

Education



UPDATE: 08/06/2024

**LIFESTART FOUNDATION UNIVERSITY GRADUATE:
INTRODUCING DR VI - HER INSPIRING JOURNEY TO BECOME A
DOCTOR**

Lifestart Foundation would like to extend our heartfelt congratulations to Dr. Vi and we are so very proud of your accomplishments!

Lifestart Foundation's General Medical Scholarship student Nguyen Thi Thuy Vi, has just successfully graduated from Hue University of Medicine and Pharmacy with a Distinction Degree. Thanks to her diligent effort and dedication throughout her academic journey, she achieved an impressive GPA of 3.54 out of a possible 4.

Continuing her pursuit of excellence, Vi has successfully passed the residency examination and is currently enrolled in a three-year residency program in Internal Medicine at the University of Medicine and Pharmacy in Ho Chi Minh City. Her ultimate goal is to become a proficient Internist, specialising in diagnosing and treating a wide range of medical conditions affecting adult patients.

Vi grew up in a disadvantaged family of six in a small village located in Quang Nam province. Her parents previously worked as labourers in Danang, which led Vi and her siblings to live with their grandparents. However, after years of strenuous work, her parents health deteriorated, forcing them to return to their hometown. The income they earned was meagre and insufficient to cover the essential expenses of the entire family, including food, electricity, and school fees. Both of Vi's younger siblings have health problems as does her father, adding extra financial strain due to medical costs. The scholarship Vi 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.

Lifestart Foundation takes immense pride in Vi's achievements, from her graduation with a Distinction Degree to her successful entry into the residency program. We extend our heartfelt congratulations to Vi for her exceptional dedication, and we wish her continued growth and success on her upcoming path.

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

DR VI'S GRATITUDE LETTER:

Dear Ms. Karen and everyone at Lifestart Foundation,

My name is Nguyen Thi Thuy Vi, a newly graduated General Medicine student from Hue University of Medicine.

My second semester went pretty smoothly, with only 2 clinical subjects left to complete: internal and external. I achieved high scores in both subjects, with 9.6 and 8.5 out of a possible 10, respectively. I am very satisfied with the results, as they reflect the massive effort I have put in over the past few years. The graduate thesis was a challenging task, as my research topic focused on "Clinical Applications in the Treatment of COPD." Conducting this clinical research required a lot of effort and took a significant amount of time to complete. However, my hard work paid off, and my thesis presentation was very well received from the 1st Thesis Council, earning me a score of 9.3, which was the highest among other students on Defense Day.

During my one-month medical field trip in Da Nang Hospital, I had the opportunity to learn a great deal from the doctors there and witnessed numerous medical cases that I had never been exposed to before. Additionally, I connected with many experienced seniors in the medical field who provided valuable advice for my future career.

Before receiving the Lifestart Foundation scholarship during my third year at university, my family faced significant financial difficulties. My parents had unstable jobs, and with a large number of children in the family, they had to take out student loans to pay for my university tuition. At that time, my elder sister had just graduated, and her salary was very low.

When I learned about the Lifestart Foundation scholarship through my university's official email, I felt nervous and hesitant. I believed that the chance of receiving the scholarship was slim because several of my friends with excellent academic achievements had already received this prestigious award. However, due to my family's difficulties, I was motivated to apply for your scholarship.

When I received the news that I had been awarded the Lifestart Foundation scholarship, I was filled with happiness and gratitude. I felt more fortunate than many of my peers and can't express enough gratitude to you and everyone at Lifestart Foundation for providing me with such a valuable opportunity.

My parents were overjoyed when they learned about the scholarship, as they no longer needed to take out student loans for my studies. I could take care of myself thanks to this valuable scholarship, and I felt that my future path had become much smoother. I was able to purchase the necessary medical study tools, which greatly benefited my education.

When a storm hit the area where my family home is, we received funds from Lifestart Foundation to repair the roof. Although my family wasn't severely affected by the storm, this amount of money was significant to us, and we were immensely grateful and treasured the invaluable support from Ms. Karen and everyone at the Lifestart Foundation.

My monthly mentoring meetings with Lifestart Foundation mainly focus on the problems I face with my studies and my life concerns.

Without your assistance, my life would have been extremely difficult, and my parents would have struggled to borrow money to cover my expenses and the loans I had to take out each semester. Therefore, when I graduated, I often jokingly say that if I hadn't received the Lifestart Foundation scholarship, I would have graduated with a large amount of debt, in contrast to some of my friends who have never had to worry about tuition fees during their university years. The Lifestart

Foundation scholarship has provided opportunities for many young people from challenging family circumstances, contributing to their personal growth and creating a brighter future for them.

I hope that the Lifestart Foundation scholarships will continue to expand and support students around the country, fostering a prosperous future for all.

I would like to express my immense gratitude to Ms. Karen and everyone at Lifestart Foundation for your tremendous help. I wish Ms. Karen and everyone good health, and success in work and life.

Sincerely,
Nguyen Thi Thuy Vi

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

- Introducing Vi – New LSF Medical Scholarship student:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4309331679112318>
- A Hamper Box Donation for Vi:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5182913278420816>

MEET ALL OF OUR UNIVERSITY STUDENTS AND GRADUATES HERE:

<https://www.lifestartfoundation.org.au/wp-content/uploads/2024/08/University-Students-update-August-2024.pdf>

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UPDATE: 15/06/2024

CELEBRATING ACADEMIC EXCELLENCE: DR THANG'S JOURNEY FROM ADVERSITY TO BECOMING A DOCTOR

Dr Thang is a recent General Medicine graduate from Danang University of Medical Technology and Pharmacy. She is one of the 13 students who successfully achieved a Distinction degree among the cohort of 24 diligent Lifestart Foundation Medical and Pharmacy scholarship graduates. As a result of her hard work and dedication, and of course, the wonderful sponsorship from the Lifestart Foundation Medical scholarship, Thang is finally able to pursue her dream career as a doctor.

Hailing from a challenging background, Thang is the youngest child of rice-farming parents in the harsh countryside of Vinh Linh district, Quang Tri province. Despite facing financial difficulties worsened by her father's illness and his subsequent passing during her second year at university, Thang has made every effort in her studies in order to help her family break the poverty cycle.

During her university years, Thang's family faced the financial burden of her father's medical treatment expenses as well as her tuition fees, accommodation costs, and living expenses. However, a turning point occurred when Thang received the Lifestart Foundation scholarship.

The scholarship not only covered her tuition fees and books but also provided an essential allowance for food and rent. This generous support significantly improved Thang's quality of life, allowing her to focus on her studies without having to worry about financial distress.

At present, Thang is working as a doctor at Vinh Linh Regional General Hospital in her hometown of Vinh Linh district, Quang Tri province. Her long-held cherished ambition is to become a skilled Paediatrician and contribute to the field of Paediatrics. She explained her choice: "Through my studies and practical experience, I've developed a strong passion for Paediatrics. I've learned that treating children requires special care and attention.

Pursuing Paediatrics not only enhances my medical knowledge but also hones qualities like precision, gentleness, and patience. I'm committed to nurturing the health and well-being of children, and seeing them recover fills me with immense joy and fulfillment."

In a heartfelt letter of gratitude to Lifestart Foundation after her graduation, Thang shared her inspiring journey of overcoming hardships. She expressed deep appreciation for the transformative impact the Lifestart Foundation scholarship had on her life.

It's been an absolute pleasure for Lifestart Foundation to accompany Thang through her education journey and watch her grow into a capable young woman. Congratulations, Thang, on your achievements, and we extend our best wishes for success in your promising career!

DR THANG'S GRATITUDE LETTER:

Dear Ms. Karen and everyone at Lifestart Foundation,

My name is Nguyen Thi Chi Thang, and I recently graduated from Danang University of Medical Technology and Pharmacy.

Today, I am writing this letter to share my feelings about being one of the lucky students who received your scholarship, and to express my gratitude to Ms. Karen and everyone at Lifestart Foundation.

In my last semester, I focused on my clinical practice and had five weeks internship at the Department of Internal Cardiology at Da Nang C Hospital. During that time I observed the daily tasks of doctors and gained valuable experience in patient examination and in-patient treatment. I also had the opportunity to witness emergency medical cases and attend seminars. These experiences have equipped me with important skills and knowledge.

Following my clinical internship, I spent eight weeks studying medical theory while continuing to fulfil my requirements at the internal clinic. I completed the internal clinical exam with a score of eight out of ten. Following this, I had one week of reviewing for the graduation exam.

After six years of university, I obtained an overall GPA of 3.38 out of 4.0 and graduated with a good bachelor's degree. I am pleased with this result, which reflects my personal efforts and dedication. Throughout my six-year journey, I have acquired a vast amount of clinical and post-clinical knowledge and gained insights into the life of a doctor, which has deepened my understanding of my future career. In addition to my studies, I actively participated in various volunteer activities, such as organizing the Mid-Autumn Festival for children in the Nam Tra My mountain area, providing support to COVID-19 patients through the Home Doctor program organized by the Central Association of Young Doctors of Vietnam, and engaging in activities with the university's Paediatrics club. These experiences have left me with cherished memories that I will never forget when reminiscing about my student days.

I come from a farming family, where my mother, due to old age and frequent illness, can only perform light household tasks. The main burden of supporting the family falls on my brother. Despite his efforts, the income generated from farm work is insufficient, and our family faces financial difficulties, making our family an economically disadvantaged one in the area.

Prior to receiving the LSF scholarship, I relied on student loans to pay for my tuition and worked part-time as a tutor to support my living expenses. Consequently, I had limited time and could not fully concentrate on my studies. At times, I doubted my ability to complete the six-year program. The thought of the money my family borrowed for my education often led me to consider quitting my studies to find a job that could provide immediate assistance to my family.

Fortunately, I was lucky to receive a Lifestart Foundation scholarship. While applying and attending the interview, I felt quite anxious. However, during the interview, Mrs. Karen and the staff at LSF were so friendly and supportive which helped alleviate my anxiety.

When I received the news that I had been selected to receive a scholarship from Lifestart Foundation, I was genuinely surprised and overjoyed. I immediately shared the news with my family, who were delighted.

Thanks to the support of Lifestart Foundation, my family's financial burden has significantly decreased, bringing a sense of relief to everyone. I can now dedicate 100% of my energy to my studies and to learning specialized English. Your scholarship not only covers my tuition and living expenses but also provides me with monthly mentorship, guidance, and encouraging advice. This dedicated support has made me stronger and has given me a clear vision of my future. I am immensely grateful to Mrs. Karen and all of the staff at LSF for your unwavering assistance.

Without the financial support from Lifestart Foundation, pursuing my dream of becoming a doctor would have been a tremendous challenge. The pressure of financial problems wore my family out. Without the support of the LSF scholarship, it would be difficult for them to pay tuition and other expenses because in addition to my studies, we also have a lot of other expenses.

Meanwhile, the family's main income is from farming, which takes place over a long period and produces only a small amount of profit. Sometimes we only earn enough money to cover our

outlay. If I did not receive support from the Lifestart Foundation, my family would have to take out a loan to pay for my education, and I would also have to work part-time to pay for living expenses. This would definitely result in my marks not being as good as they are today.

I am extremely grateful for the assistance provided by Ms. Karen and the staff at LSF in helping me achieve my current results. Thanks to your unwavering support and care, both my family and I have found strength and resilience along this challenging journey.

You have given me a lot of encouragement and positive energy and I am committed to continually bettering myself so that I can support my family and relatives, as well as those around me, in the way that you have done for me and numerous other students. I genuinely appreciate everyone's contributions in the past few years.

At the end of my letter, I would like to wish you all good health and peace. I hope that you will always be happy and love your lives as you help many more disadvantaged people. Thank you sincerely!

Warm regards,

Nguyen Thi Chi Thang

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

- Introducing Thang – New LSF Medical Scholarship Recipient:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02qfZuBgD6Lm6yxvoLxhnyC1cHu2RkkmgBAv3nzuZ3X8FmgQAWsVuhZThmvc3cZx8bl>
- Lifestart Foundation Awarded a New Round of Medical Scholarships:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02w8pgoC5HQtpBkiTvRjC6yDqYD8BFmYLAjpxYcEQVWXchqyZXMmr34JgDxn15hRbG7l>



UPDATE: 22/06/2024

CONGRATULATIONS TO LIFESTART FOUNDATION SCHOLARSHIP STUDENT – DR HOAI, ON GRADUATING FROM UNIVERSITY AND BECOMING A DOCTOR OF MEDICINE.

Dr Hoai is one of the outstanding students who received the Lifestart Foundation scholarship in 2018. Recently, Hoai graduated with a High Distinction Degree, earning the title of the most excellent student in the General Medicine major - Class of 2023. She achieved an impressive overall GPA of 3.71 out of a possible 4.0, ranking 2nd among 467 final-year General Medicine students. Additionally, she successfully passed the Residency Doctor exam in Hue which is considered the most difficult exam for medical students.

We still remember during her interview at Hue University of Medicine and Pharmacy, Hoai left a deep impression on us with her outstanding academic achievements and the determination she showed in overcoming the extremely difficult circumstances of her life.

Hoai's family consists of 5 members: her grandmother, her parents, her elder brother, and Hoai. Her grandmother is old and frail, so she can no longer work. Her father used to work as a builder's assistant, but he now has problems with his hands and can no longer work as hard. Hoai's mother is a rice farmer and also works as a laborer during the off-season to supplement the family's income.

Hoai's brother is a student at the University of Architecture in Ho Chi Minh City. With their meager income, Hoai's parents struggle to support the entire family, and sometimes they have to borrow money to cover their children's education fees. As a result, their family is in a difficult economic situation.

We are delighted that the Lifestart Foundation scholarship has turned many dreams of gifted underprivileged students into reality and accompanied them on their educational journey towards success. We wish Hoai continued success in her noble mission as a doctor.

We hope you will enjoy reading Hoai's thank-you letter to us after her graduation.

DR HOAI'S GRATITUDE LETTER

Dear everyone at Lifestart Foundation,

I extend my warm greetings to you. I am Nguyen Thi Hoai, a recent graduate of Hue University of Medicine and Pharmacy, where I pursued my studies from 2017 to 2023, and successfully obtained a bachelor's degree in General Medicine.

In my endeavor to meet the graduation deadline, I embarked on an intense journey to complete two clinical practice subjects in Obstetrics and Pediatrics. With unwavering guidance and support from my teachers, I managed to fulfill the knowledge requirements before graduation.

This enabled me to attain a more comprehensive understanding of the responsibilities of a medical practitioner. The outcome of this journey was truly rewarding - I received an A grade in Obstetrics and a B grade in Pediatrics. This achievement brought me great satisfaction as it aligned with my goals.

During this term, I successfully completed my graduation thesis, centered around the theme of "Study on the relationship between dyslipidemia and blood pressure in hypertensive patients." In the process of crafting my thesis, I conducted extensive research and sought guidance from my thesis supervisor. Their assistance encompassed both scientific research and presenting the research findings. I meticulously prepared for my thesis defense presentation, practicing in front of a mirror, refining my speaking pace, and honing my ability to emphasize key points. This preparation paid off on the day of the thesis defense, where I confidently presented and earned an A- grade, the highest level of recognition. Concluding the semester, I achieved an average score of 3.86 out of a possible 4.0. Over the entirety of my six-year academic journey, my overall GPA stands at 3.71 out of 4.0, surpassing my expectations.

As a result, I graduated with outstanding results, securing the second rank in the entire academic University training course. This outcome fills me with immense pride for my accomplishments in the last semester and throughout my six years of dedicated study. While acknowledging my imperfections and areas for growth, I am determined to continue striving, consistently seeking opportunities for self-improvement through continuous learning.

Presently, my focus is on preparing for my upcoming resident Doctor exam in Internal Medicine, a field I am deeply passionate about. I am optimistic that my efforts will yield positive results. I firmly believe that unceasing learning will be the key to my future success.

I can't recount these achievements without acknowledging the profound support of Lifestart Foundation. I have been a beneficiary of your scholarship since my second year at the university. At that time, my family faced significant financial challenges due to my parents' unstable employment and my father's leg ailment, which confined him to periods of rest. A year of drought added further strain to our finances, making it exceedingly arduous for a rural family like mine to bear the financial responsibilities of my education and that of my brother.

During this trying period, my brother undertook part-time work to alleviate our financial strain. While I considered part-time employment, I was apprehensive about its potential impact on my studies.

When I received an email regarding the Lifestart Foundation Scholarship, I held a glimmer of hope that assistance was forthcoming. The scholarship interview was characterized by empathy. Ms. Karen and Ms. Nhung inquired about my family background, academic pursuits, and aspirations. They shared experiences and challenges, providing encouragement for my studies and future endeavors.

The moment I learned of my selection for the Lifestart Foundation scholarship, emotions of joy and pride overwhelmed me. I was also filled with a sense of relief, knowing that the burden on my parents would be alleviated.

Being a scholarship recipient of the Lifestart Foundation, I have come to realize that this scholarship sets itself apart from others I have received in the past. Your support has been unwavering throughout my university journey.

The scholarship not only covered my tuition fees but also provided for my living expenses over six years. Additionally, I was provided with a laptop that proved indispensable to my studies.

Furthermore, the Lifestart Foundation consistently extended support in the form of study materials and thoughtful gifts. During challenging times, such as the rainy season and the onset of the COVID-19 pandemic, the scholarship included essential provisions like rice, cooking oil, and fish sauce, aiding us through these trying phases.

Lifestart Foundation mentors regularly checked in every month, demonstrating genuine concern and monitoring my progress, making me feel safeguarded under the umbrella of the Lifestart Foundation scholarship.

My family is profoundly appreciative of your immense support. With your sponsorship, my parents were relieved of the financial strain related to my tuition fees, thus obviating the need for additional

loans. Your support has shielded them from additional labor and its associated strain on their health.

As I chart my path forward, I vow to always remember the support extended during the most challenging junctures for my family and myself.

I convey my heartfelt thanks and deepest gratitude to you and every member of the Lifestart Foundation for your support over the past years.

I hope that in the future, I can contribute to the Lifestart Foundation, assisting students who share similar circumstances to mine.

In conclusion, I extend my best wishes for good health, happiness, and success in life to everyone at the Lifestart Foundation.

With sincere appreciation,

Nguyen Thi Hoai

You can read more about Hoai here:

- Introducing Hoai:
<https://www.facebook.com/TheLifestartFoundation/posts/1985740041471505>
- Lifestart Foundation Medical Scholarship's success story:
<https://www.facebook.com/TheLifestartFoundation/posts/712949830865265>
- Hoai graduates with Top honor:
<https://www.facebook.com/TheLifestartFoundation/posts/730050472488534>



UPDATE: 23/06/2024

INTRODUCING NEW LIFESTART FOUNDATION SCHOLARSHIP STUDENT: TUAN

#Educating young Central Vietnamese students to reach their potential.

We are thrilled to announce that Tuan is one of the most recent recipients of a full Lifestart Foundation Education Scholarship. Currently, he is studying in Year 8 and is deeply passionate about becoming a doctor.

Tuan comes from a family of five who face financial difficulties. Both his parents work in construction, earning an unstable monthly income of around 5,000,000 VND (approximately \$197 USD), which is insufficient to cover all their needs and provide education to their three school-aged children. Unfortunately, his father suffers from poor health which limits his ability to work, leaving his mother the sole provider for the family.

Despite these adversities, Tuan's determination and academic achievements shine through. He was unable to attend any supplementary classes due to the family's financial constraints, but that

did not deter him from excelling academically. Year after year, Tuan has demonstrated exceptional academic ability, earning the prestigious title of excellent student. In Year 7, Tuan achieved an exceptional GPA of 9.2 out of 10, securing the first position in his class. Continuing his streak of excellence, in Year 8, Tuan attained a remarkable GPA of 9.6 out of 10 - an extraordinary accomplishment indeed! This excellent academic performance made a lasting impression during the scholarship interview process, highlighting his potential and dedication.

Presently, Tuan's aspiration is to pursue a career as a doctor, and the Lifestart Foundation scholarship will play a vital role in turning this dream into a reality. Since being awarded the full scholarship, Tuan's life has undergone a remarkable transformation. The scholarship has alleviated a significant financial burden on both Tuan and his family. It covers all of Tuan's educational expenses, including tuition fees, books, uniforms, and stationery. Moreover, the scholarship provides him with the opportunity to enroll in important extra classes that will further enhance his education and broaden his knowledge.

We warmly welcome Tuan into the Lifestart Foundation family and hope to provide him with as much as possible. We believe in his potential and are dedicated to helping him reach his goals and we are honored to be a part of his educational journey.

Below is the beautiful letter Tuan sent to us when he learned that he would receive the Lifestart Foundation Education Scholarship. We invite you to read his heartfelt message of appreciation.

TUAN'S THANK-YOU LETTER:

Dear Sponsor and Lifestart Foundation,

My name is Lam Nguyen Ngoc Tuan, a student in Year 8 at Ngo Quyen Secondary School in Duy Hai commune, Duy Xuyen district, Quang Nam province.

To begin the letter, I would like to send my greetings and my best wishes to you all. Today, I am writing this letter to express my gratitude to you for generously providing me with this scholarship, which helps my family lead a better life. I also wish to share insights into my life, family, and studies.

My family consists of five members: my parents, my elder sister, my younger brother and myself. My parents work as construction workers. Due to my father's poor health caused by depression, he is unable to work much, so my mother has the responsibility of being the sole breadwinner. Their work depends on seasons and weather conditions, resulting in earning a meagre and unstable income. My elder sister is in Year 11, and my younger brother is in Year 6. Having to cover both the family's living expenses and the educational costs for me and my two siblings, has caused my parents considerable financial strain.

In terms of my studies, being aware of my current family's circumstances, I always do my best to achieve outstanding academic results, aiming to have a stable job to support my parents. Despite not joining any extra classes like my peers, I still did well in past academic year, attaining a GPA of 9.5 out of 10 and becoming top in my grade. Among my subjects, Mathematics holds my keen interest and is my strongest subject. This is also one of the subjects that can contribute to my

dream of becoming a doctor. In class, my performance is excellent, and both teachers and friends are very friendly. Besides studying, I participate in other extracurricular activities such as chess competitions and National Phu Dong Sports Game organised by my school. At home, I usually dedicate about 5 hours per day to self-study, doing homework, preparing lessons and reading advanced books. I also try to have time to help my parents with household chores and indulge in reading books..

In this school year, my goal is to achieve a GPA of at least 9.0, and to take part in the Mathematics team for gifted students, in the hope of winning a top prize in the district-level contest and participating in the provincial-level competition. In the future, I aspire to become a doctor because I want to help patients and poor individuals who cannot afford medical treatment.

The principal of my school told me about the Lifestart Foundation scholarship. During the interview, I was extremely nervous, but thanks to the friendliness of Ms. Karen and Ms. Nhung, I felt more comfortable. Ms. Nhung speaks English very well. Upon receiving news of the scholarship, my family and I were overwhelmed with happiness. We feel that we are so fortunate to be granted the scholarship.

The scholarship holds both spiritual and financial significance for my family. Thanks to it, I have more motivation to study and fully concentrate on my school work. Additionally, the scholarship eases some of the burdens on my parents' shoulders, allowing them to focus on taking care of my elder sister and younger brother. From now on, I will be able to participate in extra classes without concerns about the fees and access better conditions and learning resources, which will help me obtain even better academic results. The scholarship enables me to have an easier life and study better, contributing to building a brighter future for me.

I would like to extend my sincere thanks to you, Ms. Karen and Lifestart Foundation for providing me with such a meaningful scholarship. I promise to make the best effort to study and accomplish high academic outcomes so as not to disappoint you.

In closing, I wish you, Ms. Karen and Lifestart Foundation robust health and resounding success in your lives.

With sincere appreciation,
Lam Nguyen Ngoc Tuan



UPDATE: 29/06/2024

MEET DR. TRAM, A RECIPIENT OF THE LIFESTART FOUNDATION SCHOLARSHIP, WHO GRADUATED WITH HONORS

Lifestart Foundation is excited to share the inspiring story of Tram, one of our esteemed scholarship recipients, who has recently completed six-years of studies in General Medicine at Hue University of Medicine and Pharmacy. We are immensely proud to congratulate Tram on her exceptional achievement of an impressive overall GPA of 3.62 out of a possible 4.0, placing her among the top 15 students

in her General Medicine cohort. Huong Tram aspires to pursue a career in Dermatology, and her dedication and drive are truly commendable.

Hailing from a modest family of five in Lam Dong Province, Tram was at risk of discontinuing her university studies if her parents hadn't taken out a substantial loan to cover her steep educational expenses, which included tuition fees for her elder sister, who is also studying General Medicine at Hue University of Medicine and Pharmacy. Additionally, the burden of debt from repairing their old and dilapidated house, had placed Tram's family in an extremely difficult situation.

However, thanks to the life-changing education scholarship provided by Lifestart Foundation, Tram's life took a remarkable turn for the better. Her parents no longer needed to worry about her tuition fees and living expenses. Instead, they were able to focus on working to repay their debts and allocate resources for their other two children.

As an organization, we are overjoyed to witness the growth and success of our scholarship recipients. The Lifestart Foundation team is filled with pride and excitement as we watch Tram gradually realize her dreams, overcome various familial obstacles, and continuously improve herself. We wholeheartedly extend our wishes for even greater accomplishments and unwavering commitment to Tram as she embarks on her journey to save lives and make meaningful contributions to society as a doctor.

Below, you will find a heartfelt letter of gratitude from Tram to the Lifestart Foundation, in which she shares her transformative journey from a disadvantaged student to a university graduate. We hope you take pleasure in reading her sincere words of appreciation, which she sent us upon her graduation.

Tram's Thank-you Letter:

Dear everyone at Lifestart Foundation,

My name is Tran Thi Huong Tram, a newly graduated student majoring in General Medicine at Hue University of Medical and Pharmacy.

I am writing this letter to extend my heartfelt thanks to Lifestart Foundation as I am one of the fortunate students to receive a full scholarship to attend university.

During the second semester of my final year I studied two clinical subjects, Obstetrics and Paediatrics, and completed my graduation thesis. The schedule for Obstetrics and Paediatrics spanned 14 weeks, with 7 weeks for each subject. Despite the relatively short timeframe, I dedicated myself to learning the essential clinical knowledge and skills. I managed to achieve a result of B for both subjects in the final exams. Concurrently, I also took the Vstep (Vietnamese Standardized Test of English Proficiency) with the aim of attaining level B1, but I was fortunate to obtain level B2. It was a challenging period for me as I had to manage my time between clinic duties, preparing for the English exam, and collecting data for my graduation thesis. Despite these hardships, I carefully arranged my timetable to balance my studies and find time to relax.

After a year-long process, I successfully completed my graduation thesis in the field of Otorhinolaryngology titled "Surveying clinical and subclinical characteristics and causes of

hearing loss in adults who come for examination and treatment at Hue University of Medicine and Pharmacy Hospital." The thesis presented many difficulties, especially during data collection, where some patients were unwilling to participate. With the unwavering support and encouragement from my family and my mentor at Lifestart Foundation, I managed to overcome the challenges and achieved a result of 9/10. Upon completing a 6-year study program, I graduated with an excellent result and achieved a GPA of 3.6 out of a possible 4. I am filled with joy and pride as I have worked tirelessly for the past 6 years, and your scholarship allowed me to focus entirely on my studies.

In the future, I hope to return to work in my hometown, making my own contribution to the community and also to be close to my parents to take care of them. I am about to take the Resident Doctor exam, which will enable me to continue studying and improving my medical knowledge and clinical skills.

Recalling the time before receiving the Lifestart Foundation scholarship, my family faced many hardships as we lived in a poor household in the region. My parents were burdened with raising three school-going children, leading to financial strain. My father worked as a vet, and my mother was a farmer, resulting in an unstable income, and they had to borrow money to support our studies. My younger brother was preparing for the university entrance exam, and he needed financial support for additional classes and accommodation. During that time, we were on a tight budget, and I often felt disheartened. However, my determination to create a better future and alleviate my parents' burden kept me going.

The day I received the Lifestart Foundation scholarship was a turning point in my life. I was overjoyed and immediately shared the news with my parents. We were all filled with happiness, and my mother shed tears of joy. On that special day, the Lifestart Foundation also surprised me with a laptop, which became my faithful companion throughout my university journey. The laptop has been a valuable tool for my studies, helping me search for documents and complete my graduation thesis. It holds immense sentimental value for me.

The scholarship not only relieved the financial burden on my parents but also covered my tuition fees, living expenses, and stationery. This allowed me to study with confidence, free from worries about the financial aspect of my education. Without your support, I would not have achieved the excellent graduation results that I have today.

I feel a great sense of responsibility to work harder in my studies, not only to make my parents proud but also to live up to your belief in me. There are times when the challenges of studying can be overwhelming, but the guidance and encouragement from the staff at Lifestart Foundation have been invaluable. I am deeply grateful to Ms. Minh Phuong, my mentor from Lifestart Foundation, who has been a constant source of comfort and encouragement since I received the scholarship. She has been a guiding light, reminding me to balance my study time with moments of rest and providing valuable advice during difficult times.

In conclusion, I wish to express my sincerest thanks to everyone at Lifestart Foundation. I wish you all, Ms Karen, and the staff at Lifestart Foundation good health and all the best in life. Your continuous support throughout my university journey has been a pillar of strength, guiding and

supporting me as I steadily progress towards my dreams. I promise to continue on my chosen path to become a compassionate doctor, dedicated to healing and caring for others.

Yours sincerely,

Tran Thi Huong Tram

You can read more about Tram here:

<https://www.facebook.com/TheLifestartFoundation/posts/4345816615463824>

<https://www.facebook.com/TheLifestartFoundation/posts/730050472488534>



UPDATE: 06/07/2024

CELEBRATING LIFESTART FOUNDATION STUDENT DUNG'S SUCCESS: FROM AN UNDERPRIVILEGED CHILD TO AN IT SOFTWARE ENGINEER

Lifestart Foundation scholarship student Dung, is the first in his family to graduate from university, thanks to the unwavering support of the Lifestart Foundation Education scholarship since year 7.

He recently graduated from Ton Duc Thang University in Ho Chi Minh City with a major in Software Engineering and achieved an outstanding GPA of 8.64 out of a possible 10. But his achievements don't stop there! Upon graduation, Dung was selected as the "Outstanding Bachelor" of his major for his hard

work during the last four years at university.

We're thrilled to announce that after graduation, Dung has landed a prestigious position as a DevOps and Cloud Engineer with a European company, marking a significant milestone in his journey.

He shared that his favorite subjects at university, including Algorithm Data, and Computer Networks, have nurtured his passion for IT, leading him to pursue a career as a DevOps and Cloud Engineer.

Dung's journey to success hasn't been without challenges. Hailing from a family of rice farmers with a monthly income of just \$75 USD (approximately 1.9 million VND) when he received the Lifestart Foundation scholarship, Dung's determination to succeed despite financial hardships is truly impressive.

His decision to study IT was driven by a vision of strong development, countless career opportunities and a passion for solving technology-related challenges.

The support from the Lifestart Foundation scholarship not only provided Dung with better learning conditions but also alleviated the financial burden on his family, bringing stability to their lives.

As Dung continues to accumulate experience in his field, he's also considering pursuing a Master's degree and exploring opportunities abroad in the future.

We're incredibly proud of Dung's accomplishments and the remarkable young man he has become. Join us in congratulating him on his achievements and we wish him continued success in all his future endeavors.

After graduation, Dung 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. We invite you to read his heartfelt words of appreciation.

DUNG'S GRATITUDE LETTER:

Dear Karen and everyone at Lifestart Foundation,

I am writing this letter first to express my sincere thanks to you for your dedicated support over the past years. I'm also delighted to share with you that I have successfully graduated from Ton Duc Thang University in Ho Chi Minh City, where I pursued a Bachelor's degree in Software Engineering. I achieved a cumulative GPA of 8.64 out of a possible 10, earning me a Distinction degree. This long four-year educational journey, filled with valuable lessons and experience, was made possible with the generous support of yourself and the Lifestart Foundation scholarship.

Reflecting on the past year, it was a truly memorable period for me. A major milestone was successfully defending my graduation thesis in front of the Thesis Defence Committee. It was a rigorous and intense experience, which required a considerable amount of time, preparation and hard work to complete, yet immensely rewarding. This past year also marks the beginning of my professional career when I officially embarked on a new chapter, learning to take care of myself independently and exploring new horizons.

Though I faced significant worries and was often tired, I also embraced the challenges and opportunities to become a better version of myself. Above all, I am extremely proud of the hard work that led me to the completion of my tertiary education journey, serving as a great source of motivation for my future endeavours.

As I embark on this stage in my life, I am thrilled to tell you that I have landed a position as a DevOps and Cloud Engineer in a European company. This marks my second job since entering the workforce. This job is the result of my education journey in Ho Chi Minh City and the incredible support I've received from you and the Lifestart Foundation scholarship.

My daily tasks include collaborating with relevant departments to build the infrastructure for a cloud-computing platform for businesses. While this is relatively new compared to other areas of information technology, it has been rapidly developing in recent years. Additionally, I had the amazing opportunity to go on a business trip to Denmark last September, which opened my eyes to international perspectives on people and cultures as well as significantly contributed to my professional development. I'm extremely satisfied with my current job as well as my choice to follow a major in Information Technology over the past 4 years.

As I consider my options for the future, I am wondering whether to pursue a Master's degree or to seek employment opportunities abroad. The idea of furthering my education appeals to me greatly, as I am eager to expand my knowledge and skills, fostering both personal and professional development.

On the other hand, working overseas presents a unique set of opportunities and challenges that could significantly contribute to my career growth in all aspects.

In the coming year, I will gradually define my path and make my own decisions. Whichever path I decide on, I feel ready and excited to take the next step, knowing that the knowledge and skills I have obtained will help me to tackle any obstacles that lie ahead.

During this journey, my family and I faced financial uncertainties that cast a shadow over my academic pursuits. My family used to face substantial financial hardships, with an income mainly dependent on my parents' farming and livestock activities, which was quite unstable. Solely the tuition fees and miscellaneous expenses for both my sibling and I were already a significant strain on our parents.

The Lifestart Foundation scholarship emerged as a beacon of hope during these challenging times, easing our financial burdens and allowing me to focus wholeheartedly on my studies.

The support provided not only financial relief such as tuition fees and living expenses as well as supplies for everyday living, but also instilled in me a strong sense of motivation and confidence in my abilities.

As I recall the moment when I received the news of being awarded the Lifestart Foundation scholarship, it was a pivotal moment in my life, filled with joy, relief, and an overwhelming sense of gratitude. Knowing that there were people like you, who believed in my potential and were willing to invest in my future, inspired me to work harder, aim higher, and strive for excellence.

Thanks to all of you, my life has completely changed. I have been able to pursue my dreams in a new city, relieving my parents of the long-standing burden regarding the education of both my sibling and myself. And today, I'm finally able to take care of myself and my family.

In closing, on behalf of my parents, I would like to extend my heartfelt gratitude to you and the entire Lifestart Foundation team. Your generosity, belief in my potential and unwavering support have been significant influences on my educational journey and shaped both my future and the person I am today.

I am committed to making the most of this opportunity, to keep learning, growing, and positively contributing to my family and community.

I am looking forward to what the future holds and am determined to make you proud.

Once again, thank you for believing in me and for your invaluable support over the years. I wish you good health and every success in your work and your life.

With warmest regards and deepest gratitude,

Nguyen Van Dung

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

- Introducing LSF Scholarship Recipient Dung:
<https://www.facebook.com/photo/?fbid=875325852512935&set=a.485561648156026>
- Dung Accepted to Ton Duc Thang University:
<https://www.facebook.com/TheLifestartFoundation/posts/2309840009061505>



UPDATE: 07/07/2024

LIFESTART FOUNDATION WARMLY WELCOMES OUR NEW SCHOLARSHIP STUDENT- PHUONG NHI

Lifestart Foundation is thrilled to introduce another deserving candidate - Phuong Nhi, who has been awarded our scholarship. She is currently in year 7 and is ranked as the number one student in her class. During the scholarship interview process, we were incredibly impressed by her academic achievements and deeply moved by her challenging family circumstances.

Nhi comes from a single parent family. Her mother works hard to support Nhi and her siblings' education. Due to her meager income, the family's life is very difficult. They have no running water for daily use and no private bathroom, so they have to share facilities with their neighbor. Despite these hardships, Nhi does not let them discourage her. She views these challenges as fuel for her academic pursuits and has consistently achieved outstanding results in recent years. Please read her letter below to know more about Nhi.

With the full Lifestart Foundation Education Scholarship, Nhi's life has taken a positive turn. The burden on her mother's shoulders has significantly eased, as the scholarship covers all tuition fees, books, stationery, uniforms, and crucial additional classes. This comprehensive support allows Nhi to focus entirely on her studies and work towards achieving her goals.

With her outstanding academic achievements, Nhi was selected for the excellent literature student team. In year 6, Nhi won second prize in the district-level specialized literature competition. Recently, she also participated in the district-level specialized literature competition for year 7 students with the school's specialized literature team, and she achieved third prize in this competition. Among the students in the specialized literature training team at her school, she obtained the highest score.

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.

Lifestart Foundation is proud to welcome Phuong Nhi as our new scholarship student. We are honored to support her journey and excited to witness the positive impact her education will have on her life and the lives of those around her.

NHI'S GRATITUDE LETTER

Dear Ms Karen and Lifestart Foundation,

My name is Tran Linh Phuong Nhi, a year 7 student at Ngo Quyen Secondary School. Currently, I am living in Duy Hai Commune, Duy Xuyen District, Quang Nam Province. Today, I am writing this letter to express my heartfelt thanks to you, Ms Karen and Lifestart Foundation for supporting me, as well as helping to ease my family's difficulties. Facilitating me with the best study conditions.

I was born into a poor and economically disadvantaged family, and I do not have a father, which means I lack the love and support of a father. My family now consists of only my mother, my younger sister, and myself. My mother works as a laborer, mainly doing house cleaning jobs by the hour. Besides cleaning houses, she also fillets fish. Her work is not stable as she is currently battling poor health caused by a tumor. Due to financial difficulties, my mother can only afford to buy medicine when she has enough money. She is the main pillar of our family, taking care of everything on her own. As I am still young, I cannot perform heavy tasks, but I assist my mother with light household chores during my free time, such as cooking, washing dishes, washing clothes, and teaching my sister. My younger sister is currently in year 3. She excels in her studies. Recently, she even won the second prize in a chess competition at the school level. She has consistently achieved excellent academic results over the years. Due to the lack of water supply in our house, we have to get water from my uncle's house next door. We also do not have our own toilet, so we have to share with my uncle's house too. During the rainy season, our house often gets flooded, and we have to stay at my uncle's house until the water recedes.

Despite our difficult circumstances, I remain determined and strive to excel in my studies. My academic performance is quite good. Since I don't have the opportunity to attend extra classes like many other students, I study at home to strengthen my knowledge. I usually spend 4-6 hours self-studying every day. Among all subjects, I enjoy Vietnamese Literature the most, because learning new words and using them to create different meaningful sentences during Vietnamese Literature lessons is like a discovery for me. Last year, my average result was 9.4/10 overall, ranking second in my class. Furthermore, I won the second prize in district-level Vietnamese Literature competition, received an encouragement award in district-level chess competition, was awarded second prize in school-level Vietnamese Literature competition, and recognized as an excellent student. I also participate in extracurricular activities at school, including singing, dancing, and performing in cultural events. These activities help relieve the stress after each school day.

Through the school principal, I applied for the Lifestart Foundation scholarship. After the interview and receiving the results, I felt extremely happy and grateful to be awarded this scholarship. There are no words to express my joy. I am just so thankful to you, Ms. Karen, and Lifestart Foundation for providing not only material support but also the motivation for me to work hard, now that I have the opportunity to study like other students. This scholarship enables me to attend additional classes without worrying about the expense. I will have all the necessary study materials like my peers. Moreover, my mother's worries about my education will be reduced, allowing her to focus

on providing better opportunities for my younger sister. Our family's life will be significantly less difficult. Although I don't have a father from now on I will have an additional source of emotional support that prevents me from feeling lonely. This scholarship will help me achieve a brighter and shining future.

My plan for this year after receiving your scholarship is to take additional classes in Mathematics and English to improve my knowledge. I hope to achieve an overall score above 9 out of 10 this year. Currently, I am attending specialized classes in Vietnamese Literature and Chess, and I hope to achieve some accomplishments in both of them in the new academic year. Since I was in year 6, I have had a dream of becoming a successful lawyer to contribute to society and the community. Nowadays, there are many social issues, and I want to become a lawyer to make a small contribution to society. I will try my best to excel in my studies and achieve my dreams in the future.

I promise to study hard, make even greater efforts to be deserving of the expectation and the care from Ms. Karen, and Lifestart Foundation. I also wish you, Ms. Karen, and everyone at Lifestart Foundation, good health.

Sincerely,

Tran Linh Phuong Nhi



UPDATE: 13/07/2024

LIFESTART FOUNDATION CONGRATULATES DR. HOAI FOR HER OUTSTANDING ACADEMIC ACCOMPLISHMENTS

Meet Dr. Hoai, one of the first recipients of the prestigious Lifestart Foundation Medical scholarship program.

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

We couldn't be more proud to share that Hoai has not only excelled in her academic journey with an overall commendable GPA of 3.65 out of a possible 4.0 and a First prize in the Research Methods contest in her final year at university, placing her among the Top 10 students among 467 General Medicine final-year students. But she also achieved outstanding results in the Resident Doctor exam, which is considered the hardest and most important exam for every doctor. Hoai successfully became a Salutatorian in the Residency entrance exam for Medical Diagnostic Imaging speciality at Hue University of Medicine and Pharmacy with an exceptional total grade of 27.35 out of a possible 30 points.

Hailing from a financially disadvantaged family in a rural Quang Ngai village, Hoai's parents faced significant difficulties in supporting her education. Her path to success would have confronted enormous obstacles if it hadn't been for her sheer hard work and of course the dedicated support from Lifestart Foundation.

Since receiving the Lifestart Foundation scholarship in 2018, Hoai's academic life has experienced a positive turning point. The full Lifestart Foundation Medical Scholarship covered all tuition, books, rent, and food costs, which relieved a lot of financial burden on her parents' shoulders and eased her constant worries over covering her own expenses. Hoai was equipped with the best study conditions and it has helped her to fully focus on her studies to attain such admirable achievements.

We are very proud of Hoai's determination and accomplishments over the past years. We will keep you updated on her future after graduation. Once again congratulations Hoai we wish you every success on your career path!

After her university graduation, Hoai 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 below.

DR HOAI'S GRATITUDE LETTER:

Dear Karen, and everyone at Lifestart Foundation,

I am Bui Thi Ngoc Hoai, a recent graduate of the six-year program in General Medicine at Hue University of Medicine and Pharmacy.

First of all, I would like to express my sincere gratitude to everyone at Lifestart Foundation, for your care and support over the past few years. May you all be blessed with good health, happiness, and success in life.

Time flies so quickly when looking back at my 6 years of medical studies and 5 years of connection with Lifestart Foundation. Six years of medical education, spanning 12 semesters and 193 credits has now come to an end. It's been a long, arduous and financially demanding journey, especially for students who, like me, come from challenging backgrounds where the hopes of family rest deeply on us. The final year at university brought with it a large number of tasks and pressures. The first and biggest challenge was the theoretical exams which, unlike previous years, did not allow for a re-sit in the case of a fail. Instead, it is necessary to repeat the subject the following year.

Recently, I presented my research themed "Changes in Peripheral Blood Cells and the Value of the Neutrophil-lymphocyte Ratio in Children with Asthma Exacerbation" at a university-level Scientific Research Competition and won the first prize. My graduation thesis, also based on this research, was awarded a score of 9.5 out of a possible 10. As this was my first scientific research project, I encountered challenges that I had to deal with initially. Fortunately, under the enthusiastic guidance of my supervisor, I managed to overcome all obstacles. The process involved collecting data, in-depth topic research, and the actual thesis writing. This helped me develop skills in data analysis, presentation and scientific writing. Throughout this journey, I also faced other difficulties, such as having to dedicate weekends and after-class hours to traveling back and forth to the Paediatrics department for data collection. In total, the thesis completion took about a month which, given the pressure of being a final-year student, posed challenges.

Achieving high academic results meant I had the privilege of writing a graduation thesis however it has been a time-consuming endeavour which lasted the entire year. Other students had an advantage in that they only needed to focus on preparing for graduation exams over 1 month, with the exam outline aligned to the requirements for the Residency exam. For a medical student, successfully passing the Residency entrance exam is of utmost importance. Hence, I faced immense pressure on my time while working simultaneously on my thesis and preparing for the Residency exam. Because I had decided to pursue the Residency program after completing my undergraduate studies, I had to balance thesis work and exam preparation concurrently.

I'm delighted to share with you all that I achieved a GPA of 3.71 out of a possible 4.0 in the second semester of year 6 and my overall GPA in year 6 was 3.62, achieving the title of Excellent student. Graduating with honours and achieving a cumulative GPA of 3.65 out of a possible 4.0 has been a cherished goal, not just for me but for every medical student. I consider this achievement a testament to my efforts and hard work and a source of honour and pride for my family. I believe that Karen, and everyone at the Lifestart Foundation team also share this joy with me. This success, though significant, is not a reason for self-satisfaction; it is a step towards greater accomplishments in the future. At university, all my actions were supervised and corrected by my lecturers, but when I start working, my mentor will be the patient. Each case is a unique puzzle, unlike the scenarios in textbooks, so I'll have to explore and solve problems on my own.

I truly aspire to continue my studies, specializing in Medical Imaging Analysis. This field is constantly evolving with technological advancements in diagnostics such as ultrasound, CT scans, and MRI, giving clearer and more objective results than the original clinical examinations. Due to my 6 years of medical education only resulting in a general practitioner title after graduation, I possess knowledge spanning various fields but lacking in-depth expertise. However, the field of medicine demands profound knowledge. The Residency exam is a truly rigorous entrance exam, even more crucial for medical students than the university entrance exam itself. The process of preparing for it was no simple task for me and this period might be the most stressful in my 18 years of education. There were times when I would call my mother, crying out of fear of failing the exam. The thought of this and the potential consequences weighed heavily on me as it would mean a setback of over 3 months and missing out on job opportunities. Consequently, I had to study at all times and in all places. Even during the Internship program, I seized the opportunity to review for the exam whenever I had leisure time. On average, I dedicated 10 to 12 hours a day on self-study. On Saturdays and Sundays when there was no clinical training in the morning, I would study for around 16 hours a day.

Over the course of 6 years, I have been learning everything I need to know to be a general practitioner, which serves as the foundational understanding. This often poses significant challenges for new graduates when it comes to independently handling various aspects of medical care during a shift. The 3 years of a Residency program present an opportunity for me to hone my skills and encounter a variety of situations, enabling me to face them with more confidence and competence. This experience will help me provide the best possible care for patients, minimizing errors and complications. Consequently, these 3 years are a crucial key, serving as a truly essential foundation for my specialty. At times, I have questioned whether I should continue my education or not. Pursuing another 3 years of study causes a substantial financial burden on my family, and working instead would alleviate this burden. However, I once

received advice from a senior doctor who stressed the importance of pursuing the Residency program. It's the fastest route to acquiring a solid skill set. The door to the Residency program has opened, revealing a broad future ahead and I am committed in my decision to undertake the Residency exam.

I was born and raised in a remote agricultural region in Quang Ngai province, where the opportunity to attend gifted schools in the city was limited. Nevertheless, through determination and a strong desire for learning, I managed to gain admission to Hue University of Medicine and Pharmacy, despite having only attended a local high school. Given the financial challenge of putting both my sister and me through university and our family's reliance on farming, there were years when we faced crop failures, which made my parents decide to establish themselves in Ho Chi Minh City despite their poor health conditions. My father sells ice cream on the streets and battles stomach problems and irritable bowel syndrome, occasionally needing days off due to being unwell. Meanwhile, my mother works as a domestic help but copes with high blood pressure and a heart valve issue. Witnessing the adversity my family endured, Karen chose me as one of the first recipients of their most valuable scholarship for students at Hue University of Medicine and Pharmacy.

The Lifestart Foundation scholarship holds a prominent place among the scholarships available at my university. Upon seeing the announcement from the Student Affairs Office, I applied, though I was worried about my chances. Fortunately, luck was on my side, bringing happiness, honour and pride to both me and my family. Becoming a recipient of the Lifestart Foundation scholarship fund has filled me with a sense of joy, as it feels like being part of a close-knit family. Regular financial support and inquiries about my well-being have fostered a strong bond among the scholarship recipients. Whether meeting on campus or at the hospital, we engaged in heartfelt conversations, sharing experiences about studies and life far from home. All of these interactions have left me deeply moved and content, as I consider myself fortunate to be showered with such love and care.

This year is my fifth year of being associated with the Lifestart Foundation, I remain profoundly grateful for this good fortune. The financial support has enabled me to cover tuition fees and living expenses, affording me the opportunity to buy books and even learning additional foreign languages, which I had previously hesitated to undertake due to concerns for my parents' financial constraints. Moreover, the scholarship provided me with a laptop that has facilitated my studies, allowing me to create presentation slides and access learning materials more easily. The financial aid has helped me focus on my academic pursuits, alleviating worries about my family's economic circumstances and enabling me to maintain academic achievements that align with my goals throughout my years of study. Particularly during the complex period of the Covid-19 pandemic, when my family faced financial difficulties, the support from the Lifestart Foundation and generous donors, including both the scholarship funds and essential items such as soap, shampoo, cooking oil, fish sauce and rice, eased the burden on my parents. Without this financial assistance, I can't measure how much debt my family might have accumulated by now.

I have always been motivated by a desire that, in the future, I can contribute part of my income to Lifestart Foundation. This would help support students with challenging backgrounds, allowing them to pursue their academic dreams. Without the scholarship, I might have been juggling work while studying or possibly have had to interrupt my education, being unable to fully concentrate

on my studies and achieve the accomplishments I have attained today. It is essential to acknowledge that Karen is not merely a sponsor; you are a benefactor for my family. The success I enjoy today owes much to your collective kind-hearted contributions.

To end this letter, I'd like to express my heartfelt gratitude to Karen and everyone at Lifestart Foundation for all that you have done for me. I wish you all good health, success and happiness. May Lifestart Foundation continue to thrive, and may your support extend to more resilient students in need.

Yours sincerely,

Bui Thi Ngoc Hoai

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

- Introducing new medical scholarship student Hoai:
<https://www.facebook.com/TheLifestartFoundation/posts/1788089411236570>
- Hoai achieved an excellent GPA of 4.0 out of 4.0 in the first semester of year 5:
<https://www.facebook.com/TheLifestartFoundation/posts/5308860512492758>
- Congratulations to LSF medical graduates on gaining Residency program admission:
<https://www.facebook.com/TheLifestartFoundation/posts/767053218788259>



UPDATE: 20/07/2024

LIFESTART FOUNDATION'S NEW GENERAL MEDICAL SCHOLARSHIP RECIPIENT - MEET BAO

Bao, a fifth-year student specializing in General Medicine at Danang University of Medical Technology and Pharmacy, has recently received a full scholarship from the Lifestart Foundation Medical Scholarship program. Despite facing significant challenges within his family, Bao has achieved remarkable accomplishments thus far. With his unwavering determination and the support of the Lifestart Foundation, we are confident that he will overcome these obstacles

and continue on his path to success.

Bao comes from a disadvantaged family in a mountainous commune in Phu Yen province. His parents work as farmers, relying primarily on sugarcane farming for income. However, the family's situation has worsened in recent years due to issues such as unproductive land, falling prices, and extreme weather conditions. Bao's parents, who suffer from joint, kidney and cardiovascular disease, struggle to earn a monthly income of 5,000,000 VND (approximately 197 USD). This amount is insufficient to cover the family's expenses, including the education costs of Bao and his younger sister. Additionally, the family is burdened by bank loans taken to support their children's university studies in the city.

Despite these challenging circumstances, Bao's determination and resilience are always exhibited. He recognizes the importance of education and has shown continued commitment to his studies by achieving an impressive GPA of 3.62 out of 4.0 in the first semester of his fifth year.

The Lifestart Foundation scholarship awarded to Bao marks a significant turning point in his life. It not only provides financial assistance but also brings immense comfort to him and his family. The scholarship covers Bao's food allowance, rent expenses, and other necessary costs, ensuring his basic needs are met. Moreover, it relieves the financial burden on his parents, allowing them to prioritize the care of his younger sister and avoid accumulating further debt. With this support, Bao can fully focus on his studies without financial worries or burdens, enabling him to overcome any obstacles and achieve his academic and career goals.

At present, Bao's preferred specialty is Internal Medicine, and he eagerly hopes to have the opportunity to study more about this field in the future.

As Bao joins the Lifestart Foundation community, we extend a warm welcome to him. We eagerly anticipate sharing future updates as we closely follow his remarkable journey. Below, you will find Bao's heartfelt letter of gratitude to the Lifestart Foundation. We invite you to enjoy reading his sincere expression of appreciation.

BAO'S GRATITUDE LETTER:

Dear everyone at Lifestart Foundation,

My name is Pham Quoc Bao, a fifth-year student majoring in General Medicine at Danang University of Medical Technology and Pharmacy.

Firstly, I would like to express my gratitude to you, Ms. Karen and the Lifestart Foundation for generously granting me this meaningful scholarship.

I was born and raised in a disadvantaged family of four in a mountainous commune in Phu Yen province. My parents work as farmers, earning a meagre income from planting sugarcane. We have a small piece of land for farming, but the productivity is low. Our main source of income relies on farming. However, in recent years the falling prices coupled with the factory forcing down the purchase price have further worsened our family's situation. Witnessing that my family and the inhabitants of my hometown are all at risk of getting dangerous chronic diseases due to their work and living habits, I wanted to study medicine to provide good health care for my family and to contribute to improving my hometown's health care system.

Life has been full of such struggles, but it seems that fate wanted to add more challenges. In 2019, the year I entered university, all my family's sugarcane was destroyed by fire, causing a huge loss to our main source of income. The fire was due to the hot weather and individuals' negligence of smoking. My parents had to struggle to start over for the next planting season. At that time, they earned an income by working as hired labourers and planting sugarcane in an effort to cover the increasing medical and education expenses. However, due to their advanced age and joint diseases, their work efficiency was not optimal, resulting in low incomes. In 2021, my younger sister entered university, further stretching our family's finances as there were now

two university tuition fees to cover. To be able to afford our fees and living expenses, my sister and I had to take out student loans.

To pursue my dreams and to not disappoint everyone's hopes for me, I have taken various part-time jobs as a waiter and then as a tutor to cover my living expenses. My sister has also worked part-time to support herself. However, as the schedule for clinical internships at the hospital became more demanding, I had to put my part-time work on hold. There were periods when I experienced stress due to the financial issues of my family, resulting in poor academic performance. Nevertheless, I managed to reflect and set goals for myself around personal transformation and academic improvement. I am aware of the current difficulties, but I believe that if I strive and push myself beyond my limits, education is the only path that will change my fate. Through my efforts over the past years, I have achieved the expected results in my studies. Moreover, I have been learning and sharing experiences and knowledge with the Internal Medicine Club, an academic club for which I am the leader. That has been a source of great pride and honour for me throughout my university years.

My introduction to the Lifestart Foundation came through my university and senior students. Luckily, I was granted an interview in Hoi An. I felt relieved after sharing stories about the difficulties my family faces, as I find this hard to discuss with friends or people around me. Receiving empathy and understanding from Ms. Karen and the staff at Lifestart Foundation has given me more confidence to continue pursuing my dreams.

After receiving the phone call from the Lifestart Foundation about my successful interview, I was truly overwhelmed with joy by what I have received during the most difficult time in my life. This scholarship serves not only as material support but also a great comfort for both me and my family, helping me pursue my dreams and alleviating some of my burdens and worries about living expenses and tuition fees. Furthermore, it also helps reduce the financial pressure on my parents allowing them to focus on taking care of my younger sister without having to constantly borrow money and accumulate more debt. With this scholarship, I will be more confident in my desires and plans. I can concentrate on my studies, develop myself, enhance my knowledge and keep believing that I will become a doctor.

Currently, I am working hard to increase my medical knowledge and develop additional skills such as presentation, speaking and communication skills to be able to confidently communicate with others and in particular share knowledge about Internal Medicine with club members. Additionally, my academic performance at school has been excellent, with a GPA of 3.43/4 throughout the past four years, and a recent semester GPA of 3.58 out of a possible 4. This is evidence of my continuous efforts and determination. I will strive to achieve high marks in the next two years of study.

What I have always wanted to do is to return to my hometown to provide people there with improved healthcare, medical examinations and treatments. Most of the working-age people in my hometown have left for the cities in search of income, leaving only the elderly struggling to make a living with arid land for agriculture. I keep thinking about the fact that the people remaining in my hometown cannot afford medical care and do not have access to appropriate treatment or the best facilities. All these things ignited my desire to apply for residency and quickly become a skilled and compassionate doctor to serve my hometown. I hope that after qualifying, I will be able

to support myself and help those who are in need pursue their dreams by providing support and sharing their burdens, as Lifestart Foundation have done for me.

I am grateful to everyone for providing me with this precious opportunity. I will do my utmost to meet the expectations that everyone has for me. I will continue to strive to become a good citizen and a doctor who can help many patients. Finally, I would like to send my best wishes to you and the Lifestart Foundation and hope that the Lifestart Foundation continues to thrive and achieve greater success. Thank you very much.

Best regards,
Pham Quoc Bao



UPDATE: 27/07/2024

LIFESTART FOUNDATION'S PROMISING SURGEON - CONGRATULATIONS, DR. LINH!

Meet Dr. Linh, one of Lifestart Foundation's stellar scholarship graduates. She recently completed her six-year General Medicine studies at Hue University of Medicine and Pharmacy with flying colors, achieving a Distinction degree and an overall GPA of 3.36 out of 4.0.

Not only did Linh excel academically, but she also passed the Residency entrance exam with flying colors, paving the way for her dream career in Surgery. Currently, she's assisting in surgeries and honing her skills. Linh's determination to excel in surgery, fueled by her agile personality, aims to break gender stereotypes and specialize in Microsurgery.

Linh's passion for helping disadvantaged patients drives her aspirations. She aims to make a meaningful difference in their lives, utilizing her knowledge and skills to aid in their recovery and support their families' well-being.

Coming from a single-parent family of four, Linh's journey hasn't been easy. Before receiving the scholarship, financial struggles threatened her education. However, with the support of Lifestart Foundation, she's overcome these obstacles and thrived.

We're immensely proud of Linh's achievements and the remarkable woman she's become. We wish her continued success in her future endeavors!

We hope that you enjoy reading Dr. Linh's heartfelt gratitude letter below to learn more about her inspiring journey.

DR LINH'S GRATITUDE LETTER

Dear Karen and everyone at Lifestart Foundation,

I'm Tran Thi My Linh, a recent graduate of the 6-year General Medicine program at Hue University of Medicine and Pharmacy.

Today, I want to express my heartfelt gratitude to everyone at Lifestart Foundation. Through this letter, I also want to share my final year's academic journey and my aspirations for the future.

The last semester marked the end of my six-year journey as a medical student, filled with challenges and exams. During this period, I focused on clinical practice in Pediatrics and Obstetrics, gaining valuable experience from dedicated doctors. Despite the stress, I found Obstetrics particularly engaging and contributed actively to surgical procedures. The knowledge gained has not only benefited me but also my community. Additionally, I successfully passed the Graduation Exam with satisfactory results.

Following this, I underwent clinical practice at Danang Hospital, further enhancing my practical skills and understanding of patient care. Between February and April, I dedicated time to improve my English skills for the IELTS exam, with support from Lifestart Foundation staff.

I'm proud to share that I graduated with a GPA of 3.36, earning a Distinction degree. Currently, I have successfully prepared for postgraduate exams and the Residency entrance exam in Surgery, focusing on Orthopedics and Traumatology. My goal is to become a compassionate and skilled doctor, providing the best care for my patients.

Before receiving the Lifestart Foundation scholarship, financial constraints threatened my education. However, the scholarship not only eased my family's burden but also provided invaluable emotional support. Regular mentoring sessions helped me overcome challenges and instilled confidence in my abilities.

The impact of the scholarship has been profound, enabling me to focus on my studies and excel academically. Without it, I wouldn't have had the opportunity to pursue my dreams and contribute to society.

I want to express my deepest gratitude to Karen and everyone at Lifestart Foundation for their unwavering support. I promise to make the most of this opportunity and become a compassionate and knowledgeable doctor.

Wishing you all good health, happiness, and success. May Lifestart Foundation continue to change lives and empower more students in need.

Yours sincerely,
Tran Thi My Linh

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

Introducing new medical scholarship student Linh:

<https://www.facebook.com/TheLifestartFoundation/posts/3888028067909350>

A laptop donation for Linh:

<https://www.facebook.com/TheLifestartFoundation/posts/4096972103681611>



UPDATE: 03/08/2024

LIFESTART FOUNDATION DR HOA'S SUCCESS STORY: HOW AN EDUCATION SCHOLARSHIP CAN TURN A DREAM INTO REALITY

Congratulations Hoa from the entire Lifestart Foundation team! We are immensely proud of your accomplishments.

Hoa, a Lifestart Foundation General Medical Scholarship student has successfully graduated from Hue University of Medicine and Pharmacy with a Distinction degree. Following her graduation, she excelled in a highly competitive exam, securing a desired place in the Residency program at Hue University, where she will continue her studies in Internal Medicine.

Hoa expressed her joy and enthusiasm upon learning she had passed the Residency entrance exam: "During my years of study, I developed a strong preference for Internal Medicine over other specialties. I appreciate the extensive knowledge required, as it covers a wide range of health issues across all body systems. This comprehensive approach provides a deeper and more holistic understanding of medicine, offering opportunities to learn from a diverse range of cases and health conditions. As a result, I believe Internal Medicine offers a more enriching and expansive learning experience, enabling me to develop well-rounded expertise." Born into a large family of nine with financial challenges, Hoa's journey to success was far from easy. The full medical scholarship she received from Lifestart Foundation in 2019 turned her dream into reality, allowing her to focus entirely on her studies without the burden of work.

After her university graduation, Hoa wrote a heartfelt letter of gratitude to Lifestart Foundation, sharing her inspiring story of overcoming obstacles to pursue her dreams. We invite you to read her message of appreciation. It has been a pleasure for Lifestart Foundation to support Hoa on her educational journey and watch her grow into a capable young woman.

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

HOA'S GRATITUDE LETTER:

Dear Karen and Everyone at Lifestart Foundation,

I am Le Thi Hoa, a student majoring in General Medicine at Hue University of Medicine and Pharmacy. I have recently completed my 6-year medical education journey. I now hold my graduation certificate and have officially become a Doctor! This achievement brings immense joy to both me and my family. Today, I am writing this letter to share this happiness with everyone at Lifestart Foundation. My family and I would like to express our heartfelt gratitude to everyone at Lifestart Foundation for your unwavering material and spiritual support throughout my challenging years at university.

First and foremost, I would like to share some news about my final semester and graduation exams. The second part of my sixth year was also the last semester of my university journey. It came and went so quickly, and only consisted of two clinical subjects: Paediatrics and Obstetrics. Most of my time was spent in hospitals, working with patients. Engaging in clinical sessions during the days and being on duty at nights allowed me to gain extensive practical experience and learn much useful knowledge. There were sleepless nights on duty, attending to new-born babies and emergency cases. It was challenging for me, considering my own health wasn't in the best condition, but I persevered, strived to complete my tasks, and absorbed knowledge. Through these experiences, I gained a deeper understanding of my future profession and developed empathy for patients and their families. Consequently, I pushed myself harder to study, provide care, and follow patients with utmost dedication. Despite the difficulties and hardships, I was not deterred, but rather I became more determined and committed. Then I had my final exams, so I had to devote all my free time to study. In the end, I successfully completed the exams for both subjects. After those two exams, I only had one month for graduation exam revision. With 7 theoretical exams and one practical, the preparation was quite challenging. Nevertheless, I managed to perform well, and was quite satisfied with the results. I would like to share this joy with everyone at Lifestart Foundation - at the end of the semester, my overall GPA was 3.57 out of a possible 4.0, earning me a Very good result.

After completing the entire study program and exams, my university organized a one-month practical training in hospitals across provinces, from Ninh Thuan, Binh Thuan to Quang Binh. This trip was designed to familiarize students with different work environments and healthcare conditions in various hospitals, helping them mentally prepare for their future careers. I was assigned to Da Nang Hospital, which has both Internal Medicine and Surgery departments. Although my future focus is on Internal Medicine, due to the upcoming Residency exam, I chose Surgical Urology to allow time for exam revision. I participated in patient examinations, provided clinical advice, and prescribed medicines for the main diseases in the department. Additionally, the doctors taught me how to create electronic medical records, a system not yet implemented in Hue Hospital. After completing my duties in the department, I visited Internal Medicine departments to learn from other doctors, expanding my knowledge and experience. I found this practical month incredibly meaningful. It allowed me to relax after the intense exam period, while also providing me with valuable experiences, preparing me for my future career. After completing my internship, I returned to Hue to receive my graduation certificate. At the end of my 6-year medical journey, I achieved a cumulative GPA of 3.23 out of 4.0, earning me a Distinction degree.

Regarding my plans for the future, I will study Internal Cardiology specialization, an area I am deeply passionate about. This exam was quite challenging, with only one chance to take the exam, so I truly wanted to test my abilities. It's also the fastest route to success for newly graduated doctors like me. I hope to expand my knowledge and skills further, which is why I have decided to pursue postgraduate studies and continue learning after my undergraduate degree.

To achieve the results I have today, I am deeply indebted to the immense support provided by everyone at Lifestart Foundation, both materially and emotionally, throughout nearly 4 final years of my university education. Before receiving the scholarship, my family and I faced significant financial hardships. At that time, 3 of my family were attending university: my elder brother studying Medicine at Da Nang University, myself and my younger brother studying at the Political

Academy. Additionally, we had 2 younger siblings in secondary and high schools, and the youngest attending elementary school. In order to generate more income for all 6 of us to complete our education, our parents had to move to the southern region to seek employment opportunities to support our dreams. All the expenses related to our education and living were solely reliant on our parents' wages as laborers. However, even that was not enough, and our parents had to borrow money and take out student loans to cover our tuition fees. Also I had to work extra hours outside of my classes, giving private lessons and distributing flyers to earn a little extra income, trying to alleviate some of the burden on my parents. The financial difficulties were overwhelming, and there were moments when I seriously contemplated giving up. However, my parents were the ones who motivated me to persevere in my studies. Then I learned about the Lifestart Foundation scholarship through the university's Youth Union, applied for the selection process, and after two interviews, I was fortunate enough to be chosen as a scholarship recipient, a privilege I have had until today. When I received the notification that I had been selected for the scholarship, I was overwhelmed with joy and happiness. Since receiving this significant scholarship, I have had enough financial resources for my studies and daily expenses, which has allowed me to focus on my studies.

The scholarship has not only assisted my family and I financially and spiritually but also provided essential items. There have been several times when Lifestart Foundation supported me with necessities such as rice, cooking oil, seasoning, along with personal items like detergent and shower gel. Additionally, Lifestart Foundation also provided me with a laptop, a meaningful gift that greatly enhanced my learning experience. This laptop continues to accompany me and will be beneficial during my studies and future work. With more time to concentrate on my studies, my mental well-being has improved, and I've been able to purchase necessary tools and books to aid my learning. I am truly grateful for this.

If it weren't for the support of everyone at Lifestart Foundation over the past four years, I don't think I could have reached this milestone today or achieved the current results. My parents would have faced even greater difficulties, and I might have graduated with a substantial student debt burden. Thanks to the assistance of everyone at Lifestart Foundation, my dream has been fulfilled with greater ease and satisfaction. There are no words to express my current emotions; all I can say is thank you, thank you very much.

In closing, my family and I would like to express our deepest and most sincere gratitude to the sponsors and Lifestart Foundation for your love, support, encouragement, and, most importantly, material assistance that helped me overcome every obstacle in the last 4 years of university, leading to the results I achieved today. I will strive to become a skilled and compassionate doctor, dedicated to curing those who come to me, honoring the efforts of the sponsors and Lifestart Foundation that made me who I am today. I am truly thankful. Finally, I would like to extend my wishes for good health to Karen and everyone at Lifestart Foundation. I hope that the organization continues to grow, enabling many students in situations like mine to successfully complete their university journeys. I wish you all happiness, success, and enduring steadfastness on the path of aiding underprivileged students.

Yours sincerely,

Le Thi Hoa

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

Introducing new medical scholarship student Hoa:

<https://www.facebook.com/TheLifestartFoundation/posts/4233035216741965>

A hamper box donation for Hoa:

<https://www.facebook.com/TheLifestartFoundation/posts/5165729686805842>

House repair – Flood and Typhoon Molave donation update:

<https://www.facebook.com/TheLifestartFoundation/posts/3945780252134131>



UPDATE: 04/08/2024

LIFESTART FOUNDATION'S - VAN'S REMARKABLE ACHIEVEMENT: ENTERING LE THANH TONG HIGH SCHOOL FOR GIFTED STUDENTS

We are thrilled to announce the outstanding achievements of Van, one of our Education Scholarship recipients. Van recently completed Year 9 at secondary school with exceptional results and has earned a prestigious place at Le Thanh Tong High School for Gifted students. for its excellence in educating gifted students. Van's journey to this prestigious school is a testament to her incredible dedication and hard work. She successfully passed the highly challenging entrance exam with a total score of 50 out of a possible 60, securing her spot at the school against fierce competition. Over 100 students took the specialized Geography exam, and Van ranked in the top ten. In addition to her exam success, Van had achieved an impressive track record in academics and competitions in Year 9. She won the First Prize in the district-level Geography contest for outstanding students and received a Consolation Prize at the Provincial level. This academic year, Van's stellar performance earned her the title of Excellent Student with an impressive GPA of 9.7, ranking first among her peers at secondary school. Van's family, consisting of her mother, younger brother, and herself, faces financial hardship. Her mother shoulders the responsibilities of both parents while striving to support Van and her brother with an unstable income from vegetable sales and assisting in a food stall. Despite these difficulties, her mother persists in meeting their daily expenses and supporting their education, although the heavy workload often leads to illness, exacerbating the family's struggles. Van's dedication is evident in her daily self-study of approximately 8 hours. Her relentless efforts and the invaluable support from her family and our Lifestart Foundation scholarship have been key to her success. Van's hard work and perseverance have truly paid off, and we couldn't be prouder of her accomplishments! We eagerly anticipate your continued success, Van. Congratulations once again!

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

Introducing Van – A new LSF Education Scholarship student:

<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02ZZhFzM6tdaRRD9jmH5vYz6zYzjQdnsLCj7RddbEBqdWACHveknDTyeTdQPPUr7gpI>

Introducing new Lifestart Foundation scholarship students:

<https://www.facebook.com/photo?fbid=737693378390910&set=a.628466192646963>

Supply Donation for Van, Trieu and Duyen:

<https://www.facebook.com/TheLifestartFoundation/posts/749904543836460>

A hamper box donation for Van:

<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0guSvQZ5XkpfXyUYSXRiZPhhmHLC1mfWfZ8pxGjBFH2556otbFugYFEQJGLDgt8UGI>



UPDATE: 10/08/2024

LIFESTART FOUNDATION WELCOMES NEW MEDICAL SCHOLARSHIP RECIPIENT - THUY NHUNG

Nhung, an outstanding fifth-year student at Danang University of Medical Technology and Pharmacy, specializing in General Medicine, has recently been awarded a full Lifestart Foundation Medical Scholarship.

Though achieving remarkable outcomes, Nhung, like our other recipients of Education Scholarships, encounters significant challenges within her family. However, we believe that her unwavering determination and the support of the Lifestart Foundation will undoubtedly empower her to overcome these obstacles and continue her path towards success.

Nhung comes from an economically challenged family of five, residing in a coastal area in Quang Binh province. Unfortunately, her family has faced significant hardships, particularly following the passing of her father three years ago. Nhung's mother is currently the sole breadwinner, earning a living by working as a seafood vendor at the market and sometimes being hired for other jobs whenever she has the time. The family's income remains unstable, amounting to approximately 4,000,000 VND (around \$157 USD) per month, which is inadequate to cover the expenses of the entire family and provide for the education of Nhung and her two siblings. Moreover, the family continues to bear the burden of bank loans that accumulated after her father's passing.

Despite these challenging circumstances, Nhung's determination and resilience shine through. She recognizes the importance of education and has shown an unwavering dedication to her studies. In the second semester of her fourth year, she achieved a GPA of 4.0 out of a possible 4.0 – a remarkable achievement!

The Lifestart Foundation scholarship granted to Nhung marks a significant change in her life. It provides not only financial aid but also serves as a source of encouragement and guidance throughout Nhung's educational journey. Thanks to the Lifestart Foundation's assistance, Nhung can receive the financial support she needs to continue her education, alleviating the financial

burden on Nhung and her mother and ensuring that she can concentrate on her studies and build a brighter future for herself and her family.

Nhung has developed a strong interest in Obstetrics and Gynaecology and Oncology. She is eager to further explore these fields and actively seeking opportunities to enhance her knowledge and skills in these areas.

As Nhung becomes a part of the Lifestart Foundation community, we extend a warm welcome to her. Stay tuned for future updates as we closely follow her remarkable journey. Enclosed below is Nhung's heartfelt letter of gratitude to the Lifestart Foundation. We invite you to enjoy reading her sincere expression of appreciation.

THUY NHUNG'S GRATITUDE LETTER:

Dear everyone at Lifestart Foundation,

My name is Nguyen Thi Thuy Nhung, a fifth-year student majoring in General Medicine in Danang University of Medical Technology and Pharmacy.

Today, I am writing this letter to express my profound gratitude to Ms. Karen and the Lifestart Foundation for generously granting me a precious scholarship, which serves as a source of financial support and motivation, enabling me to continue to study and improve myself so that in the future I can contribute to my family and community.

I come from an underprivileged coastal area of Ngu Thuy commune, Le Thuy District, Quang Binh province. My family faces various economic challenges, and includes five members: my mother, my elder sister, my younger sister and brother and myself. Unfortunately, my father passed away three years ago, after a long battle with a severe form of cancer, resulting in a tremendous emotional shock for my family and I. My mother is currently the sole breadwinner, earning a living by working as a seafood vendor at the market and sometimes being hired for other jobs whenever she has the time. Though undertaking various jobs, her income is still unstable and only sufficient to cover our daily expenses. Recently, her health has been deteriorating. Besides mental pressure, she has been worried about financial problems related to the increasing cost of my tuition fee as well as her medical expenses, and expenses for my two younger sisters who attend kindergarten and secondary school. Furthermore, there are bank loans that need to be repaid since my father's passing, adding to our financial difficulties. To continuously provide education for us, she has been tirelessly seeking loans from various sources to ensure that my siblings can continue their education. My older sister works as an accountant and is currently employed far away. Her job is sometimes unstable, and her income is not sufficient to cover her daily needs.

Hailing from such a disadvantaged background, I have been working part-time since I was in my first year at university. However, as my workload and study hours increased, I have only limited time for work. As a result, the income I generate is only a small, insignificant contribution to help my mother. Being under academic pressure and witnessing my mother's struggles, there have been moments when I contemplated suspending my studies and finding a job to alleviate the burden and support my mother. However, my mother's constant encouragement and sacrifices, as well as my desire to continue my education and pursue my passion, have motivated me to

strive even harder to move ahead on my chosen path. Although I am aware that the future ahead will be full of trials and troubles, I believe that, with continuous effort and belief in myself, I will be able to overcome them and achieve success, leading to a better life. My introduction to the Lifestart Foundation came through my university. I nurtured a lot of hope when I submitted my application, but sometimes feared that I may not be fortunate enough to be selected, as there are many others facing even more difficult circumstances.

After the interview at the Lifestart Foundation, I was truly anxious and eagerly awaited the results. However, during the interview, I had a chance to meet everyone at the organization and other interviewees, who were very friendly and kind. The staff made me feel warm and cared for, as if they were close relatives, despite it being our first meeting. Although time was limited due to my study schedule, it was truly a precious period for me to learn, share, and listen to others' experiences. Furthermore, it was also a chance for me to challenge myself and seek a new opportunity.

Fortunately, after a period of waiting, I finally received the news that I had been awarded the Lifestart Foundation scholarship. At that moment, I was truly overjoyed. Despite being physically and mentally exhausted from clinical work, I felt like I was reborn when receiving this news. I was overwhelmed with emotions and could hardly believe it was true. My mother was also extremely happy when she heard about my scholarship and congratulated me wholeheartedly. This is truly a considerable joy for my family and I.

The scholarship has a profound meaning for us, serving as a source of financial support that will ease the burden of tuition fees on my mother, and allow her to focus on providing better care for my two younger sisters. It also motivates me and my family a great deal to strive and exert effort in both study and life. With the assistance of the scholarship, I can continue to move forward, and I now hold hope for my future. The scholarship provides me with an opportunity to develop myself, and the opportunity of leading a better life with my family in the future.

Currently, I am in the first semester of fifth year, primarily concentrating on studying specialties such as ophthalmology and dermatology. In addition to clinical practice at the hospital, I also have classes at lecture halls. I have completed the clinical sessions in dentomaxillofacial and otorhinolaryngology with satisfactory results. Besides studying and taking clinical practice, I work part-time as a tutor. However, I always arrange to spend 4-5 hours per day on self-study and dedicate extra hours whenever I have free time. My plans for this semester are to achieve a GPA of 3.5 out of a possible 4, obtain the Information Technology certificate, self-study English, and if possible, enroll in an English course to prepare for TOEIC or IELTS exams in the future. I will also spend time reviewing some lessons from previous semesters, participate in volunteer activities and make an effort to expand my social circles and improve my communication skills.

I have had various thoughts about my plans after graduation. I hope to take the residency examination to continue on the path of becoming a well-qualified doctor. Currently, I am considering specializing in Obstetrics and Gynaecology or Oncology. My dream is to become a good doctor who can help many people, and contribute to improving my family's quality of life.

Once again, my family and I would like to extend our heartfelt thanks to Ms. Karen and the Lifestart Foundation for awarding me such a precious and meaningful scholarship. I wish you all robust

health and resounding success in your endeavors and lives; and for Lifestart Foundation, I hope for continued growth to help even more disadvantaged situations. Thank you very much.

Best regards,

Nguyen Thi Thuy Nhung



UPDATE: 17/08/2024

LIFESTART FOUNDATION'S MEDICAL GRADUATES RECEIVE RESIDENCY SCHOLARSHIPS

The Lifestart Foundation team is proud to announce that 5 outstanding medical graduates from Hue University of Medicine and Pharmacy, previously awarded education scholarships by the Lifestart Foundation, have now received Residency scholarships to further their education and hone their professional skills.

Dedicated to excellence, these five 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.

The Lifestart Foundation has awarded five Residency Scholarships, each valued at up to \$4,500 USD (approximately 112 million VND), to four resident doctors at Hue University of Medicine and one at the University of Medicine and Pharmacy in Ho Chi Minh City. These prestigious scholarships, covering rent, food, and course-related fees, will enable the recipients to focus entirely on their studies. They also represent not only financial assistance but also a recognition of their unwavering dedication despite their financial challenges.

Medical residency programs are highly esteemed within the healthcare field. At Lifestart Foundation, we believe that by nurturing and encouraging talented minds, particularly in the health sector, we contribute significantly to the development of Vietnam and its people.

Pictured in this post are the five Residency Scholarship recipients, who will specialize in Internal Medicine, Surgery, Obstetrics & Gynaecology, and Diagnostic Medical Imaging. With our funding, we hope that these residents will gain invaluable hands-on clinical experience and foster their professional expertise without the burden of education costs and other living expenses.

Besides awarding Residency scholarships, during our recent trip to Hue, led by our founder Ms Karen Leonard OAM, Lifestart Foundation also awarded a new round of major medical scholarships to excellent students hailing from extremely challenged backgrounds. This round of scholarships, totaling \$250,000 AUD (approximately 4.1 billion VND), includes financial aid for 16 General Medicine students and four resident doctors completing their Masters and specializations at Hue University of Medicine and Pharmacy, eight new laptops for students, and one English course.

Additionally, during this trip, we had the pleasure of meeting several Lifestart Foundation medical scholarship graduates and sharing a special dinner where we discussed their current work and studies. Witnessing these bright minds come together and share their stories brings us immense joy.

The journey of these scholars is a testament to academic excellence, resilience, determination, and community support. Their dedication to the medical field and their commitment to serving others inspire us all. Once again, we extend our heartfelt congratulations to all scholarship recipients and express our gratitude to the Lifestart Foundation's sponsors who make these opportunities possible.

Please click on the link below to read more about our recent trip to Hue:

Presentation of new LSF medical scholarships:

<https://www.facebook.com/TheLifestartFoundation/posts/836601635166750>



UPDATE: 24/08/2024

MEET THANG – A NEW LIFETSTART FOUNDATION SCHOLARSHIP STUDENT

Lifestart Foundation launched and awarded a new round of major Medical Scholarships for students at Danang University of Medical Technology and Pharmacy. These scholarships are the most valuable on offer, and were awarded to super impressive students who have demonstrated academic excellence, and are from extremely

disadvantaged backgrounds. Thang is one of the compelling students to receive a Lifestart Foundation scholarship. Unlike other underprivileged students who receive scholarships from Lifestart Foundation, Thang is a Jrai ethnic minority young person, one of Vietnam's ethnic minority groups. He was born and raised in Ayun Pa town, Gia Lai province. Due to the difficult economic situation, his family's only source of income relies on selling bananas at the local market, which is also unstable and uncertain.

Receiving the Lifestart Foundation scholarship is like a beacon of hope for his family. Thang, along with his parents, are very happy and grateful. The scholarship covers all tuition fees, rent, and provides a food allowance, which relieves some of the financial burden that his parents have to bear. We hope that the value that the scholarship has brought to Thang will give him additional strength to pursue his dream of becoming a compassionate and knowledgeable doctor. Thang is extremely hardworking and determined to break the cycle of poverty. Every day, when he is not on clinical duty at the hospital, Thang dedicates eight hours to self-study. He takes his studies seriously. Without a doubt, he has consistently achieved excellent academic performance throughout his years at university.

The following letter was written by Thang upon learning about his successful scholarship application.

Dear Ms. Karen and Lifestart Foundation,

My name is Y Thang, a fifth - year student majoring in General Medicine at Danang University of Medical Technology and Pharmacy.

This year I am fortunate and happy to have received the scholarship from Lifestart Foundation. Now I am writing this letter to express my gratitude for your care and help with my family's circumstances which has empowered me to continue to follow my study path.

My family consists of four members: my father, mother, younger sister and me. My mother has a history of low blood pressure and cerebral anemia, so she often feels dizzy and lightheaded and suffers from headaches and she has difficulty breathing when doing strenuous work. Therefore, my father supports us by selling bananas at the market. We don't have any land for agriculture or livestock for farming, so our entire family relies on income from this. Since bananas are not an essential food, we only achieve high sales on the days close to the 1st day of the lunar calendar and the full moon of each month, making his business quite unstable. Additionally, my younger sister has just entered university, so she can't contribute much to the family either. In the near future, our family will have to allocate additional expenses for her education and living expenses which will be a challenge. I always hoped to receive support to continue my studies and pursue my dream of becoming a doctor.

After receiving the news that I had passed the application round to join the scholarship interview in Hoi An, I was overwhelmed with happiness and excitement. I had a sense of anticipation coupled with determination and hope but during the interview I couldn't help feeling worried and nervous. However, thanks to the support and encouragement from Ms. Karen and the staff from the Lifestart Foundation, my friends and I successfully completed the interview. After that session, the staff working at Lifestart Foundation took us out for a delicious meal, and everyone had a joyful conversation. Thank you very much to you all.

In the morning, while I was doing my medical internship at the hospital, I received a phone call from Ms Nhung that I had been awarded the Lifestart Foundation scholarship. I was overwhelmed with emotions at that moment. Immediately, I called my parents to share this joyful news. Everyone in my family was very happy.

To me, the help and care from everyone is not just material support, but also a source of spiritual encouragement that helps me overcome difficulties in life. This gift is truly precious, it is like a warm flame that will ease the financial burden on my family and keep alive my dreams and hopes for the future. With this scholarship, I will have additional resources to pay for tuition fees and to purchase necessary reference books for studying and increasing my knowledge. I will also be able to learn foreign languages and improve my skills in various areas. Moreover, my parents will feel less stressed and no longer need to worry as much about me. Instead, they can focus on my younger sister's education. The journey of my studies in the next two years will become easier thanks to the timely support from everyone.

After graduation, I plan to go to Ho Chi Minh City to take the residency exam or work to obtain an 18 month - working certificate. Recently, I have also completed a basic computer certificate and next I plan to study English. With a desire to explore different cultures and stay updated with what is happening in the world, learning English is essential. Additionally, an English certificate will be an advantage when applying to work at big hospitals. I hope that one day I can confidently communicate with international friends and, in particular, have direct conversations with Ms Karen in English.

Pursuing the dream of becoming a doctor has never been easy. It requires a vast amount of knowledge, an extended period of study, and the need for numerous certifications in order to work. Additionally, the increasing tuition fees and associated expenses pose significant obstacles for me to complete my chosen path. However, these challenges have never made me step back because I firmly believe that as long as I have a dream, determination, and am willing to work relentlessly, I will find a way.

What motivates me to pursue the path of becoming a doctor is seeing people from my hometown having to travel long distances and incur significant expenses when they need medical treatment in big cities. The cost of healthcare and transportation, including accommodation and meals, can interrupt their treatment and sometimes lead to delays in receiving proper care. This is why I hope that one day healthcare in my province will develop to the same standard as the big cities. Although I know this is challenging and depends on various factors, I will try my best to contribute a small part to achieving it. From the bottom of my heart, my family and I would like to express our sincere gratitude and deep appreciation to my sponsors, Ms. Karen, and the Lifestart Foundation for providing me with this precious opportunity. I will always strive my utmost and study diligently to not disappoint you all. I also hope that other individuals facing difficult circumstances will be fortunate enough to receive this scholarship and have the chance to pursue their own dreams.

Thank you sincerely.

Y Thang



UPDATE: 25/08/2024

CELEBRATING LIFESTART FOUNDATION SCHOLARSHIP STUDENT QUYNH'S EXCELLENT ACADEMIC ACHIEVEMENTS!

Lifestart Foundation education scholarship student Quynh has recently finished year 11 at Hoang Dieu High school in Dien Ban district, Quang Nam province and is preparing to enter her final year.

Quynh comes from a large family of six, including her parents, her two elder sisters, her younger sister, and herself. Both of Quynh's parents are rice farmers, who work really hard to make ends meet. The family strives to manage on a modest income, juggling tuition fees for four children alongside daily expenses. Hailing from a family with very difficult living conditions has urged Quynh to strive harder in her studies in order to help her family and contribute to the

community in the future. Despite all of the odds stacked against her, Quynh has never let adversity hold her back. She completes an average of 6 hours every day on self-study. Her dedication and unwavering commitment to her studies have paid off immensely. She has continuously amazed us with her diligence and excellent academic accomplishments. Quynh's hard work and perseverance have earned her a well-deserved place as the student with the highest GPA in her class for year 11. With an impressive GPA of 9.3 out of a possible 10, she has achieved the title of an Excellent student. Notably, she achieved an outstanding average point of 9.6 in Maths, one of her all-time favourite subjects.

During the last school year, Quynh has achieved excellent success in both the recent Physics and Literature contests at school level. She has won the First prize in Physics and Second prize in Literature, showcasing her talent and dedication. Her passion for learning has landed her a spot on the Physics advanced team in her final year at school, which is also her favourite subject. Besides succeeding in her school-level contests, Quynh was also successful in the provincial contest in Literature for Excellent students where she presented her school to take part in the competition and was awarded the Consolation prize.

These excellent accomplishments were achieved not only thanks to her sheer hard work, but also of course to the full Lifestart Foundation Education Scholarship. The prestigious Lifestart Foundation Education Scholarship has not only relieved Quynh and her family from the financial burden of education costs but has also alleviated the daily living expenditure pressure on her family. Thanks to this support, Quynh can focus on her studies and pursue her dreams.

Inspired by the power of knowledge, Quynh aspires to become a teacher, a role that allows her to share her passion to future generations. The Lifestart Foundation is incredibly proud of Quynh. Once again, congratulations we wish you continued success on your educational journey!

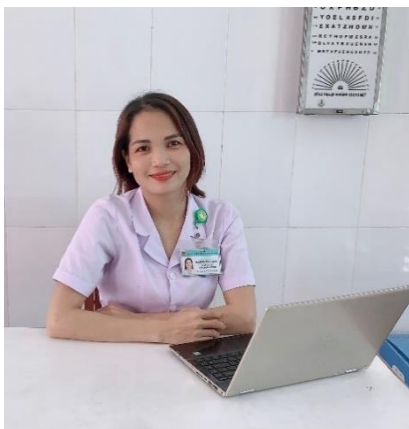
Please click on the links below to read more about Quynh:

Introducing new LSF scholarship student Quynh:

<https://www.facebook.com/TheLifestartFoundation/posts/5124297320949079>

Wonderful news from LSF scholarship student Quynh:

<https://www.facebook.com/TheLifestartFoundation/posts/685573766936205>



UPDATE: 31/08/2024

MASTER OF NURSING SCHOLARSHIPS - INTRODUCING CUC
Cuc is a recipient of the Lifestart Foundation's Master scholarship and currently serves as an educator in the Nursing Faculty at the Danang University of Medical Technology and Pharmacy. As she journeyed through her university education, she felt compelled to continue her studies and enhance her professional skills and knowledge. She was overjoyed when the Lifestart Foundation supported her in achieving her ambition to become a Master Nursing Educator. Her hard work and determination have been rewarded with a Master's Degree in

Nursing, a pivotal achievement that has immensely transformed her life and set her on a path to remarkable success.

Today, she utilizes her extensive knowledge and experience to educate the next generation of nurses. Through her diligent and inspiring lectures, Cuc motivates her students to strive for excellence in patient care, underscoring the crucial role of a nursing educator.

Lifestart Foundation has awarded 15 scholarships to **Master of Nursing students** to help Cuc and the other 14 students to complete their studies. The nursing profession in Vietnam is not held in as high esteem as it should be and we hope that capacity-building nurses to attain their Masters will have a ripple effect of a more highly trained nursing team of professionals throughout Vietnam. It was our pleasure and honor to support these wonderful dedicated health care professionals.

The Masters' students travel to Thailand to complete their 2 years International Level Master of Nursing degree. All of the students awarded a scholarship have a profound desire to help and work in their communities in Vietnam and to improve the standard of the nursing profession.

Below is a letter of gratitude that Thuy wrote to Lifestart Foundation where she shares her work and her life after graduating from the Master of Nursing course.

A LETTER OF GRATITUDE FROM CUC:

Dear Lifestart Foundation,

My name is Cuc. I am currently serving as a lecturer in the Nursing Faculty Department at the Danang University of Medical Technology and Pharmacy. I have accomplished my Master's degree in Nursing through a joint program between Hue University of Medicine and Pharmacy and Khon Kaen University, Thailand.

Upon completing the Master's program, my role as a lecturer underwent significant changes. Previously, as a lecturer with a university degree, I was primarily responsible for teaching practical subjects and supervising clinical practice in the hospital. Now, I have the opportunity to impart theoretical modules and take on the responsibility of coordinating academic courses, which include designing exam tests, managing student grades, and summarizing semester reports. My specialized training in adult nursing enabled me to complete teaching courses on adult medical and surgical care, along with care for mitigating and preventing geriatric health issues for second, third, and fourth-year nursing students at my university. Having a Master's degree has allowed me to partake more in teaching activities, providing me with more opportunities to pass on my knowledge to students. Importantly, I have been able to actively participate in reviewing for exam preparation for the Specialization 1 in Nursing graduate class and creating tests for the postgraduate entrance exam.

Over the past two years, I have also been applying the research skills I have gathered to collaborate with my colleagues in conducting two grassroots-level research projects: "Assessment of fatigue and related factors in cancer patients receiving palliative care at Da Nang Oncology Hospital" in 2021 and "Trust in the online teaching capacity of lecturers at the Danang University of Medicine and Pharmacy Technology and related factors" in 2022. Our research team

has prepared articles for local journals that are currently under review. Concurrently, my foreign language skills improved over my two years of Master's study, combined with my accrued experience, allowed me to publish an international article titled "Relationships between symptom control, medication management, and health literacy of patients with asthma in Vietnam" in the Belitung Nursing Journal of the Scopus system.

A significant milestone after my Master's degree was my involvement in guiding final-year nursing students with their graduation thesis and providing them with thesis outline reviews. Recently, I supervised a student to complete their graduation thesis. This experience gave me the chance to pass on my knowledge of scientific research and my passion for research to students.

I want to express my profound gratitude to all the sponsors and the Lifestart Foundation scholarship organization. I am deeply touched and thankful to have received a scholarship from you. Your support has not only provided me with financial motivation but also emotional support, which helped me overcome all hurdles and complete my Master's program.

I am committed to continually doing my best to impart the knowledge and expertise I have gained to my students and colleagues. Furthermore, I promise to continue striving to better myself and my capabilities in order to be an effective nursing instructor, contributing to the education of future healthcare specialists.

Lastly, I wish you good health, peace and happiness.

Yours sincerely,

Doan Thi Kim Cuc

You can read more about Cuc here:

<https://www.facebook.com/TheLifestartFoundation/posts/4265086960203457>

Please click on the link below to read more about graduated Master of Nursing:

- Ms. Vo Thi Diem Binh:
<https://www.facebook.com/TheLifestartFoundation/posts/5643228445722628>
- Tran Thi My:
<https://www.facebook.com/TheLifestartFoundation/posts/6099368013442000>
- Ms. Duong Thi Hong Lien:
<https://www.facebook.com/TheLifestartFoundation/posts/2601752479870255>
- Ms. Truong Ho Ha Yen:
<https://www.facebook.com/TheLifestartFoundation/posts/3836704339708390>
- Ms. Nguyen Thi Khanh Trang:
<https://www.facebook.com/TheLifestartFoundation/posts/2969041483141351>
- Ms. Duong Thi Dieu Huong:
<https://www.facebook.com/TheLifestartFoundation/posts/3849489718429852>
- Mr. Dang Quoc Bao:
<https://www.facebook.com/TheLifestartFoundation/posts/3948697955175694>
- Ms. Le Thi Huong Van:
<https://www.facebook.com/TheLifestartFoundation/posts/3987147394664083>

- Ms. Nguyen Thi Duc:
<https://www.facebook.com/TheLifestartFoundation/posts/3972177339494422>
- Ms. Tran Thi Vu Mai:
<https://www.facebook.com/TheLifestartFoundation/posts/3964361020276054>
- Ms. Ngo Thi Bich Nuong:
<https://www.facebook.com/TheLifestartFoundation/posts/4233571086688378>
- Ms. Pham Thi Thuy:
<https://www.facebook.com/TheLifestartFoundation/posts/4007070229338466>
- Ms. Vo Thi Xoan:
<https://www.facebook.com/TheLifestartFoundation/posts/4315481278497358>
- Ms. Nguyen Thi Hai:
<https://www.facebook.com/TheLifestartFoundation/posts/4294771757234977>

Donation



UPDATE: 07/06/2024

HOUSEHOLD SUPPLIES FOR LIFESTART FOUNDATION'S EDUCATION SCHOLARSHIP STUDENT THUONG

Thuong was born and raised in the countryside with a large family of six people: her parents, her elder sister, and her two younger sisters.

Her mum, who works as a garment worker in a factory, is the main breadwinner for her family as her dad has health issues and can only do light tasks when he is well enough. Her elder sister is currently in her final

year at university in Danang while her younger sister is in year 6 and her youngest sibling is a year-2 student.

As her parents had to support three children with their learning path, her family's financial situation was extremely difficult.

Unfortunately, the recent diagnosis of her father's cancer has placed additional responsibilities on her mother's shoulders. The extra burden of medical costs further exacerbates the existing financial strain they are already facing.

Fortunately, since she received a precious scholarship from Lifestart Foundation in year 7, her family life has improved. Despite her underprivileged background, Thuong has been trying hard to excel academically.

Currently Thuong is in her final year and her study result in year 11 was 8.6 out of a possible 10, earning her the title of Very Good student.

At this stage, Thuong's dream is to study Medicine and she spends seven hours per day on self-study, this is in addition to her school and extra classes that she attends every day.

Like most Vietnamese children, she also does one hour of daily housework to assist her family. To alleviate some of the financial burdens on Thuong's mother's shoulders, Lifestart Foundation has supported the family with a much-needed gift in the form of a hamper box.

Thuong is pictured receiving necessary household items such as rice, cooking oil, fish sauce, soy sauce, shampoo, toothpaste, dishwashing liquid, and washing powder.

She is extremely grateful for the timely support from Lifestart Foundation donors. These essential household supplies will help carry her family through the upcoming months, enabling her mum to allocate money for other necessary expenses.

A big thank-you to Lifestart Foundation donors for having made this wonderful donation possible.

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

- Introducing Thuong – New Lifestart Foundation Scholarship Student:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02Fq4pY623w7pxqs5Vr1PEguyJCwCvkYvCNVdxqxeGaD2NXZW1Qxrij4kWviCvr1rxSl>
- A Bicycle Donation for Thuong:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02gTXxBkK5AqkeanGJwX2AjzFLrYmEN8kw9tjX5fZmt5uTVpy87zqBiUZP4FurFUhyI>
- Financial Aid for Thuong's Family:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02RTnVXhbwdmVw7VaHM9os84pMUCthE5DJsrCe2koJTvaMFPNjwAyHWJrPK6oLUS3qI>
- An Electric Bike Donation for Thuong:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02efZokoodMqnGisT7Wd1T7RGYrGF7XwJzuFhUv76EVfXU8Sezw8GonWF5HwKjAiaGI>
- Emergency Supply Donation for Thuong's Family:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0yQY2HBAerfhkXb5pounwu4wiRpG2P7Km9FoSqHwDELxjQZHHRLp3uuSMY2Y9BPRDI>



UPDATE: 09/06/2024

LIFESTART FOUNDATION DONATES A NEW SMART TV TO PHUOC CHANH SECONDARY SCHOOL

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 Chanh Semi-boarding Secondary school for Ethnic minority students.

Phuoc Chanh Secondary School is situated in a remote village 130 kilometers from Hoi An. Located 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 339 students.

In this academic year, nearly 100% of students belong to ethnic minority groups and more than 60% of students' families are on the poor list as identified by the government.

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 Chanh 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 X 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: 16/06/2024

LIFESTART FOUNDATION DONATES BOOKS TO UNDERPRIVILEGED STUDENTS IN THE MOUNTAINOUS DISTRICT OF DONG GIANG, QUANG NAM



Lifestart Foundation has always prioritized its commitment to improving the lives of disadvantaged students. In addition to providing educational scholarships, we are dedicated to community programs that support those in need. Over the past year, we have implemented various initiatives in Quang Nam

Province, where we have witnessed the challenges faced by children in remote areas, particularly the lack of books and educational resources.

Recognizing this issue, Lifestart Foundation took proactive steps to supply books to impoverished ethnic minority students in Dong Giang District, Quang Nam Province. We have donated more than 120 reference books to Phan Chau Trinh Secondary School, which has struggled to provide sufficient resources in its library. These books cover a wide range of subjects and grade levels, ensuring that students have access to relevant learning materials tailored to their academic needs.

The school is located in Song Kon Commune, Dong Giang District which is approximately 80 km from Hoi An and among the nine mountainous districts in Quang Nam Province. The majority of

the total 186 students belong to the Cotu ethnic minority group, and their families face a variety of hardships.

With the addition of new books to the school's library, students at Phan Chau Trinh Secondary School can now delve deeper into their studies, conduct research, and broaden their knowledge base. This is likely to have a positive impact on academic performance, as students are better equipped to engage with course materials and achieve their full potential.

In addition to the books, we also provided food hampers and new bicycles to the students, with a total donation value exceeding \$2,000 USD (around 50,000,000 VND). All recipients come from exceptionally challenging circumstances.

Through this initiative, we aim to empower disadvantaged students to overcome obstacles, strive for academic excellence and eventually make positive contributions to society.

Click here to read more about our previous donation day for disadvantaged families and students in Dong Giang, Quang Nam province:

Hamper donation: <https://www.facebook.com/TheLifestartFoundation/posts/819250483568532>

Bicycle donation: <https://www.facebook.com/TheLifestartFoundation/posts/854699180023662>



UPDATE: 21/06/2024

A DONATION OF HOUSEHOLD ESSENTIAL ITEMS FOR VAN

Van, a dedicated student supported by the Lifestart Foundation Education Scholarship, is currently in year 9 at Ngo Quyen Secondary School.

Growing up without her father's presence, Van's mother fulfills the roles of both parents, taking care of the family, including Van and her younger brother. However, with an unstable income from selling

vegetables and working as a helper in a food stall, Van's mother faces numerous challenges in meeting their daily expenses and providing for their education.

The heavy workload often takes a toll on her health, further exacerbating their already difficult situation.

Nevertheless, Van draws inspiration from her mother's unwavering determination, driving her to excel in her studies and honor her mother's sacrifices.

The Lifestart Foundation Education Scholarship project goes beyond providing financial assistance for tuition fees, books, uniforms, and crucial extra classes. It also extends additional support to disadvantaged students.

Van is pictured receiving a donation of much-needed household items from the Lifestart Foundation. This thoughtful contribution includes essentials such as rice, cooking oil, fish sauce, soy sauce, shampoo, toothpaste, dishwashing liquid, and washing powder.

For Van and her mother, this is the first time they have received such a generous gift, and they are overwhelmed with happiness and gratitude.

These items, will alleviate the stress of food supplies for Van's mother and allow them to allocate resources to other necessary expenses.

The Lifestart Foundation sincerely hopes that these essential items will significantly improve the family's needs and bring them some much-needed relief.

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



UPDATE: 26/06/2024

AN ESSENTIAL DONATION FOR LIFESTART FOUNDATION EDUCATIONAL SCHOLARSHIP STUDENT IN NEED - THANH TUNG

Tung, a current student in year 12 at Le Thanh Tong High school for Gifted Students, has been a recipient of the Lifestart Foundation Education Scholarship for the past two years.

Tung's life has been marked by adversity. He was born into a disadvantaged family, and at just five months old, his mother left him. Tragically, his father passed away in a traffic accident when he was in year 4. Since then, Tung has been living with his grandmother and aunt. Sadly, his grandmother has passed away recently. Tung's aunt is the sole provider for the family, working in a food store in Danang to make ends meet.

In addition to covering all of Tung's tuition fees, books, uniforms, and crucial extra classes, the Lifestart Foundation Education Scholarship project goes above and beyond by offering additional support to disadvantaged students like Tung.

To alleviate some of the financial burdens on Tung's family, the Lifestart Foundation has generously provided him with essential cooking and household items such as rice, cooking oil, fish sauce, soy sauce, shampoo, body washing gel, toothpaste, and washing powder. Tung deeply appreciates this support from the Lifestart Foundation, as it allows his aunt to save money for other necessary expenses.

Tung harbors a dream deep within him to become an IT programmer in the future. Currently, he is studying diligently and preparing for the most important exam for every student - the national high school graduation and university entrance exam. We hope that the assistance from Lifestart Foundation will serve as a motivation for Tung to fulfill his dream.

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

- Introducing Tung – New LSF Scholarship Student:
<https://www.facebook.com/TheLifestartFoundation/posts/4244815578897262>
- A Hamper Box for Tung:
<https://www.facebook.com/TheLifestartFoundation/posts/4348045145240971>
- Household Essentials for Tung:
<https://www.facebook.com/TheLifestartFoundation/posts/5880898508622286>
- An Electric Bike Donation for Tung:
<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4288936001151886/>
- Great News from Tung:
<https://www.facebook.com/TheLifestartFoundation/posts/5061719710540174>



UPDATE: 30/06/2024

LIFESTART FOUNDATION DONATES A KINDLE E-READER TO LUONG

Lifestart Foundation recently provided Luong, a dedicated sixth-year Medical student at Hue University of Medicine and Pharmacy with a Kindle E-reader.

Prior to receiving the Kindle donation, Luong faced difficulties in accessing digital educational materials. She relied on her mobile phone, which presented numerous obstacles.

The Kindle donation has provided Luong with a dedicated device for her studies. With its larger screen, longer battery life and specialized features, it enables Luong to immerse herself in her uninterrupted study sessions with greater ease and concentration.

Luong comes from a large family of seven, including her parents, two elder sisters, younger brother, younger sister, and herself.

Unfortunately, her father experienced a stroke that left him paralyzed on one side, rendering him unable to work. This placed a significant burden on the family. Luong's mother stepped in as the primary breadwinner, working tirelessly to support the family. However, tragedy struck again when Luong's mother experienced a detached retina, causing her to lose her eyesight. This further compounded the family's challenges as her mother's disability affected their financial stability and daily life.

The Kindle is a valuable tool in Luong's educational journey, opening up new avenues of knowledge and significantly enhancing her learning experience.

In this round, Lifestart Foundation has awarded a total of six Kindle E-readers to support Luong and other students in their educational pursuits.

As we share Luong's story, we eagerly update you on other deserving recipients who benefit from these electronic devices. Stay connected for more inspiring updates on how these Kindles are contributing 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.

You can read more about Luong here:

- Introducing Luong – new LSF scholarship recipient:
<https://www.facebook.com/TheLifestartFoundation/posts/2851951198183714>
- House repairment for Luong's family:
<https://www.facebook.com/TheLifestartFoundation/posts/4959605850751561>



UPDATE: 09/07/2024

A HAMPER BOX DONATION FOR TRIEU

Year 9 Lifestart Foundation Education Scholarship Trieu is one of our latest full scholarship students.

Recently, we have provided Trieu with a big hamper box filled with a variety of essential household items and nutritious drinks. This assistance aims to alleviate some of the burden his family faces and contribute to improving their overall situation.

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, leaving Trieu and his sister living in a small house. During Trieu's childhood, he faced kidney-related health issues, resulting in him having poor health. The financial responsibilities of his medical issues fell on Trieu's sister's shoulders. Trieu's sister was in an unhappy marriage, so she and her four-year-old daughter returned to her parent's home to ensure she could provide care and support for both Trieu and her child.

To support their livelihood, Trieu's sister works selling vegetables at the market. Her wage is about 100,000 VND per day (approximately \$5 USD). However, due to the responsibilities of caring for Trieu and her daughter, she is unable to work regularly. Consequently, her income is highly unstable and insufficient to cover the living expenses of the family.

Apart from supporting Trieu with his full scholarship, the Lifestart Foundation Education Scholarship project also provides him with additional assistance. Recognizing the financial burden on Trieu's sister, Lifestart Foundation has provided the family with a much-needed hamper box and 2 big crates of milk. The hamper includes essential household items such as rice, cooking oil, fish sauce, soy sauce, toothpaste, toothbrushes, shower gel, washing powder, detergent, shampoo, toilet paper, hand wash liquid, and dishwashing liquid.

Trieu expresses deep gratitude for the timely and thoughtful support from the Lifestart Foundation, which allows his sister to save money for other necessary expenses.

Through our provision of educational opportunities and life-essential assistance, we hope that Trieu's life will experience significant transformation, as he can now focus on pursuing his dreams and creating a brighter future for himself and his family.

You can read more about Trieu here:

- Introducing Trieu – new LSF scholarship student:

<https://www.facebook.com/photo?fbid=801909255302655&set=a.628466192646963>



UPDATE: 23/07/2024

LIFESTART FOUNDATION'S HAMPER BOX DONATION FOR DUYEN

With the aim of providing our scholarship students with additional support besides major education scholarships, Lifestart Foundation initiates numerous practical and valuable forms of assistance, aiming to alleviate the obstacles confronted by the students and their families.

Lifestart Foundation scholarship student Duyen has just finished year 10 and is preparing to enter year 11 at Ho Nghinh High school in Duy Xuyen district,

Quang Nam province. She is a diligent student who always strives for academic excellence.

Every day, Duyen dedicates approximately 10 hours to self-study. This led to her achieving a GPA of 8.74 out of a possible 10 in year 10, earning her the title of Very Good student.

Notably, she achieved an outstanding average point of 9.5 in Chemistry, her most favourite subject.

Hailing from a large family with seven members, they face the immense challenge of surviving on an unstable income. Duyen's father works tirelessly as a laborer while her mum sells scrap materials to make ends meet.

The education expenses for all five children are huge, adding to the daily struggle of covering the entire family's living expenses. To add to their existing burdens, Duyen's younger sister suffers from a rare incurable eye disease, which costs the family a lot of money each month for medical check-ups and medicine for her.

To alleviate some of the financial burden on her parents' shoulders, Lifestart Foundation has provided Duyen with a much-needed gift in the form of a hamper box, including rice and household

essentials such as dishwashing liquid, cooking oil, toothpaste, fish sauce, soy sauce, shampoo, and washing powder.

She is extremely happy and grateful for this timely support from Lifestart Foundation, as it allows her parents to save money for other necessary expenses.

We hope that with the unwavering support from Lifestart Foundation, Duyen will be profoundly inspired and equipped with all the necessary resources to achieve academic success.

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

<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02G46NRTkF4ctANYygfaBWFawHfAZcB55k7ajMoES9DZC9FTfQagUPncXydUBjZtLhI>



UPDATE: 28/07/2024

LIFESTART FOUNDATION EXTENDS SUPPORT: 25 NEW BICYCLES DISTRIBUTED TO FINANCIALLY DISADVANTAGED STUDENTS IN DUY XUYEN

As part of our effort to support remote areas via donating bicycles to disadvantaged students in Quang Nam Province, Lifestart Foundation has

recently organized a campaign involving the generous donation of 55 bicycles with a value of 100,000,000 VND. In this round, 25 bicycles were donated to underprivileged students in Duy Xuyen district, located in the north of Quang Nam province.

This initiative aims to support secondary school students from Chu Van An Secondary school, Phu Dong Secondary school, Quang Trung Secondary school in Duy Xuyen district. They are all from families facing various hardships, including poverty, orphanhood, large sibling groups, parents with illnesses, and limited work capacity. Consequently, their families face financial difficulties in affording transportation for their children to attend school. Prior to receiving these much-needed bicycles from Lifestart Foundation, many of them had to endure exhausting journeys on foot or rely on friends for transportation. Thanks to the Lifestart Foundation's bicycle donation, these students will now have a safer and more convenient mode of transportation, enabling them to maximize their learning potential.

We firmly believe that by providing bicycles, we are not only facilitating easier school commuting but also creating favorable learning conditions for these impoverished students. Our primary goal is to empower them to overcome life's difficulties and motivate them to achieve their dreams.

This bicycle donation is just one of the many community projects undertaken by Lifestart Foundation annually. In 2023, we provided bicycles to students in Phuoc Son and Nam Giang districts, donated smart televisions to many schools, facilitated clean water systems in remote schools across Quang Nam, and presented emergency relief hampers to Ca Dong ethnic students, and milk to disadvantaged patients at Quang Nam Regional General Hospital. We are grateful to all our supporters and donors who make these initiatives possible. Your contributions

are changing lives and making a lasting impact. Together, we can create a brighter future for these deserving students.

Please read the press release about our project:

Vietnamese version:

https://cadn.com.vn/trao-tang-55-xe-dap-cho-cac-em-hoc-sinh-ngheo-hieu-hoc-tai-quang-nam-post294838.html?fbclid=IwY2xjawEgAuJleHRuA2FibQIxMAABHeXbNns6ZGe8cl8Qr7YIBmufn4z0MnT4RmOV2WtTx0UO5tN01viuHtRSuw_aem_UA1LZXsBQIAHHv3rRiml3Q

Spanish version:

https://es.nhandan.vn/fundacion-lifestart-dona-bicicletas-a-estudiantes-en-circunstancias-dificiles-post62206.html?fbclid=IwY2xjawEgAx9leHRuA2FibQIxMAABHXTag8mwXmV8FNCUDnM4S1nIKws_rtNus2K8fZOTSI5XDHUA9cavpFlNng_aem_dW7B39IR-eh9tMoB-3JTTw

English version:

https://vietnamnews.vn/society/1655651/new-bicycles-delivered-to-disadvantage-students-in-quang-nam.html?fbclid=IwY2xjawEgA1RleHRuA2FibQIxMAABHU9tqY3ff-J1aEv_CUJyGLKG7impQ917jwzpKTog7B9sDzzIK0ZwCs0FA_aem_9ua_VKwfeTeQ3AOJ581nzw

Click here to read more about our previous bicycle donation round for disadvantaged students:

In Phuoc Son district of Quang Nam province:

<https://www.facebook.com/TheLifestartFoundation/posts/697430575750524>

In Zuoih commune, Nam Giang district of Quang Nam province:

<https://www.facebook.com/TheLifestartFoundation/posts/726716819488566>



UPDATE: 07/08/2024

LIFESTART FOUNDATION'S HAMPER BOX DONATION FOR TUONG QUYNH

Quynh has been our recipient of Lifestart Foundation Education Scholarship since she was in Year 9.

She hails from a large family of six, consisting of her parents, two older sisters engaged in higher education, a younger sister in Year 7 and herself. Their monthly income of only 5 million VND (approximately \$206 USD) places a considerable financial burden on her parents. They must manage the daily living expenses for the entire family while also supporting the education of all four school aged children. The full Lifestart

Foundation Education Scholarship granted to Quynh has not only lifted the burden of educational expenses but has also eased the daily living costs for her family. Despite the challenging circumstances, Quynh has demonstrated her diligence and achieved excellent academic accomplishments. In addition to providing Quynh with a full scholarship, Lifestart Foundation recently supported her with a much-needed hamper box, aiming to alleviate some of the financial burdens her family encounter. The hamper box contained essential household necessities such as dishwashing liquid, cooking oil, toothpaste, fish sauce, soy sauce, shampoo, and washing powder. Quynh and her family expressed deep appreciation upon receiving this considerate gift, as it enables her mother to allocate funds towards other necessary expenses.



UPDATE: 11/08/2024

LIFESTART FOUNDATION'S BACK-TO-SCHOOL SUPPLY DISTRIBUTION DAY

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.

As a new academic year is fast approaching, the Lifestart Foundation team is busy preparing vital supplies for students.

To ensure our scholarship students have all the necessary supplies for the upcoming semester, the dedicated staff at Lifestart Foundation have sourced and purchased all necessary educational essentials including books, stationery, and uniforms.

Pictured are 6 of our scholarship students receiving their study supplies at the annual Supply Distribution Day organized every summer.

These bright students all come from financially struggling families, limiting their access to necessary 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 tertiary education.

Our scholarship recipients express immense excitement and gratitude for this yearly contribution, which plays a significant role in supporting their academic pursuits in the forthcoming semester.

Supply Distribution Day is not just about receiving materials; it's a meaningful opportunity for our students to gather, form connections, and share their goals and aspirations for the upcoming academic year.

We are confident that with ongoing support from the Lifestart Foundation, our scholarship students will excel in their studies and reach new academic heights.



UPDATE: 18/08/2024

LIFESTART FOUNDATION PROVIDES A TELEVISION TO PHUOC KIM PRIMARY- SECONDARY SCHOOL

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 Kim Primary and Secondary School.

Located in the particularly disadvantaged area of 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 254 disadvantaged students including 242 ethnic minorities. In the academic year 2023-2024, 182 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 Kim Ethnic 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. Please read more about our Television donation projects here:

- Phuoc Thanh Semi-Boarding Ethnic Primary and Secondary School:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0zQDTobfqcj7NSUpBQEu9CvUSgZFaYk68t8tE33crnchzhfa1p5vLhRJJCeYJAGYfl>
- Ly Tu Trong Secondary School:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid029dZcsqjoeSZaV2Mbb1vjgHsfcUv7C1wXHwAygEiY8UUJ3YhRFckws8iyJa14qVCl>
- Vo Thi Sau Primary and Secondary School:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02zdxUJMrf6rCKkJuEZTn5NoLMCXB2saUEg9jFZvH1KAtpDA3T2UubYYPPp4F5gHisFl>
- Phuoc My Primary and Secondary School:

<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02jT4vbeAWsaC7LjCMmQW2Zzd uwX6Zm7RUyVzKv9AVocmPDMa2ryrMxzAX5NcJh32uI>

- Phuoc Nang Primary and Secondary School:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02M5QcaCPFmbzBe8YiCpy3Mju oF1ubpr1dajtLx3ouSfnVJWoDeQ3ofQBzyMapjLVTI>
- Phuoc Chanh Semi-boarding Secondary School:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02XehsRoKKSVRJ1KyZhgow3Jia 2Y1PGMej9zcWV1YV1KMDpzuZP1YSzUPM5uSdzEimI>



UPDATE: 21/08/2024

LIFESTART FOUNDATION PROVIDES A HAMPER BOX DONATION FOR NHI

As well as supporting disadvantaged students with education scholarships that provide all tuition fees, books, stationery, uniforms, and the all-important extra classes, the Lifestart Foundation education scholarship project also provides the students with additional support. This support takes on various practical and valuable forms, aiming to alleviate the burdens faced by the students and their families. Today, we are thrilled to present a Hamper Box full of household necessities to Nhi, a student who holds a Lifestart Foundation scholarship.

Nhi, currently in year 7 at Ngo Quyen Secondary School in the small district of Duy Xuyen, Quang Nam, is a recent recipient of the Lifestart Foundation scholarship. She grew up in a single-parent family where her mother takes on the roles of both father and mother, working hard to support Nhi and her younger sibling's education. Due to the difficult family circumstances and the meager income from her job as a house cleaning laborer, Nhi's mother has faced many challenges in providing adequate educational support for both Nhi and her sibling. Consequently, throughout her academic journey so far, Nhi hasn't been able to participate in any extracurricular classes. Her home also lacks running water and a bathroom, so they have to share these facilities with their neighbor.

Understanding the daily struggles and aiming to motivate Nhi in her studies, we hope that the essential household items such as rice, dishwashing liquid, cooking oil, toothpaste, fish sauce, soy sauce, shampoo, and washing powder can alleviate some of the burdens for her mother. The photo below captures the moment of happiness when Nhi received the Hamper Box. She is extremely grateful for the timely support from Lifestart Foundation donors, as it allows her mother to save money for other necessary expenses.

You can read more about Nhi here:

- Introducing Nhi – new LSF scholarship student:
<https://www.facebook.com/TheLifestartFoundation/posts/881125564047690>

Clean Water Project



UPDATE: 21/07/2024

LIFESTART FOUNDATION - LATEST NEWS

#CLEAN_WATER_PROJECT_NUMBER_25

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 Cam Kindergarten is located in Tien Phuoc district, Quang Nam province, where more than 130 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://www.youtube.com/watch?v=TVa_CyNyzJl

Press



UPDATE: 18/06/2024

LIFESTART FOUNDATION DELIVERS NEW BICYCLES TO DISADVANTAGED STUDENTS IN QUANG NAM

Another round of new bicycles has been delivered to disadvantaged students in the underprivileged districts of Phuoc Son and Duy Xuyen districts in the central province of Quang Nam by the not-for-profit charity Lifestart Foundation (Australia), in partnership with the provincial Union of Friendship Organisations.

The programme provided a total of 55 bicycles, valued at VND100 million (US\$3900), to facilitate easier school commuting for secondary school students facing hardships in the two districts.

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://vietnamnews.vn/society/1655651/new-bicycles-delivered-to-disadvantage-students-in-quang->

[nam.html?fbclid=IwZXh0bgNhZW0CMTEAAAR0IHdMrpB6eHWuwDTLT5c4_dEHZOe8n7XD2HQVuh-Gc-yano1mD_yoO9KY_aem_ZmFrZWR1bW15MTZieXRlcw](https://www.vietnamnews.vn/society/1661040/poor-schools-access-to-drinkable-water-in-new-school-year.html?fbclid=IwZXh0bgNhZW0CMTEAAAR0IHdMrpB6eHWuwDTLT5c4_dEHZOe8n7XD2HQVuh-Gc-yano1mD_yoO9KY_aem_ZmFrZWR1bW15MTZieXRlcw)



UPDATE: 23/08/2024

OVER 1.75 BILLION VIETNAMESE DONG DONATED BY LIFESTART FOUNDATION TO ASSIST DISADVANTAGED STUDENTS IN ACCESSING CLEAN DRINKING WATER

Lifestart Foundation, a non-profit organisation based in Hoi An City and originating from Australia, has recently provided ten clean water filtration systems and water tanks to underprivileged schools situated in the mountainous Bac Tra My and Phuoc Son districts of the central Quang Nam Province.

The systems will provide drinkable clean water for nearly 2,000 school students and teachers in the academic year 2024-2025.

To date, the Lifestart Foundation clean water project has facilitated 38 water treatment systems for various disadvantaged schools, totalling over VND 1.75 billion (US\$70,000), benefiting over 10,200 people directly throughout the years of project implementation.

During this round, Lifestart Foundation also provided support in the form of 25 packages comprising essential items worth a total of VND 10 million for 25 poor children at Hoa Mi Kindergarten in Tan Hiep A School in Tra Son commune in Bac Tra My district.

Please click on the link below to read more about this important project:

https://vietnamnews.vn/society/1661040/poor-schools-access-to-drinkable-water-in-new-school-year.html?fbclid=IwY2xjawE44ZZIeHRuA2FibQlxMQABHav4oSwRtzqDZ75WDKSljrA_eirXBhuAKF5mUYrmQNBLtGQ4mJZiOOctvw_aem_OsaRImfJj2OgJbYtBW1WEw#:~:text=QU%E1%BA%A2NG%20NAM%E2%80%94Lifestart%20Foundation%2C%20a,the%20central%20Qu%E1%BA%A3ng%20Nam%20Province

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

Other Activities



UPDATE: 02/06/2024

Exciting news from Lifestart Foundation!

Our founder, Karen Leonard OAM, and the Lifestart Foundation team recently journeyed to Hue for a week-long trip. During our visit, we had the honor of awarding scholarships to 16 medical students and 4 resident doctors at Hue University of Medicine and Pharmacy.

But that's not all! As part of our tradition, we hosted a special dinner bringing together all our medical scholarship recipients. It was a fantastic opportunity for both new and current students to mingle, connect, and form lasting bonds.

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

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

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

Cheers to the incredible journey ahead for our scholars!



UPDATE: 14/07/2024

LIFESTART FOUNDATION'S TRIP TO VISIT OUR GENERAL MEDICAL SCHOLARSHIP STUDENTS IN HUE

Lifestart Foundation is thrilled to share the exciting news about our recent trip to Hue University of Medicine and Pharmacy, led by our amazing founder, Karen and four dedicated staff members. This expedition held immense significance as it provided us with the opportunity to connect with our latest remarkable medical students as well as our current scholarship students.

During our visit, we had the honor of awarding 16 new General Medical scholarships, 4 residency scholarships, 9 new laptops and 1 English course to an inspiring and deserving group of students. These scholarships represent not only financial assistance but also a recognition of their unwavering dedication in the face of adversity. Despite hailing from struggling backgrounds, these students have shown a remarkable commitment to academic excellence as well as other values that Lifestart Foundation upholds.

Our time at Hue University was enriched by the opportunity to engage and have individual meetings with our 27 students on a personal level. Through mentoring sessions and delightful dinners, we learned more about their aspirations, dreams and the obstacles they have overcome on their journey to becoming healthcare professionals. The majority of these students are pursuing studies in General Medicine, with one hoping to embark on a career in Nursing. Their future goals are diverse, ranging from becoming surgeons, obstetricians, and gynecologists to pediatricians. Additionally, the four residency students are majoring in Diagnostic Imaging, Surgery and Obstetrics and Gynaecology.

We are immensely proud of our students' achievements thus far and their perseverance and determination serve as an inspiration to us all. We have every confidence that they will continue to excel in their studies and make meaningful contributions to the medical profession and eagerly await news of their future successes.



UPDATE: 15/07/2024

#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.

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

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



UPDATE: 06/08/2024

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.



UPDATE: 14/08/2024

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.



UPDATE: 19/08/2024

LIFESTART FOUNDATION UNIVERSITY STUDENT UPDATE

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

<https://www.lifestartfoundation.org.au/wp-content/uploads/2024/08/University-Students-update-August-2024.pdf>

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: 20/08/2024

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>



UPDATE: 28/08/2024

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: 29/08/2024

☀️ 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.