



Ensure healthy lives and promote well-being for all at all ages

73,744

Actions of students at FPT University have supported the goal of “Good Health and Wellbeing

100%

100% of faculty and staff have access to medical checkups, healthcare services, and health insurance

2,388 STUDENTS PARTICIPATED IN MENTAL HEALTH CARE SKILLS COURSES.

369 STUDENT COUNSELING/SUPPORT SESSIONS WERE PROVIDED.

Each campus has an on-site medical service room and a psychological and mental health counseling room.



First Aid and Fire Safety

Over 4,000 Cohort 20 students completed short courses in fire prevention, first aid, and emergency care during their first week on campus

Mindfulness

Mindfulness practice programs have strengthened mental well-being for FPTU faculty and staff. After school-funded sessions, participants return to classrooms and offices feeling more refreshed, balanced, and happy.

9 MINDFULNESS COURSES FOR 433 LEADERS AND MANAGERS

4 MINDFULNESS COURSES FOR 477 LECTURERS

6 MINDFULNESS ROOMS SET UP ACROSS FPT EDUCATION CAMPUSES





FPT University is one of the pioneering institutions to incorporate Vovinam into the regular physical education curriculum. The Vovinam instructors at FPT University are experienced masters, many of whom are former athletes who have won Gold Medals at the SEA Games, Southeast Asian Vovinam Championships, and other international competitions.

These martial arts lessons not only help improve health and boost confidence but also equip students with self-defense skills, making them more resilient in life.

One of the prominent activities is the “FPT Edu Khoi Nguon Vo Viet” tournament. This is a nationwide martial arts competition that attracts nearly 4,000 students from across the FPT Education system each year.

140,000

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- FPTU students learn Vovinam to improve health, adaptability, and self-defense skills.
- Each student completes 84 sessions (theory and practice) in Vovinam.
- FPTU hosts the largest Vovinam dojo in Vietnam.



First Aid and Emergency Response Training

For newly enrolled students, the orientation period is extremely important. During this time, they receive thorough guidance to prepare them for university life at FPTU. One of the essential skills taught to new students is first aid and emergency response for sudden or critical situations. This training equips them with the ability to assist friends, family, and the community when emergencies occur.

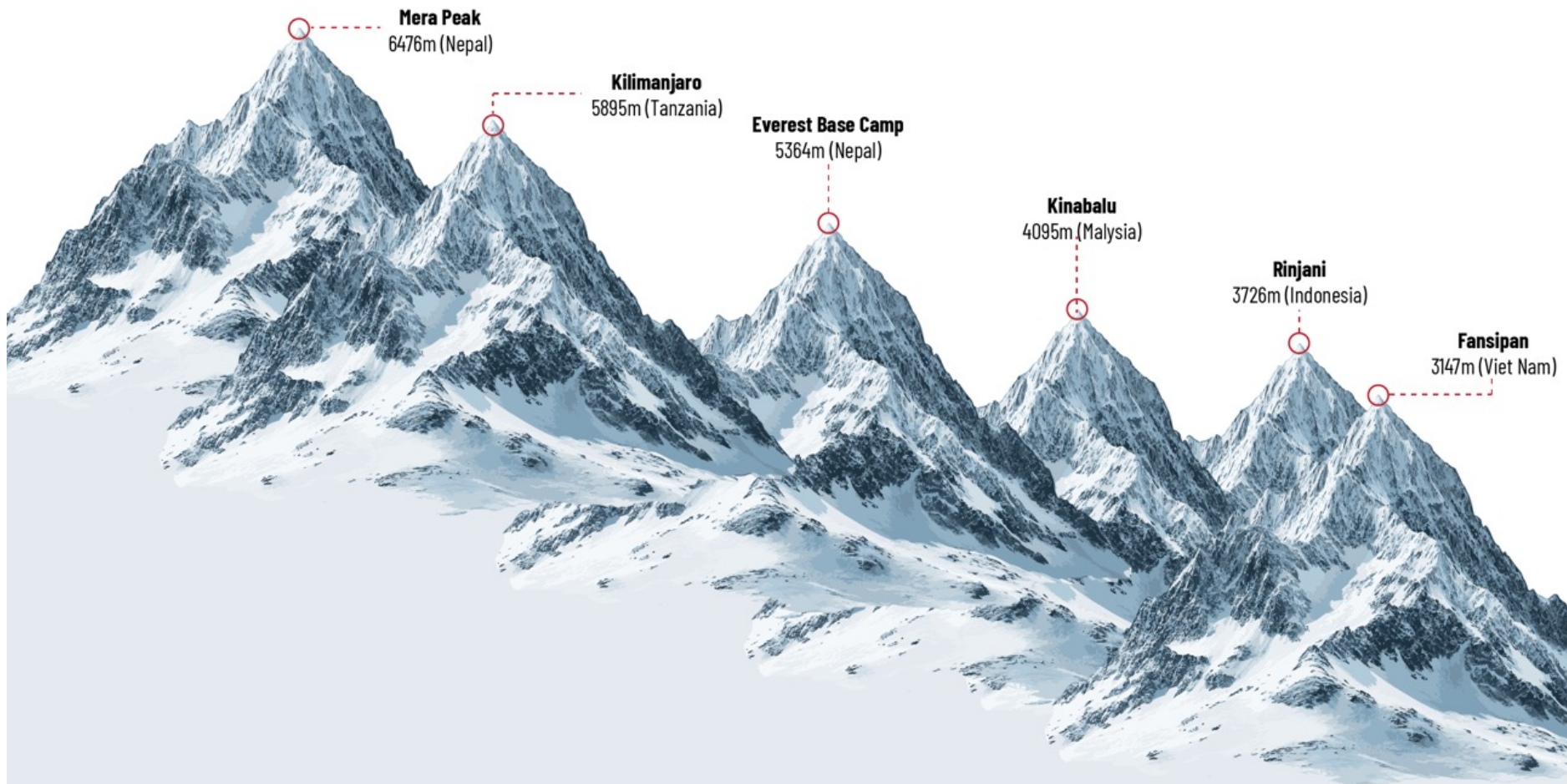




25 mountains in Vietnam and around the world were summited by FPTU

FPT Education set a Vietnam record: conquering 25 peaks—domestic and international—in a single year, with the largest participation of staff and faculty.

- Fansipan (Vietnam): 3,147m
- Rinjani (Indonesia): 3,726m
- Kinabalu (Malaysia): 4,095m
- Everest Base Camp (Nepal): 5,364m
- Kilimanjaro (Tanzania): 5,895m
- Mera Peak (Nepal) : 6,476m



Everest Base Camp
5,364 meters



On Mera Peak
summit 6,476m

Wellbeing
Challenge
Happiness

Community and Wellbeing
Initiatives Highlight 2024

In 2024, a total of 352 staff from FPT Education participated in the program “Reaching the Peaks – The Village of Educators Conquers 25 Summits,” climbing mountains together, including international destinations such as the Everest Base Camp and Mount Kilimanjaro, the highest peak in Africa, as well as iconic peaks across Vietnam such as Fansipan, Ta Xua, Ngu Chi Son, and the Ta Nang – Phan Dung trail.

The program was officially recognized by the Vietnam Records Organization as:
“The program to conquer 25 mountains and high peaks in Vietnam and around the world within one year, with the largest number of participating staff, lecturers, and employees.”



250 FPTUers atop
Ngoc Le, Kon
Plong, Kon Tum,
Vietnam, 1,720 m



FPTU for the community



417
417 FPTU students participated in the humanitarian blood-donation drive “Warm Embrace.”

Students at Hung Trach II Secondary School in Quang Tri province wash their hands at a new restroom schools



Collaboration with Tam Duc Cardiology Hospital, Ho Chi Minh City

Through the interactive exhibition “Stroke me... Stroke” conducted in collaboration with Tam Duc Cardiology Hospital, students and lecturers from the Digital Art & Design program developed public health awareness campaigns and organized interactive exhibitions to educate youth and communities about stroke prevention and cardiovascular health.

Dr. Do Van Buu Dan, Specialist Level I and General Director of Tam Duc Cardiology Hospital, shared:
“The ‘Stroke me... stroke’ exhibition is a unique event showcasing the creativity of young people, transforming a topic that often causes discomfort among those who have never faced the risk of stroke into an artistic experience.”

Representing the project, student Phan Tran Minh Nhat stated:
“The idea for ‘Stroke me... stroke’ was born from an alarming reality: many young people still believe stroke is an issue only for the elderly. We wanted to challenge this misconception by turning dry medical statistics into an emotionally engaging and immersive experience.”



The interactive exhibition ‘Stroke me... stroke’ at Ho Chi Minh city