



東京外国語大学

Tokyo University of Foreign Studies

ISEPTUFS COURSE GUIDEBOOK

2025 Fall quarter



1. What is ISEPTUFS?

1.1 Purpose of ISEPTUFS

Tokyo University of Foreign Studies offers International Student Exchange Program of Tokyo University of Foreign Studies: ISEPTUFS.

The program provides students with the opportunity to study in Japan and helps them acquire a firm understanding of Japan and the international community. Meanwhile, the program aims to promote meaningful cultural exchange and to contribute to the cultivation of outstanding professionals with international backgrounds. At the same time, TUFS seeks to achieve the goal of 'bilateral exchange in education between international and Japanese students'.

ISEPTUFS officially began accepting international exchange students from October 1998, and this year, 2025, will mark the 28th anniversary.

1.2 ISEPTUFS students

The ISEPTUFS program is an exchange program designed for international students who will study from three months to one year at TUFS. Students enrolled in a graduate school in their home universities can select either on undergraduate-level course or graduate-level course. ISEPTUFS students in graduate-level can take graduate courses in addition to those offered for undergraduate-level students.

1.3 Characteristics of the Program

In comparison to exchange programs in other universities, ISEPTUFS has certain distinctive characteristics:

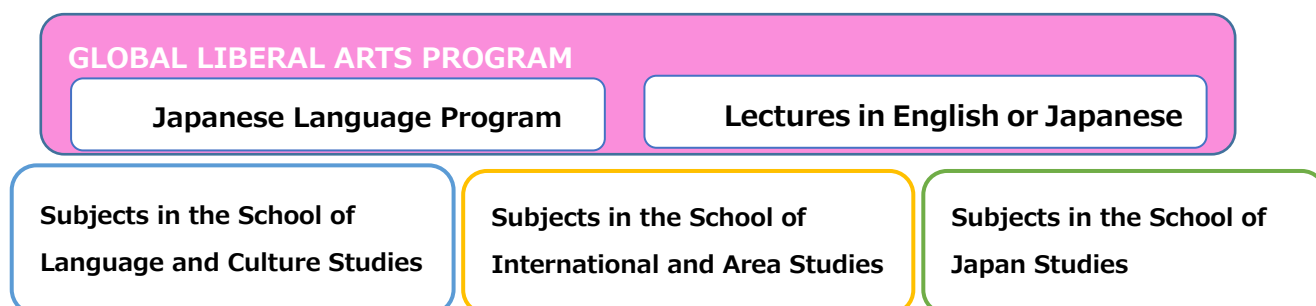
- (1) Taking advantage of the 28 regional languages offered at TUFS, exchange students can avail guidance in their mother tongue from their academic advisors.
- (2) ISEPTUFS students can take subjects offered by the School of Language and Culture Studies, School of International and Area Studies and School of Japan Studies (with some exceptions), and they can study various specialized subjects or specialties, such as Japan studies and International studies.
- (3) Japanese students also participate in the ISEPTUFS elective subjects, therefore there will be opportunities for the international exchange students to make friends with Japanese students.

The above three characteristics of the ISEPTUFS program reflect the goal of 'bilateral exchange in education between International and Japanese students.'

2. Classes for ISEPTUFS students

2.1 Available Subjects

ISEPTUFS students are able to choose subjects according to their Japanese language proficiency and their interests (with some exceptions). The undergraduate-level courses consist of the following four groups.



1. Global Liberal Arts Program

Global Liberal Arts Program includes Japanese Language Program (JLP), and General Courses on Japan etc. Some of the subjects will be taught in English. **Please note that ISEPTUFS students are not allowed to take Major Languages I~III.**

2. Subjects in the School of Language and Culture Studies

The School of Language and Culture Studies comprises diverse study fields: Linguistics, Language Education, Communication, Multilingual Multicultural Studies, and Regional Literature, Thought and Arts etc. Some courses will be taught in English.

3. Subjects in the School of International and Area Studies

The School of International and Area Studies covers Area Studies, Cultural Studies, International Relation, Politics, and Economics. Some classes will be taught in English.

4. Subjects in the School of Japan Studies

The School of Japan Studies covers Japanese politics, economics, society, history, literature, culture and the Japanese language etc. ISEPTUFS students can basically take only "Survey Courses", "Major Courses" and "Specialized Courses on Japanese Language Skills". (Some classes of **"Project-based Courses" and "Introductory Courses" are not available for ISEPTUFS students.**) Some classes will be taught in English.

2.2 Subjects not open to ISEPTUFS students

ISEPTUFS students **CANNOT take** the following subjects:

- (1) Major Languages (専攻言語) I~III e.g. English I, Chinese II
- (2) "Project-based Courses" (Class Code: 19J1001~19J1002, 19J3101~19J3104), and Some classes of "Introductory Courses" (Class Code: 19J2001, 19J2005) in the School of Japan Studies
- * "Survey Courses", "Major Courses", and "Specialized Courses on Japanese Language Skills" are available to ISEPTUFS students.
- (3) Research Seminar Courses /Graduation Project
- (4) Teacher Courses: Subjects related to Teaching, Information Skills
- (5) English A (GLIP English =Titled "Interactive English")
- (6) Study tour (which is held overseas)
- (7) Short visit program
- (8) Internship
- (9) Thesis Seminar (graduate-level) *Class code: 60****, 61****, 62****, 63****
- (10) Classes in Peace and Conflict Studies Course (graduate-level)
*Class code: 52****, 550200, 551200
- (11) All the classes in the Graduate School of Global Studies (Doctor) *Class code: 7*****
- (12) Classes without the permission of lecturers (except courses offered in [GLIP English])

3. Course registration

3.1 Japanese Language Program (JLPTUFS)

ISEPTUFS students who want to improve their Japanese proficiency can take the Fundamental Japanese Courses "Integrated" classes and "Focused" classes. These subjects are offered as the "Japanese Language Program of Tokyo University of Foreign Studies (JLPTUFS)". This program is organized according to Japanese proficiency and needs.

For details, please refer to the following website:

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

【Placement test】

Those who wish to take the JLP course must take the online placement test, which will be held from September 11th to September 17th. Levels (100-700 or Upper-Advanced) are assigned according to grades. As a general rule, students should take classes at the level where they are placed. However, students are free to take integrated and focused classes one level above or below their assigned level.

【Maximum number of Japanese language classes】

There is a limit to the number of classes students can take in the JLPTUFS.

100~600 Level Students: **up to 6 classes (Limited)**

700 Level Students: **up to 3 classes (Recommended)**

Upper-Advanced (超級) Level Students: **not required (up to 3 classes if necessary)**

3.2 Subjects aside from JLPTUFS

ISEPTUFS students can take ①Global Liberal Arts Program, ②Subjects in the School of Language and Culture Studies, ③Subjects in the School of International and Area Studies, ④Subjects in the School of Japan Studies (Except for some classes of “Project-based Courses”, and “Introductory Courses”). Of these, the ones that are mainly taken are the subjects offered in English included in ①②③④. If you wish to take the classes, basically you must register for the course during the course registration period from September 26 to October 3, attend the first class, and ask the professor/teacher in charge for permission.

【Subjects offered in English】
Global Linkage Initiative Program (GLIP) https://www.tufs.ac.jp/english/student/lesson_course/program/glip/ Please refer to the website above. The “List of Undergraduate Subjects in English” also includes the Japanese language, education of Japanese, Japanese culture, Japanese economy and so on in English. Diverse Lecture-based subjects and research-based subjects that student can learn about Japan are provided.
【Other subjects offered in Japanese】
If the students have sufficient Japanese ability to understand the lecture, they can take classes offered in Japanese. If you want to find the subjects in Global Liberal Arts Program / School of Language and Culture Studies / School of International and Area Studies / School of Japan Studies , please specify the “School” when you check the subjects through the Syllabi. If you see more than one class code for the same period and the same faculty member, please make sure to register for courses using the 7 or 8-digit class code that begins with “19”.
【Subjects in Graduate School】
ISEPTUFS students in graduate-level can choose subjects either in Graduate School (Master) except for Peace and Conflict Studies Course or Undergraduate School. All the classes in the Graduate School of Global Studies (Doctor) are not open to exchange students. (ISEPTUFS students in undergraduate-level cannot choose any subjects in Graduate School.)
【ICL Project (Intercultural Collaborative Learning)】
The project aims to diversify the students' international learning experiences, help them form and expand student networks beyond country, region, and university, and foster, with an emphasis on international awareness, a new generation of global talent to find solutions to worldwide problems. ISEPTUFS students in undergraduate-level can take the ICL courses offered by Tohoku University, Shinshu University, Osaka University and Kobe University and earn credits in TUFFS by credit transfer. For the details, please refer to the announcement by the TUFFS Student Exchange Division. (ISEPTUFS students in graduate-level are not eligible for the project.)

3.3 How to search for subjects

You can search for subjects you are interested in on the website, “Syllabus Search” below.

For the detailed search method, refer to the pages after page 11.

<https://gakumu-web1.tufs.ac.jp/portal/Public/Syllabus/SylSearchMain.aspx>

3.4 Course Registration (For all subjects)

- ① Take an Online Account Orientation to get your "User Account" before the course registration period starts. (For online account orientation, the person in charge will contact you by email before the course registration period. Please follow the instructions.)
- ② During the course registration period, register the courses you want to take. Please see sections from page 11 on how to register courses.

Course registration period: September 26, 10:00 – October 3, 16:59

Course registration amendment period: October 6, 10:00 – October 10, 16:59

Registration cancellation period: October 20, 10:00 – October 21, 16:59

4. Course Registration Example

4.1 Make a well-balanced course plan

- (1) ISEPTUFS students basically choose 3-6 classes from Japanese Language Program (taught in Japanese) and 2-5 classes from the other subjects provided in Japanese or English. Please have a look at a list of the subjects and make your course plan.
- (2) Exchange Students must take **7 classes** or more for the student visa requirement and ISEPTUFS requirement.

4.2 Example of course registration

(Example 1) A student who takes 6 Japanese classes per week (300 level)

	Mon	Tue	Wed	Thu	Fri
1		Integrated Japanese -3		Integrated Japanese -3	
2	Integrated Japanese -3		Integrated Japanese -3		Integrated Japanese -3
3	Kanji 3	* Interpreting and Translation Studies			
4	*China's Economic Reform and Globalization		*Intercultural Communication	* Japanese Linguistic Studies	
5					
6					

The classes marked with * are conducted in English.

The above student takes 10 classes per week and meets the requirements for a student visa and ISEPTUFS (7 classes or more per week).

(Example 2) A student who takes no Japanese classes

	月	火	水	木	金
1					
2		*Topics in Japanese Wartime Film and Society			*Japanese Intellectual History
3		*International Law I	* Modern American Literature II	*Modern and Contemporary Japanese Literature B	
4	*Common ground: Cultural differences and human similarities	* Modern Japanese history and Edo culture	*Naturalism and the Emergence of Human Rights Discourse in Japan		*Topics in Greek & Roman Myths
5				*Topics in World Geography 2	
6					

The classes marked with * are conducted in English.

The above student takes 10 classes per week and meets the requirements for a student visa and ISEPTUFS (7 classes or more per week).

5. Grade and Approval of Credits

5.1 Grading System

TUFS grading system is as follows:

Grade	S	A ⁺	A	A ⁻	B ⁺	B	B ⁻
Score	90~100	87~89	83~86	80~82	77~79	73~76	70~72
Grade	C ⁺	C	C ⁻	F			
Score	67~69	63~66	60~62	0~59			

Highest obtainable mark=100, Lowest passing mark=60

5.2 Inquiries about grades

If you think there are mistakes in the class grades, you can request, within a period set by the Student Exchange Division, an explanation from the class instructor through the Student Exchange Division. Please specify why you think the given grades are mistaken. Should you still have questions regarding the instructor's explanation, you can submit a petition for review to the Student Exchange Division. (Note, however, that you cannot petition a review for classes taken at another university through the credit exchange program.)

Please contact the Student Exchange Division for information on how to request an explanation or file a petition for the grades.

5.3 Approval of Credits

Transcripts will be issued for classes that have been registered and taken. Credits taken at Tokyo University of Foreign Studies will be recognized as follows.

Lecture Classes		2 credits
Language Classes		1 credit
Japanese Language Program (Integrated Classes · Focused/Topic Classes)	Integrated Classes 101, 201, 301, 401, 501	5 credits
	Integrated Class 601	3 credits
	Integrated Class 701	2 credits
	Focused/Topic Classes	1 credit

Transcripts will be sent by email to your home university and you after the students complete the exchange program. (It takes longer than usual to issue transcripts for students who registered on ICL courses.) Students must consult their home university regarding credit transfer and equivalence.

5.4 Rules for Examinations

Cheating in examinations and submissions is subject to disciplinary action and academic disciplinary action. These will result in the student failing all courses taken in the same quarter or academic year.

6. Academic Calendar, Class Schedule, Academic Advisor / Subject Advisor

6.1 Academic Calendar 2025-2026

	Quarter Period	Intensive Course
Fall quarter	September 29, 2025 – January 25, 2026	
Winter quarter	January 26, 2026 – March 31, 2026	January 26, 2026 – February 6, 2026
Spring quarter	April 1, 2026 – Late July or early August	
Summer quarter	Early August 2026 – Late September 2026	Early August 2026 – Middle of September 2026

Note: 1) Summer and Winter classes, Intensive period for 1~2 weeks are not mandatory.

2) Students whose period of study expires in January 2026 are not able to take any subjects during winter quarter. If you need to take the course according to the regulations of your university, please come and consult with the Student Exchange Division with a request document issued by your home universities by November 28, 2025.

3) Students whose period of study expires in July 2026 are not able to take any subjects during summer quarter. If you need to take the course according to the regulations of your university, please come and consult with the Student Exchange Division with a request document issued by your home universities by May 29th, 2026.

6.2 Class schedule

Period 1	8:30~10:00
Period 2	10:10~11:40
Period 3	12:40~14:10
Period 4	14:20~15:50
Period 5	16:00~17:30
Period 6	17:40~19:10

6.3 Academic Advisor/Subject Advisor

Your Academic Advisor can speak in your native language or English. Please refer to "Letter of Acceptance" for your Academic Advisor.

Subject Advisors will give you advice regarding the courses.

Subject Advisors

Japanese Language Program	Professor Yoko NAKAI	E-mail: ynakai@tufs.ac.jp Room: #508 Japanese Language Center for International Students
The other subjects	Professor Ryoichi KUNO	E-mail: rkuno@tufs.ac.jp Room: #729 Research and Lecture Building
	Professor Miho KATO	E-mail: mihokato@tufs.ac.jp Room: #528 Research and Lecture Building
	Professor Tsutomu TOMOTSUNE	E-mail: ttomotsune@tufs.ac.jp Room: #707 Research and Lecture Building

7. Others

7.1 Working permission

(1) International students can work as part-time jobs for up to 28 hours a week with the prior permission of the Tokyo Immigration Bureau. However, sex industry or related business are excluded. Since TUFS has a quarter system, **international students can work as part-time jobs up to 28 hours a week even in summer/ winter quarter, too.**

(2) Please consult with your academic advisor in advance and follow the instructions so that employment does not adversely affect your studies.

(3) Please note, after completing your exchange program (January or July), leave Japan before your student visa expires. Moreover, after you finish the exchange program, you will not be able to work since your student visa is no longer valid as a student of TUFS.

7.2 Other information

(1) The Student Counseling Room

The Student Counseling Room offers students a full range of advising services. (The Student Counseling Room is by appointment only. The first application must be made either in person, by designated booking form or by phone. You may get in touch via phone, but please use the booking form as much as possible when making an appointment.)

- Open : Monday-Friday (Weekday) 10:00-12:30, 13:30-16:00
- Place : TUFS Health Care Center Building 1F (north entrance)
- Contact : TEL: 042-330-5560
- Booking for the First Time : Please refer to the website below.

<https://www.tufs.ac.jp/english/institutions/facility/sccs/>

(2) Student Exchange Division (Administration Building, 1F)

Please consult the staff of the Student Exchange Division regarding the followings:

- Questions and concerns regarding course registration
- Concerns regarding various certificates and documents

Please inform the Student Exchange Division in case of the followings:

- Change in your address, phone number or email address
- Plan to return to your home country or travel outside of Japan

Office hours : 9:00-12:40, 13:40-16:30 (weekdays only)

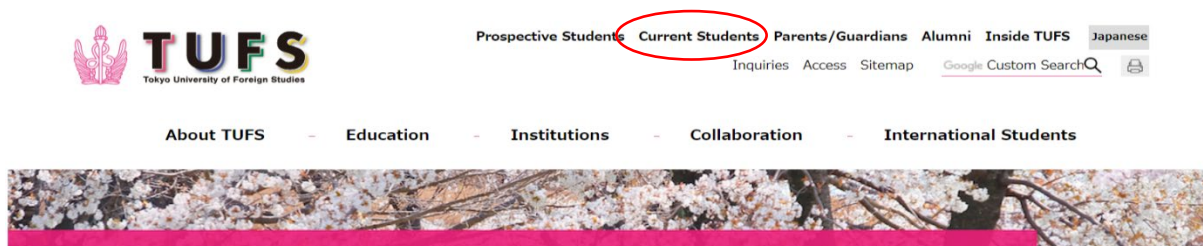
Address : 1st floor Administration Building, Tokyo University of Foreign Studies

Asahi-cho 3-11-1, Fuchu-shi, Tokyo 183-8534, Japan

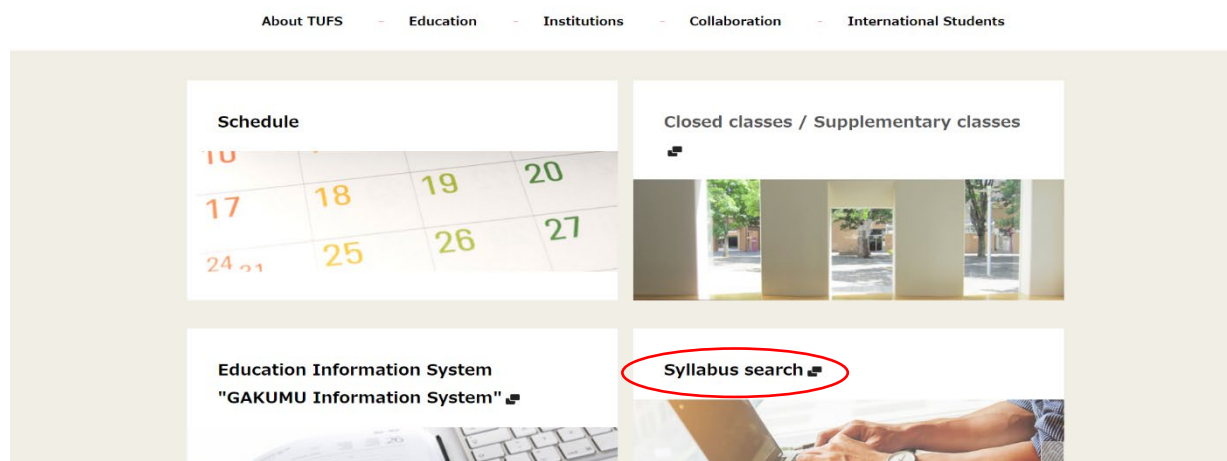
E-mail : inbound@tufs.ac.jp

<シラバスの確認方法 / How to check syllabus>

1. Visit the TUFS website: <https://www.tufs.ac.jp/english/>
2. Click "Current Students."



3. Scroll down to the bottom of the page and click "Syllabus search."



4. Click "English."



Search syllabi	
Year of admission	2025 ▼
Quarter	
Academic Year	2025 ▼
Quarter	----- ▼
School	----- ▼

5. Type in the class code (or any other relevant information) and click search.

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日本語 English

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 Tokyo University of Foreign Studies

Search syllabi	
Year of admission	2025 ▼
Quarter	
Academic Year	2025 ▼
Quarter	----- ▼
School	----- ▼
Timetable	
Subject classification	Level1 ----- ▼ Level2 ----- ▼ Level3 ----- ▼
Day of week	☐ Mon. ☐ Tue. ☐ Wed. ☐ Thu. ☐ Fri. ☐ Outside of class hours ☐ Intensive
Period	☐ 1st ☐ 2nd ☐ 3rd ☐ 4th ☐ 5th ☐ 6th
Class code	
Building	----- ▼
Room	----- ▼
School year	- ▼
Mode of delivery	----- ▼
Class type	----- ▼
Language	----- ▼
Display course title	☒ Display course title
Other (Partial word searches enabled)	
Subject title search	 When searching by multiple words, leave a space between them.

The simplest way to search the syllabi is to use the class code, but you may also search by day of the week, period, or instructor name, etc.

Tips for search syllabi

To search for 教養外国語/ Foreign Language Courses

授業科目区分 Subject classification

階層 1 Level 1: 言語科目 Language Courses

階層 2 Level 2: 教養外国語 Foreign Languages Courses

階層 3 Level 3: 自分の学びたい言語を選ぶ Choose the language you want to study

***The classes in Non-Module Language Courses and Module Language Courses are not available to the ISEPTUFS students. Please choose the subjects in Foreign Language Courses.**

To search for GLIP 英語/GLIP English

授業科目区分 Subject classification

階層 1 Level 1: 言語科目 Language Courses

階層 2 Level 2: GLIP 英語科目 GLIP English language Courses

***English A is not available to the ISEPTUFS students. Choose English B or C.**

To search for Fundamental Japanese Course/基礎日本語科目

授業科目区分 Subject classification

階層 1 Level 1: 言語科目 Language Courses

階層 2 Level 2: 基礎日本語科目 Fundamental Japanese Courses

To search for General Courses on Japan/教養日本力科目

授業科目区分 Subject classification

階層 1 Level 1: 教養科目 Liberal Arts Courses

階層 2 Level 2: 教養日本力科目 General Courses on Japan

<オンライン授業サポート / Online Class Support >

Please refer to the following webpages for Online Class support.

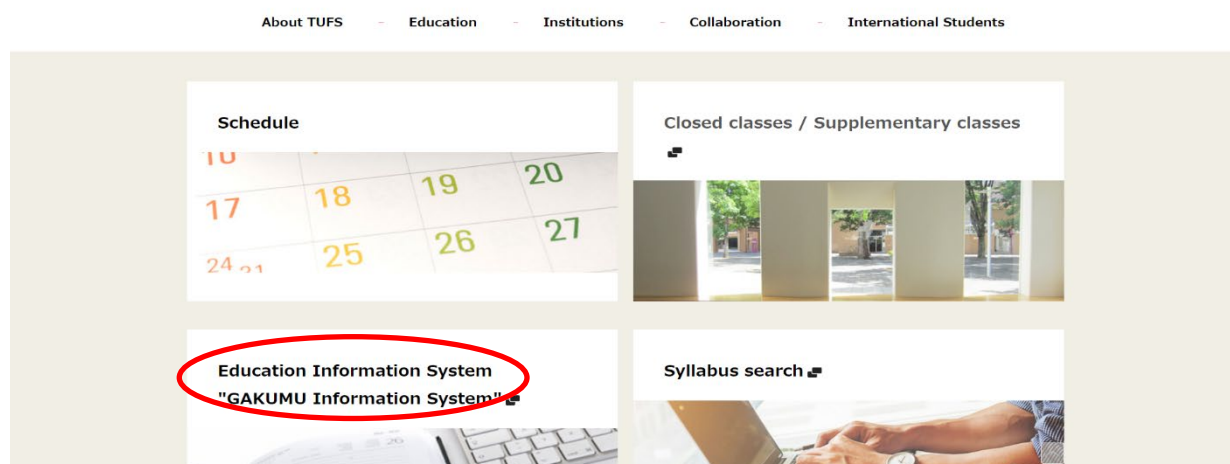
(JP) https://www.tufs.ac.jp/student/lesson_course/zoomsupport.html

(EN) https://www.tufs.ac.jp/english/student/lesson_course/onlinesupport.html

<オンラインでの履修登録の方法 / How to conduct online course registration>

(Only during the registration period)

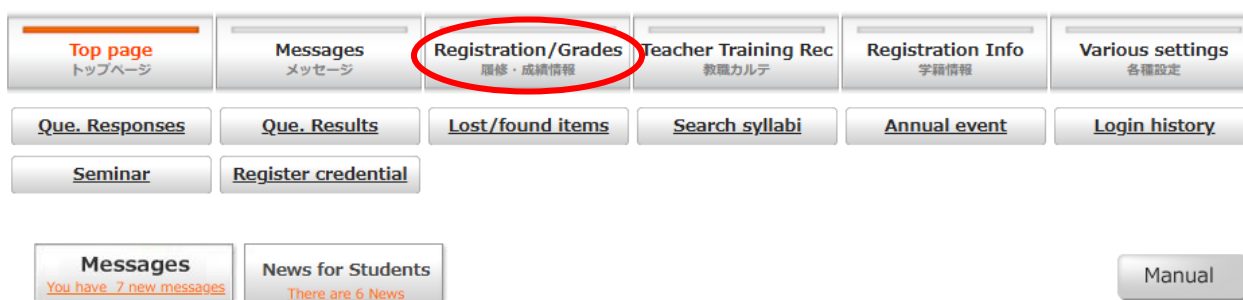
1. Follow #1 and #2 of the above (How to check syllabus) and scroll down to the bottom of the page, and click "GAKUMU Information System."



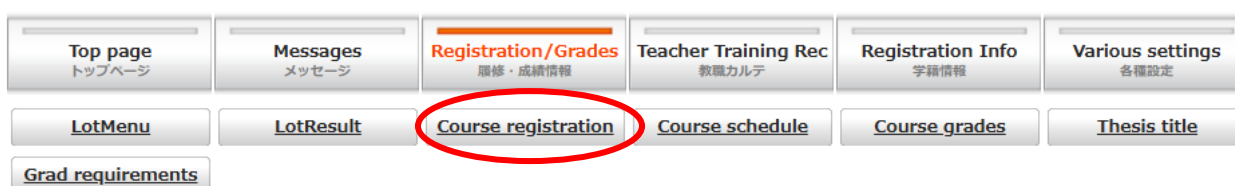
2. Type in your ID and Password (blue) on the top left side.



3. Once logged in, the following screen shows up. Click “Registration/Grades.”



4. Then, click “Course registration.”



Click the day/period and choose the class you plan to take.

In case the class you wish to register does not appear, please contact the following.

inbound@tufs.ac.jp

Important messages including information about your class schedule, grades, information on online classes and other announcements are posted on the TUFS Information System.

Please make it a daily routine to check your account.