

## Tamie Honda

**Country:** Japan

**Course:** Diploma of Remedial Massage

**Institute:** TAFE NSW – Sydney Institute,  
Randwick College

**Scholarship:** Endeavour Scholarships and  
Fellowships



Tamie Honda is very passionate about the role of natural medicine and therapies in improving quality of life.

“While technological development has made our lives more

convenient, it also has brought many harmful things to our lives. Food additives, household chemicals, asbestos, among other things, make people sick. However, people are becoming eager to take charge of their own health to prevent diseases, reduce the side effects of conventional medical treatment, and overcome diseases. I believe that naturopathy, education about environmental hazards and provision of safe products are keys to improving the quality of our lives.”

### Qualifications to support better public health

Through the support of the Endeavour Awards, Tamie followed her dream to study a Diploma of Remedial Massage at TAFE NSW – Sydney Institute, Randwick College. Tamie has studied anatomy and physiology, functional anatomy and pathology. This has helped her build a strong foundation in basic medical science and has sparked an interest in further study in psychology.

The strong support, experience and knowledge of her teachers at TAFE NSW has supported her learning experience and inspired Tamie to follow her dreams in Japan.

Tamie wants to practice as a naturopath to treat patients with bodywork, homeopathic and herbal medicine and to educate them with instructions on diet, exercise and stress management.

“In particular, I would love to dedicate myself to helping patients who are suffering from cancer or chronic diseases, work with doctors to alleviate the pain and the emotional stress, and assist in their eventual recovery.”

In Japan, Tamie works within the construction industry and is familiar with sick building syndrome and building-associated illness. With her work experience and naturopathic study, she will be able to teach about environmental hazards and preventing these conditions.

### Organic farming and international trade

In addition to her interest in treating chronic disease and occupational/construction related illness, Tamie also has a keen interest in organic farming.

“Australia is known for its rich nature and land with little pollution, and is an optimal place for organic farming. I would like to know more about organic products such as cosmetics and herbal medicine in Australia and look at opportunities to import them to Japan. With the knowledge of naturopathy, buildings, and organic products in Australia, I hope I can contribute to improving the health and well-being of all of the people of Australia and Japan.”

In her free time, Tamie likes to relax at Sydney’s many beautiful beaches and parks.

“Not only has my Endeavour Award given me the chance to study in Australia, but also to meet many wonderful people and experience the life in this beautiful country.”

The Endeavour Awards are the Australian Government’s internationally competitive, merit-based program which provides opportunities for citizens of the Asia-Pacific, Middle East, Europe and the Americas to undertake study, research and professional development in Australia. Awards are also available for Australians to do similar programs abroad.

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