Take NEX (Narita Express) from Narita Airport to JR Shinjuku Station. Transfer to the Chuo Line (a local train) bound for Takao. At Musashi-sakai Station, transfer again to the Seibu Tamagawa Line. Get off at Tama Station and walk for five minutes.

There are some other ways to get to TUFS:

http://www.tufs.ac.jp/english/access/

- **From Narita to TUFS**
  - Take NEX (Narita Express) from Narita Airport to JR Shinjuku Station.
  - Transfer to the Chuo Line (a local train) bound for Takao.
  - At Musashi-sakai Station, transfer again to the Seibu Tamagawa Line.
  - Get off at Tama Station and walk for five minutes.

- **From Tama Station to TUFS**
  - Follow the directions provided on the provided map and diagram.
TUFS Quick Facts

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<th>Page</th>
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<td>Student Population</td>
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<tr>
<td>Number of Students Studying Abroad</td>
<td>3</td>
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<td>Partner Institutions (2017)</td>
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<tr>
<td>TUFS On-Campus International Residence</td>
<td>5</td>
</tr>
<tr>
<td>Languages Taught at TUFS: 70+</td>
<td>6</td>
</tr>
</tbody>
</table>

**TUFS Quick Facts**

- **History**
  1873 Founded by the government as an institution of learning named “Tokyo Gaikokugo Gakko”

- **In 2023, TUFS will celebrate its 150th anniversary.**

- **Student Population**
  Undergraduate Students 3,800 +
  Graduate Students 500 +
  Total 4,300 +
  Over 600 International Students from more than 80 countries.

- **Number of Students Studying Abroad**
  Short-term (less than 6-months) 500 +
  Long-term (more than 6-months) 700 +
  Including over 300 exchange students
  Total over 1,200 Students

- **Partner Institutions (2017)**
  182 institutions in 69 countries/regions


- **TUFS On-Campus International Residence**
  - Residence No. 1 : 138 single rooms
  - Residence No. 2 : 72 single rooms
  - Residence No. 3 : 230 single rooms

  5-minutes walk to the classrooms buildings
  50 minutes by train from Shinjuku, in downtown Tokyo

- **Languages Taught at TUFS: 70+**
  Offered as Majors: English, German, Polish, Czech, French, Italian, Spanish, Portuguese, Russian, Uzbek, Mongolian, Japanese, Chinese, Korean, Indonesian, Malay, Filipino, Thai, Lao, Vietnamese, Cambodian, Burmese, Urdu, Hindi, Bengali, Arabic, Persian, Turkish

  Other Language Classes: Ainu, Alagric Languages, Amharic, Assamese, Basque, Bulgarian, Cantonese, Catalan, Dutch, Finnish, Georgian, Greek, Ancient Greek, Haida, Hawaiian, Hebrew, Hokkien, Hungarian, Japanese Sign Language, Javanese, Kazakh, Kolyma Yuskaghir, Latin, Lithuanian, Malayalam, Marathi, Okinawan, Pali, Languages of Papua New Guinea, Romanian, Sanskrit, Shanghainese, Sinhala, Old Slavic, Swahili, Swedish, Tamil, Tibetan, Turkmen, Uyghur, Ukrainian, Wolaytta, Yiddish
The International Student Exchange Program of Tokyo University of Foreign Studies (ISEPTUFS) is designed for international exchange students coming to the Tokyo University of Foreign Studies under student exchange agreements and provides them with the opportunity to acquire a firm understanding of Japanese culture, and to deepen perspectives on current international issues on an academic level.

A Brief Description of TUFS

Over the long history of Tokyo University of Foreign Studies, it has been guided by two fundamental principles. Firstly, TUFS strives to offer education in foreign languages, cultures, communities, and international relations. Secondly, TUFS promotes the study of both theory and application of scholarship, and wishes to contribute to social progress. As Japan’s leader in International Studies, TUFS develops multilingual, successful, globally-minded students.

TUFS is a national university offering undergraduate and graduate programs related to the study of world languages, cultures and societies, and international relations.

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.

ACADEMIC DEPARTMENTS

Undergraduate

<table>
<thead>
<tr>
<th>Schools</th>
<th>Courses</th>
</tr>
</thead>
</table>
| School of Language and Culture Studies | 1. Language and Information Studies  
2. Applied Language and Communication Studies  
3. Culture and Literary Studies |
| School of International and Area Studies | 1. Area Studies  
2. Contemporary Global Studies  
3. International Relations |

Graduate

<table>
<thead>
<tr>
<th>Programs</th>
<th>Courses</th>
</tr>
</thead>
</table>
| Graduate School of Global Studies (Master)  | 1. Global Studies  
2. Japan Studies |
| Graduate School of Global Studies (Doctorate)| 1. Language and Culture Studies  
2. International and Area Studies |

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 coming to the Tokyo University of Foreign Studies under student exchange agreements and provides them with the opportunity to acquire a firm understanding of Japanese culture, and to deepen perspectives on current international issues on an academic level.

Eligibility

- Students currently enrolled in an undergraduate or graduate program at a university which has a mutual student exchange agreement with TUFS.
- Students must meet a minimum standard of English or Japanese proficiency, either a TOEFL iBT score: 71 (or its equivalent) or Japanese: Level N2 (Level N1 preferred) of Japanese Language Proficiency Test. Although no prior knowledge of Japanese is required, applicants are encouraged to study basic Japanese before coming to Japan.

Number of Participants

Approximately 200 students per year (2017)

Program Duration

- Students typically study for a full year, but it is possible to study for a single term.
- Students may start the program in April or October.

Academic Calendar

The academic year is divided into the following terms:

- SPRING QUARTER: April 1st – Middle of July
- SUMMER QUARTER: Middle of July – End of September
- FALL QUARTER: October 1st - Late January
- WINTER QUARTER: Late January – End of March

Orientation for International Students

Spring Quater (April entry): Beginning of April
Fall Quater (October entry): End of September
**Classes for ISEPTUFS students**

**Class Overview**

TUFU provides an environment in which international and Japanese students can study together. ISEPTUFS students may choose any courses from any undergraduate department, depending on their Japanese language proficiency and other requirements.

1. **Global Liberal Arts Program**
   - Global Liberal Arts Program includes the Japanese Language Program (JLP), and TUFU Integrated Program in Japan Studies, as well as others.

2. **Subjects in the School of Language and Culture Studies**
   - The School of Language and Culture Studies offers classes in many fields: Linguistics, Language Education, Communication, Multilingual Multicultural Studies, and Regional Literature, Thought and Arts etc.

3. **Subjects in the School of International and Social Studies**
   - The School of International and Social Studies covers Area Studies, Cultural Studies, International Relations, Politics, and Economics.

Some courses are taught in English. Please refer to the page 12 for the detail.

**Japanese Language Program (JLP)**

Language classes from the Japanese Language Program, which are offered to all international students at TUFU. These courses are offered at various levels (Elementary to Upper Advanced) and are held from 2 to 5 hours per week.

(Please refer to the link below for the detail.
http://www.tufs.ac.jp/english/student/international_student/index.html)

**TUFU Integrated Program in Japan Studies**

Since 2016, the Japan Studies Program has enabled all TUFU students, including exchange students, to cultivate their knowledge of Japan by studying Japanese language, culture, history and society. Classes taught in Japanese, as well as classes taught in English, are both available.

**Credits**

TUFU subjects can be divided into two categories, “lecture” or “seminar”.

- 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 to study outside the class.

You need to take at least 7 classes (10 hours) for visa requirements.

**Transcripts**

- An authorized transcript will be issued which includes the grades and credits for all courses based upon the regulations set by TUFU.
- Student’s home universities will decide whether earned credits are transferrable or not.

**Tutor System**

A student tutor is available upon request. Students can receive advice and assistance from tutors while in Japan.

**Program Certificates (only for Undergraduate-level students)**

When ISEPTUFS students obtain 24 or more credits, we will issue a certificate of completion for the ISEPTUFS Program.

**Scholarships**

Exchange student 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 (MEXT).

Scholarship amount: 80,000 yen/ month

Further information:
Student Life

TUFS International Residence

TUFS has 3 international student residence halls with single rooms available for students (we cannot guarantee that you will be placed in your preferred hall).

- **Expenses:**
  - Rent: 21,000-46,000 yen/month
  - Utilities (water, electricity, etc.): around 15,000 yen/month

- **Furnishings and facilities:**
  - An air-conditioner, bookshelf, desk, kitchen cabinets, refrigerator, kitchen, toilet, and shower are provided. There are also vacuum cleaners or washing machines. Students must procure their own bed sheets, blankets, and pillows.

Food and Shopping

As there is no food service in the dormitory buildings, students must procure their own food at a cafeteria or a nearby shop. TUFS has a general store (COOP), 2 cafeterias, a restaurant, and a coffee shop on campus. Convenient stores and bakeries are close to the campus.

Health Center

TUFS houses a health center, which provides advice on health and medical matters. Physicians and nurses offer primary care to meet the needs of students. The health center also coordinates a health examination in April and October for incoming international students.

Athletic

- Athletic Sport, American Football, Soccer, Baseball, Tennis, Volleyball, Kendo, Karate, Aikido, Kyudo, Flamenco, Cheer Leading, Figure Skating, Boat, Flying Disk, Philippine Cultural Dance, Classical Ballet, Futsal, Korean Dance, Pom Dance, Handball, Vietnamese Dance, Badminton, Judo, Table Tennis, Fencing, Shorinji Kempo, Lacrosse, Competitive Dance and more.

Cultural

- Orchestra, Classic Guitar, Brazilian Music, Photo, Fine Arts, Tea Ceremony, Karuta, Cartoons, Language Interpreter, Voice Actor Casting, Kraft, Drama, Acoustic Music Club, Flower Arrangement, Fishing, Board Games and more.

Events (Optional)

- Evening Party for International Students
- School visits
- City Tours (Kamakura, Asakusa etc)
- Home visits
- Volunteer activities
- And many more!

Part-Time Jobs

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 a part-time job. Students are allowed to work up to 28 hours per week.
Application Procedure

Before You Start

Students must confirm their eligibility for our Student Exchange Programs with their home university’s study abroad office. Please contact them for details of the application procedures.

http://www.tufs.ac.jp/english/admission/non-degree/exchange/application.html

Application Materials

(Please see: http://www.tufs.ac.jp/english/admission/non-degree/exchange/application.html)

1. Application form with a photo attached (Fill in the on-line application form)
2. Study Plan
3. Recommendation Letter
4. Certificate of Health
5. Application for an on-campus dormitory room
6. Application for Certificate of Eligibility with a photo attached (Fill in the on-line application form)
7. Official academic transcript written in English or Japanese
8. A copy of English proficiency exam score report (Native English speakers do not need to submit this item.) or a copy of Japanese Language Proficiency Test score report
9. A copy of Passport
10. Official documents to show sufficient funds for studying in Japan such as: proof of scholarship, bank statement or income verification from the supporter
11. 3 extra photographs (4x3 cm)
12. ISEPTUFS_CHECKLIST

For JASSO Scholarship Applicant:

13. Certificate of Enrollment of the application for the JASSO Scholarship and Essay

Deadline

Spring Quarter (April entry): November 30th in the previous year
Fall Quarter (October entry): March 31st

Notification of Results

The results of application to ISEPTUFS and the JASSO scholarship will be sent to your home university’s study abroad office by the following dates:

- The result of the application to ISEPTUFS
  - Spring quarter (April entry): End of January
  - Fall quarter (October entry): End of June

- The result of the JASSO scholarship
  - Spring quarter (April entry): Middle of March
  - Fall quarter (October entry): End of June

Immigration Procedure

Students need both a valid passport and a student visa. In order to apply for a student visa, the Student Exchange Division at TUFS will apply to the Tokyo Immigration Bureau for a Certificate of Eligibility on behalf of the applicant. Students must then submit their passports and the Certificate of Eligibility to the local Japanese Embassy or Consulate in order to obtain a student visa. This Certificate of Eligibility is required for entry into Japan, so make sure to bring it with you upon arrival.

Contact Information

Student Exchange Division
Tokyo University of Foreign Studies
3-11-1, Anahi-cho, Fuchu-shi, Tokyo, 183-8534 JAPAN
Tel: +81-42-330-5182
Fax: +81-42-330-5189
E-mail: short_exchange@tufs.ac.jp
## Testimonials

### From Former ISEP Students

<table>
<thead>
<tr>
<th>Name</th>
<th>Period of Stay</th>
<th>Testimonial</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABREU, Tania</td>
<td>October 2017 – February 2018</td>
<td>&quot;The teachers of the Japanese language classes are very nice and professional, always prepared to explain any kind of questions that students might have. Their way of teaching grammar is very clear, by giving us great examples so students understand it better. I'm planning on taking a master's degree here in Japan!&quot;</td>
</tr>
<tr>
<td>HANNA, Graham</td>
<td>October 2017 – July 2018</td>
<td>&quot;I've been very impressed by the number of extracurricular activities that the staff has arranged for international students. I've had the chance to listen to traditional music and go on tours of Tokyo. I've really been enjoying my weekly session of Japanese calligraphy that I joined. As a visually-impaired person, I thought it would be difficult to live here by myself, but the staff and teachers have worked very hard to accommodate my needs, and it has been a wonderful experience!&quot;</td>
</tr>
<tr>
<td>CATENA, Eloisa</td>
<td>April 2017 – February 2018</td>
<td>&quot;Living in the dormitory on campus has been a new experience for me and also a blessing. On the campus and in the dorm I could have all the things I needed and I could also ask for help anytime I needed it. I could make new friends in the dorm and study in the media room. Also, I could study in the huge library on campus and I could buy everything I needed for my school life in the coop shop near the cafeteria. The atmosphere on campus is very nice.&quot;</td>
</tr>
</tbody>
</table>

### From Japanese Students at TUFs

<table>
<thead>
<tr>
<th>Name</th>
<th>Major Language</th>
<th>Testimonial</th>
</tr>
</thead>
<tbody>
<tr>
<td>SHOJI, Kosuke</td>
<td>English</td>
<td>&quot;Buenos días! Qué tal? I'm studying Spanish for 2 years at TUFs. Now I work as a tutor for a Spanish student. I love tutoring because I can meet with students who inspire me and I can enjoy different languages and cultures with interesting friends.&quot;</td>
</tr>
<tr>
<td>SUZUKI, Ayaka</td>
<td>Spanish</td>
<td>&quot;Bonjour à tous et enchanté! I major in French linguistics, but I'm also very interested in Japanese, my native language. Japanese is, as you know, a very complex language, but also very interesting and exciting. So let's study Japanese together! I'm waiting for you at TUFs (Gaidai)!&quot;</td>
</tr>
<tr>
<td>SUZUKI, Takuma</td>
<td>French</td>
<td>&quot;We, TUFs welcome all the ISEP students. The &quot;Japanese Language Program of TUFs(JLPTUFS)&quot; is a program designed to improve the academic Japanese proficiency of international students studying at TUFs. The program's curriculum is geared toward students who would like to learn Japanese for academic purposes. This program is based on the quarter system, consisting of a spring quarter and a fall quarter, and has eight class levels to accommodate the varying language proficiencies of students.&quot;</td>
</tr>
</tbody>
</table>

### Message from the Japanese Subject Advisor

"Hello! When I studied abroad in Vancouver, I had great experiences thanks to generous support from people I met there. Now I am, as a tutor, trying to support international students just as my friends in Canada did to me. I am enjoying offering knowledge on Japanese language as a native speaker and talking about cultural differences. I’m looking forward to meeting you at TUFs!"

"Buenos días! Qué tal? I’m studying Spanish for 2 years at TUFs. Now I work as a tutor for a Spanish student. I love tutoring because I can meet with students who inspire me and I can enjoy different languages and cultures with interesting friends."
## List of Courses taught in English (Fall & Winter 2017)

<table>
<thead>
<tr>
<th>Quarter</th>
<th>Code</th>
<th>Title</th>
</tr>
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<tbody>
<tr>
<td>Fall</td>
<td>411101</td>
<td>Topics in Distance Learning 2</td>
</tr>
<tr>
<td>Fall</td>
<td>412034</td>
<td>Communication Intelligence (I-Q) 2</td>
</tr>
<tr>
<td>Fall</td>
<td>412044</td>
<td>English Through Mass Media (Fall)</td>
</tr>
<tr>
<td>Fall</td>
<td>410107</td>
<td>Topics in International Communication Management</td>
</tr>
<tr>
<td>Fall</td>
<td>410180</td>
<td>Topics in Modern Japanese Culture and Society from the Perspective of Popular History</td>
</tr>
<tr>
<td>Fall</td>
<td>413011</td>
<td>Survey of Japanese Mythology</td>
</tr>
<tr>
<td>Fall</td>
<td>421008</td>
<td>China’s Economic Reform and Globalization</td>
</tr>
<tr>
<td>Fall</td>
<td>412025</td>
<td>English for Interpreters/Translators (Fall)</td>
</tr>
<tr>
<td>Fall</td>
<td>421132</td>
<td>Critical Review of the Israeli-Palestinian Conflict</td>
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<tr>
<td>Fall</td>
<td>422001</td>
<td>Survey of Bob Dylan as U.S. Social History</td>
</tr>
<tr>
<td>Fall</td>
<td>421084</td>
<td>Topics in Fascism and War Memory in Japan</td>
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<tr>
<td>Fall</td>
<td>421093</td>
<td>Topics in Migration: Trends and Dynamics</td>
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<tr>
<td>Fall</td>
<td>421050</td>
<td>Introduction to Japanese Language Education in the Era of Globalization</td>
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<tr>
<td>Fall</td>
<td>422067</td>
<td>Introduction to Contemporary Global Problems</td>
</tr>
<tr>
<td>Fall</td>
<td>422026</td>
<td>Nationalism and Capitalism in Pre-World War Japan</td>
</tr>
<tr>
<td>Fall</td>
<td>411106</td>
<td>Topics in Corporate Governance and Culture in Comparative Perspective 1</td>
</tr>
<tr>
<td>Fall</td>
<td>421023</td>
<td>Topics in Global Issues 2</td>
</tr>
<tr>
<td>Fall</td>
<td>422019</td>
<td>The Theory and Practice of the UN Human Rights Institutions</td>
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<tr>
<td>Fall</td>
<td>421031</td>
<td>Business English for Interpreters/Translators (Fall)</td>
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<tr>
<td>Fall</td>
<td>411006</td>
<td>Survey of HASAKI and Japanese HASAKI</td>
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<tr>
<td>Fall</td>
<td>413076</td>
<td>Topics in Global Issues 2</td>
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<tr>
<td>Fall</td>
<td>413118</td>
<td>Cultural History of Turkish Literature 1</td>
</tr>
<tr>
<td>Fall</td>
<td>180049</td>
<td>Topics in Intercultural Communication</td>
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<tr>
<td>Fall</td>
<td>180198</td>
<td>Topics in Film Analysis: An Introduction to Film Analysis</td>
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<tr>
<td>Fall</td>
<td>412007</td>
<td>Topics in Environment and Human Life 2</td>
</tr>
<tr>
<td>Fall</td>
<td>411006</td>
<td>Survey of Language and Society 2</td>
</tr>
<tr>
<td>Fall</td>
<td>412026</td>
<td>Research Methodology for Language Education Studies</td>
</tr>
<tr>
<td>Fall</td>
<td>413172</td>
<td>Modern and Contemporary Japanese Literature 2</td>
</tr>
<tr>
<td>Fall</td>
<td>423008</td>
<td>Survey of Contemporary World and International Organizations</td>
</tr>
<tr>
<td>Fall</td>
<td>420100</td>
<td>Topics in Formation of Post-War Okinawan Social Movements and Structural Changes in the Trans-Pacific Region</td>
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<td>Fall</td>
<td>413024</td>
<td>Survey of Hmong Culture</td>
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<tr>
<td>Fall</td>
<td>421020</td>
<td>Basque Culture and History</td>
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<tr>
<td>Fall</td>
<td>411004</td>
<td>Topics in Introductory Linguistics</td>
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<tr>
<td>Fall</td>
<td>180060</td>
<td>Topics in World Geography 2</td>
</tr>
<tr>
<td>Fall</td>
<td>412024</td>
<td>Second Language Acquisition 2: Conversation Analysis for Second Language Acquisition</td>
</tr>
<tr>
<td>Fall</td>
<td>411036</td>
<td>Public Speaking for Interpreters/Translators (Fall)</td>
</tr>
<tr>
<td>Fall</td>
<td>413165</td>
<td>Christianity: Debates and Perspectives in Christianity</td>
</tr>
<tr>
<td>Fall</td>
<td>180081</td>
<td>Topics in Modern Japanese History</td>
</tr>
<tr>
<td>Fall</td>
<td>422118</td>
<td>Survey of Japanese Diasporas</td>
</tr>
<tr>
<td>Fall</td>
<td>180007</td>
<td>Survey of Language and Society 2</td>
</tr>
<tr>
<td>Fall</td>
<td>411006</td>
<td>Survey of Language and Society 2</td>
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<tr>
<td>Fall</td>
<td>412026</td>
<td>Research Methodology for Language Education Studies</td>
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<tr>
<td>Fall</td>
<td>413172</td>
<td>Modern and Contemporary Japanese Literature 2</td>
</tr>
<tr>
<td>Fall</td>
<td>423008</td>
<td>Survey of Contemporary World and International Organizations</td>
</tr>
<tr>
<td>Winter</td>
<td>411004</td>
<td>Introduction to Lyric Poem - A Close Reading</td>
</tr>
<tr>
<td>Winter</td>
<td>180015</td>
<td>Topics in Culture, Power, Identity</td>
</tr>
<tr>
<td>Winter</td>
<td>180077</td>
<td>Topics in International Tourism</td>
</tr>
<tr>
<td>Winter</td>
<td>180078</td>
<td>Topics in International Economic Assistance for the Developing World</td>
</tr>
<tr>
<td>Winter</td>
<td>413005</td>
<td>Survey of Western Literature 2</td>
</tr>
<tr>
<td>Winter</td>
<td>411007</td>
<td>Introduction to Morpho-syntactic and Semantic Typology</td>
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<tr>
<td>Winter</td>
<td>411007</td>
<td>Introduction to Morpho-syntactic and Semantic Typology</td>
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<tr>
<td>Winter</td>
<td>422002</td>
<td>Introduction to Cultural Studies</td>
</tr>
<tr>
<td>Winter</td>
<td>422007</td>
<td>Postcolonialism and Modern Japan</td>
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<tr>
<td>Winter</td>
<td>180050</td>
<td>Topics in Japanese Language Contact, Variation and Change</td>
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<td>Winter</td>
<td>180076</td>
<td>Topics in Japanese Traditional Culture</td>
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<td>Winter</td>
<td>180073</td>
<td>Topics in Journalism</td>
</tr>
<tr>
<td>Winter</td>
<td>411016</td>
<td>Topics in Globalization and Immigration 1</td>
</tr>
<tr>
<td>Winter</td>
<td>411000</td>
<td>China and Pluralism: A Global History of Persuasion</td>
</tr>
<tr>
<td>Winter</td>
<td>421001</td>
<td>The Global Economy, 1000-2000 Lecture by Dr. Xabier Lamikiz (University of the Basque Country)</td>
</tr>
</tbody>
</table>