

‘FROM THAT MOMENT, I BELIEVE I COULD’

'I used to be afraid of technology and AI, thinking I was no longer suitable, that I was too slow and so I figured I'd just let others do it...

When I participated in the S4F project training, especially the digital skills sessions, I felt confused and afraid of making mistakes. Thanks to the trainers and my friends, I gradually got used to AI as if it were a new companion. I could even use it to edit photos of our group transforming into a “digital superheroes.” Everyone laughed, and I felt happy and started to believe that I could do it too. That moment gave me more confidence: technology is not the barrier – my own fear is.’

Pham Thi Hien
Trained instructor in Hanoi

'FROM THAT MOMENT, I BELIEVE I COULD'

'During the four days of training in Hanoi, I not only strengthened my core knowledge...

I also gained practical digital skills, especially those related to online safety. These lessons helped me improve my awareness and use technology safely, effectively, and responsibly. The dedication and expertise of the trainers inspired me and gave me more confidence, proactiveness, and clearer direction for the future.'

**Chung Quoc Dung
Learner in Hanoi**

'FROM THAT MOMENT, I BELIEVE I COULD'

'Before joining the S4F training, I thought it was simply a training to gain more knowledge...

But what I received was more than that – it was transformation within myself. After the training, I found myself growing more confident day by day. S4F didn't just teach me skills; it gave me the belief that I can do it, and that I deserve to shine in my own way.'

**Nguyen Thi Phuong Anh
Trained instructor in Hanoi**

'FROM THAT MOMENT, I BELIEVE I COULD'

'From the outside, people see me as a confident person...

But my panic zone is having to speak in front of a crowd, especially on topics outside my areas of expertise. Yet if you don't try, how will you know your abilities? Then, as fate would have it, I had the opportunity to take on the role of an instructor for the first time at a cascade training after completing the S4F project training of instructors. I'm grateful to everyone who accompanied me through this experience. This is only the beginning. I hope we will continue working together and spreading S4F even further.'

Tran Thi Mai Anh
Trained instructor in Hanoi

‘FROM THAT MOMENT, I BELIEVE I COULD’

'A truly memorable experience for me – someone who has always been shy in crowds and not very socially activ...

Over four days of training, I gradually felt more confident and joyful. Learning and connecting with everyone was a great blessing for me. In particular, the companionship of trained instructors supported us not only with knowledge and skills but also spread positivity, kindness, and connection. Their cheerful energy and confidence gave me a lot of motivation to keep striving on the journey ahead.'

**Nguyen Thi Ngan
Learner in Hanoi**

'FROM THAT MOMENT, I BELIEVE I COULD'

'I am grateful and honoured to be part of the trained instructor team for the project...'

I hope to cascade S4F training to young people with disabilities, helping them equip themselves with essential soft skills and digital skills. This is a valuable opportunity for me to contribute and accompany disadvantaged youth on their journey of development.'

**Tran Thi My Linh
Trained instructor in Hanoi**

'FROM THAT MOMENT, I BELIEVE I COULD'

'At first, I joined the project simply to learn and broaden my understanding..'

However, my experience in the S4F project pushed me beyond my comfort zone. Taking on the role of a facilitator for the first time, I realised that this is a meaningful and fascinating field. Through connecting and sharing with others, I gained a deeper understanding of myself and those around me, and gradually came to believe that I could grow further and contribute more to the field of training and community engagement.'

Nguyen Thi Bich Thuy
Trained instructor in Hanoi



‘FROM THAT MOMENT, I BELIEVE I COULD’

'The project helped me step out of my comfort zone and gradually improve myself...'

When the cascade training was organised, I had the opportunity, for the first time, to stand in front of nearly 30 people as an instructor. It was a truly meaningful experience, as I was able to share the knowledge and lessons I had gained from the project, helping others equip themselves with essential skills for a world that is constantly changing. Even now, I remain both surprised and proud to realise that I am capable of doing things I had never thought I could achieve.'

Dang Hai Yen
Trained instructor in Hanoi

‘FROM THAT MOMENT, I BELIEVE I COULD’

'The S4F project has given me a great deal of practical knowledge and experience...

I understand more clearly the value of mental health, the ability to cope with difficulties, and the importance of inclusion in study, work, and life. I now have a clearer orientation and more proactive in planning and building my future, and have enhanced my resilience and become more confidence in my personal development journey.'

Le Phuong Thao
Learner in Hanoi

'FROM THAT MOMENT, I BELIEVE I COULD'

'The five-day S4F training covered diverse and meaningful content...

It was truly joyful to be here where we are from different backgrounds and life circumstances are all filled with resilience and vitality. We had the opportunity to share our wishes, concerns, and thoughts. The training helped me gain many valuable life skills and enabled me to better cope with personal difficulties and overcome my own insecurities.'

Hoang Kim Vi
Learner in Nghe An

'FROM THAT MOMENT, I BELIEVE I COULD'

'The greatest turning point for me during S4F training was the first time I dared to share my personal thoughts in front of the group...'

I used to avoid speaking up because I was afraid of saying something wrong or being judged. During the session, after being encouraged to step out of my comfort zone, I tried to speak despite feeling nervous. To my surprise, I received attentive listening and positive feedback. That moment helped me realise that confidence does not mean the absence of fear, but the courage to act even when concerns remain.'

Ngo Ngoc Thong
Learner in Hanoi

‘FROM THAT MOMENT, I BELIEVE I COULD’

'The S4F project has provided me with a great deal of practical knowledge and real-life experience...'

Thanks to this, I now have a clearer understanding of the value of mental health, the ability to adapt in challenging situations, and the importance of inclusion in study, work, and everyday life. I feel more certain about my direction, more proactive in planning for the future, and more resilient. I am also more confident in my personal development journey.'

Nong Ngoc Huyen
Learner in Hanoi

'FROM THAT MOMENT, I BELIEVE I COULD'

'I stood on stage and sang using sign language – something I never imagined doing before...'

Music used to be a disaster for me. Even though I loved listening to music, I could barely sing anything in tune. But through sign language, everything became much easier and more meaningful. The support from my group made me much more confident. The S4F project gave me the chance to explore new things, recognise my strengths, and learn to believe in myself.'

Tong Thi Nga
Trained instructor in Hanoi



‘FROM THAT MOMENT, I BELIEVE I COULD’

‘Whenever I receive help from others, I feel touched and grateful...’

I used to hesitate to ask for support because I was afraid of bothering people. However, through the project, I gradually realised that offering help can also bring joy to the giver. Sometimes, caring is simply a quiet presence, an observant glance , or a sincere question such as: “Do you need any support?”!

Hoang Thi Ngoan
Learner in Hanoi

'FROM THAT MOMENT, I BELIEVE I COULD'

'The S4F training offered a safe and open learning environment where there was no or wrong...'

Everyone was encouraged to express their thoughts freely, without fear of judgment, that gave me the courage to share in front of the class. I was nervous and my voice trembled, yet I felt truly heard and supported through the encouraging looks from others. I realised that as long as I dare to practise, I will improve. Through those moments, I became more confident, more willing to try and embrace change.'

Dang Thi Oanh
Trained instructor in Nghe An

'FROM THAT MOMENT, I BELIEVE I COULD'

'After joining S4F, I truly felt a positive shift in my thinking and self-belief...

Beyond gaining new knowledge and skills, I also learned to persevere, step outside my comfort zone, and not give up when faced with challenges. The caring and supportive learning environment motivated me to keep trying every day. The training programme not only opened new opportunities for my future, but also ignited within me a flame of hope – that with determination and belief, anyone can rise up and live a meaningful life.'

Nguyen Dang Tu
Trained instructor in Hanoi

'FROM THAT MOMENT, I BELIEVE I COULD'

'Being born with a disability made everything in my life more difficult – from thinking to working...'

I used to have many negative thoughts when I realised I was not like others. However at S4F, I learned how to confidently stand up in front of 30 people and share my own story – and everyone listened. Since then, I have no longer felt shy or afraid of speaking in public. I now dare to express myself and to share what I have learned with young people in my community.'

Le Thi Anh
Trained instructor in Nghe An

‘FROM THAT MOMENT, I BELIEVE I COULD’

'At the end of the training, what I brought home was not only new knowledge...

Each of us came with our own story and background, but our greatest common trait was the desire to learn and grow. There are lessons that cannot be found in any textbook, but instead live in the resilience of the peers beside us. Watching everyone strive to share and exchange, I suddenly that the only limits we have are the ones we set for ourselves. As long as our hearts remain warm and our minds open, we can overcome any barrier and work together to create positive values for the community.'

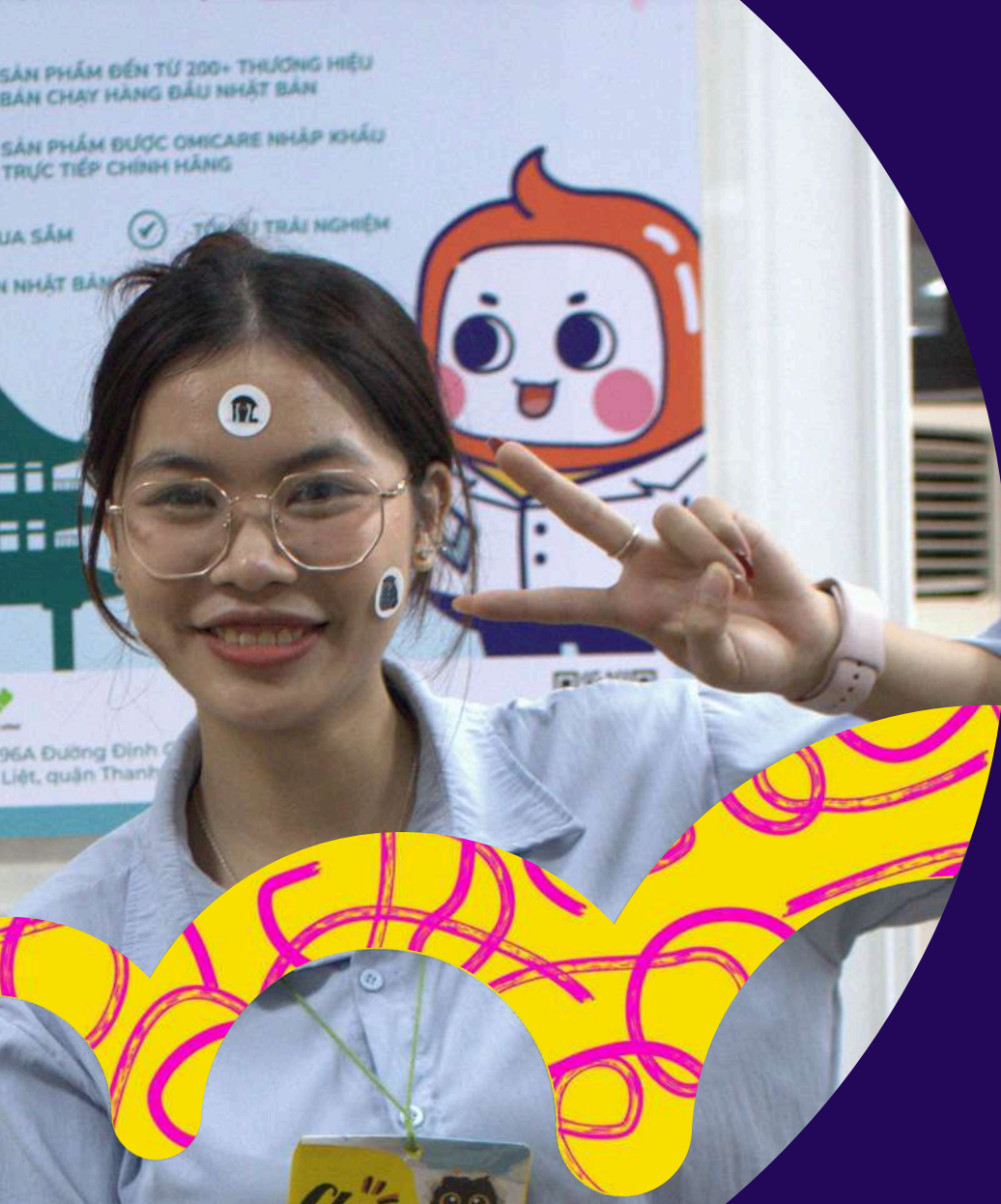
**Nguyen Quang Linh
Trained instructor in Hanoi**

‘FROM THAT MOMENT, I BELIEVE I COULD’

'I used to stay silent out of fear of making mistakes, but each day of training in that warm and safe space, I began to raise my hand and speak...

Even though my voice shook and my words were imperfect, what I received was always listening, not judgement. After the training, I didn't become perfect, but I learned to trust myself more, see things with ease and positivity, and move forward step by step. For me, S4F was not only a place to learn skills, but also a place to learn how to treat myself kindly.'

**Le Thi An
Trained instructor in Hanoi**



‘FROM THAT MOMENT, I BELIEVE I COULD’

'For the first time in my life, I was able to join such a meaningful and useful training programme...'

Throughout the four days, although tiring and intense, I never felt bored – it was truly worthwhile. After completing the training, our team continued to organise training sessions for disadvantaged youth at Will to Live! I am very proud of myself and my teammates.'

Vu Phong Ky
Trained instructor in Hanoi

'FROM THAT MOMENT, I BELIEVE I COULD'

'Throughout the training, I listened to many inspiring stories from older participants...

What impressed me most was the warm and welcoming atmosphere, where everyone, regardless of their background, learned, shared, and encouraged each other to move forward. The training made me more confident and helped me realise that anyone can become a positive seed for change. I hope the knowledge and spirit we gained will continue to spread even further into the community.'

Dam Thi Kim Chi
Trained instructor in Hanoi

'FROM THAT MOMENT, I BELIEVE I COULD'

'Over five days of training, I went from being a quiet observer to becoming sociable, proactive, and engaged...'

I became more open and eager to learn, and delighted to participate in the cascade training as a facilitator. From someone who preferred to observe, I bravely stepped up to lead activities for a group of 30 people, full of energy and enthusiasm to share!

Tran Thi Nhu Hoa
Trained instructor in Nghe An

‘FROM THAT MOMENT, I BELIEVE I COULD’

'Through the training, I strengthened my core knowledge and gained practical digital skills, especially about online safety...

These lessons helped me use technology more responsibly, safely, and effectively in my studies, work, and daily life. The dedication and inspirational spirit of our trainers have helped me become more confident, proactive, and have a clearer direction for my personal development.'

**Nguyen Duc Nam
Learner in Hanoi**

'FROM THAT MOMENT, I BELIEVE I COULD'

'Before joining, I never thought a training programme could bring so many emotions...

Four intense days of learning made me tired at times, even overwhelmed, but the more I participated, the more I wanted to keep going because each session was truly valuable. The most touching thing was that the knowledge wasn't just about "learning something new, but was also shared with other disadvantaged young people. That moment made me realise I was doing something truly meaningful.'

Nguyen Ha Vi
Learner in Hanoi

