$3,000 AUD) to support a financially disadvantaged IT student under the care of Lifestart Foundation.

With the much-needed funds from KMS Technology and the close mentorship and guidance from Lifestart Foundation, we have selected a suitable candidate to be the recipient of this scholarship. (more details to follow about the KMS Scholarship recipient)

This support will nurture their passion to pursue their dreams for a technology-based career. The Lifestart Foundation team would like to express our heartfelt gratitude to KMS Technology for making this wonderful donation possible and look forward to further cooperation in the future.



UPDATE: 19/05/2024

LIFESTART FOUNDATION DONATES A KINDLE E-READER TO DUYEN

Lifestart Foundation recently provided Duyen, a fourth-year Nursing student at Danang University of Medical Technology and Pharmacy with a Kindle E-reader.

Duyen has been a recipient of Lifestart Foundation Education Scholarship for 11 years throughout her secondary, high school and higher education.

She resides with her family, consisting of her father and younger brother. Despite being the sole provider and battling impaired vision, her father tirelessly works as a farmer and builder's assistant to sustain the family.

Before receiving the Kindle, Duyen encountered challenges in accessing educational resources. Relying on her mobile phone posed significant difficulties as the small screen made reading books and medical materials difficult.

The Kindle donation from Lifestart Foundation, has changed Duyen's study experience. Its e-ink display significantly reduces eye strain compared to traditional screens.

This generous donation not only alleviates Duyen's previous challenges but also empowers her with tools that enhance her academic success and future prospects.

In this round, Lifestart Foundation has awarded six Kindle E-readers to support Duyen and other students in their educational pursuits. Stay connected for more inspiring updates on how these Kindles contribute to academic success.

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



UPDATE: 26/05/2024

NEW BICYCLES DISTRIBUTED TO UNDERPRIVILEGED ETHNIC MINORITY STUDENTS

At Lifestart Foundation, our priority is to enhance the livelihoods of underprivileged students. Alongside our primary projects such as offering educational scholarships, we dedicate ourselves to community-driven initiatives aimed at aiding those in need.

In an effort to support education and empower students residing in remote mountainous areas, Lifestart Foundation took the initiative to provide much-needed new bicycles to impoverished ethnic minority students in Dong Giang District, Quang Nam Province.

Dong Giang District, located approximately 80 kilometers from Hoi An, is one of the nine mountainous districts in Quang Nam Province and is predominantly inhabited by the Cotu ethnic minority.

This round, we distributed bikes to disadvantaged students at Phan Chau Trinh Secondary School. This school was selected for this initiative because it is located in the rural Song Kon Commune of Dong Giang District. The school has 186 students, 90 percent of whom are from the Cotu ethnic minority. Most of these students come from poor families and face enormous hardships.

These students who were provided with new bikes are all from underprivileged families and previously did not have any means of transportation to travel to and from school due to their difficult financial situations. Living in remote villages, some as far as 9-10 kilometers away, these determined students faced exhausting journeys daily.

Before receiving the much-needed bicycles, many of these students had to walk for a long distance or rely on their friends to give them a lift to school and extra classes every day. When they heard the good news that they were going to receive a bicycle from Lifestart Foundation, they all were very thrilled and appreciative.

By providing bicycles, these students can now travel to school safely, ensuring punctuality and regular attendance in classes. This improvement in transportation not only maximizes their learning potential but also creates additional study opportunities due to reduced travel time.

Additionally, as part of our initiative, we also provided 60 hamper boxes of household necessities to 60 students from extremely challenging circumstances and more than 120 reference books for the students and the school's library. The total cost of the whole donation exceeded \$2,000 USD (approximately 50,000,000 VND).

Clean Water Project



UPDATE: 03/12/2023

CLEAN WATER PROJECT #20

Providing clean water for over 8,500 students at 28 remote schools in Central Vietnam. Proudly made possible by Lifestart Foundation and Karma Foundation.

Nguyen Van Troi Primary and Secondary School (Nong Son district, Quang Nam province), where more than 170 students and staff will have access to clean water.

Please click on the link below to watch the video about our Clean Water project Nguyen Van Troi Primary and Secondary School: https://www.youtube.com/watch?v=5N_z7K0X39M&t=2s



UPDATE: 21/01/2023

CLEAN WATER PROJECT #21

Providing clean water for over 8,500 students at 28 remote schools in Central Vietnam. Proudly made possible by Lifestart Foundation and Karma Foundation.

Pham Phu Thu Primary School (Nong Son district, Quang Nam province), where more than 210 students and staff will have access to clean water.

Please click on the link below to watch the video about our Clean Water project Pham Phu Thu Primary School: <https://www.youtube.com/watch?v=sOLPG2-Z19o&t=1s>



UPDATE: 18/02/2024

CLEAN WATER PROJECT #22

Providing clean water for over 8,500 students at 28 remote schools in Central Vietnam. Proudly made possible by Lifestart Foundation and Karma Foundation.

Tien Ha Kindergarten (Tien Phuoc district, Quang Nam province), where nearly 90 students and staff will have access to clean water.

Please click on the link below to watch the video about our Clean Water project Tien Ha Kindergarten School: <https://youtu.be/7I2AubJioMQ?feature=shared>



UPDATE: 24/03/2024

CLEAN WATER PROJECT #23

Providing clean water for over 8,500 students to 28 remote schools in Central Vietnam. Proudly made possible by Lifestart Foundation and Karma Foundation.



Tien Loc Kindergarten (Tien Phuoc district, Quang Nam province), where more than 170 students and staff will have access to clean water.

Please click on the link below to watch the video about our Clean Water project Tien Loc Kindergarten School:

<https://www.youtube.com/watch?v=lp7JERykQJg>



UPDATE: 14/04/2024

CLEAN WATER PROJECT NUMBER 24

Providing clean water for over 8,500 students to 28 remote schools in Central Vietnam. Proudly made possible by Lifestart Foundation and Karma Foundation.



Tien Ha Primary School is located in Tien Phuoc district, Quang Nam province, where more than 210 students and staff will have access to clean water.

Please click on the link below to watch the video about our Clean Water project Tien Ha Primary School: <https://youtu.be/rieroMsra7M?feature=shared>

Press



UPDATE: 09/01/2024

TỔ CHỨC LIFESTART FOUNDATION TẶNG 100 SUẤT QUÀ CHO HỌC SINH CA DONG

Tổ chức phi chính phủ Lifestart Foundation (LSF) vừa phối hợp Liên hiệp Các tổ chức hữu nghị tỉnh Quảng Nam đến thăm, tặng quà tết sớm cho 100 học sinh có hoàn cảnh khó khăn tại huyện Nam Trà My.

Đại diện LSF đã trao trực tiếp 100 suất quà cho học sinh đồng bào dân tộc Ca Dong đang theo học tại Trường Phổ thông Dân tộc bán trú THCS Trà Don, mỗi suất gồm nhu yếu phẩm như gạo, dầu ăn, nước mắm, bột giặt, dầu gội cùng nhiều sản phẩm thiết yếu khác. Tổng trị giá các phần quà hơn 42 triệu đồng.

Bên cạnh tặng nhu yếu phẩm, mới đây LSF cũng trao gần 1.500 ly sữa tươi đến 80 bệnh nhi có hoàn cảnh khó khăn đang điều trị tại Khoa Nhi - Bệnh viện Đa khoa khu vực Quảng Nam (thị xã Điện Bàn).

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

<https://baoquangnam.vn/to-chuc-lifestart-foundation-tang-100-suat-qua-cho-hoc-sinh-ca-dong-3127619.html>

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

tuổi trẻ
mientrungtainguyen@tuoitre.com.vn

Tặng quà Tết cho học sinh có hoàn cảnh khó khăn

Tổ chức phi chính phủ Lifestart Foundation vừa phối hợp với Liên hiệp Các tổ chức hữu nghị tỉnh Quảng Nam đến thăm và tặng quà Tết sớm cho 100 em học sinh có hoàn cảnh khó khăn tại huyện Nam Trà My, tỉnh Quảng Nam. Đây là hoạt động nằm trong chuỗi hoạt động hỗ trợ cộng đồng của Lifestart Foundation trên khắp nhân dịp thời kỳ lễ Tết các em sinh viên khó khăn trong điều kiện thời tiết khắc nghiệt học này, đồng thời mang đến niềm vui cho các em và gia đình trước dịp năm mới 2024.

Tại đợt trao tặng lần này, đại diện từ phía Lifestart Foundation đã trao trực tiếp 100 suất quà cho 100 em học sinh đồng bào dân tộc thiểu số Ca Dong đang theo học tại trường Phổ thông Dân tộc bán trú THCS Trà Don, với mỗi suất gồm các nhu yếu phẩm như gạo, dầu ăn, nước mắm, bột giặt, dầu gội và nhiều sản phẩm thiết yếu khác.

THẢO UYÊN

UPDATE: 15/01/2024

LIFESTART FOUNDATION TẶNG QUÀ TẾT CHO HỌC SINH CÓ HOÀN CẢNH KHÓ KHĂN

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

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

www.lifestartfoundation.org.au



UPDATE: 23/01/2024

100 SUẤT QUÀ ĐẾN VỚI HỌC SINH MIỀN NÚI QUẢNG NAM

Vừa qua, tổ chức phi chính phủ Lifestart Foundation đã phối hợp với Liên hiệp Các tổ chức hữu nghị tỉnh Quảng Nam đến thăm và tặng những phần quà Tết sớm cho 100 em học sinh có hoàn cảnh khó khăn tại huyện Nam Trà My (tỉnh Quảng Nam).

Tại đợt này, Lifestart Foundation đã trao trực tiếp 100 suất quà cho 100 em học sinh đồng bào dân tộc thiểu số Ca Dong đang theo học tại trường Phổ thông Dân tộc Bán trú THCS Trà Don, với mỗi suất gồm các nhu yếu phẩm như gạo, dầu ăn, nước mắm, bột giặt, dầu gội và nhiều sản phẩm thiết yếu khác. Tổng các phần quà có giá trị hơn 42 triệu đồng.

Bên cạnh việc trao tặng nhu yếu phẩm, vừa qua, gần 1.500 ly sữa tươi cũng đã được tổ chức Lifestart Foundation trực tiếp trao tận tay đến 80 bệnh nhi có hoàn cảnh khó khăn đang điều trị tại Khoa Nhi, Bệnh viện Đa khoa khu vực Quảng Nam (TX. Điện Bàn).

Xin vui lòng truy cập vào đường link bên dưới để đọc toàn bộ bài viết: <https://shorturl.at/PPAMF>

Lifestart Foundation xin chân thành cảm ơn báo Vietnamnet.vn đã đưa tin về sự kiện quan trọng này của tổ chức.



UPDATE: 23/01/2024

LIFESTART FOUNDATION PRESENTS EARLY TET GIFTS TO UNDERPRIVILEGED CHILDREN IN QUANG NAM PROVINCE

With the goal of supporting families to overcome difficulties during the current rainy season and contributing to a joyful atmosphere for the upcoming Tet holiday, the not-for-profit charity Lifestart Foundation, in collaboration with the Quang Nam Union of Friendship Organization,

visited and presented much-needed gifts to 100 Ca Dong ethnic minority students in need living in Nam Tra My, the mountainous district of Quang Nam province.

In this round of donations, Lifestart Foundation provided hamper boxes full of basic necessities to 100 financially struggling Ca Dong ethnic minority students of the Tra Don Semi-Boarding Ethnic Secondary School, with a total gift value of approximately \$1,800 USD (approximately VND 43,000,000). Each hamper box included daily necessities for cooking and household essentials such as rice, cooking oil, fish sauce, washing powder, shampoo, and many other items.

In addition to distributing crucial domestic necessities, Lifestart Foundation recently made a generous contribution by donating approximately 1,500 bottles of milk to 80 disadvantaged patients at the Department of Pediatrics of Quang Nam Regional General Hospital, located in Dien Ban Town.

👉 Click here to read more about Lifestart Foundation's latest round of donations:

<https://en.baoquangnam.vn/404?r=https://betaen.baoquangnam.vn/society-culture/lifestart-foundation-donates-100-gift-sets-to-ca-dong-students-153911.html#catagory#c1>

A big #THANKYOU to Quang Nam News for featuring and acknowledging this important Lifestart Foundation project in your printed newspaper.



UPDATE: 02/02/2024

LIFESTART FOUNDATION PRESENTS EARLY TET GIFTS TO UNDERPRIVILEGED CHILDREN IN QUANG NAM PROVINCE

With the goal of supporting families to overcome difficulties during the current rainy season and contributing to a joyful atmosphere for the upcoming Tet holiday, the not-for-profit charity Lifestart Foundation, in collaboration with the Quang Nam Union of Friendship Organization, visited and presented much-needed gifts to 100 Ca Dong ethnic minority students in need living in Nam Tra My, the mountainous district of Quang Nam province.

In this round of donations, Lifestart Foundation provided hamper boxes full of basic necessities to 100 financially struggling Ca Dong ethnic minority students of the Tra Don Semi-Boarding Ethnic Secondary School, with a total gift value of approximately \$1,800 USD (approximately VND 43,000,000). Each hamper box included daily necessities for cooking and household essentials such as rice, cooking oil, fish sauce, washing powder, shampoo, and many other items.

In addition to distributing crucial domestic necessities, Lifestart Foundation recently made a generous contribution by donating approximately 1,500 bottles of milk to 80 disadvantaged patients at the Department of Pediatrics of Quang Nam Regional General Hospital, located in Dien Ban Town.

Click here to read more about Lifestart Foundation's latest round of donations:

<https://en.baoquangnam.vn/404?r=https://betaen.baoquangnam.vn/society-culture/lifestart-foundation-donates-100-gift-sets-to-ca-dong-students-153911.html#catagory#c1>

A big #THANKYOU to Quang Nam News for featuring and acknowledging this important Lifestart Foundation project in your printed newspaper.



UPDATE: 09/02/2024

LIFESTART FOUNDATION TẶNG 100 SUẤT QUÀ CHO HỌC SINH CÓ HOÀN CẢNH KHÓ KHĂN TẠI QUẢNG NAM

Mới đây, tổ chức phi chính phủ Lifestart Foundation đã phối hợp cùng Liên hiệp các tổ chức hữu nghị tỉnh Quảng Nam đến thăm, tặng quà Tết sớm cho 100 học sinh có hoàn cảnh khó khăn tại huyện Nam Trà My.

Đại diện tổ chức Lifestart Foundation đã trao trực tiếp 100 suất quà cho học sinh đồng bào dân tộc Ca Dong đang theo học tại Trường Phổ thông Dân tộc bán trú THCS Trà Don. Mỗi suất quà gồm các nhu yếu phẩm như: gạo, dầu ăn, nước mắm, bột giặt, dầu gội... Tổng trị giá các phần quà hơn 42 triệu đồng.

Chương trình trao nhu yếu phẩm là hoạt động thường niên của Lifestart Foundation. Trong giai đoạn bùng phát đại dịch Covid-19, tổ chức đã trao gần 1.000 phần quà nhu yếu phẩm đến người dân trên địa bàn tỉnh Quảng Nam với tổng trị giá gần 600 triệu đồng, kịp thời chung tay hỗ trợ người dân trong giai đoạn dịch bệnh đầy khó khăn.

Xin vui lòng truy cập vào đường link bên dưới để đọc toàn bộ bài viết: <https://shorturl.at/rxJzx>

Lifestart Foundation xin chân thành cảm ơn Tạp chí Thời Đại đã đưa tin về sự kiện quan trọng này của tổ chức.



UPDATE: 26/02/2024

MANG MÙA XUÂN NHÂN ÁI ĐẾN VỚI HỌC SINH KHÓ KHĂN VÙNG CAO QUẢNG NAM

Nhân dịp Tết nguyên đán Giáp Thìn 2024, tổ chức phi chính phủ Lifestart Foundation đã đến thăm trường THCS Phan Châu Trinh (xã Sông Côn, huyện Đông Giang), nơi hiện có 186 học sinh đang theo học, trong đó 90% các em là

người đồng bào dân tộc thiểu số Cơ-Tu, gia đình có hoàn cảnh đặc biệt khó khăn.

Đại diện tổ chức Lifestart Foundation đã trao trực tiếp 68 phần quà bao gồm 60 suất nhu yếu phẩm cho 60 em học sinh đồng bào dân tộc Cơ-Tu đang học tại trường, mỗi suất gồm gạo, dầu ăn, nước mắm, xì dầu, bột giặt, dầu gội, kem đánh răng, nước rửa chén. Đồng thời, 8 chiếc xe đạp mới cũng đã được trao tặng cho 8 em học sinh, giúp các em có phương tiện đến trường mỗi ngày.

Các em được nhận quà và xe đạp là những em học sinh dân tộc thiểu số có hoàn cảnh khó khăn, quãng đường từ nhà đến trường của các em đều rất xa, nhiều em nhà cách xa trường gần 10km.

Dịp này, tổ chức Lifestart Foundation cũng đã trao tặng 123 đầu sách giáo khoa, sách tham khảo cho trường THCS Phan Châu Trinh, nơi hoạt động thư viện vẫn còn nhiều khó khăn, hạn chế. Chương trình trao tặng sách nhằm giúp nhà trường cải thiện tình trạng thiếu hụt nguồn sách, trang bị những đầu sách phù hợp cho học sinh từng khối lớp, tạo điều kiện thuận lợi trong việc tìm kiếm tài liệu, thúc đẩy thêm văn hóa đọc cũng như đáp ứng được nhu cầu đọc sách và học tập của học sinh.

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

<https://dangcongsan.vn/xa-hoi/mang-mua-xuan-nhan-ai-den-voi-hoc-sinh-kho-khan-vung-cao-quang-nam-659338.html>

Lifestart Foundation xin chân thành cảm ơn Báo điện tử Đảng Cộng Sản Việt Nam đã đưa tin về sự kiện quan trọng này của tổ chức.



UPDATE: 11/03/2024

TỔ CHỨC LIFESTART FOUNDATION TẶNG QUÀ TẾT CHO HỌC SINH NGHÈO HUYỆN ĐÔNG GIANG, TỈNH QUẢNG NAM

Đại diện tổ chức Lifestart Foundation đã trao tặng 68 phần quà (60 suất nhu yếu phẩm) cho 60 em học sinh đồng bào dân tộc Cơ Tu có hoàn cảnh khó khăn đang theo học tại trường THCS Phan Châu Trinh (xã Sông Kôn, huyện Đông Giang). Mỗi suất quà gồm gạo, dầu ăn, nước mắm, xì dầu, bột giặt, dầu gội, kem đánh răng, nước rửa chén... Trao tặng 8 chiếc xe đạp mới cho 8 em học sinh, giúp các em có được phương tiện đến trường. Dịp này, tổ chức Lifestart Foundation cũng trao tặng 123 đầu sách giáo khoa, sách tham khảo cho trường THCS Phan Châu Trinh.

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

<https://shorturl.at/2p5m9>

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



EN.VIETNAMPLUS.VN
Scholarships presented to disadvantaged students in central Vietnam

UPDATE: 10/05/2024

LIFESTART FOUNDATION SCHOLARSHIPS PRESENTED TO DISADVANTAGED STUDENTS IN CENTRAL VIETNAM

The not-for-profit charity Lifestart Foundation has recently awarded a new round of major General Medicine and Residency Scholarships to 25 exceptionally talented students hailing from extremely disadvantaged backgrounds in central Vietnam.

This latest cohort comprises 16 medical university students and 4 resident doctor students at Hue University of Medicine, along with 4 medical university students at Da Nang University of Medical Technology and Pharmacy, and 1 resident student doctor at Ho Chi Minh City University of Medicine and Pharmacy.

These students have been granted prestigious scholarships comprising financial aid, nine new laptops and one English course, with a total value exceeding 189,560 USD (equivalent to more than 4.7 billion VND).

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

Please click on the link below to read more about this project: <https://shorturl.at/fix7P>



UPDATE: 17/05/2024

LIFESTART FOUNDATION TRAO TẶNG HƠN 4,7 TỶ ĐỒNG CHO SINH VIÊN NGÀNH Y

Tổ chức Lifestart Foundation vừa tiếp tục trao tặng thêm 25 suất học bổng Y khoa và Nội trú cho các sinh viên ngành Y có hoàn cảnh đặc biệt khó khăn tại khu vực miền Trung.

Đợt trao tặng lần này, Lifestart Foundation đã trao 20 suất học bổng Y khoa toàn phần (trị giá lên

đến 12.500 USD/suất) dành cho 16 sinh viên ngành Y đa khoa tại trường Đại học Y - Dược (Đại học Huế) và 4 sinh viên ngành Y đa khoa (Đại học Kỹ thuật Y Dược Đà Nẵng).

Ngoài ra, Lifestart Foundation cũng trao 5 suất học bổng Nội trú (trị giá lên đến 4.500 USD/suất) cho 4 học viên bác sĩ nội trú trường Đại học Y - Dược (Đại học Huế) và 1 học viên bác sĩ nội trú tại Đại học Y - Dược thành phố Hồ Chí Minh.

Bên cạnh hỗ trợ tài chính xuyên suốt năm học, Lifestart Foundation còn hỗ trợ 9 máy tính xách tay mới và 1 khóa học tiếng Anh, tổng giá trị học bổng hơn 189.560 USD (tương đương hơn 4,7 tỷ đồng). 25 sinh viên và học viên được nhận học bổng đợt này đều có thành tích học tập xuất sắc và có hoàn cảnh gia đình khó khăn.

Xin vui lòng truy cập vào đường link bên dưới để đọc toàn bộ bài viết: <https://shorturl.at/MJC3o>

Lifestart Foundation xin chân thành cảm ơn [Báo Quảng Nam](#) đã đưa tin về sự kiện quan trọng này của tổ chức.

Tiktok

WE NEED YOU!



UPDATE: 06/03/2024

WE NEED YOUR HELP!

We're all across the internet! We've been creating a profile on TikTok over the past few weeks, and would really appreciate your continued support! If you have a profile on this platform, we would love it if you could share and follow us to see our new updated videos!

Tiktok: @lifestartfoundation

Please click on this link to watch our first video:

https://www.tiktok.com/@lifestartfoundation/video/7340948258006617345?_r=1&t=8kHtgR6Hy mA&fbclid=IwAR1SEh3U13NWnmFyD2RgEvX12UNUKkUYN3OY92sfhCPvLExz5bkDgorf6MU

We also have other social platforms. Please help to support us by following our pages on these platforms below:

Twitter: @LSFVietnam/ Instagram: lifestartfoundation/ LinkedIn: Lifestart Foundation

<https://www.linkedin.com/company/3282362/admin/feed/posts/>



UPDATE: 24/05/2024

Lifestart Foundations Hue Trip TikTok video!

In this brand new video, we are delighted to showcase the activities from our recent scholarship trip from Hoi An to Hue, where we awarded scholarships to 16 medical students and 4 resident doctors at Hue University of Medicine and Pharmacy. The video captures the heartwarming moments of our scholarship, laptop, Kindle and book awards. In addition it also showcases the intimate dinner gatherings we organized for the scholarship recipients.

We hope this video will spread the message of love that Lifestart Foundation has for underprivileged scholarship students who excel academically. Please follow the Lifestart Foundation on TikTok for exclusive access to our latest video and to stay connected with our ongoing projects. Thank you all for watching our video and supporting us! Please help increase our view count by clicking on this link and watching the video directly on Tiktok.

https://www.tiktok.com/@lifestartfoundation/video/7369892230397480210?fbclid=IwZXh0bgNhZW0CMtAAAR2j40IYCVLNmzPYYtD0NzwkARzV2PYxae2rth-dvkyxKa9hB8MqoHG4Cg8_aem_AQyb5spXFZHLxvdME-fh5shrsitMYvRbF2RO5pF3wm73OPN3qxnzLKH9nOpPktYePEc9xJ4VTfROmEZg104XmDoS

Other Activities



UPDATE: 26/01/2024

Lifestart Foundation is very pleased to welcome the representatives from Quang Nam Union of Friendship Organizations - our long-time government partner on the occasion of the Vietnamese Lunar New Year 2024.

We would like to extend our sincere gratitude to Quang Nam Union of Friendship Organizations for acknowledging our positive contributions to the community this past year.

The Lifestart Foundation team is grateful for the continued support from Quang Nam Union of Friendship Organizations over the past years. We look forward to ongoing cooperation with our local government organizations in general and Quang Nam Union of Friendship Organizations in particular in the upcoming

years so that we can continue to reach out to help more people in need and contribute to making positive changes in Central Vietnam.



UPDATE: 06/02/2024

The Vietnamese Lunar New Year – Year of the Dragon is just around the corner and Lifestart Foundation recently has had the honour to welcome representatives from our Government partner: Tien Phuoc district's Red Cross Society (Quang Nam province) on the occasion of this traditional New Year.

Through this visit, Lifestart Foundation would like to express our sincere gratitude to Tien Phuoc district's Red Cross Society for their close cooperation with Lifestart Foundation and

tremendous support in helping us implement the philanthropic project of Clean Water System Donations.

This initiative has provided hundreds of disadvantaged students in Tien Phuoc district, Quang Nam province with access to safe drinking water over the past year. We look forward to ongoing cooperation with our local Government partners in general and Tien Phuoc Red Cross Society in particular in the years ahead so that we can continue contributing to making positive changes in Central Vietnam!



UPDATE: 21/04/2024

VIETNAM BOOK AND READING CULTURE DAY 2024

Today marks the 3rd annual Vietnam Book and Reading Culture Day, which aims to encourage Vietnamese citizens to promote reading habits.



This year, the event is centered around two themes: "Book: Awareness - Innovation - Creation" and "Books for me and for you," and seeks to emphasize the important role and significance of books in enhancing knowledge and skills, shaping minds, and nurturing personality growth.

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

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



UPDATE: 26/04/2024

WE HAVE REACHED 5,500 FOLLOWERS!

[#THANKYOU](#) for helping Lifestart Foundation to reach 5,500 Facebook followers and thank you to all of our amazing supporters, donors, and volunteers who make all of our important projects possible.

Our next goal is 5,600 followers so **please help us raise awareness by liking and sharing our posts**. It is an easy and simple way to help us.

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



lifestart
foundation

UPDATE: 07/05/2024

#Lifestart_Foundation is celebrating a major milestone - **24 years of service** to the disadvantaged community in Vietnam. We have grown from very humble beginnings to an organization that now delivers significant services to those most in need. Our success would not be possible without our dedicated staff and our amazing group of supporters from all corners of the world.



UPDATE: 08/05/2024

Are you interested in supporting #Lifestart_Foundation's efforts to help disadvantaged students and families in Vietnam? Why not hold a fundraiser or start a "birthday pledge page"? In lieu of your upcoming birthday gifts, you could ask for a donation to Lifestart Foundation. Your network of family and friends will be excited to support your cause on your birthday!

The personal connection and selfless sacrifice of one's birthday is a great way to give back.

To set up a birthday pledge page visit us at: <https://www.lifestartfoundation.org.au/fundraise/>

A few tips on your efforts:

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

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

Visit and support our Online Store here:

<https://www.lifestartfoundation.org.au/get-involved/shop/>



UPDATE: 13/05/2024

LIFESTART FOUNDATION UNIVERSITY STUDENT UPDATE

👉 **CLICK HERE TO READ ALL ABOUT OUR UNIVERSITY SCHOLARSHIP STUDENTS:**

https://www.lifestartfoundation.org.au/wp-content/uploads/2023/12/University-Students-update-December-2023.pdf?fbclid=IwZXh0bgNhZW0CMATAAR14V-K-M118VbAJbcy6EL24MUMiJI-DpKZ10_3k2_aGq3D-1jKLh0QIAig_aem_ewEhb2cjwdf77uS9wfp7A



We are so very proud of each and every one of these students, many are the first in their family to attend University. Against all odds, through sheer hard work, determination, and the support of Lifestart Foundation, they have achieved

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

Lifestart Foundations investment in the disadvantaged youth of Central Vietnam to date is in excess of 33 Billion VND (approx \$2,000,000 AUD). We are committed to breaking the poverty cycle of Central Vietnam's brightest scholars via education. Lifestart Foundation Education Scholarship Project - provides fully comprehensive scholarships through Secondary and High school and onto University. Scholarships cover all tuition fees, books, uniforms, and the all-important extra classes. Our Year 12 Central Vietnam students need to leave home to attend University for between 4 - 6 years depending on their chosen degree, so funding for accommodation and food needs to be provided too. Scholarships are awarded to academically gifted students from very poor families.



UPDATE: 15/05/2024

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: 21/05/2024

LOOKING FOR A GREAT GIFT IDEA???

Please consider donating a #Lifestart_Foundation #Gift_Certificate to a family or individual we support in Vietnam.

Certificates include:

- A Family of Chickens: \$50 USD
- Annual Food Allowance: \$500 USD
- Library Books: \$55 USD
- Bicycle: \$100 USD
- Secondary School Educational Scholarship (full): \$3500 USD

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

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



UPDATE: 22/05/2024

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.

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



UPDATE: 30/05/2024

☀️ **YOUR LEGACY, THEIR FUTURE** ☀️

Dear Lifestart Foundation Community,

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

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

📄 **How to Include Lifestart Foundation in Your Will:**

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

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

For more information or to notify us of your bequest, please visit:

www.lifestartfoundation.org.au or contact us directly.