

Education



UPDATE: 07/9/2024

LIFESTART FOUNDATION EDUCATION SCHOLARSHIP RECIPIENT - MEET DOCTOR NHON

The Lifestart Foundation is proud to share the success story of Dr. Nhon, one of our recent graduates from Hue University of Medicine and Pharmacy. Dr. Nhon is among 13 students who successfully achieved a Distinction degree in General Medicine, affirming the result of his dedication and hard work.

Throughout his studies at university, Dr. Nhon has nurtured his dream of becoming an Obstetrician and Gynaecologist. After graduation, he aspires to further his education to specialize in this field. Currently, Dr. Nhon is completing a 12-month internship at Gia Dinh People's Hospital in Ho Chi Minh City to obtain his medical license.

Dr. Nhon's background story demonstrates the impact the Lifestart Foundation has had on his life. He comes from a very difficult economic background. His family is poor, and the financial burden is further heightened by his father's osteoarthritis and his younger sister's spinal disease, requiring continuing medication costs. Before receiving the Lifestart Foundation scholarship, Dr. Nhon struggled to even afford a healthy diet.

Despite these challenges, Dr. Nhon has put every effort into his studies, aiming to become a skilled doctor. He was not only a brilliant student but also a well-rounded one who actively participated in extracurricular activities, such as volunteering with disabled children, and donating blood.

The Lifestart Foundation scholarship has been life-changing for Dr. Nhon and his family. It has lifted a significant financial burden, allowing him to focus on his studies and pursue his dream career.

We are incredibly proud of Dr. Nhon's achievements and look forward to witnessing his future success.

To further illustrate the positive impact of our scholarship program, we would like to share a heartfelt letter of gratitude written by Dr. Nhon upon his graduation. We invite you to read his inspiring message.

NHON'S GRATITUDE LETTER:

Dear Karen and Everyone at Lifestart Foundation,

My name is Le Hong Nhon, a lucky beneficiary of a Lifestart Foundation Medical Scholarship. I have recently graduated from Hue University of Medicine and Pharmacy, completing a degree in General Medicine. Today, I am writing this letter to express my deep gratitude to Lifestart Foundation for the support I have received over the past four years and to share my plans after my graduation.

This year marks my graduation, and it has been a challenging journey with numerous exams. My studies became much busier, and I had to dedicate more time to revising my lessons in the four main subjects: Internal Medicine, Surgery, Obstetrics, and Paediatrics. Additionally, there was a final graduation exam to complete the program. Understanding the difficulties ahead, I carefully planned my studies from the beginning. Since they were clinical practice exams, I focused on the clinical knowledge I had acquired during the clinical sessions. I took notes on what I had learned during my clinical lessons and combined them with additional readings from textbooks.

As for the graduation exam, I started my preparations a month in advance. I studied each subject thoroughly, focusing on the difficult ones first, and later revisited the topics with my friends. My hard work paid off, and I achieved excellent results. I ended the second semester with a GPA of 3.57 out of a possible 4.0, and upon completion the course, my overall GPA was 3.22, earning me a Distinction. This accomplishment met the goals I had set for myself.

After the exams, Hue University of Medicine and Pharmacy organized a final internship at hospitals in nearby provinces for us. I chose Quang Tri Provincial General Hospital, specializing in Obstetrics and Gynaecology for my internship. It was a wise decision for me. I learned and did things that I hadn't had the chance to experience during my clinical studies at university. The doctors and nurses there were incredibly supportive, teaching me many things from patient examination techniques to surgical procedures. This experience has fuelled my determination to become an Obstetrician and has given me the confidence to face the challenges that lie ahead. Being able to achieve this result is not only thanks to my personal efforts and thanks to the support of my family but also the support of everyone at Lifestart Foundation. You all have given me the confidence I needed on the path I had chosen. Today, I officially embark on my journey as a doctor, ready to fulfill my mission of saving lives.

My plans after graduation include preparing for my Residency exam in Obstetrics and Gynaecology or undergoing an 18-month internship at Tu Du Hospital in Ho Chi Minh City, in addition to focusing on improving my English skills to achieve a target IELTS score of 6.5.

Before receiving the Lifestart Foundation medical scholarship, my family faced significant financial hardships. We are a farming family with five children, four of whom were attending university, and the youngest was still in school. It was incredibly challenging for my parents to support our education with their meagre income from farming. They had to borrow money from banks and relatives to pay for our tuition fees and monthly expenses. I was aware of the financial strain on my family, so I tried to save money, worked part-time to assist my family, and aimed to graduate quickly to help my parents repay their debts.

In my third year, when I learned about the Lifestart Foundation scholarship, I saw an opportunity to alleviate my family's financial burden and help my education. I applied, attended interviews,

and was overjoyed to receive the news that I had been awarded a full scholarship. From that moment, I knew I had a solid support system to guide me on my education journey ahead.

Since receiving the Lifestart Foundation scholarship, both my life and my family's life have become much more stable. My parents no longer have to worry about my financial needs, allowing me to focus more on my studies without financial stress. The scholarship has covered various aspects, including tuition fees, living expenses, study materials, daily essentials and even a laptop. In addition to financial assistance, the Foundation has provided spiritual support with regular encouragement and mentoring meetings. Lifestart Foundation has helped me enhance my English skills by arranging language instructors and sponsoring my English courses. It has also made my chosen path easier, knowing that I have everyone at Lifestart Foundation supporting me.

Sometimes, I wonder how challenging my journey would have been without the foundation's support. It's likely that I would have faced many obstacles, considering not only my academic responsibilities but also my financial burdens. I might have had to work longer hours, budget more strictly, compromise on meals, reduce study time, and face many difficulties. Consequently, my academic performance would have affected, making it uncertain whether I could achieve my goals.

At this moment, I am at a loss for words when I look back at the journey I have shared with the Lifestart Foundation. It's a period I will never forget—a beautiful memory, a tremendous source of motivation, with close friends during my student life. I feel incredibly fortunate and want to express my deepest gratitude to all the sponsors and the Lifestart Foundation. I hope that one day, I will have the opportunity to meet everyone in person, to express my gratitude directly, and to show how your support has helped me on this journey. Thank you all from the bottom of my heart!

Warm regards,

Le Hong Nhon

Please read more about Nhon below:

<https://www.facebook.com/photo?fbid=3966758710036285&set=a.485561648156026>

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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

MEET ALL OF OUR UNIVERSITY STUDENTS AND GRADUATES HERE:

<https://www.lifestartfoundation.org.au/wp-content/uploads/2024/09/University-Students-update-September-2024.pdf>



UPDATE: 14/9/2024

LIFESTART FOUNDATION'S PHARMACY SCHOLARSHIP STUDENT GRADUATES FROM UNIVERSITY

A heartfelt congratulations to Hien from all the team at Lifestart Foundation. We are so very proud of your achievements!

Hien, a Lifestart Foundation's Pharmacy Scholarship recipient since 2021, has completed her degree in Pharmacy at Hue University of Medicine and Pharmacy. After her five-year journey, she secured a Distinction degree. This achievement is even more inspiring as Hien is the first in her family to graduate from university!

Hien's passion for Pharmacy began when she was a young girl. At university, Pharmacognosy was her favourite subject as she loves the study of medicines produced from natural sources such as plants, microbes, and animals. This fascination, coupled with the dedicated support from the Lifestart Foundation scholarship, empowered Hien to continue to follow her dream of becoming a skilled Pharmacist. Hien's goal is not only to help her parents improve their health but also to contribute to the well-being of society.

Since graduation, Hien has embarked on a new chapter, working as a Medical Representative for the renowned British multinational company Reckitt. This exciting opportunity allows Hien to gain hands-on experience that will undoubtedly further enhance her career.

We are incredibly proud of Hien's accomplishments and the excellent young woman she has become. We extend our sincere wishes for her continued success in all her future endeavors and can't wait to witness all her future accomplishments with great excitement.

After graduation, Hien has additionally written a letter expressing her gratitude to the Lifestart Foundation, where she shares her inspiring journey of overcoming challenges to realize her dreams. We invite you to explore her heartfelt words of appreciation.

HIEN'S GRATITUDE LETTER:

Dear Ms. Karen and Lifestart Foundation,

My name is Nguyen Thi Kim Hien. Another semester has passed, and I am once again taking this opportunity to tell you about my life through this letter. It is a significant time for me as I have officially graduated in Pharmacy from Hue University of Medicine and Pharmacy.

Regarding last semester, since it was my final year at university, year 5, the timetable at school was relatively relaxed and not as hectic as year 4. However, I had to allocate time to complete my thesis and present it at Defense Day at the end of second semester. Therefore, I dedicated my nights and weekends to self-study, ensuring I spent 3 to 4 hours every day. In the days leading up to the exams, I increased my study time to 12 to 13 hours per day. Additionally, studying in a group with my friends also helped me to be more effective. As a result, I achieved an excellent

rank with a GPA of 3.63/4.0 at the end of the semester. Moreover, during this term, I successfully defended my graduate thesis on the topic "The study of the situation of medicine use in patients with stroke at Hue University of Medicine and Pharmacy Hospital" and received a score of 9.8/10. This score is the reward for my hard work and dedication, and it is a source of pride for both myself and those who support me.

Overall, I graduated with a commendable GPA of 3.31/4.0. With this achievement, I am delighted to have fulfilled my personal goals.

Before receiving the Lifestart Foundation scholarship, my studies were fraught with difficulties and challenges. My family faced financial hardships, which were a burden and a source of pressure for me. I come from a family of five, and as the eldest sister I was unable to find a job to support my family. Both my parents are elderly and frequently fall ill. My mother has a disability in her legs, which prevents her from engaging in physically demanding work. My father is the backbone of our family, but he also suffers from joint pain. Thus, I always reminded myself to study diligently in order to secure a better job in the future and alleviate the financial burden on my parents.

When I learned that I had been accepted as an Lifestart Foundation scholarship student, I was overwhelmed with happiness and gratitude. The Lifestart Foundation scholarship not only provided financial support for my studies but also provided me with encouragement and instilled confidence in me. This support helped me overcome the barriers and challenges I faced, allowing me to persist in my efforts and pursue my dreams. The scholarship served as a tremendous source of motivation, enabling me to achieve the academic success I have today. Once again, I am genuinely grateful and appreciative of the generosity and compassion shown by Ms. Karen and everyone at the Lifestart Foundation.

The Lifestart Foundation scholarship has had a profound impact on both my life and my family's and alleviated the financial pressure we were under. Previously, my family faced numerous financial difficulties, but the scholarship has eased our burden and my parents no longer worry about covering my tuition fees. Thanks to the financial support from Lifestart Foundation, I have been able to concentrate on my studies, purchase necessary textbooks and learning materials, and attend additional classes necessary to expand my knowledge.

Without your support, I would have faced numerous obstacles, especially when it comes to education. Given my family's financial situation, I would have encountered many difficulties in paying my tuition fees and being able to afford new textbooks and essential learning materials. These challenges could have adversely affected the quality of my education. Additionally, the financial pressure would have weighed heavily on me and my family, significantly impacting my mental well-being.

Once again, I would like to express my sincerest gratitude to you and the Lifestart Foundation. Thanks to your scholarship, I have had access to a better learning environment. The scholarship has made a profound impact on my life and that of my family by relieving our financial burden and allowing me to focus on my studies without worrying about money. Throughout the duration of the scholarship, I have received care and encouragement from the staff at Lifestart Foundation, including Ms. Nhung, Ms. Uyen, and especially my mentor, Ms. Phuong. I am truly grateful and appreciative of everyone.

I am determined to continue to develop myself and become a valuable member of society as a way of expressing my gratitude to everyone and the Lifestart Foundation. Finally, I would like to wish Ms. Karen and everyone at the Lifestart Foundation good health and happiness in life.

Yours sincerely,

Nguyen Thi Kim Hien

Please read more about Hien below:

◆ Introducing new LSF scholarship student Hien:

<https://www.facebook.com/photo/?fbid=5092955244083287&set=a.485561648156026>

◆ Household supplies for Hien:

<https://www.facebook.com/photo/?fbid=5212477468797730&set=a.485561648156026>



UPDATE: 21/9/2024

DR. DUNG'S INSPIRING JOURNEY WITH LIFESTART FOUNDATION: FROM ASPIRATION TO ACHIEVEMENT

Huge congratulations to Dr. Ta Thi Dung from the entire Lifestart Foundation team! We are incredibly proud of your accomplishments.

Dr. Dung, a Lifestart Foundation General Medical Scholarship recipient, has recently reached an impressive milestone by graduating from Hue University of Medicine and Pharmacy.

She is now pursuing a 12-month course at TTH Vinh General Hospital in Vinh City, working towards her license to practice general medicine. With dreams of specializing in Ear, Nose, and Throat

medicine, Dung continues to shine.

Despite growing up in a disadvantaged family of six, the scholarship transformed Dung's life, fueling her determination to excel in her studies and achieve outstanding success.

After graduating, Dung shared a heartfelt letter of gratitude with us, detailing her incredible journey of overcoming challenges to follow her dreams. We invite you to read her touching story.

It has been an absolute honor for Lifestart Foundation to support Dung throughout her educational journey and witness her growth into a talented young doctor. Congratulations again, Dung - we wish you every success in your career!

DR. DUNG'S GRATITUDE LETTER:

Dear Karen and everyone at Lifestart Foundation,

My name is Ta Thi Dung, a student who recently graduated from Hue University of Medicine and Pharmacy.

In the second semester, I had two clinical exams and a graduation exam, and I tried my best in my studies. My clinical internship was every day and I also had night watch duties, so I didn't have much time to study, but I tried to arrange my time effectively. In addition, in the last semester, I completed two exams, the B1 level of the Vstep English Test (Vietnamese Standardised Test of English Proficiency) and the Certificate of IT. Besides that, I also spent time preparing for the postgraduate exam.

After the practical medical internship, I gained hands-on experience working in a hospital. During my time there, I received invaluable guidance from doctors in various departments. They taught me the proper methods for conducting patient examinations and how to effectively document electronic medical records. Additionally, I had the opportunity to participate in progress meetings and learnt lots of valuable lessons within the hospital setting. I am extremely grateful for this trip as it provided me with a wealth of useful knowledge that I can apply in the future.

After six years of studying at university, I have mastered the fundamentals of my subject and thanks to that, I am more confident about my future career. Throughout these six years, I have gained valuable experience and learned important lessons that have contributed to my personal growth. My confidence has increased, and my communication and soft skills are much improved. I also learned how to make presentations and to work in groups thanks to my friends and my teachers.

I am currently studying and working at TTH Vinh General Hospital in Vinh City, and I plan to pursue a career in Ear Nose and Throat medicine in the future.

Prior to receiving your scholarship, my family struggled to pay for my university studies. My family had to raise three children, two of whom were in higher education. My parents are rice farmers with meager incomes. Furthermore, my mother's health had been compromised by several illnesses, necessitating regular medical check-ups. Adding to our financial strain, my family at that time had to take out a loan to support my sister in finding employment. It was during this time that I realized my family was unable to afford both my academic fees and our family living commitments.

In terms of the Lifestart scholarship interview, I was happy to share with Ms. Karen about my future plans. Upon returning home from the interview, I was so anxious and looking forward to the results. I only had to wait for the results for a few days, but I felt the time passed so slowly and I was very eager to get the scholarship. And the day I was told that I was accepted as a Lifestart scholarship student, I was filled with immense happiness and felt very emotional. I sincerely thank you for providing me with this invaluable opportunity to receive the scholarship.

The Lifestart Foundation scholarship has helped me a lot, and enabled me to continue to study medicine. It has provided money for my tuition fees along with study materials and contributed towards my purchase of a laptop. Thanks to the laptop, it is easier for me to do my group work assignments and exercises. In addition, updating patient records is also simplified. My family found that some of the financial hardships they faced had been eased. Furthermore, the scholarship also supported me by providing essential items during the pandemic, helping to

relieve some of my burdens in life. The monthly meetings with the Lifestart Foundation mentors have given me more incentive to continue studying, besides which the staff also listened and encouraged me a great deal.

Without this scholarship, my family would be struggling to earn enough money to support me in my studies. I wouldn't have a laptop for myself nor so much time to study as I would have to work part time. Without the sponsorship, I could not buy learning materials nor take essential additional classes.

I would like to thank Ms Karen and everyone at Lifestart Foundation who have helped and supported me over the years. I am very grateful for your scholarship. Thanks to this help, I can continue to fulfill my dreams in the best way possible. Lifestart Foundation helped me get closer to my dream. Not just me, but many other students in difficult circumstances have been helped by Lifestart scholarships, enabling them to continue their studies.

I hope the Lifestart Foundation will continue to grow further to help many others in difficult circumstances. Finally, I wish Mrs. Karen and everyone a happy, successful life.

Thank you very much!

Ta Thi Dung

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

◆ Introducing Dung – New LSF Medical Scholarship student:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5459707094074765/>

◆ A Hamper Box Donation for Dung:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5256022264443250/>

◆ A Laptop Donation for Dung:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5390216641023811/>



UPDATE: 28/9/2024

LIFESTART FOUNDATION UNIVERSITY GRADUATE: MEET DOCTOR LAN

A big congratulations to Dr. Tran Thi Lan from the entire Lifestart Foundation team! We are incredibly proud of your outstanding achievements.

Dr. Lan, a Lifestart Foundation General Medical Scholarship recipient, has recently reached a major milestone by graduating from Danang University of Medical Technology and Pharmacy.

This accomplishment is a significant step in her journey toward a bright and promising future.

Currently, Lan is furthering her education and professional experience in the Diagnostic Imaging Department at Danang Hospital for Women and Children, where she is determined to advance in her medical career.

Growing up in an extremely disadvantaged family, Lan's life was profoundly changed by the Lifestart Foundation medical scholarship she received. It sparked her determination to excel academically, offering hope and new opportunities for both Lan and her family.

Following her graduation, Lan shared a heartfelt letter with us, expressing her gratitude and recounting her inspiring journey of overcoming obstacles to pursue her dreams. We encourage you to read her moving story.

It has been a true pleasure for Lifestart Foundation to support Lan throughout her educational journey and watch her grow into a skilled young doctor. Congratulations again, Lan — wishing you continued success in your career!

DR. LAN'S GRATITUDE LETTER:

Dear Ms. Karen Leonard and the Lifestart Foundation staff,

My name is Tran Thi Lan, a sixth-year student who has recently graduated in General Medicine from Da Nang University of Medical Technology and Pharmacy. Today, with all my love and sincerity, I am writing this letter to send my deep thanks to the Lifestart Foundation.

Last semester I had 2 modules, the Graduation Practice and the Graduation Thesis. In both these subjects I experienced Internal Medicine in practice in various hospital departments, in readiness for achieving my initial goal of pursuing Internal Medicine after graduation. My day began with practice at the hospital in the morning, then I studied theory in the afternoon and went on duty in the evening. The schedule was quite tight, so I had to spend much time self-studying every day to ensure I absorbed new knowledge during lectures in addition to reviewing old lessons and preparing for clinical practice. As well as increasing the time for self-study (10 hours per day on weekends and 5 hours per day on scheduled days), I also read more books and learned from my classmates and seniors to enhance my knowledge. After finishing Graduation Practice, I could figure out more for myself and had a deep insight into how hospitals operate as well as the work pressure on the medical staff. I also made acquaintance with doctors and medical staff in the departments. Their dedicated instruction provided me with great motivation and made me strive constantly to improve my expertise. Last semester, I received 9.25 in Graduation Practice and 7.0 in Graduation Thesis, earning a GPA of 3.29 out of a possible 4 and the title of excellent student.

Six years of university has been a long journey in which I have always tried my best to overcome many difficulties. With your support I have completed my university studies, graduating with a GPA of 3.14 out of a possible 4.0, earning a Distinction Degree. These are results I am completely satisfied with.

I am currently studying and working at Danang Hospital for Women and Children, and I plan to pursue a career in Diagnostic Imaging in the future. I will continually improve my expertise and skills so that when I return to my hometown, Dak Lak, I can apply the knowledge and technology I have learnt into helping patients in my hometown get the best treatment.

I was born into a family in difficult circumstances. Previously, my father worked as a carpenter and also had a small garden where he grew black pepper and coffee, but we often experienced crop failures. My mother was a housewife and assisted my father in tending the garden. My father single-handedly supported the four of us in the family. When I decided to pursue a major of General Medicine, it was a very difficult decision for me. The study period is longer than other majors, but my parents encouraged me, assuring me that they would do their best and save every penny to support me in my chosen career path. Unfortunately, when I had been studying for two months, I received the news that my father had passed away suddenly due to a stroke. The responsibilities that were once on my father's shoulders then fell entirely on my mother: a debt of 150 million VND that we could not repay (50 million VND borrowed for building our house, 50 million borrowed for my sister's education, and the remaining borrowed for my education expenses. At that time, my sister got married, my younger sister was in Year 10 and my mother's health was unstable which made it difficult for her to find a job. My mother, who is almost 60 years old, had been seeking any kind of job to make a living, from growing vegetables to sell, to washing dishes and collecting scraps.

Our family's income was also unstable. My mother was still doing everything she could to earn an income. As a result, since my first year of university, I worked part-time to help my mother to some extent. I went to the hospital for classes in the morning and attended regular university classes in the afternoon. After 5 PM, I rushed to work. If I had duty in the evening, I made up for it by working the whole day on weekends. I utilized the remaining time for self-study at home. My younger sister also entered university at the University of Foreign Language Studies in Da Nang, resulting in accumulated difficulties for my mother. She asked for a student loan to cover our tuition fees, and my sister also worked part-time to support her living expenses because my mother could not provide financial support every month for both of us.

I was fortunate to learn about the Lifestart Foundation's scholarship introduced by the Da Nang University of Medical Technology and Pharmacy. When I submitted my application, I was thrilled and surprised to receive an email informing me that I had an interview in Hoi An. During the interview, I hoped that I would be a lucky one and receive this scholarship because I thought about my mother. If I was successful, she would not have to worry so much about me, and I could concentrate more on my studies. While waiting for my turn, I was worried about how well I would perform in the interview. However, the warmth and gentle demeanor of Ms. Karen Leonard and Ms. Nhung made me feel less under pressure and more comfortable. As a result, the interview went smoothly. When I received the notification from the organization that I had passed the interview stage of the Lifestart Foundation, I was overjoyed and surprised. I was overwhelmed with emotions, knowing that my life would become less dark and difficult. It brought immense happiness not only to me but also to my family and friends. This scholarship is very valuable to me, both materially and spiritually. It helps students from disadvantaged backgrounds like me to overcome financial difficulties and serves as a motivation for us to pursue our dreams, in my case of becoming a competent doctor.

Since receiving the scholarship, my life has experienced significant transformation. I have stopped working part-time and can focus on my studies. Both my family and I have been relieved of some financial burdens while I am away from home. The scholarship has covered all my tuition fees and living expenses. Additionally, during severe periods of the COVID-19 pandemic, the Lifestart Foundation provided essential supplies to help me get through the difficult times. My mother has had less worries about me, especially that financial problems may have a negative effect on my ability to study. She has been able to concentrate more on my younger sister. Since receiving the scholarship, my academic performance has improved considerably compared to before. Without the support of the scholarship, I believe I would have had to struggle a great deal to cover my tuition fees and daily living expenses while dealing with the increasing academic workload and numerous hospital internships, having little time for part-time work. This would have negatively impacted my academic results and consequently, my future career.

I would like to express my sincere and deep gratitude to the Lifestart Foundation, Ms. Karen Leonard, and all the members of the Lifestart Foundation for giving me and other students a glimmer of hope on our challenging journey. I have, I am, and I will always strive even harder to give my best in the field of medicine to repay your trust in me and to prove that this support is completely justified and deserving. Thank you very much!

Sincerely,

Tran Thi Lan

You can read more about Lan here:

◆ Introducing Lan – New LSF Medical Scholarship student:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/4272027792842707/>

◆ A hamper box donation for Lan:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5093710890674389/>



UPDATE: 05/10/2024

**LIFESTART FOUNDATION'S ANNUAL DAY OUT
2023-2024**

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

Every year, Lifestart Foundation organizes a day out for our scholarship students. This day offers students the opportunity to connect and learn from one another, while also being filled with fun activities and the creation of lifelong memories and friendships.



UPDATE: 12/10/2024

LIFESTART FOUNDATION INTRODUCES A NEW SCHOLARSHIP STUDENT – TUAN ANH – A DOCTOR OF FUTURE

It is with great excitement that we welcome Tuan Anh, one of our new medical scholarship students, to the Lifestart Foundation family. In the recent round of awarding scholarships to 20 students at Hue University of Pharmacy and Medicine and Danang University of Medical Technology and Pharmacy. Despite facing difficult circumstances, he has achieved outstanding academic results. What's even more impressive is that in his first semester of university, he obtained a perfect GPA of 4.0/4.0, while other students were still adjusting to the new learning methods and environment at university.

Anh shared that he has nurtured a dream of becoming a skilled doctor since year 10. Witnessing his parents frequently falling ill, he aspires to be able to treat and help people overcome illnesses, as well as provide medical care for his own parents. The person he admires the most is Professor Ton That Tung, who laid the foundation for the development of Hepatology and has saved many lives. Therefore, the drive to study hard and achieve excellent academic results pushes Tuan Anh forward every day in pursuit of becoming a doctor.

Tuan Anh's family consists of four members, including his parents, younger brother, and himself. His parents are rice farmers, and his younger brother is currently a high school student. Both of his parents are not in good health. The whole family relies on meager income from rice cultivation, as the frequent illnesses of Tuan Anh's parents, resulting from strenuous labor, have made their financial situation increasingly difficult. Prior to receiving his Lifestart Foundation scholarship, Tuan Anh's education was not guaranteed, as the cost of tuition continued to rise, and the family lacked the means to support Anh and his younger brother's education at the same time. Receiving the Lifestart Foundation scholarship is like a beacon of hope for his entire family. The scholarship covers all his educational expenses as well as daily living costs, alleviating some of the pressure and allowing him to focus on his studies.

Currently, Anh is interested in External Gastroenterology. Lifestart Foundation is pleased to accompany Anh on his coming journey to become a future doctor, and we hope that Tuan Anh will maintain his diligent study spirit to achieve even more success in the future.

TUAN ANH'S GRATITUDE LETTER

Dear Ms Karen, and Lifestart Foundation,

My name is Bui Tuan Anh, and I am currently a third-year medical student majoring in General Medicine at Hue University of Medicine and Pharmacy. I am writing this letter to express my sincere gratitude to everyone at Lifestart Foundation, for your trust in me and the opportunity you have given me through receiving this precious scholarship.

I was born and raised in a financially disadvantaged farming family in a mountainous commune in Nghe An province. My family's income relies on rice cultivation, but we often face crop failures,

resulting in an unstable financial situation. Aware of my family's difficult circumstances, I constantly remind myself to strive in my education because I believe it is the shortest path to escape poverty and have a better life in the future. To pursue my dreams, I have put in a lot of effort throughout my years of study, from lower secondary to upper secondary school. However, when I went to university, my expenses became much higher than when I was living with my family. Meanwhile, my younger brother entered high school, adding to the financial burden on my family. Despite their difficulties, my parents always made sacrifices and tried their best to support both of us in pursuing an education, hoping that we will have stable jobs in the future. To lighten the burden on my parents, I also took on a part-time job to cover some of the living expenses. Every morning, I spent about an hour cleaning a boarding house to help the landlord, earning 400,000 VND per month.

Currently, the cost of living and tuition fees for medical universities in general, and Hue University of Medicine and Pharmacy in particular, are increasing, making my family's situation even more difficult. As a result, my father has had to take on additional work as a builder's assistant to earn extra income for the family. However, both of my parents are nearing fifty years old, and their health is deteriorating.

I am fortunate to have been informed about the Lifestart Foundation scholarship project for medical students through the University's Student Affairs Office. After thoroughly reading the scholarship requirements, I realized that I met all of the requirements, so I wrote an application. Fortunately, my application was approved, and I had the opportunity to go to Hoi An for an interview. I felt very anxious and nervous when entering the interview, unsure if I would perform well or not. However, after the interview session, I felt relieved because I was able to share my current difficulties and those of my family with the Lifestart Foundation staff and Ms Karen. I hoped that I would be chosen as a recipient of this scholarship as I truly need it to partly cover my tuition fees and help me pursue my dream of becoming a doctor.

After some time following the interview, I received the news that I would be awarded this scholarship, and I felt extremely happy and grateful. When my parents heard the news, they were overjoyed and hoped that I would work hard in my studies to be deserving of this opportunity.

This scholarship holds great significance as it provides material support as well as boosts my confidence. It has helped to ease the burden on my parents who worried about my tuition fees, and means they can now focus on supporting my younger brother. With the scholarship covering my living expenses and current tuition fees, I can fully concentrate on my studies and achieve better academic results. I won't have to worry too much about financial pressures or increasing costs in subsequent years. I will also have the money to purchase additional reference books which will help to enhance my knowledge.

In the coming years of study, I aim to excel in my academic journey to be worthy of this scholarship. I will also dedicate time to improving my foreign language skills to support my future work. After graduation, I hope to continue my education with postgraduate programs such as a residency or a master's degree to develop my knowledge and gain experience. This will enable me to become a dedicated doctor, providing healing and relief to patients and bringing joy to their lives as well as to the community and society.

Lastly, via this letter, I sincerely express my gratitude for your immense support and generosity in allowing me to receive this scholarship. I promise to put more effort into my studies and life, making the best use of this support and participating in the activities of the foundation if assistance is needed. I will do my utmost to repay your support of me and fulfill the expectations of my family, teachers, and sponsors. I also wish you and everyone good health, happiness, and luck in life. I hope that the Lifestart Foundation will continue to grow and carry out meaningful projects in the future. Thank you very much.

Sincerely,

Bui Tuan Anh

MEET ALL OF OUR UNIVERSITY STUDENTS AND GRADUATES HERE:

<https://www.lifestartfoundation.org.au/wp-content/uploads/2024/10/University-Students-Update-October-2024-Final.pdf>



UPDATE: 19/10/2024

INTRODUCING OUR LIFESTART FOUNDATION FUTURE DOCTOR - NGUYEN THI TINH

The Lifestart Foundation team is thrilled to announce that Tinh is one of the recent recipients of a full Lifestart Foundation Medical scholarship. Tinh is currently in the fourth year of her studies, pursuing a major in General Medicine at Hue University of Medicine and Pharmacy. As with all Education Scholarship students supported by Lifestart Foundation, Tinh faces significant challenges within her family, as she describes in her heartfelt letter of gratitude attached below.

Despite such a disadvantaged situation and many challenges in her life, Tinh has made every effort in her studies. She has continuously maintained her outstanding academic abilities by earning excellent results year after year.

Tinh is a well-rounded student, and besides studying, she is also actively engaged in extracurricular activities. Being a member of the Vovinam martial arts club at school, she joined a competition and won a medal. She also participated in meaningful volunteer activities such as donating blood, the Mid-Autumn Festival for disadvantaged children, delivering porridge to patients at Hue Central Hospital, and volunteering at Disabled Children Center.

After receiving this Lifestart Foundation Scholarship, Tinh's life has undergone a significant transformation. The scholarship has alleviated an enormous burden on her and her family's shoulders. With the full support of the Lifestart Foundation, Tinh is now able to fully concentrate on her studies without any financial worries. The scholarship covers not only her tuition fees but also provides a food allowance, rent costs, and other necessary expenses. This support allows

Tinh to pursue her education with dedication and peace of mind, knowing that all her financial needs are taken care of.

Currently, Tinh has a strong inclination towards Pediatrics and Obstetrics, considering them as her preferred specialties. She eagerly anticipates the chance to advance her studies and pursue further education in these fields.

With the complete support of Lifestart Foundation and her family, we firmly believe Tinh will be even more motivated to achieve new heights. We extend a warm welcome to Tinh as she joins the Lifestart Foundation family. Stay tuned for future updates as we closely follow her remarkable progress. Below, you will find Tinh's heartfelt letter of gratitude to Lifestart Foundation. We hope that you will enjoy reading her letter of thanks.

TINH'S GRATITUDE LETTER:

Dear everyone at Lifestart Foundation,

My name is Nguyen Thi Tinh, a student majoring in General Medicine at Hue University of Medicine and Pharmacy. Today, I am writing this letter to express my profound gratitude to you for generously granting me a Lifestart Foundation scholarship, and to share with you some information about myself.

Regarding my family, there are 6 members including my parents, my aunt, my two younger brothers and myself. My parents are the main breadwinners in the family, working as farmers. Our whole family lives on the income from less than an acre of rice paddy fields. The income we get from working in the fields, depends on the weather and that is what decides whether we have enough funds. Some years there is a good harvest, while at other times we face drought, floods, and other challenges. My parents work both day and night in the fields, ensuring they grow enough to cover the living expenses of the whole family. The income from farming is not sufficient for us, so my father has to take on additional jobs as a hired laborer. He does any available work, such as being a motorbike taxi driver, builder assistant or repairing vehicles. My mother does some small trading to earn extra income. Being the eldest sister, I started working in the fields at a young age. When I was in Year 4, I was excited to go to the field and cut grass for the cows. At that time, I just wanted to do something new but gradually it became a daily task in my routine. In the harvesting season, I helped with various tasks such as cutting and bundling rice and sowing seeds. Everyone teases me for being hardworking and knowing how to do many things at such a young age, but it is through these experiences that I truly understand the hardships my parents endure.

Due to doing strenuous work for a long period of time, my mother's health started deteriorating. She suffers from a herniated disk and is under medical treatment now, so she can only do light tasks. My aunt is of an advanced age and is only able to take care of the cows due to having broken her leg. She also suffers from goiter and high blood pressure, which leads to high costs for medication, further adding to the difficulties of our family. As for my two younger brothers, one is in Year 4 and the other is in Year 11. My elder brother is unwell, and has to travel to Hanoi for medical examination and treatment every two months, which incurs expenses for transportation,

meals and treatment, making it even more challenging for my parents. Currently, I am a student and unable to support my parents. This year, the tuition fees have increased, along with the rent and living expenses, leaving a tremendous burden on my father's shoulders. Additionally, due to old age, my father suffers from hypertension which causes several other severe illnesses.

Hailing from such circumstances, I have much more awareness of the importance of studying and of being dedicated to it. My mother and I have always dreamed that I will go to Hue University of Medicine and Pharmacy. I hope that in the future, I will become a well-qualified doctor who can treat other people and support my family. After 6 years of university, if my family's life becomes better, I will pursue a residency course or postgraduate studies. However, I am truly worried that my parents will be unable to cover such huge costs, as they are becoming older. Personally, I used to have moments of helplessness and despair in the face of my family's situation. However, taking a more positive view, these situations serve as challenges for myself, making me appreciate my family even more.

My introduction to the medical scholarships sponsored by you came through my university. I decided to submit my application and was full of hope that I would be granted this scholarship. After the interview at Lifestart Foundation, I was truly worried that I would not receive support. However, I was truly grateful to the Lifestart Foundation for giving me a chance to comfortably talk and share with Ms. Karen about my struggles. After the interview, I waited impatiently for a message or a call from the staff at Lifestart Foundation. When I received the news that I had been awarded the Lifestart Foundation scholarship, both my family and I were truly overjoyed and emotional.

The scholarship has a profound meaning for me and my family. It helps us deal with our current financial burdens, especially since the tuition fees at my university have doubled since last year. Thanks to the scholarship, my parents can work with peace of mind and save more money for my mother's and my brother's medical treatment. I believe the scholarship will enable me to have better meals and a better quality of life, allowing me to concentrate more on my studies and achieve even better academic results. I am aware that 6 years of studying General Medicine will be a lengthy and hard journey for me, and I was uncertain whether my parents would be able to afford my education throughout these 6 years. It truly is a long period of time in one's life. However, with this scholarship, I can be more confident in pursuing my dreams. I am truly grateful to you and the Lifestart Foundation for entrusting me with this scholarship, and I promise to strive even harder in my studies, in return for your trust.

Regarding the present and the future, I will always put my best effort into my studies. I have set clear goals for myself and believe that I will achieve them if I do my best. This semester, I hope to improve my English and my communication skills. Currently, I spend at least 40-50 minutes per day studying English.

After graduation, I hope to stay at university, both teaching and working as a doctor. Being a medical student, I aspire to become a well-qualified doctor to help my family and the community. To achieve that, from now on I need to put in a lot of effort. I intend to excel in both expertise and skills. I hope in the future, I will be a doctor who always prioritizes the patients above all and never compromises my own morals for personal gain. To accomplish this, I need to work more with patients to understand their difficulties, developing compassion for them. And the most essential

thing for me now is to study hard and practice so that I have solid knowledge of my subject. If my family's condition becomes more stable in the future, I hope to pursue further education after graduation by taking up a residency or doing postgraduate studies or specialization Grade I.

Finally, I would like to express my heartfelt thanks to Ms. Karen and the Lifestart Foundation for giving me this valuable scholarship. My family and I are extremely grateful for this opportunity. The scholarship serves as a solid foundation which enables me to have a brighter future. I will try my best to not disappoint you and the trust you have put in me. I sincerely wish everyone robust health and I hope that you and the Lifestart Foundation continue to thrive to assist more underprivileged individuals. Thank you very much.

Best regards,

Nguyen Thi Tinh



UPDATE: 26/10/2024

CELEBRATING CUONG: A JOURNEY OF RESILIENCE AND SUCCESS WITH LIFESTART FOUNDATION

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

Nguyen Thi Kim Cuong, recipient of the Lifestart Foundation General Medical Scholarship, has recently achieved a significant milestone by successfully graduating from Hue University of Medicine and Pharmacy.

Currently, she is studying and working at Danang General Hospital, with the aim of pursuing a career in Obstetrics and Gynaecology.

Cuong grew up in a humble rice-farming family of five, facing various difficulties. Her father, due to age-related health issues, could not contribute much financially, leaving the burden on her mother, who also dealt with her own physical ailments. Despite their hard work, the family's income was insufficient to cover essential expenses, leading them to rely on loans. The scholarship Cuong 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.

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

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

CUONG'S GRATITUDE LETTER:

Dear Lifestart Foundation,

My name is Nguyen Thi Kim Cuong, and I have just graduated in General Medicine from Hue University of Medicine and Pharmacy. Today, I am writing this letter to tell you about my study in the second semester. Via this letter, I would also like to express my deepest gratitude to Lifestart Foundation for the support and opportunities provided to me throughout these past years.

The graduation exams spanned four days, with the first two days for theory and the remaining two for clinical. On the initial day, I took basic exams on Anatomy, Physiology and Public Health. The second day involved clinical exams in Internal Pathology, External Pathology, Obstetrics and Pediatrics. On the third day, I drew lots and worked on a clinical record. In the morning of the fourth day, there was an oral examination on clinical topics. This year, I drew Pediatric Cardiology as my specialty. The notable difference in this department is that in previous years, the exam format consisted of working on a clinical case and drawing up questions for an oral discussion. However, this year there was a change, and we had to perform an examination on real patients and write patient records without the use of any laboratory tests. This means that we had to reason and diagnose based solely on the information obtained from the physical examination. Therefore, when I drew Pediatric Cardiology, I was quite worried. The clinical exams put a lot of pressure on me, especially because we had only one hour to Hue Central Hospital and conduct the patient interviews. However, when I tried to find a patient, there were none available as they had been transferred to the Cardiothoracic Surgery department. I had to contact the professors to change to a different disease, which left me with only about 20 minutes to interview a new patient. I had a wide range of emotions during these examinations as I went through three rounds of drawing lots: for the specialty, the exam day, and the specific examination table and disease. I had one month to prepare for the exams, studying for eight subjects. I also had to plan for residency exams, therefore I was under a lot of time pressure. After careful consideration, I chose to focus on doing just enough revision to pass the graduation exams and allocated my time to study the key topics for the residency exams.

After finishing the graduation exams, I embarked on a one-month field trip to the Obstetrics and Pediatrics Hospital in Quang Ngai province. It was my first time being exposed to and working in a new environment after six years of studying in Hue. Here, I had the chance to learn under the enthusiastic guidance of the doctors. I participated in patient examinations and case consultations and listened to senior colleagues talking about their experiences.

After 6 years of studying, I graduated successfully.

I was born and raised in a financially disadvantaged family in a rural area of Quang Ngai province where the weather is extremely harsh and natural disasters often occur. In recent years, due to climate change, my family has frequently experienced crop failures. My family is an agricultural one, consisting of five members: my parents, myself, my younger sister and my younger brother. My father is 76 years old and has suffered from asthma since childhood. Whenever the weather changes, he experiences asthma attacks. He also has high blood pressure and needs to take medication every day. As my father has become older, he has suffered from multiple diseases, resulting in him no longer being able to work. The financial burden of the family has fallen heavily on my mother's shoulders. To make ends meet, she has worked in various places, from Saigon to Hanoi, taking on a wide range of jobs. However, due to her age and the Covid-19 pandemic,

her work has been inconsistent and her income is unstable. She also had to stay at home for a while after undergoing surgery. Additionally, she experiences sciatic nerve pain and is physically weak.

With a low income but having numerous expenses such as living costs, medication for my father and educational support for me and my siblings, there has not been enough money for us to survive. Moreover, the tuition fees for us are expensive. The amount of money that my parents could afford to send to us was not enough to cover our living expenses. Therefore, they borrowed a huge amount of money from relatives, acquaintances and even banks. During that time, I felt helpless and discouraged by life's hardships. The burden of providing food and other essentials made it difficult for me to focus on my studies. I used to consider taking a temporary break to find work and save money for my education. Compared to my peers, I entered school one year late, so if I were to take a break it would further prolong my journey and the duration of a medical degree is already long. Those negative emotions made that period of my life incredibly challenging.

I still vividly remember the moment when I received the scholarship results, and every time I recall it, I am overwhelmed by my emotions. It was an afternoon after revising Obstetrics and Gynecology during the examination period when I opened my work email to check if there were any notifications from the university. Unexpectedly, I saw an email announcing the results of the Lifestart Foundation scholarship. At that moment, my whole body was tense, and my hands were trembling as I clicked on the email. When I saw my name listed as being a scholarship recipient, I was filled with immense joy to the point where I shouted, and the surrounding rooms had to knock on the door to ask if something had happened. I immediately called my parents and loved ones to share the news. The whole family was in a state of great happiness. That night, I was so overjoyed that I could not sleep, and the next morning I had to open my email again to reread it and make sure it was real. When it came to the scholarship award ceremony, when my name was announced as one of the three recipients of a laptop, I was so overwhelmed that it took me a few minutes to accept this news; my happiness was unbounded. When I received the laptop, I felt like I was floating on cloud nine, and I immediately called my parents to share this joyful news. After that, it was the Lunar New Year holiday and there was much laughter and warm moments in my family.

The scholarship has helped cover my tuition fees and various living and study expenses in Hue. It also provided learning equipment to help me study better. Moreover, it served as a source of motivation that drives me to strive for excellence in my studies and life, aiming for a brighter tomorrow. Thanks to the scholarship, my family's burden has been reduced, and I can concentrate on my studies. Additionally, the Lifestart Foundation has provided me with essential supplies following the Covid-19 pandemic. I genuinely feel grateful for the support I have received from the Lifestart Foundation in many respects. Furthermore, when I received the scholarship, I had the opportunity to learn valuable lessons in both study and life from the seniors at Lifestart Foundation, and I have also made many new friends during this time.

Without the scholarship, it would have been difficult for me to complete my education. I might even have had to drop out or put my studies on hold, despite my family borrowing a significant amount of money. The most challenging time coincided with my younger brother's university entrance exam preparation. If there had not been a scholarship, my brother would not have had

the opportunity to pursue higher education either. The scholarship has helped me alleviate the burden on my family. The cost of medical education is continually increasing, so without the scholarship, my family would not have been able to afford it.

I would like to express my heartfelt and profound gratitude to Ms. Karen and all the members of the Lifestart Foundation. I will continuously strive to become a skilled doctor and dedicate myself to society. I wish Ms. Karen and all the members of the Lifestart Foundation good health and happiness. May the Scholarship Fund continue to grow and achieve great success. Thank you very much!

Sincerely,
Nguyen Thi Kim Cuong

You can read more about Cuong here:

◆ Introducing Cuong – New LSF Medical Scholarship student:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5410006799044795/>

◆ A hamper box donation for Cuong:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5271768846201925/>

◆ A laptop donation for Cuong:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5681820921863380/>



UPDATE: 02/11/2024

LIFESTART FOUNDATION DOCTOR OF THE FUTURE: MEET VAN

We're thrilled to introduce you to Le Thi Thu Van, an outstanding sixth-year student at Hue University of Medicine and Pharmacy, who has recently been awarded our Lifestart Foundation General Medical Scholarship.

Van comes from a farming family of six, where financial struggles and health issues have taken a significant toll. Despite these challenges, she remains dedicated to her education and is determined to pursue her dreams in medicine. Her hard work paid off in the second semester of her fifth year, when she achieved a perfect GPA of 4.0 out of 4.0, earning recognition as an Excellent Student.

The Lifestart Foundation scholarship has brought immense significance to Van and her family. It provides vital financial support, alleviates the strain on her family's finances and offers spiritual reassurance. With her tuition fees, living expenses and basic needs covered, Van can now focus

on her studies without the weight of financial worries. This newfound stability has given her a renewed sense of motivation and joy, inspiring her to strive for even greater academic achievements.

In the future, Van shared that she aspires to specialize in Obstetrics and Gynaecology, and plans to prepare for the residency exam at Hue University of Medicine and Pharmacy upon graduation. We're excited to see her grow and thrive in her academic journey.

As Van joins the Lifestart Foundation community, we extend a warm welcome to her. We look forward to sharing future updates on her remarkable journey. Below, you'll find Van's heartfelt letter of gratitude to the Lifestart Foundation. Take a moment to read her sincere expression of appreciation.

VAN'S GRATITUDE LETTER:

Dear everyone at Lifestart Foundation,

My name is Le Thi Thu Van, I feel extremely thrilled and fortunate to have received the news that I have been granted a scholarship from Lifestart Foundation. I am writing this letter to express my sincerest gratitude to Ms. Karen and Lifestart Foundation as well as to share the feeling of joyfulness that my family and I have experienced upon receiving this scholarship.

To begin the letter, I would like to tell you about my family background. I was born and raised in a farming family, and my parents work very hard to provide education for four school-age children including me. Unfortunately, in 2017, on the way home my father was seriously injured in an accident and underwent surgery in Viet Duc Hospital. The cost reached over 100 million VND, which my family had to borrow, and sought help from relatives and neighbors. After that, even though the surgery was successful, my father's health deteriorated and he could not perform physically demanding work as before. Consequently, the main breadwinner of my family, my father, cannot work effectively anymore, resulting in increasing hardships that our family faced; my mother has been unwell for ages, and her health condition has become worse because of constantly worrying about the family in such a difficult situation. She does her best to work hard to provide for us all, though she has to frequently take medical examinations due to suffering various health issues herself. My youngest brother has suffered from severe malnutrition since childhood and has to miss school due to taking medical treatment at hospitals. There were severe stages when he was transferred to Hue Central Hospital due to sepsis, pneumonia, gastric ulcer and bile reflux.

Despite such challenging financial circumstances, all four of us children have always strived to excel academically and participated in district and provincial competitions for gifted students and achieved high awards. My younger brother was selected to go straight to Posts and Telecommunications Institute of Technology to study Information Technology without needing to sit the University entrance examination. My eldest sister, having passed the entrance examination to Hanoi University of Social Sciences and Humanities, because of the family's difficult situation, decided to drop out of her education to take a job to help our parents provide full education for her three siblings and pay off the debt incurred from my father's surgery.

Currently, my brother and I are attending university, and the high tuition fees and cost of living have added additional financial pressure on our family. There have been times when I have felt deeply saddened by the fact that my parents struggle financially and cannot afford to send me money and have to borrow from others to help me. Nevertheless, this situation serves as a driving force for me to study even harder, strive for academic excellence, graduate as soon as possible to secure a job, and contribute to supporting my parents and siblings.

After being supported by the university and Ms. Nhung from the Lifestart Foundation who helped me complete and submit the application and take part in an interview, I feel deeply grateful to Ms Karen and the Lifestart Foundation. The staff had clear plans for me, worked to a timetable, and were always enthusiastic in supporting and guiding me. Although Ms. Karen and Ms. Nhung were very busy with their work, they made an effort to have time to support me and other students during the interview. It was my first time visiting the headquarters of the Lifestart Foundation in Hoi An and joining in an interview with Ms. Karen and Ms. Nhung. It was also the first time I had an interview and I initially felt worried and anxious. However, after talking with them, I became much more confident and comfortable. I was able to talk about my studies and family with them as if it were a conversation with my friends. Moreover, I felt comforted when being encouraged and understood by Ms. Karen.

After the interview and while waiting for the results, I felt quite nervous – but as soon as I received the news from Ms. Nhung, I was full of happiness and felt very fortunate to be granted the scholarship. I called home immediately to share the good news with my family. They were so overwhelmed with emotions that they could not hold back their tears. They feel grateful for your generous help and encourage me to study even harder. My parents are filled with immense pride as their children have always put their best efforts into studying and achieving excellent academic results.

The scholarship has a profound meaning for me and my family, both spiritually and materially. It not only provides economic support for my studies and living expenses but also serves as a means to ease the financial burden on my family. I will spend money on my tuition fees and living expenses, enabling my parents to concentrate on providing better care to my younger siblings. With the scholarship, I can fully focus on my studies and no longer worry as much about my family's financial problems. The scholarship is also a motivation and source of joy that pushes me to strive more to accomplish more outstanding achievements in my studies.

Currently, I am in the most challenging semester of my 6-year studies. I am following the Harvard University curriculum, so there have been many changes in the learning and examination methods. This semester, I have to study many subjects, all of which are heavy in both theoretical and clinical knowledge. I attend classes every day of the week and am assessed every week, which puts a lot of pressure on me. However, my current goal is to graduate with a High Distinction Degree and take the residency examination, so I must strive even harder. Despite the difficulty of this semester, I will try my best to achieve good results. And now, performing well in clinical practice and upcoming exams is the most important aspect for me.

As for my plans after graduation, I intend to prepare for the Obstetrics and Gynecology residency exam at the Hue University of Medicine and Pharmacy. This year is the first year my university has changed the examination method, including 120 topics for the residency exam. The

knowledge and exam content will be extensive, demanding a deep understanding of the issues. That is why I need to have a detailed study plan for revision and must start to study soon right from the second semester of the fifth year to be able to catch up with the exam. Regarding this semester, as it is too difficult and requires a heavy amount of knowledge, I will try to concentrate on revising for this examination first. Besides, I also need to study English to meet the requirement of the residence exam. I will try to obtain an English certificate beforehand to have more time to study for the other subjects.

Finally, I would like to express my deepest thanks once again to you, Ms. Karen and the Lifestart Foundation for generously providing me with this scholarship. I promise to perform better in my studies and repay your support. I am also touched by the humanitarian and meaningful activities and programs that you and the Lifestart Foundation organise to support the underprivileged students. It will be a motivation and a role model for us to strive and follow. In the future, I hope to be able to contribute a small part of my efforts to community volunteer activities which are not only solely financial support, but also professional-based activities such as providing health check-up activities to children. Personally, I would be delighted and ready to participate and contribute my efforts to the Lifestart Foundation. I wish you, Ms. Karen and everyone in the Lifestart Foundation good health and hope you will always accompany and lead the organization to develop continuously with more and more meaningful activities in the community.

Best regards,

Le Thi Thu Van

MEET ALL OF OUR UNIVERSITY STUDENTS AND GRADUATES HERE:

<https://www.lifestartfoundation.org.au/wp-content/uploads/2024/11/University-Students-update-November-2024.pdf>



UPDATE: 09/11/2024

LIFESTART FOUNDATION'S DOCTOR OF THE FUTURE – MEET THUONG

Congratulations, Thuong, from the entire Lifestart Foundation team! We couldn't be prouder of your incredible achievements!

We are excited to announce that Thuong, a talented student and Lifestart Foundation scholarship recipient, has recently graduated from high school and is now a first-year student at Hue University of Medicine and Pharmacy, majoring in General Medicine. Since receiving her scholarship in Year 7, Thuong has had the life-changing opportunity to pursue higher education.

Thuong comes from a rural family of six. Her father has faced serious health issues, leaving her mother, a garment factory worker, to become the main breadwinner for their four school-aged children. Despite these challenges, Thuong has consistently strived for academic excellence.

Her passion for medicine was sparked in Year 9, fueling her determination to succeed. In her final year of high school, she was one of six students selected to represent her school in the provincial Contest for Excellent Students in Biology, a key subject for medical university entrance exams. Thuong earned 3rd prize, showcasing her dedication and hard work.

In the National High School Graduation Exam, Thuong achieved an impressive score of 26.3 out of 30 in Maths, Chemistry, and Biology. Among 342,388 students nationwide, she ranked in the top 170, scoring an exceptional 9.75 out of 10 in Biology. This remarkable achievement reflects her perseverance, along with the invaluable support of her family and the Lifestart Foundation.

The Lifestart Foundation scholarship has been instrumental in Thuong's success, covering her tuition, books, uniforms, supplies, and essential extra classes, allowing her to focus on her studies without financial burden.

Now, as a first-year student at Hue University of Medicine and Pharmacy, Thuong is committed to excelling in her studies and realizing her dream of caring for others and making a meaningful contribution to society.

Congratulations again, Thuong! We are incredibly proud of your achievements and look forward to seeing what the future holds for you.

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

◆ Introducing new Lifestart Foundation Education Scholarship student Thuong:

<https://www.facebook.com/TheLifestartFoundation/posts/2053605764684932>

◆ A bicycle donation for Thuong:

<https://www.facebook.com/TheLifestartFoundation/posts/2231331963578977>

◆ An e-bike donation for Thuong:

<https://www.facebook.com/photo?fbid=3931544383557718&set=a.485561648156026>

◆ Food relief for Thuong's family:

<https://www.facebook.com/photo/?fbid=4803824492996365&set=a.485561648156026>



UPDATE: 16/11/2024

DOCTOR OF THE FUTURE – MEET TRI

Lifestart Foundation is thrilled to introduce another inspiring scholarship recipient – Tri, who is currently studying at Hue University of Medicine and Pharmacy.

The Lifestart Foundation scholarship will support Tri in realizing his dream of becoming a skilled and compassionate doctor. This assistance will help him and his family overcome the challenges they face by providing financial support for his education, living expenses, and study materials.

Tri was born and raised in a financially disadvantaged family in Bac Tra My district, a remote mountainous area in Quang Nam province. When he began first grade, sadly his father suffered from kidney failure and passed away. Tri's mother, a dedicated farmer, worked tirelessly to support Tri and his three siblings' education. However, due to limited resources, his older siblings could only complete high school before joining the workforce to support the family financially. Tri is the sole member of his family who has the opportunity to pursue higher education. Because Tri's mother's health is unstable, she cannot work as much as before. The monthly income from her farming work is only around 1,000,000 to 1,500,000 VND, so she cannot afford Tri's university education. All the expenses for his education have to rely on support from his older brother.

Despite the challenges he has faced, Tri has shown unwavering dedication to his studies. In his first semester of the first year, he achieved an impressive GPA of 4.0 out of 4.0.

Currently, Tri is passionate about Surgery as he aspires to become an expert in this field and bring greater value to people's lives. He hopes to use the knowledge he gains during his studies to organize free medical check-ups in his hometown and disseminate medical knowledge to help prevent diseases. With the full support of the Lifestart Foundation and his family, we firmly believe that Tri will be even more motivated to reach new heights in his journey.

Tri's greatest source of admiration is Dr. Ton That Tung, who exemplifies the pinnacle of medicine. Dr. Tung's groundbreaking discovery of the dry liver surgery technique has solidified the position of Vietnamese medicine. Consequently, Tri is dedicated to his studies, aiming to contribute to the advancement of medicine in Vietnam.

We warmly welcome Tri into the Lifestart Foundation family and eagerly anticipate sharing his progress in future updates. Stay tuned for more inspiring stories to come!

TRI'S GRATITUDE LETTER

Dear Ms Karen, and Lifestart Foundation,

My name is Nguyen Van Tri, currently a third-year medical student at Hue University of Medicine and Pharmacy.

Today, I would like to send this letter to express my sincere gratitude to everyone at the Lifestart Foundation for your care and for supporting me with this scholarship. I also want to share with everyone my emotions and those of my family upon learning that I had received the scholarship, and the difficulties that my family and I have been going through as well as my future plans.

I am the youngest child born into a disadvantaged family with many siblings in a mountainous district of Quang Nam province. When I started year 1, my father fell seriously ill and passed away after a long illness which needed costly treatment. Our family was large, and we didn't have any livestock or business ventures. The only assets we had were a small garden and a plot of farmland. As a result, my mother had to work as a laborer to support her children. Due to the family's circumstances, my older siblings had to quit school and go to work to help our mother. Only my second oldest brother managed to work and study at a college simultaneously. However, after a short time doing this, he suffered chronic kidney failure and had to be urgently hospitalized.

My mother had to borrow money from everywhere to cover his medical expenses. As time went by, my oldest brother and third sister started their own families, and my mother's health declined as she grew older. Nevertheless, she continued to make every effort to fully support my education. The government-supported house we lived in became dilapidated, with many leaks due to the old roofing. On the day I received the acceptance letter to Hue University of Medicine and Pharmacy, I also received news that my mother had been diagnosed with colon cancer and needed urgent surgery. Once again, our family had to borrow money to cover her medical fees. Our debts kept increasing while our ability to repay them steadily decreased. After the surgery, my mother's health deteriorated significantly, and she could only manage a small livestock farm and vegetable garden to sustain our daily needs. The lives of my older siblings were no better. They rarely came home, and my second older brother had to abandon his studies due to his illness. He now works as a builder's assistant. At that time, I realized that pursuing a university education might become another burden for my family, especially for my mother. However, I tried not to hesitate because I knew that it would be a path to bring about positive changes for my family and fulfill my long-held dream of becoming a compassionate doctor.

To be honest, I believe that choosing to pursue university education, especially in the field of medicine, is a fairly risky decision, but for me it is the right one. It is risky because my family's financial situation is still very difficult, and I have chosen a path that is longer and more challenging than most of my peers. This seems to weigh invisibly on my family. However, it is the right decision because medicine has been a dream of mine since I was very young. I made a promise to my late father that I would definitely become a skilled doctor in the future to treat our family's illnesses. Although it may sound thoughtless, I have always kept that promise. I constantly remind myself to strive every day to achieve success as quickly as possible and to show gratitude to my mother and siblings who have always tried their best for me. In addition to studying at university, I also work as a tutor to earn extra income. I always tell myself to study hard and develop my skills and knowledge as much as possible as I want to acquire valuable experience for myself.

The first time I learned about the Lifestart scholarship was through my university. When I submitted my application, I truly hoped that I would be considered for assistance to help alleviate the financial burden on my family. After completing the interview session at the Lifestart Foundation, I felt a mixture of happiness along with a little bit of worry. I was happy because during the interview process the staff provided the best conditions and wholehearted support for me and the other candidates to perform our best. Although my visit to Hoi An with the other candidates lasted less than a day, it will be a memorable experience for me. However, I also worried because I didn't know if I would be awarded this scholarship to help my mother and siblings even just a little bit, as I felt that the circumstances the other candidates lived in were as challenging as mine, and perhaps even more so. But overall, I still felt very happy for the opportunity to meet everyone.

When I heard the news that I had been chosen to receive the scholarship, both my family and I were extremely happy and overjoyed. My emotions were overwhelming, and I couldn't express anything other than heartfelt gratitude when I received the phone call from Ms Nhung. My mother reminded me to express our thanks to the sponsors and promise that we would use the funds for the intended purpose, to the benefit of my education and to always strive to meet the expectations of the sponsors, Ms Karen, and the Lifestart Foundation.

If I could only rely only on the limited financial support from my family, I think it would be difficult for me to pursue my dreams to the fullest. Therefore, this scholarship is like a reward, a special gift, and a great material and spiritual encouragement for both me and my family. I will use the scholarship funds to strengthen my education in the best possible way, by buying myself valuable and informative books, paying tuition fees, covering daily expenses, studying additional foreign languages and purchasing necessary equipment to study effectively. I will make the most of these funds for useful purposes and not betray the kindness and trust that everyone has shown in me.

Currently, I have completed the first semester of my third year, a semester that, from what I have observed and learned, is quite different from previous semesters. My classmates and I have been participating in clinical internships at the hospital, where we have the opportunity to interact with patients, ask about their conditions and examine their symptoms. We also have night watch shifts at the hospital. I have noticed both advantages and disadvantages of this arrangement for me and my studies. The advantage is that I have the chance to meet and examine real patients, learn about the day-to-day work of doctors at the hospital, and encounter a variety of medical conditions. It provides me with an opportunity to learn and gain more experience and gradually familiarize myself with the hospital environment and routines. However, the disadvantage is that the time for self-study at home is reduced due to the increased time spent at university and the hospital. This has required me to adapt quickly and develop a new schedule and study methods to fit the new circumstances. I believe I will be able to make the most of my time at university and the hospital to acquire new knowledge and enhance my skills. During my free time in the evenings, I will spend time reviewing the materials learned during the day and organizing tasks for the next day and the week ahead. Furthermore, I will prioritize getting enough sleep to maintain a good mindset for such a demanding schedule. I think I will adapt quickly and gradually become accustomed to this new routine, resulting in good marks in this and subsequent semesters.

I hope to become an expert in the surgical field to contribute greater value to others. If given the opportunity, I would also collaborate with organizations to organize free medical examinations and treatments for the people in my hometown, disseminating basic medical knowledge so that they can prevent various diseases themselves. I hope that these aspirations are not merely distant dreams or confined to my thoughts but that they become a reality.

Via this letter, I would like to express my sincere and heartfelt gratitude to Ms. Karen, and the Lifestart Foundation for your care and assistance to me and other individuals facing challenging circumstances by providing us with opportunities for education and personal development. I will make every effort not to disappoint my family and everyone who has supported me.

Once again, I sincerely thank you all!

Best regards,

Nguyen Van Tri



UPDATE: 23/11/2024

MASTER OF NURSING SCHOLARSHIPS - MEET YEN

Lifestart Foundation would like to introduce Yen, one of our outstanding recipients of the Lifestart Foundation Nursing Scholarship. She has successfully completed her 2-year International Level Master of Nursing degree and is currently working as a lecturer at Quang Nam College of Medicine.

Yen was born and raised in an underprivileged family in Quang Nam province. After graduating from Hue University of Medicine and Pharmacy, she embarked on a career at Quang Nam College of Medicine, working in the Nursing Department. Witnessing the challenges and drawbacks in her profession, Yen wanted to bring about positive change by joining the Master's course. Her aims were to bring innovative teaching methods to her college, enhance the quality of teaching and effectively support her colleagues and students.

However, Yen faced various financial problems, as she had to manage her life in Vietnam while covering living expenses, tuition fees and other additional costs associated with studying in Thailand. Thankfully, the prompt support from Lifestart Foundation significantly relieved the burdens she shouldered, allowing her to concentrate on her studies and successfully graduate. The Master's course has enabled Yen to access new teaching methods, experience the modern medical environment and utilise the huge information resources available at the university library. Now, Yen is filled with happiness, as her dream of becoming a good lecturer to educate the next generation of nurses has been fulfilled.

Lifestart Foundation has awarded 15 scholarships to **Masters of Nursing students**, helping Yen 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 honour to support these wonderfully dedicated healthcare professionals.

The Masters' students travelled to Thailand to complete their 2-year International Level Master of Nursing degree. All of the students awarded scholarships 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 gratitude letter that Yen wrote to Lifestart Foundation, where she shares her work and her life after graduating from the Master of Nursing course. We invite you to read her heartfelt message of appreciation.

YEN'S GRATITUDE LETTER:

Dear Karen and everyone at Lifestart Foundation,

My name is Truong Ho Ha Yen, and I am a lecturer at Quang Nam College of Medicine. I have completed the Master's course in Adult Nursing under the joint program between the Hue University of Medicine and Pharmacy and Khon Kaen University, Thailand.

I feel fortunate to be one of the recipients who have received support from Lifestart Foundation. Thanks to this precious assistance, I was able to overcome some financial difficulties and gained motivation to successfully complete the course.

Currently, I am still employed at Quang Nam College of Medicine. With the knowledge and skills acquired from the Master's course, I have applied them to my lectures, providing valuable materials for students to have a broader perspective on the field of Nursing. The experience of online classes, content sharing, and online assessments made it easier for me to assist students in their learning during the challenging times of the COVID-19 pandemic.

Over the past years, I have continued to share and support patients with coronary artery disease in adhering to better medication use, reducing the risk of complications after coronary interventions. With the knowledge gained from research, I have helped my patients gain specific insights, emphasising the importance of treatment compliance. It is also one of the most rewarding aspects for me after completing my research.

Lastly, I have also instilled confidence and a passion for the nursing profession in my students, helping them see the wide-open path ahead in the nursing field. A once timid teacher like myself has gradually become more confident, and I hope my students can fulfil their future dreams in this profession.

I consider my greatest success is the personal growth I have experienced and the knowledge I have gained from my professors, classmates, and also my Thai classmates.

For this achievement, once again, I would like to extend my deepest gratitude to Lifestart Foundation for enabling me to accomplish such meaningful success in my life. You have not only provided material support but also offered me the spiritual encouragement to overcome the challenges during the course.

Once again, I would like to express my sincere thanks, along with my family's gratitude to you. And for the Lifestart Foundation, I hope for continued development to be able to help the next generation pursue their dreams and contribute to the development of Vietnam.

Yours sincerely,

Truong Ho Ha Yen

You can read more about Yen here: <http://bit.ly/3uVacgN>

Please click on the link below to read more about other Masters of Nursing:

- ◆ Ms. Vo Thi Diem Binh: <https://bit.ly/3ndaWyo>
- ◆ Ms. Tran Thi My: <https://bit.ly/407Q4Y3>
- ◆ Ms. Pham Thi Thuy: <http://bit.ly/3TQZGUG>

- ◆ Ms. Le Thi Huong Van: <http://bit.ly/3mfYKNB>
- ◆ Ms. Nguyen Thi Hai: <http://t.ly/H08ue>
- ◆ Ms. Nguyen Thi Khanh Trang: <https://bit.ly/2QIIIE5H>
- ◆ Ms. Duong Thi Dieu Huong: <https://bit.ly/3sZSRSP>
- ◆ Ms. Duong Thi Hong Lien: <http://bit.ly/3KzFgeH>
- ◆ Ms. Nguyen Thi Duc: <https://bit.ly/3oS5NsH>
- ◆ Ms. Tran Thi Vu Mai: <https://bit.ly/3uVICRa>
- ◆ Ms. Ngo Thi Bich Nuong: <http://t.ly/zPsAy>
- ◆ Ms. Doan Thi Kim Cuc: http://t.ly/3b_fO
- ◆ Ms. Vo Thi Xoan: <http://t.ly/ZiXNp>
- ◆ Mr. Dang Quoc Bao: <http://t.ly/Z6YX>



UPDATE: 30/11/2024

LIFESTART FOUNDATION'S DOCTOR OF THE FUTURE - MEET LICH

Lich, a third-year student majoring in General Medicine at Hue University of Medicine and Pharmacy, has recently been awarded a full Lifestart Foundation Medical Scholarship. Like many other Education Scholarship students supported by Lifestart Foundation, Lich faces significant challenges within her family, as she describes in her heartfelt letter of gratitude attached below.

Despite her disadvantaged circumstances and the obstacles she has encountered in her life, Lich has demonstrated an unwavering dedication to her studies. In the second semester of her first year, she achieved a perfect GPA of 4.0 out of a possible 4.0 – a remarkable achievement!

The Lifestart Foundation Scholarship Lich was granted has brought about a significant transformation in her life. It has lifted an enormous burden from both her and her father's shoulders by covering not only Lich's tuition fees but also extending to essential aspects of her daily life. The scholarship provides Lich with food allowance, rent costs, and other necessary expenses, ensuring that Lich's basic needs are met. The support from the Lifestart Foundation has had a tremendous impact on Lich's educational journey. By alleviating the financial burden, the scholarship enables Lich to focus on her studies and pursue her passion for medicine without the constant worry of financial constraints, playing a crucial role in empowering Lich to overcome the obstacles she faces and achieve her academic and career goals.

Currently, Gastroenterology is Lich's preferred specialty, and she eagerly looks forward to the opportunity to further her studies in this field.

Lich's determination and resilience in the face of adversity are truly commendable. The Lifestart Foundation is proud to support her and will continue to stand by her side, offering assistance and guidance throughout her educational journey.

We extend a warm welcome to Lich as she joins the Lifestart Foundation family. Stay tuned for future updates as we closely follow her remarkable progress. Below, you will find Lich's heartfelt letter of gratitude to Lifestart Foundation. We hope that you will enjoy reading her letter of thanks.

LICH'S GRATITUDE LETTER:

Dear everyone at Lifestart Foundation,

To begin this letter, I would like to send my greetings and best wishes to you all. My name is Hoang Thi Thanh Lich, a second year student majoring in General Medicine at Hue University of Medicine and Pharmacy. Today, I am writing this letter to express my sincere gratitude to Ms. Karen and the Lifestart Foundation for generously trusting in me by providing me with the medical scholarship.

Firstly, I would like to share about my family. There are 10 members in my family, including my parents, two elder brothers, three elder sisters, two younger sisters and myself. My parents work as farmers and hired labourers. With such a large family, they have encountered various hardships over the past 30 years. In 2017, my father had to go to the Emergency because he had flu-like symptoms and was vomiting blood. The doctor informed me that my father had a stomach haemorrhage. If he had gone to the hospital any later, he might not be alive anymore. After two months of expensive treatment and surgical procedures that are not supported by health insurance, my family had to pay several hundred million dong, which my mother had to borrow. As a consequence of the disease, after a few years my father's health was no longer good. The jobs he did were hard, and his health was unstable which limited his ability to work. My brother had always dreamt of attending university and even though he passed the entrance exam, our family situation was too difficult, so he gave up his study to help our parents pay for his siblings' tuition fees. Both my two elder brothers now have jobs but they are unstable with meagre incomes. My two elder sisters are married and have their own families. The other one is currently in third year at university; and my two younger sisters are in secondary and high school. My siblings and I are well aware of our family situation, so we have never asked for anything however we have grown up in a household full of love and care.

During the summer vacation and at the beginning of this academic year, I found a job at a café and worked as a tutor to earn an income, supporting my parents by paying for my own accommodation and living expenses. However, because of my major, and the study required, I am unable to continue working.

Suddenly, the most terrible tragedy occurred, the earth seemed to stop spinning and everything became chaotic. My mother passed away suddenly on the day my elder sister had just got married which made it even more devastating. The atmosphere of happiness was abruptly interrupted by overwhelming sadness; the wedding decorations had not been taken down before the funeral arrangement and mourning rituals were set up. Everything seemed to crumble and my family was filled with grief and loss. There were no words to express the emotions we felt at that time. It felt like life reverted to chaos and gradually came to a standstill. My siblings and I were still at school and not yet able to take care of ourselves. Previously, my mother was the main breadwinner in my family who took care of everything, from daily meals to the cost of our education and tuition.

fees. Every month, she managed to accumulate a huge amount of money for rent, electricity, water and food and sent us off to our studies. The financial burden on our family, which was already challenging, now became even more overwhelming. So much sadness and worry about the future started to weigh heavily on us as we had to find money for tuition fees, insurance, accommodation and living expenses for 4 siblings.

Since I was young, I have been aware that education plays a crucial role in life, and to achieve good academic results, I must study with passion and always be motivated. During my studies, I have always researched and tried to better myself and as a result, I have achieved my current position as a student at Hue University of Medicine and Pharmacy. I genuinely want to become a good person, a qualified doctor who can treat illnesses and help those in difficult circumstances like myself. However, my dream has encountered many challenges and obstacles along the way and realising my dream became even more difficult.

I felt uncertain and stuck because of various unresolved financial problems. With 5 more years of study, the tuition fees and cost of living would increase continuously, leaving a heavier burden on my father's shoulders.

Yet life goes on and follows its course. My family and I had to face the current situation and continue our lives. My relatives, teachers and friends provided me with a great deal of comfort and encouragement, as they were deeply worried about my future and feared that I may drop out of school due to the tragedy. They not only supported me emotionally but also financially, helping me with daily living expenses at my most difficult period. This help filled me with emotion as I realised that there are still many people around me who are willing to support and care for me, and if I am strong enough to keep moving forward, everything will be fine. Therefore, I have not hesitated to seek opportunities and help for myself from kind-hearted individuals.

After the interview at Lifestart Foundation in Hoi An, I was full of both happiness and worry. I was happy because I had a chance to share all the stories that I have never told anyone before. However, I was anxious whether my performance was good enough and if what I had shared with them met the Lifestart Foundation's requirements. Most importantly, I was worried whether I would pass this interview. Day after day, I eagerly looked forward to the announcement from the Lifestart Foundation. Anytime my phone rang, or I received a message notification on Zalo and Email made me wonder about the result of the interview. I was truly worried and waited every second, even lying and thinking about it during the night. I was filled with anxiety and imagined how I would feel when I received the news. If I passed, how excited I would be. But if I was not fortunate enough, everything would be very disappointing. After many days of thinking, I was mentally ready to receive the news, no matter how good or bad it would be. My family and friends were also very worried. They encouraged me, gave me advice before the interview and asked if the interview was successful. While I waited for the result, they kept asking if there was any news, and if there was, they wanted to be informed right away to share in the joy. Eventually, all my waiting came to an end.

Now, I have been granted the scholarship and become a member of the Lifestart Foundation students' group, which fills me with incredible joy. All my efforts and careful preparation in writing the application form and the interview have paid off. Most significantly, a door to a brighter and smoother future has been opened for me. After receiving the phone call from the Lifestart

Foundation, I immediately called my home and my friends to share the good news. They congratulated me and provided me with various advice about my future. I know they are also very happy for me and relieved that my life will now improve, and I will have fewer worries and be able to concentrate more on my studies.

This scholarship is not only an opportunity but also the answer to my dreams. It will improve my life and I can start a new chapter as my worries about tuition fees, insurance, study equipment and living expenses are now resolved. It helps cover all my study and living costs and will alleviate some of the difficulties faced by my family. The scholarship has also motivated me and serves as a timely and essential lifeline, enabling me to rise up and overcome my struggles. Receiving this scholarship, I have nothing to pay in return except my promise that I will try my best to study and practice in order not to disappoint the support and trust that the Lifestart Foundation has put in me.

I have set goals for myself in the future. Besides studying, I plan to join various clubs and engage in activities organised by the university, aiming to accumulate even more knowledge and skills. Furthermore, in the future, I aspire to become a Gastroenterologist. I have also set a goal and hope to pass the residency entrance examination, which is a tremendous opportunity for a doctor like me. In this course, I will have a chance to access numerous typical diseases, learn from well-qualified specialists and work in an environment which is equipped with modern facilities. In these settings, I will gain more knowledge and enhance my skills. Moreover, my future will become more stable. I see the challenges I experienced as strong motivations and a foundation to continuously study hard and practise my skills, so that I can successfully pursue my career.

Now I only have my father left, and I want to devote all my love and effort to protecting him. My mother's loss was so sudden, making me feel somewhat guilty for not being able to save her. I promise myself that I will always try to study and practise hard to become a good person, not only to treat my father and relatives but also to help other mothers live longer with their children. I want to become a person who is not afraid of difficulties and hardships, passionately devoted to my career. I do not want others to suffer and have regrets after losing their loved ones.

This is my heartfelt letter to Ms. Karen and the Lifestart Foundation about myself and my family. Once again, I would like to extend my deepest gratitude to all of you for granting me this opportunity and accompanying me in the future. Thank you very much for offering a brighter future for me and my family. I wish you all nothing else but unceasing happiness, luck and most importantly, robust health and safety. And I hope that the Lifestart Foundation will continue to thrive to assist more underprivileged individuals.

Best regards,

Hoang Thi Thanh Lich

Donation

**UPDATE: 01/9/2024****A LAPTOP DONATION FOR LINH**

Lifestart Foundation Medical Scholarship student Linh is currently a fourth-year student majoring in General Medicine at Hue University of Medicine and Pharmacy. In her second semester of third year, she achieved an outstanding average of 3.81 out of a possible 4, earning the well-deserved title of an excellent student.

A laptop is an essential item for all university students, as it provides invaluable benefits such as improved study conditions, expanded knowledge, and the ability to achieve good results. Unlike most students in developed countries who have iPhones, iPads and access to laptops and all of the latest technology, this is not the case with our scholarship students who are all from impoverished families. It's hard to imagine completing one's studies at University without the support of a laptop these days!

Linh comes from a family of four, including her mother, elder brother, sister, and herself. Unfortunately, her father passed away in an accident when she was just 15 months old, leaving her mother as the sole breadwinner for the family. Linh's mother has done various jobs to cover their expenses, from working as a seafood vendor at the market, sometimes being hired for work doing craft work. Currently, she works as a maid in Vinh city. The family's financial situation is extremely challenging due to low and unstable income. Fortunately, since Linh received her precious Lifestart Foundation Medical Scholarship, her family life has improved significantly.

Before receiving her new laptop, Linh faced numerous obstacles in her studies. During online classes, she struggled to answer questions and interact with teachers and classmates.

Linh was thrilled to learn that she would be able to get a helping hand with her education. She is pictured receiving a much-needed laptop from Lifestart Foundation. She is immensely grateful for this donation as it will undoubtedly support her university studies. The laptop will provide Linh with endless opportunities, enabling her to study online, access study materials easily, and use PowerPoint software to create presentations and prepare reports for her teachers. Moreover, this valuable laptop serves as a source of motivation and encouragement for Linh, empowering her to work even harder on her educational journey and achieve greater 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.

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

<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0d8DGLVM7Qixwbd3MmgfwMA3QQDZGGvPrVY8f2T2fx3w3EDAwUp9qbtScXzG4HoWvl>



UPDATE: 11/9/2024

LIFESTART FOUNDATION'S ESSENTIAL SUPPORT FOR TUAN

Our Lifestart Foundation Education Scholarship Tuan is one of our latest Education Scholarship students and is currently in Year 9.

Tuan hails from a financially disadvantaged family of five, including his parents, an elder sister in Year 12, a younger brother in Year 7 and himself. Both of Tuan's parents work as construction workers, but unfortunately, his father's health issues have significantly impacted his ability to work. As a result, Tuan's mother has become the sole breadwinner for the family. Their income, which averages 5,000,000 VND (approximately \$197 USD) per month, fluctuates based on seasons and weather conditions, making it difficult to meet all their basic needs.

Despite these obstacles, Tuan has excelled academically, achieving an impressive GPA of 9.6 out of 10 in Year 8 and gained a Third Prize in the district-level Maths contest for Excellent Students.

In addition to the full scholarship support, Lifestart Foundation recently provided his family with a much-needed hamper box including essential household items such as cooking oil, fish sauce, soy sauce, toothpaste, washing powder, shampoo and dishwashing liquid. This assistance aims to ease the financial strain on Tuan's parents, enabling them to allocate funds to other necessary expenses.

Tuan extends his heartfelt appreciation for the timely and thoughtful support from Lifestart Foundation, recognizing the invaluable assistance that allows his family to manage their finances better.

You can read more about Tuan here: t.ly/Eovy2



UPDATE: 15/9/2024

LIFESTART FOUNDATION PROVIDES 8 NEW LAPTOPS FOR GIFTED SCHOLARSHIP STUDENTS AT HUE UNIVERSITY OF MEDICINE AND PHARMACY

We are thrilled to share that Lifestart Foundation has donated eight brand new computers to 8 new medical Lifestart Foundation scholarship students with the total value at \$5,340 USD. The photo below captures the joyful moment of Tri, Vy, Tinh, Lich, Tram, Linh, Nhung, and Anh when they received laptops from Lifestart Foundation at Hue University of Medicine and Pharmacy. Like other scholarship recipients of Lifestart Foundation, these 8 students who received the laptops all come from very poor families, however, they are all outstanding students and achieve excellent academic records.

Previously, these students had to struggle with studying online via their phones, and searching for study materials was also challenging, especially for medical students, considering the vast amount of knowledge and tons of materials required for their studies. We understand that laptops are essential learning tools for most students, allowing them to easily access study materials and enhance their educational journey. These laptops will not only support their studies but also empower these talented individuals to pursue their dreams in the medical field. They will utilize laptops for easier document search, group studying, presentations, as well as for online learning.

All students who have received laptops from Lifestart Foundation are deeply grateful.



UPDATE: 22/9/2024

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

In our ongoing mission to support under-resourced schools in remote areas of Quang Nam province, Lifestart Foundation goes beyond the basics. We provide essential amenities such as clean water systems and bicycles for transportation, and now, we're stepping up to supply cutting-edge educational equipment. Our latest contribution: a state-of-the-art 65-inch SONY smart TV with a wall mount, valued at approximately 15 million VND, to the Phuoc Loc Primary and Secondary School.

Located in the disadvantaged Phuoc Son district, where more than 2,000 households live in poverty and many families belong to ethnic minority groups, this school is a beacon of hope for all 184 ethnic minority students. In the academic year 2023-2024, 175 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 Loc 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.



UPDATE: 29/9/2024

LIFESTART FOUNDATION EXTENDS SUPPORT: 30 NEW BICYCLES DISTRIBUTED TO FINANCIALLY DISADVANTAGED ETHNIC MINORITY STUDENTS IN PHUOC SON 🚲



As part of our effort to support remote areas via donating bicycles to disadvantaged students in mountainous communes, 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, 30 bicycles were donated to underprivileged students in Phuoc Son district, located in the western mountainous region of Quang Nam province.

This initiative aims to support secondary school students who face economic hardships in the mountainous Phuoc Son district, specifically those belonging to the Gie Trieng ethnic minority group. Phuoc Son is one of the six impoverished districts of Quang Nam province. The majority of the population are ethnic minorities.

Before receiving these much-needed bicycles, 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://baoquangnam.vn/trao-tang-55-xe-dap-cho-hoc-sinh-co-hoan-canh-kho-khan-3134353>.

◆ Spanish version: <https://es.nhandan.vn/fundacion-lifestart-dona-bicicletas-a-estudiantes-en-circunstancias-dificiles-post62206>.

◆ English version: <https://vietnamnews.vn/society/1655651/new-bicycles-delivered-to-disadvantage-students-in-quang-nam>.

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/pfbid0AGmG7bbT47JkMN15HWe2Vvy11DgHnrHyxjY7zs1Hvt16pVqvr7anmWH7utcNrf1Ml>

◆ In Zuoih commune, Nam Giang district of Quang Nam province:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid029YQNujc9xd9H3YVXsBeHzKurLWtqf6Gbu92tjmLRTEsXMfnTSnTrwc1oG4R1rFiol>



UPDATE: 06/10/2024

LIFESTART FOUNDATION'S HAMPER BOX DONATION IN BAC TRA MY

As the 2024-2025 school year approaches, Lifestart Foundation embarked on a meaningful journey to Bac Tra My district in Quang Nam province, delivering hampers full of essential donations to underprivileged ethnic minority students.

Located over 100km from Hoi An City, Bac Tra My is a mountainous district in the southwest of Quang Nam province, known for having one of the highest poverty rates in the region - 38% of households live in poverty or are near-poor. The district is home to around 27 ethnic minority groups, including the Ca Dong, Cor, and M'Nong, who are indigenous to the area.

In an effort to support those in great need, the Lifestart Foundation team visited Hoa Mi Kindergarten - Tan Hiep A Campus in Tra Son commune, Bac Tra My. Nestled in the peaceful hills, they distributed 25 gift packages to children from impoverished families, aiming to bring a little brightness and essential support to their lives.

Each gift package included necessary items such as rice, cooking oil, shampoo, washing powder, fish sauce, soy sauce, toothpaste and milk. The total budget for this initiative exceeded 10 million VND.

The children selected to receive the gifts were chosen for their dedication to their studies despite facing significant challenges. They all belong to the Cadong and Cor ethnic groups and come from low-income families who struggle to make a living each day, making access to these basic necessities even more difficult.

A big #Thankyou to Refillables Hoi An for making this wonderful donation possible.

Click here to read more about our previous hamper box donation days for disadvantaged families and students in numerous districts of Quang Nam province:

◆ Nam Giang district:

<https://www.facebook.com/TheLifestartFoundation/posts/3218192681559562>

◆ Phuoc Son district:

<https://www.facebook.com/TheLifestartFoundation/posts/3218196504892513>

◆ Dong Giang district:

<https://www.facebook.com/TheLifestartFoundation/posts/4526174000761417>

<https://www.facebook.com/TheLifestartFoundation/posts/3218028138242683>

◆ Nong Son district:

<https://www.facebook.com/TheLifestartFoundation/posts/4544298612282289>

◆ Tay Giang district:

<https://www.facebook.com/TheLifestartFoundation/posts/4551190161593134>

◆ Dien Ban district:

<https://www.facebook.com/TheLifestartFoundation/posts/5989165517795584>

◆ Nam Tra My: <https://www.facebook.com/TheLifestartFoundation/posts/785170700309844>

◆ Dong Giang: <https://www.facebook.com/TheLifestartFoundation/posts/819250483568532>



UPDATE: 09/10/2024

LIFESTART FOUNDATION'S HAMPER BOX DONATION FOR DIEM QUYNH

Quynh has been a Lifestart Foundation Education Scholarship recipient since Year 8. Raised in Dien Ban, Quang Nam, she comes from a humble background, with a family of five relying on her mother's meager income after the tragic loss of her father in an accident.

With just 4,000,000 VND per month (around \$159 USD) earned from shoe-making, Quynh's family faces daily financial hardships. The Lifestart Foundation Education Scholarship has been a vital support, covering her educational expenses and easing the burden of daily living costs for her family.

Despite the immense challenges, Quynh remains dedicated to her studies, spending 5 to 6 hours daily on self-study. Her determination is a testament to her commitment to lifting her family out of poverty.

Recently, Lifestart Foundation provided further support through a thoughtful hamper box donation. Filled with essential household items like rice, dishwashing liquid, cooking oil, toothpaste, fish sauce, soy sauce, shampoo, and washing powder, the hamper was designed to ease some of the family's financial burdens. While these items may seem ordinary to some, for Quynh and her family, they represent a lifeline in their daily struggle. This support not only lightens the financial load but also allows Quynh's mother to allocate funds to other critical needs.

Quynh and her family are deeply grateful for this assistance.

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

◆ Introducing Diem Quynh – New LSF Education Scholarship student:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5154090261303118>

◆ A Donation of Study Essentials for Diem Quynh:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5347785871933555>

◆ A Donation of Household Essentials for Diem Quynh:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5872164642829006>

◆ Great news from Quynh:

<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02DKMc5ebiqSuzm3QY3TX2eAb7R93aZK9Cp1BMuZyUZEYDVTvQt4A6ajtqAPPGQK1fI>



UPDATE: 13/10/2024

LIFESTART FOUNDATION DONATED A SMART TV FOR KIM DONG PRIMARY AND 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 Kim Dong Primary and Secondary School.

Kim Dong Primary and Secondary school is located in a remote village in Phuoc Duc commune – a particularly disadvantaged area 120 kilometers from Hoi An. It took us about 3 hours from Hoi An to reach this school.

Situated in the underprivileged 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 412 students. Currently, nearly 90% of students belong to ethnic minority groups.

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

In this initiative, Lifestart Foundation has donated a total of fifteen 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: 03/11/2024

LIFESTART FOUNDATION'S SUPPORT: PROVIDING ANH WITH A NEW LAPTOP

Lifestart Foundation Medical Scholarship student Tuan Anh is currently in his fourth year pursuing General Medicine at Hue University of Medicine and Pharmacy. He achieved an impressive GPA of 3.88 out of 4 during the first semester of his third year, confirming his standing as an outstanding student.

Anh's academic journey has been marked by determination, despite facing challenges. Coming from a family of four, including his parents and his younger brother in Year 11, Anh's parents work as rice farmers, who face health issues that strain their finances. Before receiving the Lifestart Foundation scholarship, Anh's education was uncertain due to rising tuition fees and the family's inability to support both his and his brother's education. However, the scholarship granted to Anh has provided a ray of hope, covering his educational expenses and easing the financial burden on his family.

In addition to sponsoring a full medical scholarship for Tuan Anh, Lifestart Foundation has also facilitated his studies with a new laptop. This invaluable support has empowered Anh to engage more effectively with his academic pursuits. With his new laptop, Anh can now seamlessly access teachers' lectures, retrieve documents on new diagnostic and treatment protocols and easily create lecture slides for clinical sessions. Additionally, the enhanced processing power enables

him to manage and search documents swiftly, thereby saving valuable time compared to conventional book-based research.

The new laptop has not only improved Anh's academic experience but also boosted his confidence and motivation. With enhanced study resources, he is better equipped to excel in his studies and make the most of his medical education.

Click here to read more about Tuan Anh:

<https://www.facebook.com/photo?fbid=946675457492700&set=a.628466192646963>



UPDATE: 07/11/2024

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 gift to Nhi, a student who is benefiting from the 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 cleaner, 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 will allow her mother to save money for other necessary expenses.

We would like to give our BIG THANK YOU to Lifestart Foundation's donors for having made this much-needed donation possible.

You can read more about Nhi here:

◆ Introducing Nhi – new LSF scholarship student:

<https://www.facebook.com/photo/?fbid=881125534047693&set=a.628466192646963>

UPDATE: 17/11/2024

LIFESTART FOUNDATION DONATES 6 SMART TELEVISIONS TO KHAM DUC HIGH SCHOOL IN PHUOC SON DISTRICT, QUANG NAM PROVINCE



In our ongoing commitment to support under-resourced schools in remote areas of Quang Nam province, Lifestart Foundation is taking our efforts to the next level. We not only provide essential amenities like clean water systems and bicycles for transportation but also deliver state-of-the-art educational equipment. Our most recent contribution is 6 cutting-edge 65-inch SONY smart TVs complete with 6 wall mounts, valued at more than 88,000,000 VND (around 3,700 USD), to the Kham Duc High School.

Situated in the disadvantaged Phuoc Son district, where over 2,000 households grapple with poverty, this school serves as a beacon of hope for more than 700 students. Significantly, 75% of students belong to ethnic minority groups and hail from poor families. 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 Kham Duc High School. It equips teachers with innovative tools for effective lessons and provides students with interactive educational content, inspiring them to strive for academic excellence and become valuable contributors to their community.

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

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

Click here to read more about our previous TV donation for disadvantaged schools in Quang Nam province:

◆ Phuoc Thanh Semi-Boarding Ethnic Primary and Secondary School:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0zVUYTCm6SYEDsMD3s2Q6DA2AfwZTkMSLcZTNLSVvnv7jNiogq7vWm5CyWhXQwSURI>

◆ Ly Tu Trong Secondary School:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid029iphXSqDUDj8prowbSq4aLpqx5rXR2oK75m7XVB5RCAiQMstkkcuX1KWv78u1L6l>

- ◆ Phuoc My Primary and Secondary School for Ethnic Minority Students:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0fonnQf7ypcwvgJ6YWDeRG4vQfvpBGsfsnRzJMVnbvgK57DfUwzWKqMXeEmpuRpTI>
- ◆ Vo Thi Sau Primary and Secondary School:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0vZUPsZ6KRBmmgABfjW6hjoVkuUgrg4Aaj8NvEB77jstMqtC474NyBnrR3MVciM8XI>
- ◆ Phuoc Nang Primary and Secondary School:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02M5QcaCPFmbzBe8YiCpy3MjuoF1ubpr1dajtLx3ouSfnVJWoDeQ3ofQBzyMapjLVTI>
- ◆ Phuoc Chanh Secondary school:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0TksivNTBELwhQMSxHKRteugmzefHREC4enrT8AQPqHx7Q7tiNLba52R8F96r8Dm7I>
- ◆ Phuoc Kim Primary and Secondary school:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0PpxH1QKXio57Nd3Tg9fEwjUmBv6vmmF7RMBEUGBSrKZJMTBeMw9G7R7zDyAbH941I>
- ◆ Phuoc Loc Primary and Secondary school:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid022X8ZinqgrvEta5fqxTTTbMsFZLxMsPcLAXxxZvDxHKmEEGkDaL4eZefQ4fvgtXX5I>
- ◆ Kim Dong Primary and Secondary School:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0qjUQbo4DsJKa7kCYx8ky7Bb2csk7e7H9RFdungcon17DXqiAAMe155dQkjhPLModI>



UPDATE: 24/11/2024

LIFESTART FOUNDATION KINDLE DONATION BOOSTS TINH'S EDUCATION

Tinh, a fourth-year General Medicine student at Hue University of Medicine and Pharmacy, has recently received a Kindle E-reader from Lifestart Foundation, transforming the way she approaches her studies.

Before this, Tinh struggled to rely on her phone for reading important medical textbooks. The small screen made reading materials challenging, and constant notifications often interrupted her focus. Now, thanks to Lifestart Foundation's support, Tinh has a distraction-free device with a larger, clearer screen that makes studying much more efficient.

Tinh's family faces significant hardships. Her parents work as rice farmers and take on extra labor jobs while engaging in small-scale trading to make ends meet. With a combined monthly income

of just 7.5 million VND (around \$285 USD), per month they struggle to support their children's education and cover everyday expenses. The long hours have affected their health, and they also care for Tinh's aunt and their son, both of whom have serious health issues.

The Kindle has not only made learning easier for Tinh but also opened up a new world of resources, empowering her to continue excelling in her studies. This new tool is setting her up for future success and helping her reach her goals.

In this round, Lifestart Foundation awarded six Kindle E-readers to students like Tinh, enabling them to pursue their educational dreams with fewer obstacles. Stay tuned for more inspiring updates on how these devices are contributing to their academic success.

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

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

<https://www.facebook.com/TheLifestartFoundation/posts/pfbid0GMqiAi1SiTBXNLG8hfdKWpy1yfZVHuE1NJ1RR4zpAf52NjiWD72oShV7S3yzfjVwl>

Clean Water Project



UPDATE: 08/9/2024

LIFESTART FOUNDATION - LATEST NEWS

#CLEAN_WATER PROJECT NUMBER 26

Providing clean water for over 8,500 students to 28 remote schools in Central Vietnam.

Proudly made possible by Lifestart Foundation and Karma Foundation

Lien Xa Chanh Cong Primary school is located in Phuoc Son

district, Quang Nam province, where 350 students and staff will have access to clean water.

Please click on the link below to watch the video of our Clean Water project at Lien Xa Chanh Cong Primary school: <https://youtu.be/OomXL93yqpA?si=bWYWWVju5bgpv4Nw>



UPDATE: 27/10/2024

LIFESTART FOUNDATION - LATEST NEWS

#CLEAN WATER PROJECT NUMBER 27

Providing clean water for over 8,500 students to 28 remote schools in Central Vietnam.

Proudly made possible by Lifestart Foundation and Karma Foundation

Phuoc Hoa Primary and Secondary School is located in Phuoc Son district, Quang Nam province, where more than 270 students and staff will have access to clean water.

Please click on the link below to watch the video of our Clean Water project at Phuoc Hoa Primary and Secondary School: <https://youtu.be/noez-LnvpvQ?feature=shared>



UPDATE: 10/11/2024

LIFESTART FOUNDATION - LATEST NEWS

#CLEAN WATER PROJECT NUMBER 28

Providing clean water for over 8,500 students to 28 remote schools in Central Vietnam.

Proudly made possible by Lifestart Foundation and Karma Foundation

Phuoc Hiep Primary and Secondary School

is located in Phuoc Son district, Quang Nam province, where approximately 600 students and staff will have access to clean water.

Please click on the link below to watch the video of our Clean Water project at Phuoc Hiep Primary and Secondary School: <https://youtu.be/qeKC1iV97q4?feature=shared>

Press



BAOQUANGNAM.VN
Tổ chức Lifestart Foundation tài trợ 10 hệ thống lọc nước cho trường học miền núi Quảng Nam

UPDATE: 06/9/2024

TỔ CHỨC LIFESTART FOUNDATION TIẾP TỤC TÀI TRỢ THÊM 10 HỆ THỐNG LỌC NƯỚC CHO CÁC TRƯỜNG HỌC MIỀN NÚI QUẢNG NAM

Tổ chức phi chính phủ Lifestart Foundation (Úc) vừa nghiệm thu và bàn giao 10 hệ thống lọc nước cùng bồn chứa nước cho 10 trường học thuộc 2 huyện Bắc Trà My và Phước Sơn. Các trường học này thuộc vùng khó

khăn, hầu hết học sinh là đồng bào dân tộc thiểu số Ca Dong.

Tổng kinh phí lắp đặt của dự án là 454 triệu đồng.

Việc lắp đặt các hệ thống lọc nước sẽ giúp gần 2.000 học sinh và đội ngũ cán bộ giáo viên, nhân viên các trường học của 2 huyện nêu trên được hưởng lợi từ chương trình này tính riêng trong năm học 2024-2025.

Dự án nước sạch là hoạt động thường niên được Lifestart Foundation triển khai trên địa bàn tỉnh Quảng Nam từ năm 2021 đến nay. Sau 3 năm đã hỗ trợ lắp đặt 38 hệ thống lọc nước với tổng trị giá hơn 1,75 tỷ đồng, nâng tổng số người hưởng lợi trực tiếp lên hơn 10.200 người tính riêng trong năm thực hiện dự án.

Xin vui lòng truy cập đường link bên dưới để biết thêm thông tin chi tiết:

<https://baoquangnam.vn/to-chuc-lifestart-foundation-tai...>

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

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

Other Activities



UPDATE: 20/10/2024

#Happy Vietnamese Women's Day - to all of our amazing #Lifestart Foundation staff, recipients, volunteers, and supporters both in Vietnam and around the world.

These stunning images are of women who have seen a lifetime with those eyes that twinkle, laboured all of their lives with those beautiful callused dyed hands,

and earned every one of those gorgeous wrinkles.

Since Vietnam Women's Day was first celebrated in 1930, it has been an occasion for men to express their love and appreciation for women. Vietnamese Womens Day is celebrated throughout the country and women often receive beautiful roses, postcards, gifts with best wishes from their lovers, husbands, male colleagues, friends, or relatives on this day. It is also seen as an important reminder of women's contribution to society and a time to reflect and condemn the issue of gender inequality, sexual violence, discrimination, or sexual harassment.

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

Gallery COULEURS D'ASIE: 7, Nguyen Hue - Hoi An
<http://www.rehahnphotographer.com/>

**Happy
Vietnamese
Teachers'
Day!**



UPDATE: 20/11/2024

HAPPY VIETNAMESE TEACHERS' DAY!

Vietnamese Teachers' Day has been a festival of education for many years to honour those who work in the field. Celebrated annually on November 20th, Vietnamese Teachers' Day allows Vietnamese students to express their gratitude and respect to their teachers. It is usually celebrated with special events held at schools, such as concerts, recitals and exhibitions.

Students typically give their teachers flowers, greeting cards and small gifts. Former students visit their former teachers either at school or at home to thank them for their hard work and dedication.

This past year we have been sharing so many posts about our amazing scholarship students who are sponsored under the Lifestart Foundation Education Scholarship Project. Today we would like to dedicate this post to all of the wonderful Vietnamese teachers and educators for all of their significant contributions toward a better society.

A sincere Thank You and salute to all of the teachers who not only teach but inspire, support, and guide our future generations!

Happy Vietnamese Teacher's Day!



UPDATE: 11/11/2024

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: 12/11/2024

LIFESTART FOUNDATION UNIVERSITY STUDENT UPDATE

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

<https://www.lifestartfoundation.org.au/wp-content/uploads/2024/11/University-Students-update-November-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: 15/11/2024

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: 26/11/2024

#Lifestart_Foundation is celebrating a major milestone - **25 years of service** to the disadvantaged community in Vietnam. We have grown from very humble beginnings to an organization that now delivers significant services to those most in need. Our success would not be possible without our dedicated staff and our amazing group of supporters from all corners of the world.

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

Liking our page or sharing and liking this post will help

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: 27/11/2024

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: 28/11/2024

☀ **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.



UPDATE: 29/11/2024

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.