Welcome to TUFS. International Student Exchange Program of Tokyo University of Foreign Studies (ISEPTUFS) was launched in 1998 for overseas students to develop cultural awareness and exchanges.

TUFS has taken every effort to attract outstanding international students and faculty. As of 2009, nearly six hundred international students from various countries are studying at TUFS including students in degree programs, exchange programs and Japanese language program. Many of them are pursuing degrees, which consist of three hundred and fifty students in undergraduate or regular graduate programs.

The primary aims of ISEPTUFS are to foster international understanding and strong ties between Japan and other countries. It also seeks to nurture in all students a deeper understanding regarding social phenomena, languages and outlook on life in Japan.

I hope that you will invest your time for a valuable opportunity to experience new culture and exploring the life in Japan.

Kameyama Ikuo
2 The City of Tokyo

3 Tokyo University of Foreign Studies (TUFS)

4 International Student Exchange Program of Tokyo University of Foreign Studies (ISEPTUFS)
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The City of Tokyo

Tokyo is the largest city in Japan with a population of 13 million. It is the center of cultural, economic, political, and educational life in Japan. Numerous attractions and entertainment centers are scattered throughout the city. The new and old coexist harmoniously. Tokyo is also a world capital for international cuisine. Famous districts for business, government, and entertainment are readily accessible by safe public transportation systems.

Tokyo has four seasons: spring, summer, fall, and winter. Spring and fall bring pleasant weather with mild temperatures while the temperature in summer may go up to mid-thirties degree centigrade in August. Winter is cold but not severe, with only a few days of snow.
Tokyo University of Foreign Studies, an institution with a long history and tradition, was founded upon two fundamental principles. Firstly, TUFS aims to offer education in foreign languages, cultures, regional communities, and international relations.

Secondly, TUFS promotes the study of both theory and application of scholarship, and aims to contribute to cultural advancement. As the leader of international studies in Japan, TUFS produces able graduates who have become leaders in various fields upon their entry into society.

TUFS is a national university offering undergraduate and graduate programs related to the study of world language, culture and societies, and international relations. The university is composed of the Faculty of Foreign Studies, covering seven areas of study and twenty-six major areas of specialization, the Graduate School of Area and Cultural Studies, the Japanese Language Center for International Students, and the Institute for the Study of Languages and Cultures of Asia and Africa. TUFS continues to maintain its unique role as a leading center of excellence in international studies, research and exchange.
Outline of ISEPTUFS

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

Eligibility

Students eligible for the program will meet the following requirements:

A) Be enrolled in an undergraduate or graduate program at a university which has concluded a mutual student exchange agreement with TUFs. (Please refer page 7)

B) Have sufficient English proficiency to use English as their second language of education. Students are required to have a minimum TOEFL score of iBT 71 (or its equivalent). Although no prior knowledge of Japanese is required, applicants are encouraged to study a minimum amount of Japanese before coming to Japan.

Number of Participants

Approximately 80-90 students.

Program Duration

A) In principle, students study for a full year, but it is possible to study for a single semester.

B) Students should enter the program in October but it is possible to enter the program in April.

Academic Calendar

A) Academic semesters are divided into the following terms:

FALL SEMESTER: October 1-End of February

SPRING SEMESTER: April 1-Beginning of August

B) Courses generally run during the following periods:

FALL SEMESTER: Mid October-End of February (15 weeks)

SPRING SEMESTER: Mid April-Beginning of August (15 weeks)

C) Classes are not held on Saturdays, Sundays, and national holidays. Moreover, there are breaks during winter, spring, and summer during which program participants engage in independent research.

Organization of the Education Program

The program consists of core courses and a supervised independent study project. The students are required to take an intensive Japanese language course.

I Core Courses

A) Intercultural Studies Program (ISP)

Inter-cultural Studies Program (ISP) is a course in ISEPTUFS for students who want to deepen their perspectives on and explore solutions to current international issues. ISP students will be given the opportunity to study and exchange their ideas regarding these topics with fellow students from around the world. Many outstanding lectures will be conducted utilizing a diverse number of academic fields and approaches toward a broad array of issues.

B) Japan Studies Program (JSP)

Japan Studies Program (JSP) is a course in ISEPTUFS for those who want to improve their Japanese language proficiency in an academic setting, as well as gain a profound understanding of various Japan-related issues through intensive study of the Japanese language. Many outstanding lectures will be conducted in both Japanese and English.

II Supervised Independent Studies Courses

Each ISEPTUFS student will have a personal advisor. This advisor
will be a faculty member of TUF S. Under the supervision of the advisor, each student will:
1) Plan his/her individual study plan.
2) Complete his/her academic project (e.g., writing a research paper)
3) Discuss his/her academic or personal problem if necessary.

III Japanese Language Classes
Each student is required to take intensive Japanese Language classes offered by the Japanese Language Program of Tokyo University of Foreign Studies (JLPTUFS).
Students in ISP will have 3 classes per week. Students in JSP will have at least 5 classes per week.

Course Requirements
A certificate will be given to those who have successfully taken at least 18 credits in two semesters. Thus students must register for a minimum of 9 credit per semester.

ISP: In two semesters, 6 credit of Japanese language courses offered in the Japanese language program of Tokyo University of Foreign Studies (JLPTUFS) should be taken. The remaining 12 credits (6 subjects) should be chosen from elective classes conducted in English.

JSP: In two semesters, 10 credits

of Japanese language courses offered in the Japanese language program of Tokyo University of Foreign Studies (JLPTUFS) should be taken. The remaining 8 credits (4 subjects) should be core courses of JSP, 4 credits (2 subjects) of which should be classes conducted in English.

Tutor System
A student tutor is available for each student upon request. Students can receive advice and assistance from such tutors while in Japan.

Program Certificate
Those students who pass nine or more credits in both the Fall and Spring Semester (a total of 18 credits or more) will be issued a program completion certificate.

Scholarship
Student from universities that have an official exchange program with TUF S may apply for JASSO’s Scholarship.
A) 80,000 yen/month
B) Relocation Allowance 80,000 yen (upon arrival only)
*JASSO: The Japan Student Service Organization supported by The Ministry of Education, Culture, Sports, Science and Technology.
Further information:
http://www.tufs.ac.jp/ntlaffairs/isep-scholarship-e.html
Student Life

- **TJUS International Hall**
  TUSJ has an international student residence hall with single rooms available for students during their stay in Japan.
  
  **A) Expenses:**
  - Rent: 4,700 yen/month
  - Utilities (water, electricity, etc.): around 15,000 yen/month
  - Common maintenance fee: 13,000 yen/month
  
  **B) Furnishings and facilities:**
  - An air-conditioner, bookshelf, desk, kitchen cabinets, refrigerator, kitchen, toilet, and shower are provided.
  - There are also items to be shared such as vacuum cleaners and washing machines. (Students must procure own bedding)

- **National Health Insurance**
  The National Health Insurance system is designed to assist those in need of medical care in the event of illness or injury. The medical plan covers seventy percent of necessary medical expenses. All international students at TUSJ are members of the medical plan at a cost of around 1,000 yen/month.

- **International Exchange Activities**
  In addition to the extracurricular activities sponsored by TUSJ, volunteers in Tokyo and the greater Tokyo area host a home-stay program.

- **Extracurricular Activities / Recreation**
  A significant part of student life is not only devoted to study but to extracurricular activities as well. Currently, TUSJ has 40 culture-related clubs and 43 sports clubs. Within the cultural clubs, there are many international students who participate in traditional Japanese arts such as tea ceremony, koto, and calligraphy. Moreover, students also have the opportunity to join various sports clubs including martial arts clubs (e.g., judo, karate, kendo, and archery).

- **Food and Shopping**
  TUSJ has both a general store (COOP) as well as three cafeterias on campus where students can buy books, stationary, magazines, food and drinks. The prices are reasonable.

- **Health Center**
  TUSJ houses a health center that provides advice on health and medical matters. This center coordinates a health examination every April while also conducting tests every October for incoming international students.

- **Part-Time Work**
  Students interested in part-time work must receive permission from a local immigration office. ISEP/TJUS participants as a rule are eligible to engage in part-time work after the first three months in the program. Students may work up to 14 hours per week.
List of Exchange Universities

Students registered at a university that has an official exchange program with TUFS are eligible to participate in the ISEP/TUFS Program. Fees are not charged to students enrolled at universities that have a tuition waiver agreement with TUFS.

### Europe

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<tr>
<th>Country</th>
<th>University/Institution</th>
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<tbody>
<tr>
<td>Czech Republic</td>
<td>Charles University Prague</td>
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<td>Austria</td>
<td>Universitat Wien</td>
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<td>France</td>
<td>Institut d'Etudes Politiques de Paris</td>
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<td>Institut National Des Langues et Civilisations Orientales de Paris</td>
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<td>Universite de la Sorbonne Nouvelle-Paris III</td>
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<td>Germany</td>
<td>Friedrich Alexander Universitat Erlangen-Nurnburg</td>
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<td>Georg August-Universitat Gottingen</td>
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<td>Justus Liebig-Universitat Giessen</td>
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<td>Philips-Universitat Marburg</td>
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<td>Universitat Bielefeld</td>
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<td>Italy</td>
<td>Instituto Universitario Orientale di Napoli</td>
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<td>Universita degli Studi di Roma La Sapienza</td>
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<td>Universita degli Studi di Torino</td>
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<td>Portugal</td>
<td>Universidade de Coimbra</td>
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<td>Russia</td>
<td>Russian State University for the Humanities</td>
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<td>Lomonosov Moscow State University</td>
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<td>Slovenia</td>
<td>University of Ljubljana</td>
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<td>Spain</td>
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<td>Universidad de Sevilla</td>
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<td>Switzerland</td>
<td>L'Universite de Geneve</td>
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<td>Universitat Zurich</td>
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<td>United Kingdom</td>
<td>Leeds University</td>
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<td>School of Oriental and African Studies, University of London</td>
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<td>The University of Manchester</td>
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<td>Uzbekistan</td>
<td>Tashkent State Institute of Oriental Studies</td>
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<td>Netherlands</td>
<td>Leiden University</td>
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### Middle East

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<td>Iran</td>
<td>Allameh Tabatabaee University</td>
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<td>Syria</td>
<td>University of Damascus</td>
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<td>Turkey</td>
<td>Ankara University</td>
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<td>Bogazici University</td>
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### Asia

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<td>Royal University of Phnom Penh</td>
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<td>China</td>
<td>Beijing Language and Culture University</td>
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<td>Dalian Univ. of Foreign Language, Institute of Chinese Studies</td>
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<td>Inner Mongolia University</td>
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<td>Northwest Normal University</td>
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<td>Shanghai Foreign Language University</td>
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<td>Hankuk University of Foreign Studies</td>
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<td>Vietnam</td>
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<td>University of Social Sciences and Humanities, VNU-Hanoi</td>
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### Africa

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<td>Egypt</td>
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<td>Cairo University</td>
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<td>Mozambique</td>
<td>University of Eduardo Mondlane</td>
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### Oceania

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<td>Australia</td>
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### South America

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<td>Brazil</td>
<td>Universidade do Estado do Rio de Janeiro</td>
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<td>Universidade Federal do Parana</td>
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### North America

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<td>Canada</td>
<td>University of British Columbia</td>
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<td>USA</td>
<td>Cornell University</td>
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<td>University at Albany, State University of New York</td>
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<td>University of California, San Diego</td>
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as of Oct./2009
Application Procedures

Method for Applying
Students enrolled in a university which has concluded a student exchange agreement with TUF S who wish to participate in the ISEPTUFS Program should submit their application thorough their own university. Please contact yours university for details.

Application Materials
A) ISEPTUFS Application
B) Letter of recommendation (In either Japanese or English)
C) An official transcript issued by your university
D) JASSO Scholarship application

Deadline
Fall Semester (October entry):
End of March
Spring Semester (April entry):
Middle of December

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
E-mail: short_exchange@tufs.ac.jp

Notification of Results
The head of the international exchange program at your university will be informed of the results of applications to ISEPTUFS and the JASSO scholarship by the following times:
A) Fall Semester (October entry): End of June
B) Spring Semester (April entry): Middle of March

Immigration Procedures
A person needs both a valid passport and a visa authorized by a Japanese Embassy or Consulate in order to enter Japan.
International Students entering the ISEPTUFS program do so under the authorization of an International Students Visa. In order to apply for this visa, the International Exchange Office at TUF S will issue a Letter of Student Authorization to the student. The student must then submit his/her passport and the Letter of Student Authorization to the local Japanese Embassy or Consulate in order to obtain the student visa. This Letter of Student Authorization is necessary to disembark in Japan, so make sure to bring it with you when you come to Japan.
Direction to TUFST and International Hall

Directions to TUFST and International Hall (Asahicho) (from Narita Airport)

Take next 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 three minutes.

1. Auditorium
2. Library
3. Administration building
4. Health Care Center
5. Research and Lecture building
6. Institute for the Study of Languages and Cultures of Asia and Africa
7. University Hall
8. Japanese Language Center for International Students
9. Gymnasium
10. Extracurricular activity facilities
11. Swimming pool
12. Tennis courts
13. Sports grounds
14. Residence hall
15. East entrance
16. Mall
17. Central square
18. West entrance
19. Asahi Street
20. Route 1
For further information contact:
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
E-mail: short_exchange@tufts.ac.jp
http://www.tufts.ac.jp/mtlaffairs/exchange-in01e.html