

Education



UPDATE: 01-12-2024

MASTER OF NURSING SCHOLARSHIPS – AN UPDATE FROM MS HUONG

Since her time as a nurse, Ms. Huong, who is currently the Head of the Social Work Department at Hue University of Medicine and Pharmacy Hospital, had always dreamed of pursuing an international Master's program in Nursing to establish a strong foundation for her career. However, the financial burden of the high tuition fees and additional expenses made this dream seem out of reach.

The Master of Nursing scholarship from Lifestart Foundation was a crucial turning point in her journey. The scholarship not only relieved the financial strain but also empowered her to focus on her studies and excel in the program.

With the help of the Lifestart Foundation, Ms. Huong was able to fulfill her cherished ambition of becoming a Master of Nursing. Her dedication and hard work resulted in her earning her degree, a life-changing achievement that has opened doors to new opportunities and set her on the path to even greater success in her career.

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

It was our pleasure and honor to support these wonderful dedicated health care professionals.

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

Following her graduation from the Master of Nursing course, Huong wrote an update letter to Lifestart Foundation to share her professional and personal experiences since completing the course. We hope you enjoy reading her sharing.

HUONG'S UPDATE LETTER:

Dear Everyone at Lifestart Foundation,

My name is Duong Thi Dieu Huong, currently working at Hue University of Medicine and Pharmacy Hospital. I have accomplished my Master's degree in Nursing through a joint program between Hue University of Medicine and Pharmacy and Khon Kaen University, Thailand.

Via this letter, I would like to extend my deepest gratitude to the Lifestart Foundation for accompanying me throughout my journey to complete my Master of Nursing Studies at Khon Kaen University. Your support has not only provided me with financial motivation but also emotional support, which helped me overcome all hurdles and complete my Master's program.

Thanks to your support, I have successfully graduated and received a promotion in my work. The knowledge I gained has allowed me to contribute meaningfully to patient care, medical treatment, and scientific research aimed at enhancing practical expertise.

I am profoundly grateful to the generous sponsors who have made it possible for both myself and other students in Vietnam to pursue our studies.

I wish all of you continued success and good health. Thank you once again for your invaluable assistance.

Yours sincerely,

Duong Thi Dieu Huong

You can read more about Huong here:

<https://www.facebook.com/TheLifestartFoundation/posts/3849489718429852>

Please click on the links below to read more about the stories of our Masters of Nursing scholarship students:

- Ms. Vo Thi Diem Binh: <http://bit.ly/3ndaWyo>
- Ms. Duong Thi Hong Lien: <http://bit.ly/3bjqd8C>
- Ms. Truong Ho Ha Yen: <http://bit.ly/3uVacgN>
- Ms. Nguyen Thi Khanh Trang: <https://bit.ly/2QIIIE5H>
- Mr. Dang Quoc Bao: <https://bit.ly/3snAZAb>
- Ms. Le Thi Huong Van: <https://bit.ly/3voZnDd>
- Ms. Nguyen Thi Duc: <https://bit.ly/3oS5Nsh>
- Ms. Pham Thi Thuy: <https://bit.ly/34IQ8lq>
- Ms. Tran Thi Vu Mai: <https://bit.ly/3uVICRa>
- Ms. Ngo Thi Bich Nuong: <https://bit.ly/3leYlpV>
- Ms. Doan Thi Kim Cuc: <http://bit.ly/3Ttdml>
- Ms. Vo Thi Xoan: <http://bit.ly/3LErDgx>
- Ms. Nguyen Thi Hai: <http://bit.ly/3lrCekn>

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UPDATE: 14-12-2024

MEET DUONG – A NEW LIFESTART FOUNDATION SCHOLARSHIP STUDENT

Duong, a disadvantaged student, was born and raised in a poor rural area in Quang Nam province. She has received a scholarship from the Lifestart Foundation in a recent round of scholarships awarded to 18 outstanding medical students who come from difficult backgrounds.

Receiving the Lifestart Foundation scholarship has transformed Duong's life. The scholarship not only alleviates the financial burden on her family but also provides her with the opportunity to focus on her studies and future development. The foundation supports Duong and her family with tuition fees and daily living costs, ensuring she has the necessary tools and resources for her education. Additionally, Duong received a new laptop from the foundation, enhancing her learning experience.

Duong's gratitude letter expresses her profound appreciation for the scholarship, emphasizing how it has brought joy and relief to her family. She pledges to make every effort to live up to the trust placed in her and wishes continued success for the Lifestart Foundation.

DUONG'S GRATITUDE LETTER

Dear Ms. Karen and Lifestart Foundation,

My name is Lam Thi Duong, a fourth-year medical student majoring in General Medicine at Danang University of Medical Technology and Pharmacy.

Firstly, I would like to extend my best wishes to you for your good health and express my sincere gratitude to the sponsors, Ms. Karen, and Lifestart Foundation, for your care and support and for providing me with the opportunity to receive this valuable scholarship.

I was born and raised in a poor farming family of 5, including my mother, my brother, sister, and me. When my mother was young, she used to carry fruit baskets and travel everywhere selling goods so that she could support our family, taking care of my 2 siblings and me. As my mother grew older, she began to show signs of joint degeneration, lumbar spine tightening, rheumatoid arthritis, and osteoporosis. Despite seeking medical

treatment, the bone and joint pain still afflicted my mother continually, adding a financial burden that weighed heavily on my father's shoulders.

Life is inherently difficult, but it seems to be even more cruel to my family. At the beginning of 2022, my father suddenly had a stroke, leaving him paralyzed on the right side and unable to speak or take care of himself. He requires assistance for everything, from eating to personal hygiene. Since the day my father fell ill, my mother has been unable to continue working as a farmer due to joint pain. As a result, our fields, which were our only source of income, have been abandoned. Now, we rely solely on my older siblings for financial support, but they already have their own families. Their lives are very difficult and they are now struggling. My older brother lost his job at his last company because he spent time taking care of our father during his three-month hospitalization. My older sister works in a factory in Da Nang, has an unstable income, and lives in a rented room. Her salary is barely enough to support her own family. As the youngest child in the family, I am still studying and unable to help my parents. Instead, I am a burden on them when it comes to food, living expenses, and educational costs.

Because I didn't want my siblings to have to worry about taking care of our parents and me, I always tried to make use of my free time to work and earn money to support myself. The part-time jobs I had included room cleaning, serving, assisting in a kitchen, washing dishes, and more, from 5 p.m. to 10 p.m. However, despite the difficulties, I never thought of quitting my studies. I always strived to balance my time between studying and working. However, those casual jobs only provided enough money for daily expenses, and the cost of education is a big issue that I couldn't find a solution to. Every time my mother mentioned my tuition fees, my father cried. I know he is sad because of his illness, and even sadder because there was no one else to support me in my education. At that time, I also cried a lot because I felt like my dreams had come to an end. But looking back at the arduous journey of preparing for the university entrance exams and having already completed half of the university journey, I couldn't stop. So, in order to continue my education, I discussed things with my siblings and decided to take out a student loan from the government bank. Every month, I have to manage my own expenses to repay the interest to the bank. Life is truly difficult for me, but I tried to be mature and stay strong. Even though I couldn't be a shoulder for my mother to lean on, I always reminded myself to be strong so that she can have peace of mind.

The recent interview at LSF was an incredibly valuable opportunity for me to continue with my dreams. When I received the information about the interview date, I prepared a great deal, but I still felt a little nervous when I entered the interview room. However, I received a lot of care and attention from Ms. Karen and the staff at the Lifestart Foundation, which made me feel the warmth of everyone here. After the interview, I felt truly touched because it was the first time I had experienced the warm affection of people around me, allowing me to share all the difficulties that my family and I have faced. I thought that regardless of the outcome, I had tried my best at the interview, and I was fortunate to have attended it.

When my university decided to double the tuition fees this year I was very worried about my future, so I was truly overwhelmed when I received the news that I had been awarded a scholarship from the Lifestart Foundation. It seemed like the happiest day in my life after the difficult years of my twenties, and I immediately called my mother to share the news. She couldn't hold back her tears. This scholarship means more to me than just significant financial support; it is a source of spiritual comfort that will help me overcome the difficulties in my life; it is a warm flame that ignites my dreams. For my family, this is truly a great joy after countless hardships. My parents can now be assured about my future, and my siblings can fully focus on taking care of our parents and their own small families. The burden of tuition and living expenses is no longer a worry, causing sleepless nights for my parents. With this scholarship, I will have more time for studying and less financial pressure regarding my daily living expenses. I will be able to participate in English classes to improve my skills in the language. I aim to take the TOEIC exam to meet the graduation requirement of my university. The sponsorship is the motivation for me to continue striving and working harder to ensure good results in the coming years and be deserving of this prestigious scholarship.

Currently, I am in the first semester of my fourth year. I have daily hospital internships in the morning along with theoretical classes in the afternoons, and 1-2 night shifts at the hospital every week. The amount of knowledge I need to learn is extensive, and time is relatively limited as most of it is dedicated to the internship. I usually take advantage of the time after the morning internship to rush to university to study, then I rest a bit before attending classes in the afternoon. Therefore, I still maintain a daily study time of 6-8 hours. In the first semester, I will be interning at the hospital for 3 months. After completing the internship, I will have a relatively free amount of time, so I want to use it to join an English class and along with my self-studying, I hope to

improve my proficiency in the language. I will also participate in extracurricular activities and community volunteering organized by clubs at the university.

After graduation, if given the opportunity, I would like to prepare for the residency entrance examination to specialize in Obstetrics and Gynecology in order to enhance my clinical skills. After that, I want to return to my hometown to develop my career and help impoverished individuals who still have access to only limited healthcare.

Sometimes, when I look at my friends who have parents taking care of everything from food to education for them, I feel a bit disheartened. But that doesn't mean I give up. I strive every day for my own dreams. I only think that, compared to them, I face some difficulties and my path is a bit rocky. My parents are my motivation, the people who inspire me the most whenever I feel stuck or desperate. When I think of them, I immediately let go of my worries and focus all my energy on my studies, trying my best every second, every minute, in the hope that soon I will be able to take care of them. Despite my family circumstances and facing financial difficulties, I remain persistent and set myself high goals to acquire knowledge and develop myself. By demonstrating patience and effort in overcoming challenges and barriers in my educational journey, I have seized every learning opportunity and actively participated in extracurricular activities to expand my knowledge and skills. This has been recognized by my teachers and highly appreciated by my instructors. My friends have also entrusted me with the responsibility of being a leader in group studies. I believe in my abilities and my potential to thrive and achieve success in the future. Now that I have received a scholarship from you, I will be able to continue my education and further develop myself to pursue my passion to the fullest.

I would like to express my sincere gratitude to Ms. Karen and the Lifestart Foundation for giving me this valuable opportunity. I want to extend my heartfelt thanks and best wishes to everyone at Lifestart Foundation for the warmth and timely support during the most difficult time for me. I promise to make every effort to live up to the trust and expectations of everyone. I wish the Lifestart Foundation continued growth and even greater success. Thank you very much!



UPDATE: 15-12-2024

MASTER OF NURSING SCHOLARSHIPS – AN UPDATE FROM MS MAI

Mai is currently the deputy head of the Nursing department of Binh Dinh Province General Hospital. Hailing from a medical family, she has nurtured her passion for the medical profession from an early age.

After completing her Bachelor's degree at Hue University of Medicine and Pharmacy, Mai then has cherished her dream of following a Master's course – a course that will help her to enhance her professional skills as well as elevate the expertise of the

nursing team at her hospital. She was overjoyed when the Lifestart Foundation supported her in achieving her ambition to become a Master of Nursing. Without this invaluable support, achieving her goal would have been impossible. Through her hard work and determination, Mai has earned her Master's Degree in Nursing, a key milestone that has transformed her life and set her on a path to even greater success.

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

It was our pleasure and honor to support these wonderful dedicated health care professionals.

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

Below is an update letter that Mai wrote to Lifestart Foundation where she shares her work and her life after graduating from the Master of Nursing course. We hope you enjoy reading her letter of gratitude.

MAI'S UPDATE LETTER:

Dear Everyone at Lifestart Foundation,

My name is Tran Thi Vu Mai, and I am currently working as the Deputy Head of the Nursing Department, managing the nursing staff in the clinical departments of Binh Dinh General Hospital. I have completed a Master's course in Nursing Management, a joint course between Khon Kaen University and Hue University of Medicine and Pharmacy. I feel incredibly fortunate to be one of the students supported by Lifestart Foundation to continue my Master's studies in Thailand. This invaluable assistance has helped me overcome financial challenges and given me the motivation to complete my studies successfully.

The knowledge and skills I obtained from the course have been invaluable in my work, allowing me to apply them for the benefit of both my staff and patients over the past two years. In addition, the experience of learning through online classes, sharing content, and participating in online assessments has also made it easier for me to support my staff in their learning journey, especially since the Covid-19 pandemic. Over the past year, I have gained a deeper understanding of my employees and developed my own insights and suggestions on how to manage them effectively, as well as understanding their thoughts, wishes, and needs better than I did before. This newfound perspective is one of the things that has brought me the most satisfaction after completing my research.

Last but not least, I have been able to impart knowledge, confidence, and a passion for the profession to both my staff and beloved patients. This has helped them develop a deeper trust and love for their work, enabling them to serve patients better. Most importantly, it has given patients and their families a sense of security and comfort during treatment. Above all, what I feel most successful is that I have seen myself grow more mature and learned a lot from teachers, classmates and students studying in Thailand. With the results and knowledge I have gained, I would like to once again express my heartfelt gratitude to Lifestart Foundation for helping me achieve meaningful successes in my life. The organization has extended its support to me not only materially but also spiritually, giving me the confidence to overcome the challenges I faced during my course.

Finally, I would like to once again express my deepest gratitude, both personally and on behalf of my family, to Ms. Karen and the Lifestart Foundation. I wish the organization continued success and growth, so that future generations can pursue their dreams and contribute to the development of Vietnam.

Yours sincerely,

Tran Thi Vu Mai



UPDATE: 21-12-2024

LIFESTART FOUNDATION EDUCATION SCHOLARSHIP TURNS A DREAM INTO REALITY - TUYET'S SUCCESS STORY

Tuyet's story is a shining example of how the Lifestart Foundation Education Scholarship can transform lives. Coming from a disadvantaged family in Central Vietnam, Tuyet faced significant challenges, but with the support of her scholarship, she turned her dream into reality.

In 2014, Tuyet was awarded a Lifestart Foundation Education Scholarship, which covered her school fees, living expenses, laptop, and other essential costs. This financial support lifted a huge burden from her family, allowing Tuyet to fully concentrate on her studies. After years of hard work, she proudly graduated with a distinction Bachelor degree in Rehabilitation Engineering from the Danang University of Medical Technology and Pharmacy. She is now an intern at Danang C Hospital.

Tuyet comes from a disadvantaged family of five, including her grandmother, parents, younger brother, and herself. Sadly, her father passed away suddenly, leaving her mother widowed and responsible for raising two children alone. Tuyet's mother works as a rice farmer, relying on crops for income. After her father's passing, all the family's responsibilities fell on her mother's shoulders, making their lives even more difficult.

Tuyet's resilience, dedication, and the support of the Lifestart Foundation have helped her rise above the challenges of her circumstances. She is now on her way to becoming a professional rehabilitation engineer, ready to make a positive impact on many lives.

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.

Read Tuyet's heartfelt letter of gratitude and her inspiring journey after graduation below.

TUYET'S GRATITUDE LETTER

Dear everyone at Lifestart Foundation,

My name is Tang Thi Tuyet, a recently graduated student from the Rehabilitation Engineering major at Danang University of Medical Technology and Pharmacy.

Last semester, I had to complete my Clinical practice for my graduation at the Rehabilitation Hospital in Da Nang, and I also worked on my thesis. This clinical internship was different from previous ones because the evaluation was done by the hospital. I interned here for 6 weeks, not only with adult patients but also with pediatric patients. I had the opportunity to encounter a wider range of diseases and gain more experience.

With the guidance of my advisor, I completed the thesis to the best of my abilities. Both modules of this semester earned me an A mark, and my overall GPA for this semester is 4.0/4.0. This is a score I never thought I would achieve and it surpasses the goal I had set in the previous semester and I am graduating with honors. This is something I have always aspired to, and the change in my gaining marks since the third year has brought me closer to the degree I desired. I am very happy and satisfied with this achievement. It paid off my own efforts, the support of my family, you and Lifestart Foundation, and my friends. And importantly, thanks to the guidance of Lifestart Foundation, I have made progress in my studies.

This June has been the happiest month I have ever had because in this month, I graduated and went to Hanoi to participate in the 2nd Vietnam Physiotherapy Association Scientific Conference. My thesis advisor encouraged me to make a presentation at this conference. At first, I was worried that I wouldn't do well, but I also wanted to experience presenting outside. So I registered to participate, and under the guidance of my advisor, I was invited to attend. Attending this conference allowed me to learn many things, which helped broaden my perspective on the field of physiotherapy. It was an amazing experience, and I received a certificate and a commemorative plaque for presenting at the conference. At that moment, I felt truly happy because it marked a milestone in the field I have been studying.

I have applied for an internship at Danang C Hospital. I chose this place for my internship because the working environment between technicians and patients is really good. I have previously completed an internship at this hospital, so I really enjoy working here. My major, Functional Rehabilitation, allows me to work with both pediatric and adult patients, but I plan to focus on adult physical therapy and also learn about Occupational Therapy. I'm passionate about this subject, and it is also in high demand in Da Nang.

Time has flown very quickly since I first received a Lifestart Foundation scholarship in year 7 and now I have graduated. Before I was awarded the scholarship from the Lifestart Foundation, my family faced many difficulties; my father had been ill for many years, and as a result, he couldn't work fixed-hours and could only do part-time farming work, avoiding direct sunlight. Both my parents worked as farmers, and our home income depended on the crops we grew. Our household included my grandmother and younger brother, and everyone relied heavily on my parents. I understood the difficulties my family faced, and I was determined to study hard. I always believed that good academic performance would bring opportunities for me.

I still remember when I was in year 7, Lifestart Foundation came to my school to support students from disadvantaged backgrounds with good academic achievements. I had an interview with my father, and the charitable organization also visited my home. The second interview took place in Hoi An, where I had a conversation with Ms. Karen. I was really nervous, but thanks to the friendliness and gentleness of everyone, I felt more comfortable and shared openly. When I received the news that I had been granted a scholarship I was extremely happy, but I didn't show it because there were many people around. Perhaps my father was the happiest person at that moment because he had been with me throughout. He also heard congratulations from Ms. Karen herself, which brought joy to our family.

During this time, the Lifestart Foundation scholarship has had a tremendously positive impact on my family, as it has helped both me and my family to live more stable lives. I have received comprehensive support, including tuition fees, books, school uniform, and shoes. When I was in year 7, I received a brand-new bicycle to replace my old one, which I used until year 10 to travel the long distance between home and school. Then Lifestart Foundation gave me an electric bicycle. These bicycles were not only used by me but are still being used by my younger brother to go to school now. The financial burden of my education on my parents was significantly reduced, and they were able to provide better conditions for my younger brother.

Throughout my time at university, the Lifestart Foundation has provided financial support for my studies, and when storms and floods affected our family, Lifestart Foundation visited and supported us again. During the Covid-19 pandemic and the difficult economic situation, the provision of essential items for my family from the Lifestart Foundation helped us overcome that period too. That was the most challenging time of my childhood; however, thanks to the dedicated support from the foundation, we were able to get through. Our family is tremendously grateful for the unwavering support of the Lifestart Foundation.

I am very appreciative of your support for me on this journey. I would like to express my deep gratitude to Ms Karen who created opportunities for me to have fun and interact with others. I also would like to thank the staff at Lifestart Foundation for their wholehearted support. Being helped by you and everyone at Lifestart Foundation is perhaps the luckiest thing that has happened to me. I will always cherish everything you have done for me and my family. It is thanks to your love, and your assistance that I have become who I am today. I promise to strive hard to contribute my value to society. Once again, I would like to thank everyone at Lifestart Foundation.

Best wishes,

Tang Thi Tuyet

You can read more about Tuyet here:

- Introducing Tuyet – A new LSF Foundation Education Scholarship student:
<https://www.facebook.com/photo/?fbid=751101104935411&set=a.485561648156026>
- Tuyet accepted to Danang University of Medical Technology and Pharmacy:
<https://www.facebook.com/TheLifestartFoundation/posts/3583142591731234>
- Financial aid to replant crops and restore Tuyet's family's livelihood:
<https://www.facebook.com/TheLifestartFoundation/posts/4197430713635749>
- A hamper box donation for Tuyet:
<https://www.facebook.com/TheLifestartFoundation/posts/6055337957845006>
<https://www.facebook.com/TheLifestartFoundation/posts/5860801497298654>
<https://www.facebook.com/TheLifestartFoundation/posts/6091095094269292>



UPDATE: 22-12-2024

CONGRATULATIONS TO TUNG – LIFESTART FOUNDATION SCHOLARSHIP STUDENT WHO HAS BEEN ACCEPTED INTO UNIVERSITY TO STUDY INFORMATION TECHNOLOGY!

Lifestart Foundation is proud to congratulate Tran Thanh Tung, a Year 12 Math major at Le Thanh Tong High School for Gifted Students, on his outstanding achievement of being accepted into the Information Technology program at the University of Information Technology - Vietnam National University, Ho Chi Minh City!

Tung is a hardworking student with an incredible spirit of perseverance, always giving his best in his studies. During the exam preparation period, Tung spent 11 to 14 hours a day studying, and his efforts paid off with impressive scores: Math: 9.20/10, Physics: 9.5/10, Chemistry: 8.75/10. He successfully passed the National High School Exam and entered the university of his dreams.

Tung shared that during his three years of high school, despite growing up without the care of his parents and living only with his grandmother and aunt, he never stopped striving.

Tragically, Tung lost both parents when he was young, leaving him to be raised by his grandmother and aunt. His grandmother recently passed away, and now his aunt is the family's sole provider, working in a food store in Danang to support them.

Thanks to the Lifestart Foundation scholarship, Tung had a solid foundation to continue his education, overcome challenges, and achieve remarkable accomplishments. These include winning a consolation prize in the Provincial Mathematics Competition and participating in the popular TV show "Road to Mount Olympia" on VTV (Vietnam's national channel). Furthermore, Tung consistently achieved excellent academic results at Le Thanh Tong High School, scoring 9.3/10 across 11 subjects in his final term of Year 12.

The support from Lifestart Foundation—scholarships, an electric bike, textbooks, uniforms, and essential supplies—has helped Tung overcome hardships and fully focus on his studies. Tung is very grateful to be a Lifestart Foundation family member in which his family worries less about financial burden and he could chase his passion.

To prepare for the challenges of university life, he self-studies to improve his English and coding skills.

We are incredibly proud of him and confident that Tung will continue to strive, grow, and contribute to society in the future.

Thank you to all the sponsors and the Lifestart Foundation team for their ongoing support for Tung and other students. We wish Tung continued strength, success, and endless determination in life!

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

- Introducing Tung – New LSF Scholarship Student:
<https://www.facebook.com/TheLifestartFoundation/posts/4244815578897262>
- A Hamper Box for Tung:
<https://www.facebook.com/TheLifestartFoundation/posts/4348045145240971>
- Household Essentials for Tung:
<https://www.facebook.com/TheLifestartFoundation/posts/5880898508622286>
- An Electric Bike Donation for Tung:
<https://www.facebook.com/TheLifestartFoundation/posts/4288957117816441>
- Great News from Tung:
<https://www.facebook.com/TheLifestartFoundation/posts/5061719710540174>



UPDATE: 28-12-2024

LIFESTART FOUNDATION'S DOCTOR OF THE FUTURE - MEET VY

Our Lifestart Foundation team is delighted to introduce Vy, a remarkable fourth-year General Medicine student at Hue University of Medicine and Pharmacy, who has recently been granted a full Lifestart Foundation Medical Scholarship.

Like many other Education Scholarship students supported by Lifestart Foundation, Vy faces significant challenges within her family, as they struggle to make ends meet on a modest income of 6,000,000 VND (approximately \$245 USD) per month to raise five family members. Despite the challenges and hardships Vy has faced, she has shown remarkable dedication to her studies. In the second semester of her second year, she earned an impressive GPA of 3.53 out of 4.0. Furthermore, Vy is a well-rounded student, actively involved in university activities such as the Dance For Youth competition, community health programs, self-defense training and study abroad workshops. She also participates in blood donation drives and, as a member of the Skills Club, engages in team-building competitions, and leadership contests. Vy's life has undergone a significant transformation since she was awarded the Lifestart Foundation scholarship. The scholarship has provided her with the financial means to afford her tuition fees, procure textbooks and necessary study materials and meet her monthly living expenses. This support has alleviated the burden on her parents, allowing them to dedicate their full attention to the well-being of their family and Vy's two younger siblings.

Lifestart Foundation scholarship has not only provided Vy with financial assistance but also served as a motivation for her continued strive, enabling her to pursue her studies with dedication and peace of mind as she knows that her educational journey is supported. Despite the challenges she has faced, Vy's determination and resilience shine through and we have no doubt that she will achieve great things in her future endeavors.

We warmly welcome Vy as she joins the Lifestart Foundation family. Stay tuned for future updates as we closely follow her remarkable progress.

VY'S GRATITUDE LETTER:

Dear everyone at Lifestart Foundation,

My name is Phan Thi Bao Vy, I am 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 this precious Lifestart Foundation scholarship.

I was born and raised in a poor family in Thua Thien Hue province. My family includes five members: my parents, my younger sister and brother and myself. My family's income depends on the meagre amount of money my parents earn: my father makes a living by repairing bicycles and doing saltwater aquaculture, while my mother runs a small grocery store from home. My parents' jobs have unstable incomes. In particular, when things go well, my father's small shrimp and fish pond provides some income, but when the weather is unfavourable or there are issues with the offspring, it can run at a complete loss. Despite the difficult life in many aspects, my parents are determined to support my two siblings and me to pursue our education, hoping that we will be able to escape from poverty, get jobs and have a better life than theirs. My parents often say that "only via education can we escape poverty, my children!" Completely understanding their desires and the importance of education for my future, I have always been serious in my studies and paid special attention to them. I always strive to study diligently and achieve good results and certificates, bringing peace of mind and pride to my parents.

However, as I progressed to my higher school year, the burden of our education expenses became too much for my parents. In fact, they had delayed the construction of our house, which is considered a foundation for settling down, and our family continued living in the cramped bungalow that my grandfather lent us. This ensured that they could afford the living expenses and education for me and my siblings, without a need to borrow money from everyone which would put them in a difficult position. The small joy of my parents was when we brought home awards, certificates of achievement or sometimes when I proudly announced that I

got high marks. In those moments, my parents' eyes were always filled with pride. Perhaps due to struggling with multiple strenuous jobs, my parents' health has been greatly affected. Joint and spine pain mercilessly affects them whenever the weather changes. However, they endure the pain and keep working without treatment as this would result in additional expenses. It is partly because of these experiences that a dream of becoming a doctor was ignited in me, with the aim of taking care of my parents and loved ones and helping those in need in my hometown. Life, which has been full of challenges, became even more overwhelming when, at the end of year 12, my mother was diagnosed with aggressive breast cancer. The word "cancer" was so unfamiliar and terrifying to my family. Thanks to the efforts of the doctors and their treatment of her, things eventually stabilised, but her health will never be the same as before. Currently, her health is still being monitored and she is bravely fighting against her illness because the cancer can spread at any time.

Previously, in order to help my parents, I used to take part-time jobs such as working at wedding venues and as a tutor, but the salary was never enough. When the schedule of studying and working became increasingly overwhelming, I could not continue with my job. Then, when my younger brother informed us that he had been accepted into university and my youngest sibling was about to enter Year 1, a sense of pride remained but I felt the weight of the immense financial burden heavily pressing down on my parents' shoulders. Furthermore, I learned that the next academic year, my university would implement self-funding which would double the current tuition fees. This filled me with confusion: "Where will the money come from to pay for the tuition fees" was the question arising in my mind at that time. 'How can I pursue my dream of studying General Medicine to escape poverty and help my family and the community?' I know that I am still much more fortunate than other underprivileged people in society, but I truly need help from kind-hearted individuals to make my path towards my dream smoother and to relieve some of the hardships my parents endure.

Then, one day, I received an email that the Lifestart Foundation was inviting applications from scholarship candidates, illuminating a ray of hope within me. Fortunately, my application was approved, and I was asked to participate in an interview. Initially, I was so nervous, but thanks to the warm assistance from the staff, I then felt much more comfortable. As for me, it was not an interview, but rather a conversation between me, Ms. Karen and the staff where I had an opportunity to share about my life and my long-held aspirations. One week after the interview, I received a phone call from Ms. Nhung informing me that I had been granted a scholarship which filled me with immense joy. I immediately called home and my parents were deeply emotional, repeatedly asking me to say thank you and to always study hard so as not to disappoint your expectations in me.

The Lifestart Foundation scholarship has a profound meaning for me and my family, serving as a tremendous source of motivation, both spiritually and materially, and strengthening me to overcome obstacles to fulfil my dreams. It also provides me with the means to pay for tuition fees, purchase textbooks and essential study equipment, and cover my monthly living expenses. With this support, the burden on my parents' shoulders has been reduced and they do not need to strain themselves excessively and compromise their health. Thanks to the scholarship, I can concentrate completely on studying, and my parents can fully focus on taking care of our family and my two younger siblings. This year the subjects have become more and more specialised and challenging. Therefore, I think I need to pay more attention to my goals and wisely arrange my study time to ensure both good academic results and my own well-being. In addition to self-study, I am actively improving my English skills as I am aware of the importance of this language nowadays. After graduation, if possible, I will pursue further studies and move to the South for work. My future goal is to become a well-qualified doctor who possesses both competence and compassion, and to provide care to many people especially those in difficult circumstances.

I am truly fortunate and grateful that I was selected to receive this meaningful scholarship. I promise that your support will be used in a responsible and meaningful way. Life is full of struggles but the flame of knowledge inside me will never be extinguished, and I believe that with the help of the scholarship, my study journey and personal development will continue to improve and advance. I promise to study hard, actively improve myself and enhance needed skills for the future. I pledge never to give up and always try to be worthy of the compassionate and loving care you have bestowed upon me. Finally, I wish all of you and the Lifestart Foundation robust health and hope that the two organisations will continue to thrive and achieve resounding success. Once again, thank you very much.

Best regards,

Phan Thi Bao Vy

MEET ALL OF OUR UNIVERSITY STUDENTS AND GRADUATES HERE:

<https://www.lifestartfoundation.org.au/wp-content/uploads/2024/12/University-Students-update-December-2024.pdf>



UPDATE: 28-12-2024

MEET BA – AN INSPIRING LIFESTART FOUNDATION SCHOLARSHIP SUCCESS STORY!

Ba's journey is a shining example of breaking the cycle of poverty. She graduated with a Bachelor's degree in Tourism and Hospitality Management from Danang Architecture University in 2022.

Ba's incredible story began when she was awarded a full Lifestart Foundation Scholarship while she was in year 7 at Le Van Tam Secondary School. At that time, her family faced immense hardship with a total of 7 members, relying solely on her parents, who were struggling rice farmers. The limited income from farming couldn't adequately support the education of all 4 school aged children, and the constant financial pressure combined with the heavy workload took a toll on her parents' health.

Fortunately, the Lifestart Foundation scholarship brought a positive transformation to Ba's life. It covered all her educational expenses, including tuition fees, books, uniforms, and stationery, while also enabling her to participate in essential extra classes. The scholarship not only lightened her parents' financial burden but also fueled her motivation to excel in her studies, providing a strong foundation of knowledge to enhance her university education.

Throughout her university years, Ba actively engaged in various activities, such as joining the DATEC social media club and participating in presentation competitions at her faculty level. Her hard work paid off, as she achieved an impressive overall GPA of 3.6 out of 4.0, graduating with excellence.

After completing her university studies, Ba secured a job perfectly aligned with her major at the 5-star Koi Resort in Danang, where she now works as a receptionist. Her responsibilities include office tasks, handling guest requests, and managing reservations. This job brings her immense joy, and she finds satisfaction in applying the knowledge she accumulated during her university journey to her work.

It has been an absolute privilege for Lifestart Foundation to support Ba throughout her educational journey, witnessing her growth into a capable and accomplished adult. We extend our heartfelt wishes for ongoing success on her future path.



UPDATE: 04-01-2025

DOCTOR OF THE FUTURE - INTRODUCING DIEU

Recently, Lifestart Foundation has awarded a new round of major Medical scholarships to 18 students at Hue University of Medicine and Pharmacy and Danang University of Medical Technology and Pharmacy. These scholarships were awarded to super impressive students who have demonstrated academic excellence and are from extremely disadvantaged backgrounds. By way of their chosen vocation, they also meet our criteria of completing a degree in an area that will not only benefit themselves and their families in the future but more importantly the wider community.

Lifestart Foundation is delighted to welcome one of our new scholarship recipients - Dieu, a General Medicine student at Hue University of Medicine and Pharmacy. With impressive outstanding grades and stories of the

hardships his family has endured, we couldn't help but shed tears for Dieu - a poor student who has overcome adversity and excelled academically.

Dieu's childhood was filled with misfortune as he was born and raised in an extremely impoverished family in the dense forests of Nghi Loc district, where living conditions were incredibly challenging due to scarce resources. Dieu comes from a family of six, he is the eldest brother and the first to attend university. Due to their difficult circumstances, Dieu's parents had to work far from home, and at a young age, he had to learn to become self-sufficient, taking on the role of both a father and a mother to care for his younger siblings. With his parents absent and lacking many necessities, the lives of Dieu and his three siblings were devoid of sufficient food. They crushed cassava into flour to make steamed cakes, which became the main dish for the entire family because they could not afford rice to eat, and they would buy a few fish from the market to cook a salty dish to eat for the entire week.

Dieu usually went to the forest to collect medicinal plants to sell to earn extra money for their daily meals. The strain of working hard to provide for the children's education took a toll on the health of Dieu's parents, with his mother weighing a mere 39 kg despite being 1.50m tall. The already difficult life made Dieu increasingly resilient and determined in his studies. He aspires for his education to improve his life and help his family overcome the adversity of poverty.

During his years in school, Dieu consistently achieved the title of an excellent student with admirable and outstanding grades. His efforts and dedication became even more evident when he gained admission to Hue University of Medicine and Pharmacy and continued to achieve excellent academic results during his early years at University. To achieve these outstanding results, Dieu dedicated 5-6 hours of self-study every day outside of regular university hours, increasing his study time to 14-16 hours on exam days. His results at the end of second year were at 3.58 out of a possible 4.

Dieu shared with us that no one in this world is like anyone else, and every individual deserves to be respected and admired. From each individual, he can learn many things, and by combining those learnings, he can develop his own personal philosophy of life. With his spirit of curiosity, in addition to the goal of achieving high grades in academics, Dieu also wants to further improve his English skills to serve his studies and the profession he is pursuing.

To gain a better understanding of Dieu, we hope you can take the time to read the letter below that he sent to us after receiving the scholarship.

We warmly welcome Dieu to the Lifestart Foundation family. Stay tuned for future updates as we closely follow his progress with great interest.

DIEU'S GRATITUDE LETTER

Dear Ms. Karen, and Lifestart Foundation,

My name is Le Van Dieu, a third-year medical student majoring in general medicine at Hue University of Medicine and Pharmacy. Today, I am writing this letter to express my utmost gratitude to you, Ms Karen and Lifestart Foundation for choosing me to be a scholarship recipient of Lifestart Foundation.

I would also like to share a few things about my family and circumstances, as well as what I have been through over the last few years, so that you can get to know more about me. My family consists of six members, and we come from a tradition of farming, growing up in a poor rural area. It is a barren land with limited resources where the saying goes "Dogs eat rocks, chickens eat pebbles" and our life presents many challenges. With just over 3 acres of cultivated land, we can only grow enough rice and crops for our own consumption, leaving us worried about various expenses. As a result, my mother had to move to Hanoi to find a job. Due to her health issues, she had to change jobs many times, and she could only handle light manual labor tasks that provided very little income. Meanwhile, my father stays at home to work on the farm and facilitate our education, taking on various additional jobs whenever people hire him. Among the four siblings, I am currently the first one enrolled in university. Next to me is my younger brother, who, three years ago when he was in year 9, contracted a corneal ulcer. He was taken for treatment to Vinh, Hanoi, and Ho Chi Minh City, but all in

vain, the treatment was unsuccessful, and he has now lost the sight in one eye. The two-year-long treatment interrupted his studies, and because his eye still frequently hurts, he had to drop out of school. The exorbitant medical expenses have added a further burden to our family.

Recently, after months of unsuccessful job hunting due to his weak eyesight, he managed to find a low-paying builder's assistant job. When he was accepted to do that job, he called me and said, "Now that I have a job, and I will earn money to support you in your education." Hearing this, I couldn't hold back my tears. Besides my younger brother, I also have two younger sisters, one is in secondary school and the other is in primary school. Therefore, the cost of living and education is always a constant worry for my family.

When I was young, both my parents had to work far away from home, so I had to learn to be independent and take on the role of parent to my younger siblings, taking care of them and guiding them in their studies. Because of this, I always knew that I had to put in a lot of effort in both my studies and other responsibilities. I also realized that education was the only path that could help me and my family escape from this difficult situation. I was self-motivated to seek information for my study and expand my knowledge, even though I did not attend any extra classes.

When I transitioned from secondary school to high school, I abandoned the idea of taking the entrance exam for gifted student schools because I knew that my family was facing economic hardships at that time. Not entering a school for gifted students didn't discourage me; instead, I tried even harder and achieved high prizes in the provincial excellent student competition in Chemistry. However, when it came to deciding to take the university entrance exams, I realized that I needed to pursue my own dreams and also the dreams of my family. I wanted to turn this dream into reality so that after graduation, I could have a stable job and become a skilled doctor, helping and saving many patients and supporting my parents in taking care of my siblings.

After more than two years of studying in the new university environment, starting from my solo journey to Hue, going to different places to find accommodation, and then carefully purchasing every item for my room to save as much money as possible, I also found a job tutoring a year 5 boy. I have taught him for two years during Years 5 and 6 with three sessions per week at an income of 800,000 Vietnamese Dong per month. It was a bit busy and time-consuming, but I felt very happy doing this job. I also joined a volunteer club, participating in activities to guide disabled children in their studies and assisting the elderly in nursing homes. Furthermore, every summer I participated in free medical check-ups and medication distribution with fellow doctors in my hometown. Now, in my third year, due to the hectic schedule of my studies, I haven't been able to find sufficient time to continue my tutoring work.

Last September, after submitting Lifestart Foundation scholarship application documents based on the information provided by the university, I was fortunate to be among the selected students to go to Hoi An for an interview. Initially, I felt very worried and anxious. But thanks to the care and encouragement from everyone at Lifestart Foundation, especially Ms. Karen and Ms. Nhung, they helped and made me feel comfortable while answering questions and sharing stories from my life.

After the interview session ended, my worries gradually faded away and my expectation for the announcement of the results grew stronger day by day. When I received the news that I had been chosen to receive this scholarship, I was truly overjoyed, jumping with happiness and excitement. It was news that I had been eagerly waiting for every day. Immediately, I called to share this with my parents and grandparents. Everyone in my family was momentarily speechless, unable to believe that I had received such a valuable scholarship. Then, everyone became extremely happy and sent words of encouragement to me, telling me to study even harder to be worthy of what I was about to receive. Certainly, I deeply appreciate this moment and silently promised to put in even more effort.

With this scholarship, my family will no longer have to worry about my tuition fees. The money that my parents have saved can be allocated to more important matters. It makes my life and my family's life easier, reducing some of the financial burdens on my family, especially as the university has decided to increase tuition fees. The scholarship also allows me to focus on my studies and achieve the desired results.

Additionally, I can also use the scholarship to help with my living expenses and meals. Honestly, if I had not received this scholarship, I don't know how difficult my life and studies would be. Having received your scholarship, I understand that I have a responsibility to boost the value of it beyond its material worth via my

efforts and personal growth, with the aim of giving back to many others, especially to the patients I will encounter in the future.

Currently, the study in third year has become more intense. Aside from the theoretical studies at the university, I will soon begin clinical subjects at the hospital, and I have also started studying English at Hue University of Foreign Languages and International Studies. Therefore, I will have to allocate more time for self-study. In addition to the two daily study sessions at university, I will dedicate around 5-6 hours each evening for self-review. During the exams at the end of each semester, I will allocate 14-16 hours per day for studying. I will try to manage my time wisely, leaving some time for rest, cooking, and calling my family. I will also set aside 30 minutes to 1 hour every day to study English on my own.

My goal is to take the IELTS certification exam to facilitate my future career and various plans. If possible, I also want to pursue further education after completing my six-years at university, in order to enhance my professional skills and create more job opportunities for myself after graduation. I am also considering searching for scholarships to study abroad. However, everything requires time to think through carefully before making a decision.

Finally, I would like to express my sincere gratitude to Ms. Karen, and the Lifestart Foundation for generously awarding me this scholarship which is a motivation for me to strive harder in my studies, achieve high results, and further develop various aspects of myself. Thank you to everyone who has shown love, care, and support for me throughout the scholarship application process as well as the journey ahead.

This scholarship will be an important milestone in my life. I will always cherish it and hope that in the future, I will continue to make more progress to be deserving of this great gift.

I would like to wish you, Ms. Karen, and everyone at Lifestart Foundation good health, happiness, joy, and even greater success in life. I also extend my best wishes to the Lifestart Foundation for continued growth, so that they can bring happiness and hope to many other young individuals.

Once again, I would like to express my deepest and sincerest gratitude!

Yours sincerely,

Le Van Dieu



UPDATE: 11-01-2025

LIFESTART FOUNDATION'S UNIVERSITY GRADUATE: MEET THAO – FROM DISADVANTAGED STUDENT TO ENGLISH TEACHER

We are thrilled to introduce Thao, a remarkable recipient of the Lifestart Foundation Education Scholarship. Thao recently graduated with a Bachelor's degree in English Linguistics & Literature from the University of Social Sciences and Humanities – Vietnam National University, Ho Chi Minh City.

Thao is the first in her family to earn a university degree.

Thao's journey with the Lifestart Foundation began a decade ago with a full education scholarship from the organization. This crucial support transformed her life and fueled her commitment to lifting her family out of poverty.

From a young age, Thao has nurtured a deep passion for languages and social sciences. She admired interpreters and aspired to one day work in the language field. With the Lifestart Foundation scholarship's support, Thao was able to focus entirely on her studies, which resulted in her earning a well-deserved Distinction degree. In addition to her academic accomplishments, Thao has also obtained several language certificates such as B2 First – CEFR C1 in English and HSK3 in Chinese.

Following her internship in the English teaching field, Thao has officially commenced her career as an English teacher and Academic officer in Binh Duong province, aiming to instill the passion for learning English in her students.

The Lifestart Foundation team is immensely proud of Thao's achievements, which reflect her relentless dedication and the impact of the scholarship. It has been a joy to witness her growth into a remarkable young woman.

Let's join us in celebrating Thao's academic success and wishing her continued success in her teaching career!

In her heartfelt message below, Thao shares her gratitude and future plans. We hope you enjoy reading her letter of thanks.

THAO'S GRATITUDE LETTER:

Dear Ms. Karen and everyone at Lifestart Foundation,

I am Pham Ngoc Thu Thao, a student of the Lifestart Foundation and for many years, a recipient of the Lifestart Foundation scholarship. I have just graduated with a Bachelor's degree in English Language from the University of Social Sciences and Humanities, Vietnam National University, Ho Chi Minh City (VNU HCMC). Today, as I look back on my journey, I would like to express my deepest gratitude to everyone who has accompanied me on my educational path.

After a long journey of effort, I have recently graduated with a cumulative GPA of 8.04 out of a possible 10, achieving a Distinction degree that I set out to achieve before entering university.

Remembering back to when I first moved to Ho Chi Minh City away from close relatives, I decided to stay in the VNU HCMC Dormitory during my first year. Although the dormitory had many inconveniences, looking back it provided an excellent environment for me to develop self-discipline and learn to live independently. After the first semester, I made many friends in the dormitory, and they have been my companions ever since.

During my university years, I worked part-time as an English teacher. After graduating, I realized my desire to work in the field of education and continue to impart knowledge to students. Therefore, I decided to apply for a formal position at the European Language Center branch in Di An city and currently work as an Academic Officer and Teacher. Additionally, I teach classes at the Lai Thieu branch in Thuan An city. I frequently commute between these two cities to ensure I meet my work responsibilities. Meeting new colleagues and students in different contexts has motivated me greatly to continue my journey. Apart from teaching at branch locations and affiliated schools, I also handle classroom operations and monitor student enrollments at the branches. Recognizing my lack of experience in teaching experience, I spend a significant amount of time in the office reading textbooks and current materials, while also participating in online courses on classroom management skills. Currently, I am taking online courses on teaching skills and plan to pursue certifications such as TESOL, CELTA, TKT, or possibly a Master's degree depending on job requirements in the future.

Looking back at my secondary school years, I never dared to dream of attending university in a modern and distant city like Ho Chi Minh City. At that time, it was purely a dream for me, though something that could help my family and me have a better life. However, I didn't know how to achieve that dream. During that period, my mother was the main breadwinner for the family, working as a lantern maker in a small local workshop. I remember that during those years, my mother often left early and came back late earning money for the family but with a salary of only about three million dong each month. My younger brother and I were both school-aged, so the family's expenses were barely covered, and my brother and I had to share all our school supplies. Our family lived with my grandmother, who helped with meals whenever possible. As I grew older and reflected on the time before I received the educational scholarship from Lifestart Foundation, I truly didn't know how my family managed to keep me from dropping out of school. Given the economic situation at that time, although I really wanted to study at a specialized high school, I had to convince myself that a regular high school would be fine as long as I worked hard. My family and I only hoped that I could finish high school, but the path to university seemed out of reach.

Then, in 7th grade, I received an educational scholarship from the Lifestart Foundation. At that time, I believed that scholarships were only for students with outstanding academic achievements, and I wasn't so confident in myself at that time. The teacher in charge and my homeroom teacher encouraged me to apply to find a brighter path for my future, so I gathered all my courage and submitted my application. I had the opportunity to meet the staff at Lifestart Foundation that year and share my academic journey, family situation and future plans with them. Each interview brought a mix of anxiety and excitement, and finally, joy and relief when my family received the notice for the next meeting. After two interview rounds, Ms. Karen informed us that we were the new scholarship recipients for that year. I can't forget the feeling of being frozen with joy and happiness; I couldn't believe my ears. In that moment, regardless of what the future held, I knew that I would still be able to attend school the following year and continue my educational journey without worrying too much about finances. The burdens on my mother's shoulders were lifted, and everyone understood that I didn't have to give up my dream anymore.

After receiving the scholarship, all major and minor expenses, such as tuition fees, school supplies, clothing, shoes, reference books and additional materials as well as my extra classes, were covered. Besides the scholarship for education, I was also provided with annual daily necessities like rice, spices, detergent and dishwashing liquid which significantly reduced my family's daily expenses. In particular, during the COVID-19 pandemic, the essential supplies from the Lifestart Foundation helped my family avoid facing food shortages. In 2020, Hoi An experienced severe natural disasters, and my family was no exception. After the Lifestart Foundation learned about the damage to our home, they promptly supported us with money for repairs. I am incredibly grateful for the timely assistance from the Lifestart Foundation.

In addition to the support for tuition fees and all school supplies, extra tuition fees were provided by the foundation, so I had the opportunity to participate in classes to prepare for the entrance exam to Le Thanh Tong High school for Gifted Students, something I had never dared to think about before. The person I am today is greatly shaped by the close management and timely guidance from the staff at Lifestart Foundation. They shared their invaluable experience with me when it came to choosing specialized subjects, selecting schools and deciding on university entrance exam blocks, ensuring that I did not feel lost when faced with many choices. I received their advice and changed my specialized subject from Math to English in 9th grade. I knew I had made the right decision as my academic performance in class remained strong, and ultimately, in 12th grade, I was directly admitted to the university I had always dreamt of.

Not only did the support cover expenses and academic guidance, but me and other scholarship students also had the opportunity to participate in Days Out with fellow scholarship recipients and older students from Lifestart Foundation. These outings were not just leisure days; they were also opportunities for me to listen and learn from the experiences of those who had gone to university and lived in Ho Chi Minh city. Receiving their advice and encouragement made me more confident in my choices and hopeful that someday I could achieve the things that the group of students at Lifestart Foundation had accomplished and continue to pursue.

In terms of my family, the most important change is that my mother's burdens have been significantly reduced. She no longer has to work tirelessly day and night as she did before I received the scholarship. She now has more time to rest and support me and my younger brother during critical stages of our education. By alleviating the financial burden of my tuition fees, I feel that our family's quality of life has improved, which motivates me even more to study hard and strive to improve my family's situation.

If I hadn't received the scholarship, firstly, I might have missed the opportunity to study at Le Thanh Tong High School for Gifted Students, and I wouldn't have known how far I could push myself. The scholarship from Lifestart Foundation provided me with an environment to grow and realize what I needed and what I could contribute to society. It can be said that my current job is the result of a long process of training, reflection and assessing my own capabilities. I am very grateful for everything that has been given to me and for everything that has happened in my life up to now. Among them, the educational scholarship from Lifestart Foundation has always been the backbone and guiding light for every step I take on my educational journey.

Looking back on the journey so far, I know that getting to this point has not been easy. No matter how much effort I put in, my dreams would not have become a reality without the continuous support and companionship of Lifestart Foundation who helped me realize that education is the most important thing one can give to change a person's life. Today, I am a better version of myself, and I hope to bring that same improvement to my current students. I believe that a fulfilled life is one where you live according to your desires and take responsibility for yourself, and it becomes even more beautiful when you choose to share the values you have

with those who need them. For me, the educational scholarship from Lifestart Foundation has given me something incredibly valuable: the right to choose. The easing of financial burdens gave me the courage to dream of better things and to pursue those dreams. Without the scholarship, I wouldn't have dared to attend a good high school or study in a field I love at a distant university. But how fortunate I am to have had the freedom to choose what I wanted to do. I met many teachers and like-minded friends, each of whom contributed to the person I am today.

I am immensely grateful for the opportunity that Lifestart Foundation gave me many years ago. From a girl who was always anxious about her chances for education and a better life, I have become strong enough to be a source of motivation for my family and to do a meaningful job. I know that none of this would have happened if I hadn't received the education scholarship from Lifestart Foundation on that day. I am profoundly thankful to Ms. Karen and the Lifestart Foundation team for always encouraging me and bringing positivity to my life and my family's life. Just as Lifestart Foundation changed my life, I now have enough faith that I can bring valuable contributions to the community, even if they are small. In the future, I hope to have the opportunity to contribute to Lifestart Foundation in a different role to help students who are in the same situation as I was. On behalf of my family, I would like to express my deepest gratitude to everyone and wish you all good health and happiness. I also wish Lifestart Foundation continued growth and success.

Yours sincerely,

Pham Ngoc Thu Thao

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

- Introducing LSF scholarship student Thao:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/751104491601739>

- Thao accepted to University:

<https://www.facebook.com/photo?fbid=3610036212375205&set=a.485561648156026>



UPDATE: 18-01-2025

LIFESTART FOUNDATION AWARDS GENERAL MEDICINE SCHOLARSHIP TO TRANG

Lifestart Foundation is dedicated to providing significant support to disadvantaged students in Central Vietnam through our prestigious medical and pharmacy scholarships. We are pleased to announce that we have recently awarded General Medicine Scholarships to 16 outstanding candidates at Hue University of Medicine and Pharmacy, the premium university for aspiring doctors in Central Vietnam. Among the recipients, Trang has truly stood out as an outstanding candidate. Through her impressive performance in the interview round, she surpassed numerous other

students and has been selected as the deserving recipient of the full Lifestart Foundation scholarship. We are proud to recognize Trang's dedication, passion, and potential in the field of Medicine.

Trang is the first person in her family to attend university.

Like all students in our #Education_Scholarship project, Trang comes from a disadvantaged family, which she shared in her letter of gratitude below. Sadly, Trang's father was recently diagnosed with serious health issues, adding further financial strain on her family.

Growing up in hardship has molded her into a determined learner who has achieved great success in her studies, culminating in her acceptance into the Hue University of Medicine and Pharmacy - a highly competitive and challenging field. For Trang, diligent studying is not only a means to break the cycle of poverty but also to

support her family and contribute to the community and society. After receiving the Lifestart Foundation scholarship, her life has become better. The scholarship has supported Trang with educational expenses, rent, food costs, and learning materials, helping alleviate the financial burden on her family. Trang is an optimistic and energetic girl.

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

Below is Trang's heartfelt message of gratitude upon learning of her Lifestart Foundation scholarship award. We hope you enjoy reading her letter of thanks.

TRANG'S GRATITUDE LETTER:

Dear Ms Karen and the Lifestart Foundation,

This is Huynh Nguyen Huyen Trang, a 3rd-year student at Hue University of Medicine and Pharmacy, majoring in general medicine.

Over the past few days, I have been so touched and felt so lucky and happy to know that I was selected for the medical scholarship program run by the Lifestart Foundation. This is such a great support for my family and me, and it will help me overcome my current difficult situation. I appreciate this a great deal of support. Today, I am writing to express my deep thanks to you, my sponsors. And I hope that in the future there will be even more disadvantaged students having this wonderful opportunity to access better study conditions.

Speaking of my family, mine consists of four people: my parents, my younger brother and me. When I was very young, my father worked as a bricklayer while my mother sold coffee, and we all lived in a 10-square-meter house in a low-lying area. Every time a natural disaster came, our parents would take us to our grandmother's house to shelter from the storm. When there was a flood, our father would raise a four-legged bed and the whole family lived on it. Because the house was so degraded and the danger level was high, the city subsidized part of the cost of rebuilding our house, and the rest was money my parents borrowed. For several years, my father worked without getting paid to repay the debt, while my mother sold coffee alone to take care of the living expenses for four people.

Later, my mother also worked as a bricklayer with my father to pay off their debt and our school fees. My parents worked very hard to send two children to university. However, in the past year or so, my dad's health has deteriorated, and he has been to the emergency department a few times because of work accidents. My mum has a narrowing of the aortic valve in her heart and has had to go to many different places for treatment. Now she has had the valve replaced and must take medication for the rest of her life however she has completely lost the ability to work. Problems piled up when the tuition fees and living expenses for two children and the monthly medical expenses for my mum were all the sole responsibility of my father. To earn more income, my family also grows bananas, papayas and vegetables, but it is still not enough. My father's work is strenuous, his health declines and it is too much pressure when one person has to take care of the whole family's finances. Despite the circumstances, my parents still want us to continue studying so we can have jobs that are not as hard as theirs. I chose to study General Medicine which was a dream I had cherished since secondary school. Understanding the pressure that my family is under, I worried a lot about my study path ahead because I knew that my dad's modest income could not pay all the family's expenses. To share the burden on my parents, my younger brother, who has just entered university, had to work as a waiter to earn money to cover his own living expenses. I was also busy working part-time tutoring, however I had to take a break because the exam season was coming.

From information provided by the university, I learned about the Lifestart Foundation scholarship and decided to submit my application with great hope but also much anxiety. After finishing the interview in Hoi An, I was still nervous and restless even though Ms Karen and the team encouraged me a great deal. I kept wondering if I would be successful with this scholarship because I understood my circumstances and knew how much the scholarship would mean to me.

One morning, when I was on my clinical practice lesson at the hospital, Ms Nhung, who is the Lifestart Foundation manager, phoned me. I knew she had called me to inform me of the interview results because my friend who also attended the interview was excited to receive good news. I was so nervous and tried to find a quiet place to talk to Ms Nhung. After she congratulated me for being successful with the scholarship, I was bursting with all types of feelings, and I said thanks to her in a trembling voice. Finishing the phone chat, my head was still in the clouds. My parents were super delighted and cried with joy, and my mum spoke in a choked voice due to pent-up emotion. This scholarship means a great deal to my family and me. Receiving the support, our financial burden will be reduced a great deal. My parents will not need to worry too much about my study expenses anymore, even though the school fees have doubled. They can rest assured, take good care of themselves and will be able to support my younger brother. Thanks to the scholarship, my daily life will also be more comfortable as it will enable me to have decent meals every day without continually being concerned about running out of money. Having this scholarship means I will be able to totally focus on my study and develop myself instead of spending time doing a part-time job to get money. And I will no longer have to wonder whether I may have to give up on my study. This scholarship will be a motivation which will relieve the pressure on me and my studies and enable me to achieve more.

Currently, I am a third year student so I have started to go to the hospital more frequently for clinical practice. Hence my schedule is much busier and the knowledge I need to acquire is more than in previous years. To finish this semester smoothly, I have made some plans. Besides attending lessons, I will visit the hospital in the evening to learn more and complete my basic clinical skills. I will also spend 30 minutes per day or more studying English, to improve my foreign language skills. In the past, I had to think about and consider many issues, however now that I have received your support, I am brave enough to follow my dream which is to become a good doctor specialising in Neurology. I am always grateful that I was able to study medicine. Although I know this will be a winding road and my family still has many challenges, I also know that despite all that, there are always kind-hearted people full of affection like you who will support and accompany me, giving me more hope and courage to move forward into the future.

Last but not least, I would like to send my sincere thanks to Ms Karen and the Lifestart Foundation for supporting me. I will always try hard in my study and life and use the scholarship money for the right purposes and in the most efficient way, to be deserving of your support for me. I wish you all good health and good luck, and I hope that Lifestart Foundation will develop more and more, enabling you to continue your meaningful projects in the future.

Best regards,

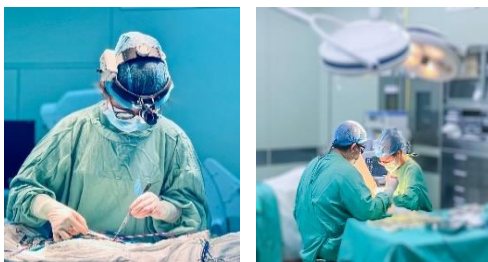
Huynh Nguyen Huyen Trang



UPDATE: 01-02-2025

INSPIRING JOURNEY OF LIFESTART FOUNDATION UNIVERSITY GRADUATE – INTRODUCING SURGERY RESIDENT DR. MY LINH

Dr. My Linh, a graduate of the Lifestart Foundation Medical Scholarship Program, has embarked on an inspiring and remarkable journey to become a skilled and dedicated Surgeon.



Overcoming numerous challenges, Dr. Linh has proven her resilience and determination as she paves her way in the highly demanding field of surgery. Lifestart Foundation is extremely proud to continue to support and accompany Dr. Linh on this journey.

Dr. Linh is now a second-year Surgery Resident Doctor student at Hue University of Medicine and Pharmacy.

Notably, Dr. Linh is one of only five female surgeons in her Surgery Residency cohort, which consists of a total of 60 doctors.

Every day, Dr. Linh works tirelessly in the hospital, often starting at 6 AM and staying until 10 or 11 PM. She assists in 3-4 surgeries a day, from orthopedic procedures to complex brain surgeries, while also balancing her responsibilities in patient care, medical consultations, and even helping disadvantaged patients find funding for urgent surgeries.

Reflecting on her remarkable journey, Dr. Linh shared that she successfully completed her internships at both the Department of Orthopedic Trauma Surgery at Hue University of Medicine and Pharmacy Hospital and the Department of Cardiothoracic Surgery at Hue Central Hospital.

She is currently interning in Neurosurgery, where she works in the ICU, caring for patients with traumatic brain injuries and spinal cord damage. Recently, Dr. Linh took part in a grueling 14-hour brain tumor surgery, an intense experience that tested her endurance both physically and mentally.

But her dedication doesn't stop there. Even after long shifts, Dr. Linh stays up until 2 AM studying for her IELTS exam, aiming for a 6.5 score, and working toward a Basic Reconstructive Surgery Certificate. She's constantly pushing herself to improve and learn, all while maintaining her compassion for patients.

Despite the challenges, Dr. Linh never gives up. She's deeply grateful for the support from Lifestart Foundation, which has allowed her to fully dedicate herself to becoming the best doctor she can be. Her resilience and determination are truly inspiring!

Dr. Linh's dedication, hard work, and achievements are a true testament to the transformative power of education and perseverance, and we are honored to be part of her incredible story. Let's cheer Dr. Linh on as she continues her journey toward becoming an excellent and compassionate surgeon.

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

- Introducing new medical scholarship student Linh: <https://bit.ly/4bDMLgN>
- A laptop donation for Linh: <https://bit.ly/4bxlOtl>
- LSF medical scholarships' success story: <https://bit.ly/3JZoIT6>
- Congratulations to LSF medical graduates on gaining Residency program admission: <https://bit.ly/3yitB1D>
- Congratulations Dr. Linh on her graduation: <https://bit.ly/3BrevbJ>



UPDATE: 08-02-2025

LIFESTART FOUNDATION UNIVERSITY GRADUATE: MEET DOCTOR OANH

The entire Lifestart Foundation team extends our warmest congratulations to Dr. Oanh! We couldn't be more proud of all she has accomplished. As a recipient of the Lifestart Foundation General Medical Scholarship, Dr. Oanh has reached a remarkable milestone, successfully graduating from Hue University of Medicine and Pharmacy. Her dedication and perseverance earned her an impressive Distinction degree.

Dr. Oanh hails from a rural village in Quang Nam province, where she was raised in a farming family of six. Her parents, who strive tirelessly to meet family expenses, only earn a combined income of just 6 million VND per month (about \$240 USD). Despite battling degenerative disc disease, her father continues to work as a builder's assistant to support the family. The Lifestart Foundation medical scholarship has been a transformative gift in Oanh's life, igniting her determination to excel academically and providing hope and new opportunities for her and her loved ones. Since her graduation, Dr. Oanh has joined the Quang Nam Dermatology Hospital, where she is making strides in her medical career. She is committed to pursuing specialized training to become a skilled dermatologist. Dr. Oanh's aspirations extend beyond personal success - she aims to provide financial stability for her family and contribute meaningfully to society by improving the health and well-being of others. Following her graduation, Dr. Oanh shared a heartfelt letter with us, reflecting on her inspiring journey of overcoming challenges to

achieve her dreams. We encourage you to read her moving story, which serves as a testament to her resilience and determination.

It has been a true privilege for the Lifestart Foundation to support Oanh throughout her educational journey and witness her growth into a compassionate and talented young doctor. Congratulations once again, Dr. Oanh - we wish you continued success and fulfillment in your career!

DR. OANH'S GRATITUDE LETTER:

Dear Everyone at Lifestart Foundation,

I am Phan Thi Tu Oanh, a recent General Medicine graduate at Hue University of Medicine and Pharmacy.

Via this letter, I would like to tell you about my last semester, the results I achieved on my university journey and the numerous positive transformations in both my studies and personal life, as well as my family life during the period I have been fortunate enough to receive your scholarship. Furthermore, I would also like to extend my warmest regards and best wishes for good health to you, Ms Karen and the staff at Lifestart Foundation. As I reflect upon the journey behind me, I am filled with an immense sense of gratitude and good fortune for having had the scholarship as a companion, providing support and encouragement for me, thereby enabling me to successfully complete my studies and face the future with a heightened sense of confidence and optimism.

To begin with, I would like to tell you about last semester. Since the theoretical subjects were thoroughly covered in previous semesters, my last semester was dedicated to clinical practice and graduation examinations. Specifically, I undertook 2 clinical modules: Surgical Pathology 5 and Internal Pathology 7, and 3 graduation exam modules: Basic Theory, Clinical Theory and Clinical Practice. As a final-year student, I found it relatively easy to succeed in the challenging clinical examinations. However, I did encounter a little pressure during the preparation period for the graduation exams due to the substantial volume of knowledge that needed to be absorbed. Fortunately, upon the culmination of six years of university education, I graduated with Distinction. After graduation, I was fortunate to secure a position at the Quang Nam Dermatology Hospital in Tam Ky, near my hometown. Dermatology is a field I have been particularly interested in throughout my medical studies, and I feel that I am quite suited for this specialty. Currently, I have just started my probation period at the hospital. If everything goes well after three months, I will be offered an official contract. I will need to work here for at least 12 months to obtain my practice license. I hope to learn a lot which will improve my knowledge and skills and enable me to equip myself with the necessary expertise in this area of medicine. If it is possible in the future, I plan to pursue specialized training to become a skilled dermatologist and continue in this field long-term, contributing to the support of patients facing challenges in this area.

Before receiving the scholarship, my family encountered significant financial hardships. My parents, who are farmers, frequently suffered from health issues. Raising four school-age children, they had to borrow money from various sources to survive. Consequently, the education expenses were a constant source of concern and anxiety for me. With the challenging circumstances of my family, I had previously thought that my pursuit of education would worsen our financial struggles and that my academic journey might be prematurely ended. To this day, I vividly remember my overwhelming sense of surprise when I received the information about the scholarship, as the financial support provided by Lifestart Foundation was beyond my expectations. After submitting my application, I eagerly awaited a response, checking my email with anticipation every morning and hoping for a positive reply from Lifestart Foundation. When it came to the interview day, my emotions were so intense that I burst into tears during the interview with Ms. Karen. Those tears were for the hardships I had endured as well as my desire to receive the scholarship. When I received the confirmation that I had been awarded the scholarship, I was filled with immense joy and immediately called my parents to share the wonderful news. Since then, I have been fortunate to have Lifestart Foundation accompany me.

For me, the Lifestart Foundation scholarship had a profound impact on me and on my family's life. Thanks to the scholarship, our lives have undergone significant and positive changes. I no longer had to worry about financial issues and could devote all my energy and focus to my studies. The scholarship covered nearly all my educational and living expenses, providing me with peace of mind which allowed me to excel academically. Additionally, Lifestart Foundation also provided me with a laptop, greatly facilitating my ability to search out

and keep medical resources for my studies. With all this support, I could fully invest in my education and clearly define the path I would follow after graduation. Moreover, during times of natural disasters and pandemics, Lifestart Foundation also provided me with essential supplies, boosting my spirits to overcome the challenges. For my family, there was a significant change after receiving the scholarship as my parents no longer had to worry about me as much and could save money to repair our dilapidated house. Without the generous support from the Lifestart Foundation scholarship, it would have been exceedingly challenging for me to complete my university journey like my peers, and I am uncertain whether I would have graduated with Distinction. Additionally, my family might not have had the opportunity to live in the current house and the debt we were burdened with would likely have remained insurmountable. The scholarship has truly played a crucial role in my education and future prospects.

Once again, I would like to express my deepest and heartfelt gratitude to you, Ms. Karen and all the staff at Lifestart Foundation for your dedicated care, companionship and support over the past years. Finally, I wish you robust health, unceasing happiness and resounding success; and for Lifestart Foundation, I hope for continuous development to extend its valuable assistance to more individuals in need.

Best regards,

Phan Thi Tu Oanh

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

- Introducing new medical scholarship student Oanh:

<https://www.facebook.com/TheLifestartFoundation/photos/a.485561648156026/5342444395801036/>

- A laptop donation for Oanh:

<https://www.facebook.com/photo/?fbid=5634009253311214&set=a.485561648156026>



UPDATE: 15-02-2025

DOCTOR OF THE FUTURE - MEET NHUNG

Nhung, a student majoring in General Medicine at Hue University of Medicine and Pharmacy, has recently been awarded a full Lifestart Foundation Medical Scholarship.



Nhung hails from a disadvantaged family of seven residing in a coastal area in Quang Nam province. Like many other recipients of Education Scholarships supported by the foundation, Nhung faces significant challenges within her family, which she shared in her gratitude letter below.

Despite the many disadvantaged circumstances and the obstacles she has faced, Nhung has displayed unwavering dedication to her studies. In the second semester of her second year, she achieved an impressive GPA of 3.41 out of 4.0. Since receiving the Lifestart Foundation scholarship, Nhung's life has undergone a radical transformation. The scholarship provides not only material assistance but also invaluable emotional support. With the full support of the Lifestart Foundation, Nhung can now fully focus on her studies and personal growth without financial worries. The scholarship covers not only her tuition fees but also provides a food allowance, covers rent expenses, and many other necessary costs. Furthermore, the scholarship has alleviated the burden on her parents, allowing them to prioritize taking care of the family and their children.

Currently, Nhung has a strong interest in Internal Medicine-Pediatrics as her preferred specialty, and she enthusiastically looks forward to the chance to further explore and study this field in the coming years. Nhung's determination and resilience in the face of adversity are truly commendable. The Lifestart Foundation takes great pride in supporting her and offering assistance and guidance throughout her educational journey.

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

NHUNG'S GRATITUDE LETTER:

Dear everyone at Lifestart Foundation,

My name is Dinh Thi Nhung, a third year 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, Ms. Karen and the Lifestart Foundation for generously providing me with the opportunity to receive the Lifestart Foundation scholarship. I am aware that words alone cannot fully convey my gratitude, but I hope that the sincerity and appreciation from my family and I will reach you.

I was born and raised in Ha My Dong A, an area in Quang Nam province. My family includes 7 members, my parents, two older sisters, two younger brothers, and myself. My father works as a bricklayer, which is unstable employment in the rainy season. When he doesn't have work, he stays at home raising livestock with my mother. Previously, my mother worked as a gardener. However, after giving birth to my youngest brother, at the age of 39 following an unplanned pregnancy, her health started deteriorating with osteoarthritis. Over three years ago, she stopped her job and focus on raising pigs and chickens at home to earn an income. My eldest sister graduated from college and has been working in a restaurant for five years. She currently lives with our family. My second sister is married and has moved out of home. My younger brother, Hau, graduated from high school in 2022. He decided not to pursue a university education because he believed our family could not afford to support both me and him. Although our family did not agree with his decision, he remained determined and chose to pursue a freelance career. Currently, he is attending a hairdressing course in Da Nang. My youngest brother is in Year 3 now. Two months before the Tet holiday in 2023, my younger brother Hau unfortunately suffered a stroke while he was at the gym near our house and was immediately taken to the emergency room at Danang General Hospital. Receiving this news, everyone in my family was devastated, and I felt that my parents aged significantly overnight. The doctor estimated that the medical expenses for Hau would be substantial, about 500 million VND, for the implantation of an ICD (Implantable Cardioverter Defibrillator). At that time, my family was living on an average income, earning only enough for daily expenses and with savings of less than 100 million VND. My parents gathered all the money we had saved and tried to borrow from relatives, neighbors and friends to pay for the medical expenses for Hau. Fortunately, everyone in my village was very supportive, helping us with small as well as large amounts of money. The total we received was nearly 150 million VND. After a month of treatment at the hospital, thanks to everyone's generous support, my brother's health gradually improved, and he was discharged and sent home to be monitored there. The total cost for his treatment was around 240 million VND. Going through that difficult period, my family were deeply grateful to everyone in my hometown for their generous love and care and we will always remember and cherish their kindness.

After high school, I was not certain about what I wanted to do in the future. I chose to study Medicine because my parents wanted someone in the family to become a doctor and I passed the medical entrance exams. However, since the incident, I have been determined to study hard in order to become a well-qualified doctor in the future and serve the community. I believe that education is the best path that will provide me with opportunities and a brighter future to help my family. When I learned about the Lifestart Foundation scholarship, I decided to challenge myself and submit my application. I was truly anxious when I was called for an interview at Lifestart Foundation. At that time, I did not know what to do to convince the interviewer to select me. However, when I met Ms. Karen and the staff, I felt much more comfortable as everyone was friendly, kind and cared about my story. I tried my best to answer all the questions about the struggles my family encountered, my study plan and my future goals. After the interview, I was really worried whether my performance was good enough.

After a period of nervous waiting, I felt unbelievable joy when finally receiving the news that I had been awarded the Lifestart Foundation scholarship. It was a great joy not only for me, but also my entire family. I immediately called home to share the good news, which made them extremely overjoyed and proud of me. Though I spoke to them on the phone, I could feel my parents' happiness vividly. My parents do not know how to express their

gratitude to you other than sending their thanks to you, Ms. Karen and the Lifestart Foundation for providing me with a better educational opportunity.

The scholarship has a profound meaning for me and my family, serving as a precious gift that will enable me to study more effectively and help cover my daily living expenses. It also alleviates the financial burdens on my parents, especially now that the tuition fees have increased, and allows them to provide better care for the family and my younger brother. For me, this is not only a great source of material support but also a spiritual encouragement, motivating me to overcome challenges and the pressures of my studies, leaving me with less worries and enabling me to concentrate on studying and developing myself.

Currently, I am working hard, aiming to achieve excellent results this semester. To improve my English, I decided to make a plan for studying the language on my own, preparing for the B1 examination in the fourth year, which is one of the university's requirements for graduation. I will also take part in various activities and programs organized by the university to broaden my horizons. Regarding my long-term plans after graduation, I do not have any specific direction at the moment. Perhaps I will enroll in higher education or try to work in a hospital to enhance my skills and gain more experience. When I am in a better shape financially, I want to dedicate a portion of my income to help the underprivileged and those in need.

Once again, I would like to sincerely extend my thanks to you, Ms. Karen and the Lifestart Foundation for enabling me to develop in my studies and have a better life in the future. Thank you very much for the meaningful scholarship that you granted to me. I will always remember this valuable support and try my best not to disappoint you. I wish you all robust health, unceasing happiness and resounding success in your lives.

Best regards,

Dinh Thi Nhung



UPDATE: 22-02-2025

LIFESTART FOUNDATION SCHOLARSHIP - MEET DAT: OVERCOMING ADVERSITY TO BECOME A COMPUTER PROGRAMMER

Congratulations to Dat from the team at Lifestart Foundation. We are immensely proud of your achievements!

Truong Cong Thanh Dat, a long-standing recipient of the Lifestart Foundation Education Scholarship, has recently celebrated a significant milestone: graduating from Danang University of Technology with a Credit Degree in Information Technology.

Despite financial hardships, Dat's determination and passion for learning have been unwavering. In his family of three, Dat's father, despite his poor health, works multiple jobs to support the entire family.

Prior to receiving the Lifestart Foundation scholarship, it was not uncommon for Dat's father to go to work without meals to save money so that Dat could continue his studies.

Life has always been challenging, and the unstable income from his father's jobs has made their family's circumstances increasingly difficult.

However, since receiving the Lifestart Foundation scholarship, Dat's academic life has taken a positive turn.

Over the past 10 years, the Lifestart Foundation scholarship has not only provided essential financial assistance for his education but also supported his personal development, enabling him to overcome challenges and achieve his dreams.

Now embarking on his career as an IT professional at PSCD Software Company in Danang, Dat is full of gratitude for the opportunities made possible through Lifestart Foundation's generosity.

We are proud to share Dat's heartfelt message of appreciation, reflecting his inspiring journey of resilience and success.

DAT'S GRATITUDE LETTER:

Dear Ms. Karen, my sponsors, and everyone at Lifestart Foundation,

My name is Truong Cong Thanh Dat, and I have recently graduated in Information Technology from Danang University of Technology. Both my father and I are doing well.

I would like to express my deepest and most sincere gratitude to you and the Lifestart Foundation for the invaluable support you have provided me with, and your financial contributions to my education.

This support has had a profound impact on my life and educational journey over these past years. I would like to share with you about my academic journey during the last semester.

I embarked on my graduation project, a pivotal part of my studies. The topic I selected for my graduation project was "Building a Handwritten Clarifying Website."

Throughout this endeavor, I encountered numerous challenges and difficulties, ranging from having to comprehend theoretical concepts to collecting and processing data. I also had to code high-precision products. Each step demanded meticulous preparation and careful implementation.

However, with the support and guidance of my lecturers, I successfully completed the project. I received a score of 8.2 out of a possible 10 for it, and my second-semester GPA was 8.3 out of 10. I am delighted with the outcome of my graduation project, as it reflects my hard work and dedication.

Having completed this, I am now at the end of my university studies, and the results I achieved make me feel happy and proud. I now have greater confidence and am ready to face even more challenging endeavors in the future.

Looking back on the past four years of university education, I feel like it has been an exciting, engaging, and valuable journey that I have gone through. This learning process has not only helped me accumulate specialized knowledge but also been a self- development and self-discovery journey for me.

I had the opportunity to access in-depth knowledge in the field I am passionate about, and it has laid a strong foundation for my future career. The study hours in classes, researching projects, and class discussions have helped me develop analytical thinking skills and problem-solving abilities. University education is not just about knowledge; it is also where I learned to manage my time, work independently, and collaborate within a team.

The university years have also provided me with the opportunity to explore myself and define my goals in life. I have learned how to face the temptations of independent living, being away from home, dealing with failures, and learning from mistakes. Financial difficulties and daily life challenges have taught me to appreciate what I have and do for a brighter future.

Currently, I am working at PSCD Software Company as an IT professional and responsible for working in the Dev field. It is a great honor for me to have officially joined this company after a 4-month internship here. I am very happy and passionate about this job because it is related to the major I have studied.

During my time working here, I have accumulated knowledge and learned many things, gaining more experience in the field of information technology and taking the first step towards understanding a company's processes. In the future, I have plans for both my career and further education. I am eager to continue to develop and enhance my professional skills by enrolling in IT courses.

Prior to receiving the Lifestart Foundation scholarship, my life was marred by financial difficulties. My father and grandmother had to work hard. Every day, my father had to work as a builder's assistant and did additional work for my uncle. Furthermore, my grandmother and my father also grew rice, vegetables, and raised chickens to earn extra income for our daily life and for my education.

Financial difficulties in life created a lot of pressure and worries for my family. At that time, I experienced many challenges and had to seriously think about my academic future. I was considering whether I could study additional classes, whether I could study at a university or not, and how to ensure financial stability for my studies.

However, when I learned that I had been awarded your scholarship, I couldn't find the words to adequately express my joy. It felt like a miracle, a beacon of light in a dark tunnel. I am immensely grateful for the kindness and compassion you have shown me. My father felt the same way as I did.

He was very grateful that I had the opportunity to continue my education with less financial pressure. This scholarship has helped him reduce the financial burden and given me a better chance to study, have a brighter future. He also placed his hope and faith in my future, believing that I would make the most of this opportunity to strive and study well.

Your scholarship has had a tremendous impact on my life and that of my family. It has not only provided financial support but has also opened doors for my personal growth. I have been able to engage in extracurricular activities, attend courses to expand my knowledge, and cultivate meaningful relationships. These experiences have helped me develop my personal skills and better prepare for the future.

In addition to the support for books, supplies, yearly uniforms, tuition fees, and living expenses, I was also fortunate to receive a bicycle, an electric bicycle, and a study desk.

Furthermore, our family also received chickens for raising the emergency hamper boxes after the floods, or during the COVID-19 epidemic. It was more special that I received birthday gifts over the past years from my sponsors, and had the opportunity to meet them in person and have a direct talk.

All of these supports held significant meaning for me and my family.

They helped reduce financial pressure, enabled my family to save money, and ensured that I had the condition to pursue my education. It allowed me to focus on my studies without being affected by the lack of study equipment or learning resources. It not only helped me develop but also created memorable experiences that my family and I would never forget.

We are always grateful for what you and Lifestart Foundation have brought to me. It instills trust and hope for my future, helping me believe more in my abilities and providing motivation to pursue my educational and career goals.

Without the support of Lifestart's scholarship, my life would be drastically different. I would face financial hardships and potentially be unable to afford to continue my studies and pursue my dreams.

Lifestart's scholarship gave me confidence and hope, and the enormous value of that support cannot be measured.

Lastly, I would like to express my profound gratitude to Ms Karen, my sponsors, and the Lifestart Foundation. Your support and contribution have not only helped me overcome difficulties but have also empowered me to grow and succeed in my studies.

I will always remember and appreciate the opportunities and benefits that Lifestart's scholarship has brought me, and I promise to do my utmost to live up to the trust and support you have placed in me. Your kindness and contribution to my life will never be forgotten.

Once again, I sincerely thank you for your dedication and generosity. I know that no words are enough to fully express the depth of my gratitude, but I will always cherish and appreciate this invaluable support.

I pledge to continue working hard in the future to achieve success and make meaningful contributions to society.

With deep gratitude, I would like to send you my best wishes. I wish everyone a healthy, happy and successful life.

Yours sincerely.

Truong Cong Thanh Dat

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

- Introducing Dat – New LSF Medical Scholarship student:
<https://www.facebook.com/photo/?fbid=1167099213335596&set=a.485561648156026>
- Electric Bike Donation for Dat:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02rMobvn2kjdNYHhfFUqXipoqibE5Gc16jd1kCm8iuZTsG5bTTsrY1HpXevC6LFLbkl>
- Dat accepted to University of Danang University of Technology:
<https://www.facebook.com/TheLifestartFoundation/posts/pfbid05yWDviKQeFERyPDzu9dXvu2f6dEy uV5MwpGGvAMvPkc8nciw65MptDre4EqVG3WNI>
- Dat receiving birthday gift:
<https://www.facebook.com/photo?fbid=1792321310813380&set=a.485561648156026>
- Hamper Box Donation for Dat:
<https://www.facebook.com/photo?fbid=1405761179469397&set=a.485561648156026>

Donation



UPDATE: 11-12-2024

A HAMPER BOX AND MILK DONATION FOR TRIEU

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 comes in a variety of practical and useful ways to help ease the burden for the students and their families.

Our Education Scholarship student Trieu is currently studying in Year 10. He has held a full Lifestart Foundation scholarship since grade 9. Trieu spends 5 hours a day self-studying, which is in addition to his classes at school and extra classes. Like other Vietnamese children, he also spends 1 hour a day helping his sister with household chores. At this stage, Trieu would like to pursue a career in the Information Technology sector.

Trieu is pictured receiving a donation of a much-needed hamper box and milk. The milk boxes and hamper box includes rice and daily household necessities such as fish sauce, cooking oil, toilet paper rolls, salt, shampoo. These are the items that many of us often take for granted, but for our students who come from disadvantaged families, these can be a luxury.

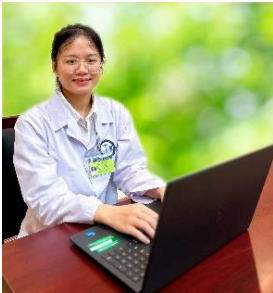
Like other children in our Education Scholarship project, Trieu's childhood was a very sad and difficult story. Trieu hails from a financially challenged family of 3, including his sister, his niece, and himself. Unfortunately, both of his parents lost their lives to cancer several years ago, leaving Trieu and his sister living in a small house. During Trieu's childhood, he faced kidney-related health issues, resulting in him having poor health. The financial responsibilities of his medical issues fell on Trieu's sister's shoulders. Trieu's sister was in an unhappy marriage, so she and her four-year-old daughter returned to her parent's home to ensure she could provide safety, care and support for both Trieu and her child. To support their livelihood, Trieu's sister works selling vegetables at the market. Her wage is about 100,000 VND per day (approximately \$5 USD). However, due to the responsibilities of caring for Trieu and her daughter, she is unable to work regularly. Consequently, her income is highly unstable and insufficient to cover the living expenses of the family. Fortunately, since Trieu received the Lifestart Foundation scholarship, his family life has improved. The gift of a hamper box not only supports Trieu but also helps to reduce the burden on his sister's shoulders.

Please click here to read more about Trieu:

- Introducing Trieu – new LSF scholarship student:
<https://www.facebook.com/photo/?fbid=801909255302655&set=a.628466192646963>
- Hamper Box Donation for Trieu:
<https://www.facebook.com/TheLifestartFoundation/posts/882400057253574>

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

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UPDATE: 05-01-2025

LIFESTART FOUNDATION PROVIDES LICH WITH A LAPTOP

Lich, a third-year General Medicine student at Hue University of Medicine and Pharmacy, recently received a life-changing gift from the Lifestart Foundation - a laptop!

Coming from a disadvantaged family of 10, Lich has faced many challenges. Her parents worked as farmers and laborers, and her father's health issues, along with the sudden passing of her mother shortly after Lich began university, have only deepened their struggles. Now, her father must shoulder the financial burden of tuition and living expenses for Lich and her siblings.

Despite these hardships, Lich has excelled academically, achieving a remarkable GPA of 4.0 out of a possible 4.0 in her first year.

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 developing countries who have iPhones, iPads, and access to the latest technology, this is not the case for our scholarship students, who all come from impoverished families.

For years, Lich had to rely on her phone or borrow laptops to complete her assignments, making it difficult to research, watch educational videos, and create presentations. But now, thanks to the generous support of the Lifestart Foundation, Lich's dream of owning a laptop has come true.

Receiving the news that she would be provided with a laptop, Lich was filled with tremendous happiness and gratitude. She is pictured checking the new laptop provided by Lifestart Foundation. Lich shared: *"The laptop helps me to easily download, search for materials, complete reports and PowerPoint presentations, and study online more conveniently thanks to the larger screen and longer battery life. The laptop is not only a useful tool but also a source of motivation for me to keep striving in my studies."*

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 Lich:

<https://www.facebook.com/photo/?fbid=982194680607444&set=a.628466192646963>



UPDATE: 19-01-2025

LIFESTART FOUNDATION DONATES A KINDLE TO ANH

During our recent visit to Hue for the Lifestart Foundation scholarship ceremony at Hue Medical University, we were privileged to meet our exceptional scholarship students who have achieved outstanding academic success. To support their educational journeys, we presented valuable gifts, including laptops, Kindles, and books. Anh was one of the lucky recipients and received a brand-new Kindle.

Anh's story is truly inspiring. She grew up in a small two-person household, with her mother as the sole provider. Despite their modest income from a small photocopy shop, her mother worked tirelessly to give Anh a stable life. Anh faced numerous challenges but never gave up on her dream of becoming a doctor. Her dedication to her studies earned her a place at the prestigious Hue University of Medicine and Pharmacy.

The Kindle e-reader is a great learning tool, especially for students in the medical field like Anh. It enables easy access to a wide range of study materials and resources, helping to deepen her medical knowledge.

Before this, Anh had to rely on an old phone for research, which was time-consuming and inconvenient given her demanding schedule.

Now, with the Kindle, she can access a wealth of medical literature and English books, enhancing her proficiency in both medicine and language skills.

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

We believe in the power of education, especially for young women in developing countries. Every girl who receives an education is one less vulnerable woman in the future.

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

- Introducing LSF scholarship student Anh:
<https://www.facebook.com/TheLifestartFoundation/posts/987118686781710>



UPDATE: 02-02-2025

Lifestart Foundation Donates a Kindle to Medical Student Linh

Lifestart Foundation recently gifted a Kindle E-reader to Linh, a dedicated fourth-year General Medicine student at Hue University of Medicine and Pharmacy. Linh's scholarship has significantly improved her family's financial situation.

Linh comes from a family of four. Tragically, her father passed away when she was only 15 months old, leaving her mother as the sole breadwinner. To support the family, Linh's mother has taken on various jobs, including selling seafood at the market and occasionally doing craft work.

Despite her efforts, their financial situation remains challenging due to her low and unstable income.

Before receiving the Kindle, Linh faced significant challenges accessing educational resources. She relied on her old phone to read medical documents, which strained her eyes due to its small screen.

The Kindle's e-ink display has improved her study experience by reducing eye strain and making it easier to access essential materials.

This generous donation not only alleviates Linh's previous struggles but also empowers her with tools to excel academically and pursue her dream of becoming a doctor. Linh has consistently demonstrated outstanding academic performance, with a current cumulative GPA of 3.52 out of a possible 4.0.

In this round, Lifestart Foundation awarded six Kindle E-readers to underprivileged students, enabling them to access the learning tools they could not otherwise afford.

We are proud to support these students in their pursuit of education and brighter futures.

Let's never underestimate the transformative power of education for young women in developing countries. Every girl who receives an education represents one less vulnerable woman in the future.

You can read more about Linh here:

- Introducing Linh – new LSF scholarship recipient:
<https://www.facebook.com/TheLifestartFoundation/posts/677610234399225>



UPDATE: 09-02-2025

LIFESTART FOUNDATION DOCTOR OF THE FUTURE TRI, RECEIVES A LAPTOP!

Lifestart Foundation Education Scholarship student Tri is a diligent fourth-year General Medicine student at Hue University of Medicine and Pharmacy.

Tri is the sole member of his family who has the opportunity to pursue higher education.

Tri hails from Bac Tra My district, a financially disadvantaged and remote mountainous area in Quang Nam province.

Growing up, Tri faced numerous challenges as his father tragically passed away due to kidney failure when he was just starting his first year at school.

With unwavering determination, Tri's mother, a hardworking farmer, made tremendous sacrifices to support Tri and his four siblings' education. However, due to the family's limited resources, Tri's older siblings had to forgo further education and started working to help support the family.

We recently had the privilege of presenting Tri with a much-needed donated laptop from Lifestart Foundation. The sheer joy on his face was priceless when he realized the incredible opportunity he now has.

This laptop will serve as an essential tool for Tri, enabling him to access study materials, participate in online classes, complete his project work, and engage in various educational activities.

In today's world, it's hard to imagine preparing for medical studies without the aid of a laptop.

While students in developed countries often have access to iPhones, iPads, and the latest technology, our scholarship students, like Tri, come from very poor families and lack such resources.

That's why your support is so crucial in bridging this digital divide and empowering these talented individuals to reach their full potential.

Tri is immensely grateful for this donation, as it will undoubtedly enhance his academic journey and open doors to new opportunities.

If you would like to read more about Tri's story please click here:

<https://www.facebook.com/TheLifestartFoundation/posts/972413038252275>

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

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



UPDATE: 16-02-2025

LIFESTART FOUNDATION 1.81 BILLION VND HOSPITAL DONATION

Lifestart Foundation is proud to announce our recent impactful donation of over **1.81 Billion VND** (approximately **\$115,000 AUD**) to Danang Hospital for Women and Children! This contribution provides essential medical equipment, serving as a lifeline for paediatric and obstetric patients across Central Vietnam.



The Impact:

Danang Hospital for Women and Children, with 38 departments and 1,510 beds, cares for women and children with serious health conditions. This donation addresses the hospital's growing demand for advanced equipment and improved healthcare.



What's included in this incredible support?

This donation features cutting-edge medical equipment, including:

- **1 five-parameter patient monitor**
- **4 infusion pumps**
- **1 soft-tissue biopsy gun**
- **1 general ultrasound machine**
- **1 innovatie 32-channel video EEG machine**

More Than Medical Equipment

Beyond healthcare tools, we also donated over **720 packets of milk**, **50 chairs**, and more than **330 books** to uplift young patients during their stay. Together, these contributions total over **1.82 Billion VND** (approximately **\$115,000 AUD**).

A Legacy of Generosity

These incredible donations were made possible by a generous bequest from the late **EDWARD SMITH**. We are forever grateful for Eddie's unwavering support, his kindness, and his enduring legacy, where he has left provisions in his will to continue his philanthropy and the funding of our future projects.

Join Us in Making a Difference

Through initiatives like this, Lifestart Foundation is committed to ensuring brighter futures for Vietnamese children. Let's celebrate this monumental step towards healthier, happier lives in Central Vietnam.

Learn more about this impactful project:

<https://vietnamnews.vn/society/1687607/donation-helps-improve-care-for-children-and-women.html>



UPDATE: 23-02-2025

LAPTOP DONATION FOR DUONG - A LIFESTART FOUNDATION SCHOLARSHIP STUDENT

Lifestart Foundation is delighted to be able to assist underprivileged students in receiving scholarships and provide them with the latest educational resources that they have always dreamed of.

Therefore, during the visit and scholarship presentation to outstanding General Medical university students with excellent academic achievements in Hue, we met and gave resources such as laptops, Kindles, and books to help motivate them in their studies.

And Duong is one of the fortunate students who received a brand new Dell laptop.

Duong is filled with joy and surprise as she received a laptop donation from the Lifestart Foundation.

This is an incredibly valuable and meaningful gift for her. Duong is deeply moved and grateful for the gift that Lifestart Foundation has bestowed upon her.

A laptop is an essential tool for Duong, as it allows to bring her studies to the next level. She can use it to search for materials, engage in group online study, complete her essays and presentations, and store important academic documents.

Before receiving the scholarship, Duong used to work different kinds of part-time jobs and at the same time her family has borrowed a loan of 40,000,000 VNĐ to support her studies.

With the timely support from the Lifestart Foundation, she can fully concentrate on her studies without worrying about living costs.

The Lifestart Foundation scholarship not only relieves the financial burden on Duong's family but also creates an opportunity for her to focus on her studies and develop essential skills for her future.

Thanks to Lifestart Foundation's significant support, the worries of tuition fees and living expenses no longer keep her awake at night.

Furthermore, she can continue attending university, pursuing her dreams with all the necessary tools and resources.

Duong is immensely grateful to the Lifestart Foundation for the life-changing support and for making her educational journey smoother and more fulfilling.

We hope that she will achieve even more accomplishments in the future, be able to break free from the cycle of poverty, and become a virtuous doctor.

Please click here to read more about Duong:

<https://www.facebook.com/TheLifestartFoundation/posts/991759199650992>

Clean Water Project



UPDATE: 08-12-2024

**LIFESTART FOUNDATION - LATEST NEWS
#CLEAN_WATER PROJECT NUMBER 29**

Providing clean water for over 10,200 students to 38 remote schools in Central Vietnam.

The next remote education center supported is Phong Lan Kindergarten (Bac Tra My district, Quang Nam province), where nearly 300 students and staff will have access to clean water.

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

Please click on the link below to watch the video about our Clean Water project for Phong Lan Kindergarten:
https://www.youtube.com/watch?v=FkVbE_S1Rw&list=PL8A0hMNC7zA9llau1Wh8Av3tmg380icZz&index=2



UPDATE: 12-01-2025

**LIFESTART FOUNDATION - LATEST NEWS
#CLEAN_WATER PROJECT NUMBER 30**

Providing clean water for over 10,200 students to 38 remote schools in Central Vietnam.

The next remote education center supported is Tra Tan Kindergarten – Main Campus (Bac Tra My district, Quang Nam province), where nearly 100 students and staff will have access to clean water.

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



Please click on the link below to watch the video about our Clean Water project for Tra Tan Kindergarten:
<https://www.youtube.com/watch?v=pBLtuTbAnG4>

Press



UPDATE: 05-02-2025

LIFESTART FOUNDATION DISTRIBUTES 100 TET GIFT PACKS TO UNDERPRIVILEGED STUDENTS IN QUANG NAM PROVINCE

In celebration of the upcoming Lunar New Year – the Year of the Snake, Lifestart Foundation brought joy to disadvantaged students by distributing 100 meaningful Tet gift packs in Quang Nam Province.

This initiative, valued at 50 million VND (over AUD \$3,100) underscores the organization's unwavering commitment to supporting education and improving the quality of life for underprivileged communities.

Of the total, 80 gift packs were distributed to students at Kpa Kolong Primary School in Phuoc Gia Commune, Hiep Duc District, while 20 additional packs were delivered to underprivileged scholarship recipients from across the province.

Each pack, included essential items such as rice, cooking oil, fish sauce, soy sauce, detergent, shampoo, toothpaste, and milk, providing much-needed household supplies.

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

<https://vietnamnews.vn/society/1690993/tet-gifts-brought-to-disadvantaged-students-in-quang-nam.html>

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

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

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

Benefactors



UPDATE: 09 -01-2025

Honoring a Generous Supporter and Benefactor Dr. Geok Hua Wong (1931–2015)

The Lifestart Foundation team is profoundly grateful for the unwavering support of Dr. Wong's Trust. His kindness and enduring legacy, preserved through the provisions of his will, ensure that his philanthropic work continues to fund meaningful projects well into the future.

Thanks to Dr. Wong's extraordinary generosity, the Lifestart Foundation has awarded **22 Education Scholarships** in his name, including **16 General Medicine Scholarships**, **5 Master of Nursing Scholarships**, and **1 IT Scholarship**. Among the scholarship recipients, **5 doctors** are currently completing their residency programs.

Even in his passing, Dr. Wong's generosity of spirit continues to leave a lasting and transformative impact.

Dr. Geok Hua Wong (1931–2015)

Born in China in 1931 to pharmacist parents, Dr. Geok Hua Wong endured significant challenges early in life. Amidst political turmoil and war, his family relocated to Singapore around 1940. During the Japanese occupation of Singapore in 1942, Dr. Wong, then just 12 years old, and his parents were detained in Changi Prison. Despite the hardships of internment, Dr. Wong cultivated a deep passion for learning, using every resource available to him.

After their release in 1945, Dr. Wong spent a few years in Singapore before traveling alone to Melbourne in 1949 at the age of 18 to pursue higher education. He graduated as a doctor from the University of Melbourne in 1955 and later specialized in Psychiatry. Over a distinguished career spanning public hospitals and private practice, Dr. Wong also provided expert testimony in high-profile criminal cases.

Beyond his medical career, Dr. Wong was a devoted patron of the arts, with his name inscribed as a major donor at the National Gallery of Victoria. Following his passing in 2015, a Trust was established to continue his legacy of generosity.

The Trust supports initiatives that align with Dr. Wong's vision of benefiting the community through measurable outcomes.

Dr. Wong's legacy lives on through the Trust's continued commitment to meaningful philanthropy, honoring his lifelong dedication to community, health, and the arts.

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.

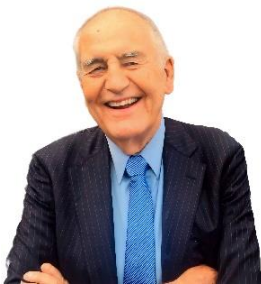
How to Include Lifestart Foundation in Your Will:

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: 20 -02-2025

Honoring a Generous Supporter and Benefactor

Edward Scott Smith (Eddie) 1941 – 2022

Eddie was an extraordinary supporter of Lifestart Foundation's initiatives, including medical scholarships, clean water projects, life-saving medical equipment for

Danang Women's and Children's Hospital, support for orphans, bicycle donations, and emergency food hampers. These are just some of the many wonderful donations over the years.

The Lifestart Foundation team will be forever grateful for Eddie's unwavering support, his kindness, and his enduring legacy, where he has left provisions in his will to continue his philanthropy and the funding of future projects. Eddie Smith, affectionately known as Eddie, was born in Coventry, UK, in 1941. Leaving school at the age of 15, he began an electrical apprenticeship that laid the foundation for his remarkable journey. In his late teens, he discovered a passion for boxing, excelling in the ring and winning most of his matches. This fighting spirit served him well in later years as he navigated the competitive Australian corporate world, where he often "punched above his weight."

In 1965, Eddie embarked on a life-changing journey to Australia. Travel at the time was an adventure; his flight took a week, stopping in South Africa, Singapore, and finally arriving in Perth, Western Australia. Wasting no time, Eddie found a job and accommodation almost immediately. He joined the Hammersley Rail Project in the remote Pilbara region, working in Dampier and living in a tent. He spent eight months at Camp 60, wiring the camp and its generators.

Eddie's next adventure took him to Saigon, Vietnam, where he worked at the airport. This experience sparked a lifelong connection to Vietnam and its people.

After gaining invaluable experience, Eddie established his own electrical contracting company, Elcos, which operated successfully from Western Australia, and expanded to Queensland. Later, he transitioned to a second highly successful career in the oil and gas industry.

Eddie faced significant health challenges, including surviving bowel cancer and, later, a major heart attack in 2009. His heart was severely damaged, requiring a transplant for long-term survival. In December 2009, he received the gift of a new heart, allowing him to embrace a new chapter of life.

Following his recovery, Eddie dedicated himself to philanthropy, supporting numerous charities both in Australia and abroad. He became a major donor to the Fiona Stanley Heart and Lung Transplant Foundation, the Fred Hollows Foundation, and many others. In 2013, Eddie founded the Karma Foundation, a registered charitable trust to support causes in Vietnam, Cambodia, Bali, and Laos.

Eddie's connection to Vietnam deepened over the years, with frequent visits and hands-on involvement in philanthropic projects. His admiration for the resilience and history of the Vietnamese people fueled his efforts.

Known for his resourcefulness and intellect, Eddie combined his expertise as an electrician with astute business acumen. A self-educated and well-read man with a “get-it-done” attitude, Eddie was generous to those in need, always relating to their struggles.

Even in passing, Eddie’s generosity endures. True to his character, he established a trust fund to ensure his philanthropic legacy would continue well beyond his lifetime.

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

Other Activities



UPDATE: 31-12-2024

Lifestart Foundation: Strengthening Ties with Quang Nam Government Partners

Lifestart Foundation is delighted to warmly welcome representatives from the Quang Nam Union of Friendship Organizations and the Quang Nam Department of Foreign Affairs - our trusted and long-standing Government partners - on the special occasion of the Vietnamese Lunar New Year 2025.

We sincerely appreciate the recognition from these two organizations for our positive impact on the community over the past year. This acknowledgment not only affirms our immense effort to help those facing massive challenges, but also inspires us to continue our important life changing projects in Vietnam.

In addition, we express our heartfelt gratitude to both organizations for their unwavering support over the past years. We look forward to strengthening our partnership in the future, working together to extend our reach and provide even greater assistance to those in need.



UPDATE: 28-01-2025

A Heartwarming Visit to Celebrate the Year of the Snake

Lifestart Foundation was thrilled to welcome representatives from KING Construction Design & Environmental Technology Joint Stock Company - Công nghệ xử lý nước - NanoKing to our office as we celebrated the Lunar New Year – the Year of the Snake! 🐍

At Lifestart Foundation, we are dedicated to creating meaningful and lasting change in the lives of disadvantaged communities. Over the past 4 years, thanks to our collaboration with KING, we have been able to deliver clean and safe drinking water to more than 10,200 students and teachers at 38 schools in remote areas of Central Vietnam through purchasing and installing their innovative water filtration systems. This partnership has played a crucial part in furthering our mission to provide better opportunities and brighter futures for children in need.

✨ Their visit to our office was a wonderful opportunity to reflect on the impact we’ve achieved together and to strengthen our shared commitment to making a difference.

Together, we look forward to transforming even more lives in 2025!

Wishing everyone a prosperous, healthy, and joyful Year of the Snake!



UPDATE: 29-01-2025

HAPPY VIETNAMESE LUNAR NEW YEAR 2025 – YEAR OF THE SNAKE

Tet Nguyen Dan, or Tet for short, is considered the biggest and most popular festival of the year in Vietnam. Celebrated on the first day of the first month in the Lunar Calendar, Tet’s celebration is the longest

holiday which may last up to seven days.

Tet is the occasion for Vietnamese people to express their respect and remembrance for their ancestors as well as welcome the New Year with their beloved family members. This is also the time when all members of a family get together to have big meals, decorate Tet trees and enjoy Tet delicacies.

From all of the team at Lifestart Foundation, we would like to extend our best wishes to the amazing sponsors, supporters, and volunteers around the world on this special occasion. May the New Year bring you health, happiness, and peace!



UPDATE: 04-02-2025

[Lifestart Monthly Members Club](#) - Monthly Giving: Join The Club!

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

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

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



UPDATE: 07-02-2025

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: 10-02-2025

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: 12-02-2025

#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.

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



UPDATE: 14-02-2025

WE HAVE REACHED 5,600 FOLLOWERS!

#THANKYOU for helping Lifestart Foundation to reach 5,600 Facebook followers and thank you to all of our amazing supporters, donors, and volunteers who make all of our important projects possible.

Our next goal is 5,700 followers so **please help us raise awareness by liking and sharing our posts**. It is an easy and simple way to help us.

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

If you appreciate and support the impactful work of Lifestart Foundation across various projects, kindly consider making a donation, joining our Monthly Members Club, or organizing a fundraising event for us at <https://www.lifestartfoundation.org.au/>



UPDATE: 24-02-2025

LIFESTART FOUNDATION UNIVERSITY STUDENT UPDATE

CLICK HERE TO READ ALL ABOUT OUR UNIVERSITY SCHOLARSHIP STUDENTS: <https://shorturl.at/YuZiR>

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: 26-02-2025

GOODWILL WINE: SUPPORTING LIFESTART FOUNDATION

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

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

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

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

Please note – Goodwill wines only ship within Australia



UPDATE: 27-02-2025

HAPPY VIETNAMESE PHYSICIANS' DAY!

Celebrated on February 27th, Vietnamese Physicians' Day is a professional observance in Vietnam that has been held annually since 1955.



On this occasion, Lifestart Foundation would like to express our heartfelt appreciation to Health professionals including but not limited to doctors, nurses, pharmacists, other medical staff, and medical students all over Vietnam who have dedicated their lives to this noble career path.

Over the past years, Lifestart Foundation has provided approximately 100 medical scholarships to outstanding students in Central Vietnam. All of our recipients demonstrate academic excellence and are all from disadvantaged backgrounds. By way of their chosen vocation, they also meet our criteria of completing a degree in an area that will not only benefit themselves and their families in the future but more importantly the wider community. We have never doubted the profound importance of our Lifestart Foundation Medical Scholarships and our significant investment in the dedicated young people that we support.

Pictured in this post are some of our medical and pharmacy scholarship students at Hue University of Medicine and Pharmacy.

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

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