

Applicant: Please take this letter to your physician as reference. Have her/him write and sign a letter on hospital or office letterhead answering the following questions.

Dear Doctor,

_____ has applied for a student exchange trip to Japan this summer.

The trip is 4 weeks long during July, a very hot and humid month in Japan. The program has a very tight schedule and rigorous agenda. The students will be walking and climbing, often very quickly, in high heat and humidity.

Please address the following on hospital or office letterhead:

Assess your patient's ability to tolerate high heat and humidity.

How ready is the patient in terms of mobility and stamina?

What issues, if any, does he/she have with food or diet?

What medication does he/she take?

Are there any other medical issues we should be aware of?

Do you have any reservations in recommending this applicant for summer travel in Japan?