3 GOOD HEALTH AND WELL-BEING

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

1991

students participated in mental health care skills courses.

431

student counseling/support sessions were provided.

54,413

actions of students at FPT University have supported the goal of “Good Health and Wellbeing” - SDG 3

178

research publications aligned with SDG 3: Good Health and Wellbeing were published by FPTU faculty members in 2025

9,395

students completed short courses in fire prevention, first aid, and emergency care during their first week on campus



FPTU provides fire safety and drowning prevention skills for students

During Orientation Week 2025, K21 students at FPTU received training on mental health, relationships, sexual and reproductive health, and emergenacy response through a basic first aid course. The programme enhanced students' awareness of health self-care, strengthened their capacity to prevent potential risks, and equipped them with essential first aid skills to provide immediate assistance in emergency situations.





FPTU’s SDG Policy on Prohibiting Smoking and E-cigarette Use on Campus

FPTU’s Sustainable Development Policy commits to and affirms:
Chapter IV - Health and Wellbeing.
Article 22 - Providing Health Care Services and Programmes to Maintain a Healthy and Happy environment for staff, lectures and students.
Article 22A - Prohibition of Smoking, including electronic cigarettes, on Campus.

Each campus has a health clinic offering on-site medical services for students, staff, and faculty





FPTU offers extensive sports facilities

FPTU features a 1,500-square-metre artificial turf football field built to technical standards, equipped with a lighting system, protective netting, rest areas, parking facilities, and a high-quality playing surface. The university also provides basketball courts, badminton courts, and multi-purpose sports facilities to meet students' training needs and support large-scale sporting events. The Vovinam training hall, a distinctive cultural symbol of FPTU, provides a space for students to develop physical fitness, sportsmanship, and resilience.









REPRODUCTIVE AND SEXUAL HEALTH SERVICES FOR FPTU STUDENT

Talk Show The Love Shield project organised the interactive event and talk show “SEG & LIFE – SEG & MYMIND” to provide young people with knowledge of safe sexual practices. With the participation of a sexual health physician, the programme helped participants understand the risks of unsafe sexual behaviour, access evidence-based information, and develop the skills to protect their physical and mental health, promoting healthy and responsible lifestyles among students.



FPTU Da Nang, in collaboration with Viet Health E-magazine, organised the “Difficult Conversations Made Easy” programme to provide school and university students with knowledge of sexual health, reproductive health, safe sexual practices, and HIV/AIDS prevention. The programme contributed to improving awareness, encouraging students to take a proactive approach to protecting their health, and promoting responsible lifestyles.



MENTAL HEALTH SUPPORT FOR STUDENTS AND EMPLOYEES

FPTU supports students' mental health: The "Toad Talks" school counselling centre

School Counselling Centre, under the Department of Soft Skills, provides free mental health support services for students at FPTU Hanoi. Through counselling services and mental health awareness programmes, the centre enables students to access timely professional support, contributing to the prevention of mental health issues, strengthening resilience, and improving quality of life.



FPTU supports student mental health through the Anti Stress Anti Pressure 2025 programme

The Anti Stress Anti Pressure 2025 (ASAP 2025) event was organised free of charge at FPTU Ho Chi Minh to provide students with a space for recreation, relaxation, and social connection. Through interactive activities and immersive experiences under the theme of "exploring a fantasy world", the programme helped students relieve stress, improve emotional well-being, and strengthen connections within the student community, contributing to better mental health, improved quality of life, and a positive learning environment.



FPTU supports the physical health of staff and faculty: "Healthy Friday"

The "Healthy Friday" programme is organised at the end of each working week, providing free one-to-one health consultations and head and facial physiotherapy services for faculty members, staff, and employees. The programme contributes to supporting physical and mental well-being while providing opportunities for employees to relax, recharge, and maintain healthy lifestyles.



FPTU COLLABORATES WITH LOCAL, NATIONAL, AND GLOBAL HEALTH ORGANISATIONS

FPTU students collaborate with healthcare providers to improve access to healthcare services.

A group of FPTU students collaborated with VISI Eye Hospital Soc Trang and VISI Medical Group to develop OrcaX – Hospital 360°, a digital platform that enables people to access information and eye care services through digital technology. The solution has been implemented at the hospital and was also used in an eye care campaign serving 600 patients in Phnom Penh, Cambodia, contributing to healthcare collaboration and improving access to healthcare services at both the local and international levels.





FPTU contributes to community health through the “Warm Embrace” voluntary blood donation progamme.

3 GOOD HEALTH AND WELL-BEING