

Directions to TUFS

From Narita to TUFS

Option 1: Train - Narita Express (NEX)

Narita Airport (Narita Express (NEX)) → JR Shinjuku Station (JR Chuo Line heading towards Takao)
→ Musashi-sakai Station (Seibu-Tamagawa Line) → Tama Station

Option 2: Train - Keisei Skyliner or Limited Express

Narita Airport (Keisei Skyliner) → JR Nippori Station (JR Yamanote Line heading towards Shinjuku)
→ Shinjuku Station (JR Chuo Line heading towards Takao) → Musashi-sakai Station (Seibu-Tamagawa Line) → Tama Station

Option 3: Bus - Airport Limousine

Narita Airport (Airport Limousine Bus) → Keio Chofu Station (#33 Keio Bus bound for Tama Station)
→ Tokyo Gaikokugo Daigaku Mae Bus Stop (or Tama Eki Bus Stop if you miss this earlier stop)

From Haneda to TUFS

Option 1: Train - Tokyo Monorail

Haneda Airport Terminal 1 or 2 (Tokyo Monorail) → JR Hamamatsuchō Station (JR Yamanote Line heading towards Shinjuku)
→ JR Shinjuku Station (JR Chuo Line heading towards Takao) → Musashi-sakai Station (Seibu-Tamagawa Line) → Tama Station

Option 2: Train - Keikyu Line

Haneda Airport Station (Keikyu Line) → JR Shinagawa Station (JR Yamanote Line heading towards Shinjuku)
→ JR Shinjuku Station (JR Chuo Line heading towards Takao) → Musashi-sakai Station (Seibu-Tamagawa Line) → Tama Station

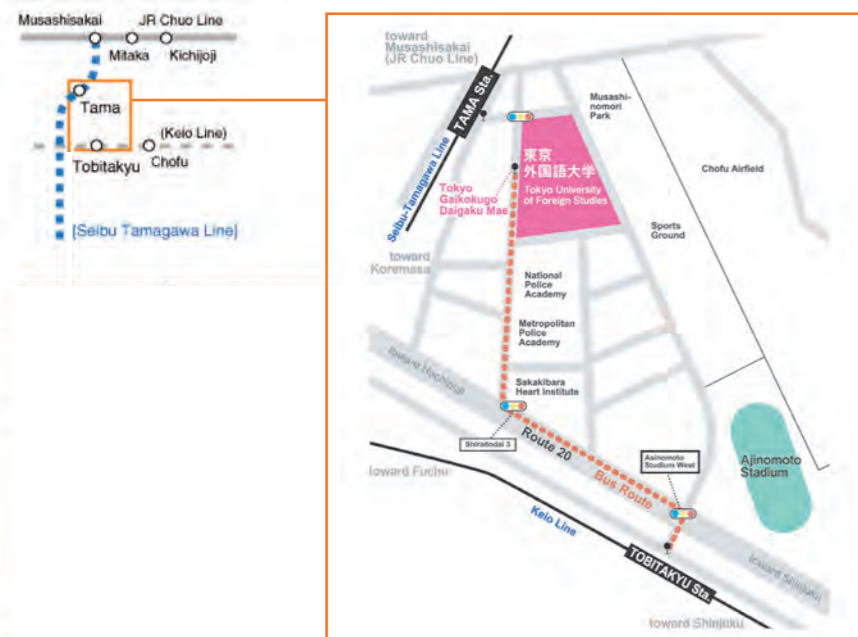
Option 3: Bus - Airport Limousine

Haneda Airport (Limousine Bus) → Keio Chofu Station (#33 Keio Bus bound for Tama Station)
→ Tokyo Gaikokugo Daigaku Mae Bus Stop (or Tama Eki Bus Stop if you miss this earlier stop)

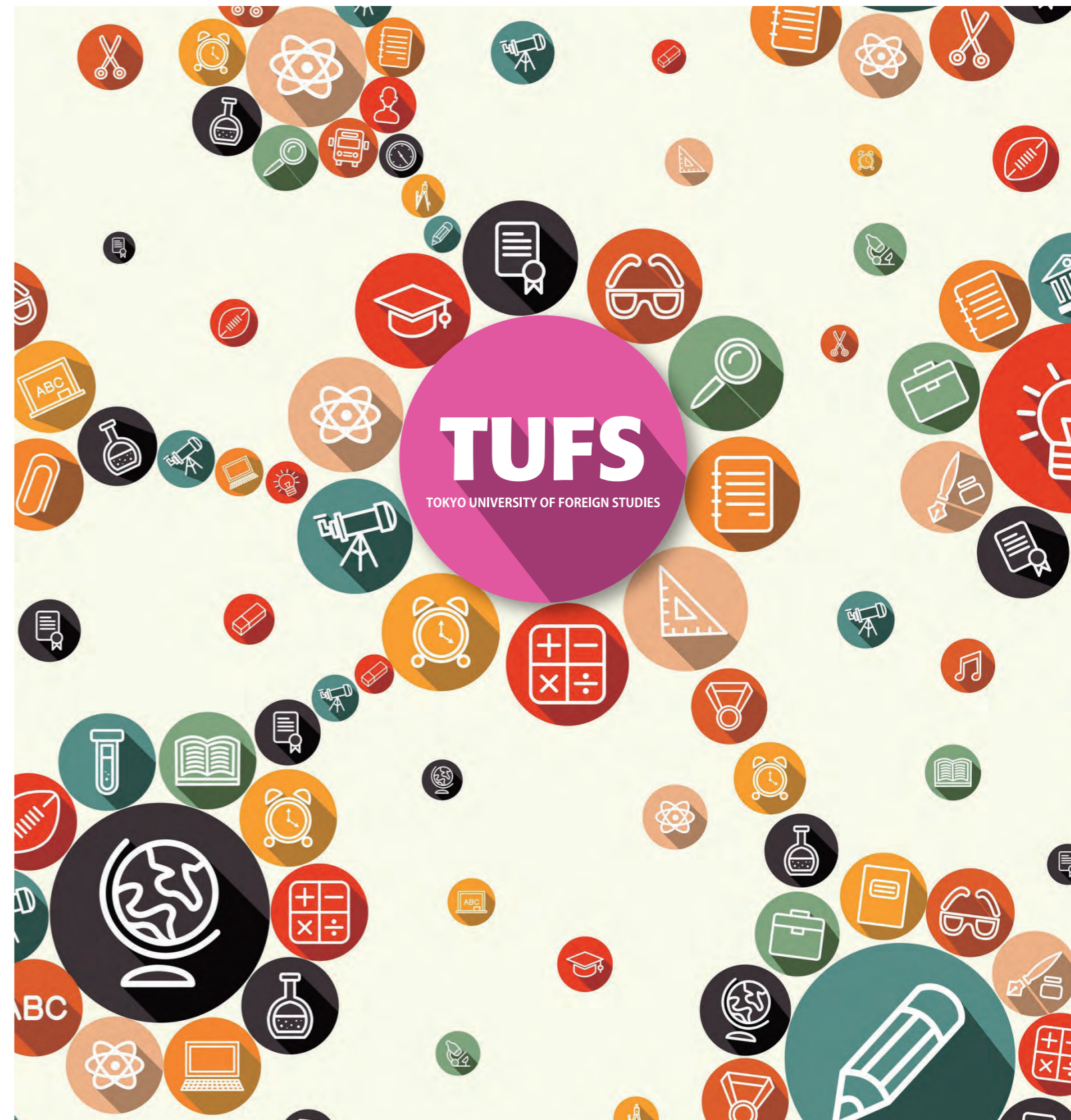
Information on other ways to get to TUFS is available using the link below.

<https://www.tufs.ac.jp/english/abouttufs/contactus/access.html>

Local Map of TUFS Campus Area



EXCHANGE PROGRAM



EXCHANGE PROGRAM



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A Brief Description of TUFS

Brief Description of TUFS

Tokyo University of Foreign Studies (TUFS) is a national university located in Tokyo, Japan, offering undergraduate and graduate programs in world languages, cultures and societies, and international relations.

Over its long history, TUFS has been guided by two fundamental principles. First, TUFS strives to offer education in global languages, cultures, communities, and international relations. Second, TUFS promotes the study of both theory and application of scholarship that will contribute to social progress. As Japan's leader in international studies, TUFS educates students to become multilingual and internationally successful global citizens.



Academic Departments

Undergraduate	
Schools	Courses
School of Language and Culture Studies	1. Regional Studies 2. Trans-Regional Studies
School of International and Area Studies	1. Area Studies 2. Contemporary Global Studies 3. International Relations
School of Japan Studies	1. Japan Studies

Graduate	
Graduate Schools	Programs
Graduate School of Global Studies (Master's)	1. Global Studies 2. Japan Studies
Graduate School of Global Studies (Doctoral)	1. Global Studies 2. Japan Studies 3. Joint Doctoral Program for Sustainability Research

Education Center	
Japanese Language Center for International Students	The largest international student center in Japan and the world's biggest TJSOL institution. Courses are offered in a variety of subjects, ranging from Japanese as a Foreign Language to specialized subjects for students in the arts and sciences.

International Student Exchange Program (ISEPTUFS)

Outline of ISEPTUFS

The International Student Exchange Program of Tokyo University of Foreign Studies (ISEPTUFS) is designed for international exchange students to attend TUFS under student exchange agreements, providing them with the opportunity to acquire a firm understanding of Japanese culture and deepen their academic perspectives on current international issues on academic level.

Eligibility

- Students currently enrolled in an undergraduate or a graduate program at a partner university which has a mutual student exchange agreement with TUFS.
- The Minimum Number of Semesters: Students are required to have completed at least 1 semester at their home university and submit at least 1 semester's transcript at the time of application.
- Sufficient language proficiency to follow lectures conducted either in English or Japanese is required:
 - Language Requirements: English: CEFR (Common European Framework of Reference for Languages) B2 OR Japanese: Level N2 of Japanese Language Proficiency Test (JLPT)
- GPA Requirement: 2.0/4.0 or higher

Number of Participants

Approximately 330 students per year (2024)

Exchange Program Duration

Full year or one quarter (starting either from Spring or Fall Quarter.)

* Students may start the program in April or October.

* In principle, students may not extend their duration of exchange program after they arrive in Japan.

Academic Calendar

The academic year is divided into four quarters:

SPRING Quarter: April 1 to middle July

SUMMER Quarter: Middle July to end of September

FALL Quarter: end of September / October 1 to late January/ early February

WINTER Quarter: Late January/ early February to end of March

Orientation for International Students

Spring Quarter (April entry): Beginning of April

Fall Quarter (October entry): End of September



Classes for ISEPTUFS Students

■ Class Overview

TUFS provides a broad range of classes in which international and Japanese students can study together. ISEPTUFS students may choose just about any classes offered at TUFS, depending on their Japanese language proficiency and other requirements.

① Global Liberal Arts Program

The Global Liberal Arts Program includes the Japanese Language Program (JLP), General Courses on Japan, and more.

② School of Language and Culture Studies

The School of Language and Culture Studies offers classes in Linguistics, Language Education, Communication, Multilingual Multicultural Studies, Regional Literature, Thought and Arts, and much more.

③ School of International and Area Studies

The School of International and Area Studies covers Area Studies, Cultural Studies, International Relations, Politics, and Economics.

④ School of Japan Studies

The School of Japan Studies covers Japanese politics, economics, society, history, literature, culture and the Japanese language etc.



■ Japanese Language Program (JLP)

Japanese language classes are offered to all international students at TUFS. These classes cover various levels of proficiency (Elementary to Advanced) and are held for 1 to 5 classes per week.

For details, see below:

https://www.tufs.ac.jp/english/student/international_student/Japanese_Program.html

■ Undergraduate Lectures in English

Lectures in English are offered in various topics within the fields of study covered in the School of Language and Culture Studies, the School of International and Area Studies, and the School of Japan Studies. For details, see below:

https://www.tufs.ac.jp/english/admission/non-degree/exchange/course_details.html



■ Credits

TUFS subjects are offered as lectures or seminars.

Lecture subject (2 credits): 30 hours of class + 60 hours of study outside the class

Seminar subject (1 credit): 30 hours of class + 15 hours of study outside the class

Students are expected to spend the indicated amount of time studying outside of class.

Exchange students need to take at least 7 classes (10 hours) for student visa and program requirements.

■ Transcripts

Authorized transcripts will be issued that include grades and credits for all courses based upon TUFS regulations.

■ Buddy System

Each exchange student is assigned a buddy (a TUFS volunteer student). The buddy will help exchange students to familiarize themselves with the new surroundings and get to know other students.

■ Scholarship

Exchange students may apply for the Japan Student Service Organization (JASSO) scholarship.

The JASSO scholarship is awarded by the Japanese Ministry of Education, Culture, Sports, Science and Technology.

Scholarship amount: 80,000 yen per month

For details, see below:

<https://www.tufs.ac.jp/english/admission/non-degree/exchange/scholarship.html>

Student Life

TUFS International Residences

TUFS has 3 international student residence halls with single rooms on campus (we cannot guarantee that all exchange students will be placed in their preferred hall).

Expenses (subject to change):

- Rent: 31,000 to 46,000 yen per month
- Bedding: 12,100 yen (one-time purchase)
- Utilities (water, electricity): around 15,000 yen per month

Furnishings and facilities:

An air conditioner, bookshelf, desk, kitchen with cabinets and refrigerator, toilet, and shower are provided. Also, each room has a Wi-fi connection. Vacuum cleaners and washing machines are available for shared use. All students residing in on-campus housing must purchase the necessary bedding (mattress pad, bed sheets, blankets, and pillows) from TUFS.



Food and Shopping

As there is no food service in the International Residences, students must buy their own food at a cafeteria or nearby shops.

TUFS has a general store (COOP) and 3 restaurants on campus. Convenience stores and bakeries are located close to the campus.

Health Care Center

TUFS has a health care center where physicians and nurses offer primary care and advice on health matters. The health care center also coordinates general health examinations for incoming international students in April and October.



Clubs

Athletic

Track and fields, American Football, Soccer, Baseball, Tennis, Volleyball, Kendo, Karate, Aikido, Kyudo, Flamenco, Tango, Cheerleading, Figure Skating, Boating, Flying Disk, Philippine Cultural Dance, Classical Ballet, Futsal, Korean Dance, Pom Dance, Vietnamese Dance, Badminton, Table Tennis, Fencing, Shorinji Kempo, Lacrosse, Competitive Dance, and more.

Cultural

Orchestra, Classic Guitar, Brazilian Music, Photography, Fine Arts, Tea Ceremony, Karuta, Manga, Language Interpreter, Voice Actor Casting, Craft, Drama, Acoustic Music Club, Flower Arrangement, Board Games, and more.

Events (Optional)

- Welcome party for international students
- Home visits
- Volunteer activities
- And many more!



Part-Time Job

Students who want to work at a part-time job must receive permission from a local immigration office. ISEPTUFS participants as a rule are eligible to engage in part-time work up to 28 hours per week throughout the year.



Application Procedure

■ Before Application

Students must confirm their eligibility for ISEPTUFS with their home university's study abroad office. Please contact them for application procedure details.

■ Application Process (subject to change)

1. TUFs will send an email with instructions on application procedures to the exchange coordinator of partner universities.
2. The coordinators forward the email to their nominated students.
3. The nominated students fill in the online application and prepare other necessary documents.
4. The students submit their documents to the exchange coordinator at their home university.
5. The exchange coordinator sends TUFs the application documents via designated form.

* The exchange coordinators do not have to send an email to nominate their students. Just forward the email to the nominated students and send the students' application documents to TUFs.

Please refer to the link below for details.

<https://www.tufs.ac.jp/english/admission/non-degree/exchange/immigration.html>

Application Documents Deadline

Spring Quarter (April entry): November 15 of the preceding year

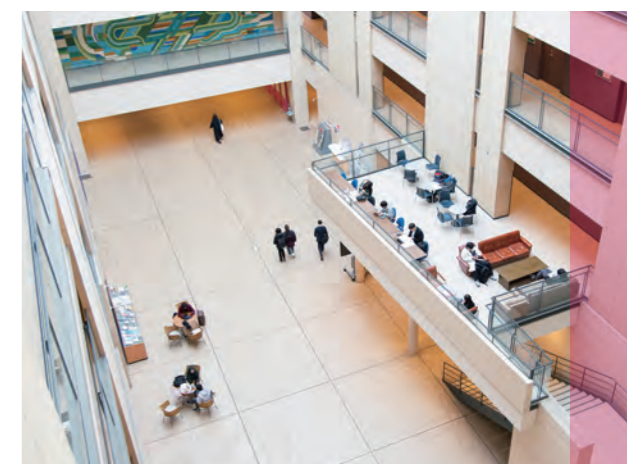
Fall Quarter (October entry): March 15



■ Notification of Results

The results of ISEPTUFS and JASSO scholarship applications will be announced to the exchange coordinators and the nominated students by the following dates:

- I Result of ISEPTUFS application
 - **Spring Quarter (April entry):** Middle of December
 - **Fall Quarter (October entry):** Middle of May
- II Result of JASSO scholarship application
 - **Spring Quarter (April entry):** Late March
 - **Fall Quarter (October entry):** Middle of August



■ Immigration Procedures

Exchange students must obtain a student visa issued by the Japanese Embassy or Consulate.

1. Students make an application form of electronic Certificate of Eligibility (CoE) through COE online application system.
2. The TUFs Student Exchange Division will apply for electronic CoE at the Immigration Bureau on behalf of exchange students.
3. Once the TUFs Student Exchange Division receives students' electronic CoE, it will be sent to the student by email.
4. Students apply at the Embassy or Consulate-General of Japan in their home country. They will be asked to submit their passport, Letter of Acceptance, and electronic CoE and other necessary documents there.

See below for details.

<https://www.tufs.ac.jp/english/admission/non-degree/exchange/immigration.html>

■ Contact Information

Student Exchange Division
Tokyo University of Foreign Studies
3-11-1 Asahi-cho, Fuchu-shi, Tokyo 183-8534 JAPAN
Tel: +81-42-330-5182 Fax: +81-42-330-5189
Email: inbound@tufs.ac.jp



Testimonials

From Former ISEPTUFS Students



Cokbilen Cihan
from France

I decided to join ISEPTUFS when I was a student at one of the TUFU partner universities in Paris, and it was an amazing experience. TUFU offers a wide variety of courses, including an excellent daily Japanese program that enables rapid progress, complemented by specialized classes. Studying at TUFU also provides the opportunity to explore Japan, its culture, and meet Japanese people. You'll be immersed in a multicultural environment with a lush and pleasant campus, and the university actively supports its students. I enjoyed my experience so much that I decided to become a full-time student. I highly recommend ISEPTUFS; it's an awesome experience!

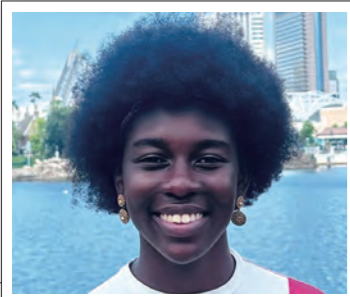
Period of Stay: October 2020 – July 2021 (as an ISEPTUFS student)
*Enrolled in undergraduate program at TUFU from April 2023



Kylee Rose Rowsey
from the U.S.A.

My experience at Tokyo University of Foreign Studies has been nothing short of extraordinary. TUFU provided me with the invaluable opportunity to learn about Japanese culture as well as the diverse cultures of my new friends. Additionally, my Japanese has improved exponentially, thanks to the exceptional support and guidance from my teachers. The variety of activities and the university's close proximity to downtown ensured that I was always having a good time. I am beyond satisfied with my stay here at TUFU.

Period of Stay: October 2023 – July 2024



Addy Condoleessa Benedicta Naa Akuyea
from Ghana

Tokyo University of Foreign Studies was a dream come true. I loved making friends from all of the world as well as studying Japanese. I also got to learn how to play tennis through the tennis club. I have made amazing memories and met wonderful people, I will cherish for a lifetime. Medaase (Thank you in my home language).

Period of Stay: October 2023 – July 2024



Thembo Justus
from Uganda

As an ISEPTUFS student, I had an enriching and everlasting transformative experience. The diverse academic programmes and cultural activities broadened my horizons to global cultures, diversity, and cooperation. During my stay, I enjoyed the Japanese food, interacting with both locals and internationals and made several friends and presentations on Africa. My experience as an ISEPTUFS student motivated me to come back for further studies at TUFU.

Period of Stay: October 2020 – July 2021 (as an ISEPTUFS student)
*Enrolled in master's program at TUFU from October 2023



Camille De Luna
from the Philippines

My stay at TUFU has been a fun and fulfilling experience. Everyone from the professors and office staff has been kind and inspiring. It was truly a pleasure to meet people from all across the globe. Four months is too short but my stay at TUFU is an experience I will carry with me for the rest of my life. I have truly seen Japan and the world through new eyes thanks to the ISEPTUFS.

Period of Stay: April 2024 – July 2024



Anderson Vasconcellos Pereira
from Brazil

Through daily experiences, my Japanese proficiency has increased at an incredible rate. I also had contact with the culture of other countries. Thanks to this experience, I was able to make so many friends, participate in different events and learn other languages such as Chinese. This exchange time was a lot of fun and I feel like I didn't want it to end. TUFU is a wonderful place. I am very grateful for this opportunity.

Period of Stay: October 2023 – July 2024



Kairkeyev Amir
from Kazakhstan

One of the most unforgettable experiences of my life, I was only able to have because of TUFU. Thanks to this university, I was able to greatly improve and gain a good knowledge of Japanese and communication skills. In addition, TUFU has the Student Exchange Division, which is a great support for international students if they have problems, even if they are not related to school. The support and the teaching staff are very friendly, so you don't feel any negativity or pressure. I hope other students from different countries will study at TUFU as well.

Period of Stay: October 2022 – February 2023 (as an ISEPTUFS student)
*Enrolled in Japanese Studies Student program at TUFU from October 2023



Xamonty Southanya
from Laos

I had a grand time and a productive study period at TUFU. All the courses provided me with knowledge and significantly changed my perspective. The campus and dormitory are very welcoming to foreign students and offer excellent support. There are many programs and subjects available for international students to improve their Japanese skills and participate in Japanese culture. I really enjoyed my days at TUFU. It was a great experience!

Period of Stay: October 2023 – July 2024

Testimonials

From Japanese Students at TUFS



SAITO, Taiga

Hello there!
I'm Taiga. I'm mainly taking French courses and majoring in Politics here at TUFS. Are you thinking of studying at TUFS? What a marvelous idea!! Here we have a lot of opportunities to fulfill your days in Tokyo and have a good environment to do what you want and to be yourself.
So don't be afraid, take this chance, and enjoy your fruitful life at TUFS!!
Can't wait to see you guys!!

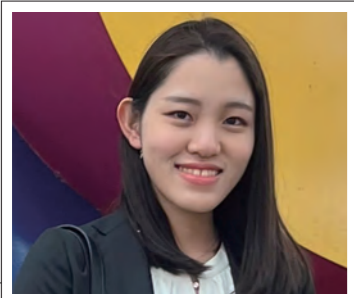
Major Language: French



SHIMOTSUMA, Ayaka

Tens of thousands of eye-opening experiences and Unlimited opportunities to extend your studies with Friends forever in a Super-duper international environment...! This is what I know about TUFS! On behalf of the tutors in the International Residence (dormitory), we are all waiting for you to join us and share fun-filled times together as one. Still worried about your life abroad? Please do not hesitate to talk to us whenever you feel down. We can brighten your day!

Major Field: Global Studies



WATANABE, Risa

Hello! I major in Japanese and have a lot of opportunities to interact with ISEPTUFS students!! Currently, I volunteer as a teaching assistant for Japanese language classes and I'm partnered with a student from Hawaii as a buddy. All the ISEPTUFS students I know are having fun with studying and doing extra activities!! At TUFS, not only can you interact with Japanese students but also with international friends from all over the world! TUFS has a good environment to support you, and I look forward to seeing you here!

Major Language: Japanese

Message from the Japanese Subject Advisor



NAKAI, Yoko

The staff and faculty of TUFS welcome ISEPTUFS students. We offer Fundamental Japanese Courses (Japanese Language Program of TUFS) to help international students acquire academic Japanese proficiency in 7 levels from elementary to advanced in Spring and Fall quarters. In this program, you can take "Integrated" classes to comprehensively learn all four skills (reading, listening, writing, and speaking), as well as "Focused" classes to focus on learning a specific skill. I hope you will enjoy studying Japanese with students from all over the world!

Professor, Institute of Japan Studies

Campus Map

1. North Arrival Court
2. AGORA Global
3. Library
4. Administration Building
5. Central Plaza
6. Research Institute for Languages and Cultures of Asia and Africa (ILCAA)
7. Health Care Center
8. University Hall
9. Research and Lecture Building
10. Japanese Language Center for International Students
11. Gymnasium; Extracurricular Activity Facilities
12. Tennis Courts
13. Sports Grounds
14. TUFS International Residences (No. 1, 2, and 3)

