



Please find an explanation of JET Programme and the medical documents required for an application to the Programme below.

The JET Programme

The JET Programme is an official Japanese Government scheme sending graduates to promote international understanding at a grass-roots level and to improve foreign language teaching in schools in Japan for a minimum of 12 months. Successful applicants work as either Assistant Language Teachers (ALTs) in Japanese schools or as Coordinators for International Relations (CIRs) in local town or city offices.

Self Assessment Medical Report

All applicants to the JET Programme must complete a Self Assessment Medical Report as part of their application to the JET Programme. This consists of 10 questions (see document). Applicants should declare all conditions for which they have sought treatment from a physician within the past 5 years as well as any serious injury or mental / psychological issue (even a one-off consultation) from which they have suffered at any time in their lives.

If the applicant does not declare anything on their Self-Assessment Medical Report, a Statement of Physician need not be submitted. Furthermore, common illnesses such as cold / flu do not require a Statement of Physician. For most other past or present conditions a Statement of Physician is required. We strongly encourage applicants to consult with the JET Desk if they have any questions regarding this information.

Statement of Physician

The Statement of Physician should be completed by a physician who has access to the applicant's medical notes and who can comment on their suitability for the JET Programme with regard to their medical history and current physical / mental condition. Applicants should be mentally and physically fit enough to deal with the challenges of moving to a foreign country and should be able to adapt to a lifestyle very different to that of the UK. Working in a Japanese school or city office normally requires JET Programme participants to climb flights of stairs regularly, so applicants should be able to do this without difficulty.

The physician should provide details regarding any past and existing medical conditions using the applicant's medical history, detail any medication currently being taken, comment on any medication that the applicant may need to take whilst in Japan and then make a professional judgement regarding their fitness to participate on the JET Programme.

If the physician deems that a full medical examination is necessary to satisfy him/her that the applicant is fit for participation on the JET Programme, the applicant is responsible for bearing any extra costs involved.

Should the applicant or physician have any questions regarding the above information, they should call the JET Desk on 020-7465-6668.