

FACT SHEET

Inbound Exchange Students



上智大学
SOPHIA UNIVERSITY



SOPHIA UNIVERSITY

2026-2027

叡智が世界をつなぐ
Sophia – Bringing the World Together

Institution	
Sophia University 7-1 Kioi-cho Chiyoda-ku, Tokyo 102-8554 Japan http://www.sophia.ac.jp/eng/index.html	
Office	
Office of Global Education and Collaboration https://piloti.sophia.ac.jp/eng/studyabroad/exchangeprograms/ Tel.: +81-3-3238-3521 (Outbound / Agreement, General Inquiries) / Fax: +81-3-3238-3554 Tel.: +81-3-3238-4090 (Inbound / Short-term Programs)	
	
Contact	
Inbound (from Partners to Sophia) Exchange Student Coordinators	inbound-co@sophia.ac.jp
Outbound (from Sophia to Partners) Exchange Student Coordinators	outbound-co@sophia.ac.jp
Sophia Short-term Programs	ssprgrm-co@sophia.ac.jp
Agreement, General Inquiries	overseas-co@sophia.ac.jp

GENERAL INFORMATION

Foundation	Sophia University is a private Jesuit university founded in 1913 located in the heart of Tokyo, aiming to foster "For Others, With Others".
Key Features	One of the top private universities in Japan Japan's pioneer in global education Diversity on one campus in the fascinating city of Tokyo Wide variety of English-medium programs Renowned for offering high-quality language education
Facts & Figures	9 undergraduate faculties with 29 departments / 10 graduate schools with 28 programs and 1 graduate degree program Total Full-time Student Enrollment: 14,000-15,000 Faculty Staff: Full-time 550 (appx. 18% from overseas) Number of International Students: 1,500-2,000 (around 100 countries in total)
Campus Location	Tokyo, JAPAN The campus is centrally located within walking distance of the National Diet, Imperial Palace and the State Guest House. Shinjuku, the world's busiest transport hub is just 5 minutes' train ride away from Yotsuya, the closest station from Sophia University.

APPLICATION

Qualification	<ul style="list-style-type: none"> Applicants must be enrolled as a full-time student at their home institution during the exchange period. Average GPA 3.0 out of 4.0 or equivalent. Applicants must have completed at least 1 semester of study by the time of application unless otherwise agreed in bilateral agreements. For Graduate Programs: Applicants are expected to have relevant academic background for their course of study at Sophia. 												
Language Requirements	<English-taught Programs> minimum TOEFL iBT 79 (0-120 scale test) or 4.5 (1-6 scale test), TOEFL ITP 550, IELTS 6.0, TOEIC (L&R) 730, or Cambridge English "C2 Proficiency" (CPE) or "C1 Advanced" (CAE) *It must be issued within two years prior to the application start date.												
	Graduate Program of Global Studies minimum TOEFL iBT 100 (0-120 scale test) or 5.0 overall (Reading: 5.5) (1-6 scale test), TOEFL ITP 600, IELTS 7.0, or TOEIC870 (L&R) *It must be issued within two years prior to the application start date.												
	For the departments taught in languages other than Japanese and English For departments in which courses are taught in languages other than Japanese and English, such as the Faculty of Foreign Studies and the Faculty of Humanities, proficiency in the relevant language may be required in addition to the Japanese language requirement. (Ex. The applicants for Department of French Literature are required to submit the proof of French proficiency)												
	日本語受入学科 <Japanese-taught Programs> Japanese Language Proficiency Test N1 level 言語学専攻 (Master's Program in Linguistics) JLPT N1 obtained within two years from the time of application 言語学専攻日本語教育学コース (Japanese Language Education Course in Master's Program in Linguistics) JLPT N1 score of 150 or higher, obtained within two years from the time of application https://piloti.sophia.ac.jp/eng/studyabroad/exchangeprograms/application_info/qualification/												
Application Materials	<table border="0"> <tr> <td>1. Application Form *</td> <td>7. Certificate of Health *</td> </tr> <tr> <td>2. Recommendation Letter *</td> <td>8. Digital Photograph *</td> </tr> <tr> <td>3. Official transcript in English *</td> <td>9. Photo copy of passport *</td> </tr> <tr> <td>4. List of Courses Enrolled in Current Semester</td> <td>10. Essay for GPGS</td> </tr> <tr> <td>5. Proof of English Language Proficiency</td> <td>11. CoE Application Form *</td> </tr> <tr> <td>6. Proof of Japanese Language Proficiency</td> <td>12. Housing Application (online form) *</td> </tr> </table> <p>* Required for All Applicants https://piloti.sophia.ac.jp/eng/studyabroad/exchangeprograms/application_info/application_materials/</p>	1. Application Form *	7. Certificate of Health *	2. Recommendation Letter *	8. Digital Photograph *	3. Official transcript in English *	9. Photo copy of passport *	4. List of Courses Enrolled in Current Semester	10. Essay for GPGS	5. Proof of English Language Proficiency	11. CoE Application Form *	6. Proof of Japanese Language Proficiency	12. Housing Application (online form) *
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Visa Requirements	College Students Visa or other suitable visa status (short-term visit visa will not be allowed)												
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ACADEMIC PROGRAM GUIDE

Levels of Study	Undergraduate and Graduate
Language of Instruction	Japanese or English

English-taught Undergraduate Departments	
Faculty of Liberal Arts (FLA)	Department of Liberal Arts Centered around courses in Comparative Culture, International Business and Economics, and Social Studies, the broad interdisciplinary curriculum of the Faculty of Liberal Arts (FLA) is designed to extend the general knowledge of students while developing their critical thinking ability. A wide range of courses that are focused on Japan help students gain an understanding of both present-day Japan and its traditions in a global context. https://fla.sophia.ac.jp/
	Department of Materials and Life Sciences - Green Science Program The Green Science program is designed to provide a fundamental knowledge of substances, and to resolve environmental issues at the atomic and molecular levels based on green material sciences. https://fst.sophia.ac.jp/en/about
Faculty of Science and Technology (FST)	Department of Engineering and Applied Sciences - Green Engineering Program The Green Engineering program is designed to provide electrical and mechanical engineering skills that will lead to the further development of energy-conservation technologies, efficient power generation, transmission and distribution. https://fst.sophia.ac.jp/en/about

* In addition to the faculties listed above, many other faculties offer lecture courses taught in English. Students may take other lecture courses while being enrolled in the Faculty above.

English-Taught Graduate Programs	
Global Studies (GPGS)	The Graduate Program in Global Studies emphasizes inquiry into the contemporary world and its historical antecedents by combining the interdisciplinary themes of global studies, theories and the methods of academic disciplines, and cross-cultural understandings of Japanese and area studies. It has three MA degrees - Global Studies, International Business and Development Studies, and Japanese Studies - each with its own specialized curriculum. Graduate exchange students are welcome to take content courses that are consistent with their graduate degree and for which they have sufficient background. https://www.sophia.ac.jp/eng/gpgs/
Global Environmental Studies (GES)	The curriculum covers three fields: Economics and Business Administration for the Environment, Law and Policies, Sociology for the Environment, and Science and Engineering for the Environment. One of the strategies of this program is to enhance the capacity of students to contribute to the solving of current environmental issues by offering them a wide variety of practical and discipline-specific programs. https://genv.sophia.ac.jp/
Green Science and Engineering	Green Science and Engineering places an emphasis on environment- and sustainability-related studies, which are of paramount importance to the future of mankind. To foster cross-disciplinary education, faculty members drawn from all the other eight divisions(see details from website) are involved in the teaching. https://fst.sophia.ac.jp/en/graduate/igp
Linguistics <TESOL>	Program in Linguistics (TESOL) provides courses with an emphasis on both theory and practice. The faculty members represent a diverse spectrum of applied linguistics and language education, ensuring a comprehensive program for all who are interested in teaching English as a second or foreign language.

日本語受入学科 Japanese-Taught Departments	
https://www.sophia.ac.jp/jpn/academics/ug/	
神学部	神学科
文学部	哲学科、史学科、国文学科、英文学科、ドイツ文学科、フランス文学科、新聞学科
総合人間科学部	教育学科、心理学科、社会学科、社会福祉学科、看護学科
法学部	法律学科、国際関係法学科、地球環境法学科
経済学部	経済学科、経営学科
外国語学部	英語学科、ドイツ語学科、フランス語学科、スペイン語学科、ロシア語学科、ポルトガル語学科
総合グローバル学部	総合グローバル学科
理工学部	物質生命理工学科、機能創造理工学科、情報理工学科

日本語受入専攻 Japanese-Taught Graduate Programs	
https://www.sophia.ac.jp/jpn/academics/g/	
神学研究科	神学専攻、組織神学専攻
実践宗教学研究科	死生学専攻
文学研究科	哲学専攻、史学専攻、国文学専攻、英米文学専攻、ドイツ文学専攻、フランス文学専攻、新聞学専攻、文化交渉学専攻
総合人間科学研究科	教育学専攻、心理学専攻、社会学専攻、社会福祉学専攻、看護学専攻
法学研究科	法律学専攻、法曹養成専攻
経済学研究科	経済学専攻、経営学専攻
グローバル・スタディーズ研究科	国際関係論専攻、地域研究専攻
言語科学研究科	言語学専攻
理工学研究科	理工学専攻
地球環境学研究科	地球環境学専攻

COURSE GUIDE

Course Information	<p>Bulletin for spring and autumn semester will be published in March of the previous year. Course offer and syllabi may vary each year. Please refer to the latest information available online.</p> <p style="text-align: right;">https://piloti.sophia.ac.jp/eng/studyabroad/exchangeprograms/course_info/</p>	
Japanese Language Course	<p>The Center for Language Education and Research provides multiple tracks and levels of Japanese language courses according to students' needs and linguistic backgrounds. Students who wish to attend Japanese class can choose from regular track or intensive track. Students who have prior Japanese study experience will be placed to appropriate class level according to the result of Japanese placement test.</p> <p style="text-align: right;">https://piloti.sophia.ac.jp/eng/studyabroad/exchangeprograms/application_info/registration/#JLP</p>	
	Regular Track (4 credits)	
	<p>The regular track offers beginning, intermediate and advanced courses where 100-minute classes meet four or five times per week. This track aims to focus on developing communicative competence through extensive practice by integrating four skills, listening, speaking, reading and writing.</p>	
Intensive Track (8 credits)	<p>The intensive track, which offers four-level intensive courses at basic, intermediate, and advanced levels, is designed for students whose main purpose of coming to Japan is to mainly study Japanese. Sixteen hours of class time per week allow students to spend sufficient time to gain the high level of Japanese proficiency.</p>	
Registration Requirements	<p>Exchange students must register and attend more than 10 hours of classes per week. To fulfill this requirement, attending at least 6 periods (100 minutes constitute one period) every week is necessary.</p>	
Course Restriction	<p>Exchange students should mainly take courses offered by their own faculties and programs. For more details on course restriction:</p> <p style="text-align: right;">https://piloti.sophia.ac.jp/eng/studyabroad/exchangeprograms/application_info/registration/</p>	
Credit Restriction (per semester)	<p>Faculty of Liberal Arts: 20 Faculty of Science and Technology: 27</p>	<p>Graduate Program in Global Studies: 12</p>
Standard Course Load	<ul style="list-style-type: none"> • Regular Japanese track + 2-4 lecture classes • Intensive Japanese track + 1-3 lecture classes 	<ul style="list-style-type: none"> • 14 credits of lecture classes or more

CREDIT EXPLANATION & GRADING SYSTEM

Credits	Type of course	Credits awarded		
	Lecture course	2 or 4 credits per course :one credit = 675 minutes class successfully completed		
	Language course	2-8 credits, depending on the course: one credit = 1,350 minutes class successfully completed		
	Physical education practice	1 credit per course: one credit = 1,350 minutes class successfully completed		
Grading Scale	Grade	Scale	Description	Quality Point Index
	A	100 - 90	Evaluation is based on achievement of the course objectives. >See the Grading Criteria in the User Guide https://piloti.sophia.ac.jp/eng/academicrecords/certificate/current/	4.0
	B	89 - 80		3.0
	C	79 - 70		2.0
	D	69 - 60		1.0
	W			
	F			

ACADEMIC CALENDAR in 2026

	Spring Semester (subject to change)	Autumn Semester (subject to change)
Arrival Date	By April 1	By September 20
Orientation	April 2 and April 8	September 21 and September 25
JP Placement Test	April 3	September 22
Course Registration	early April - mid April	late September - early October
Classes	April 11 - July 24	September 28 - January 25
Final Exams	July 25 - August 1	January 26 - February 2
Transcript Issuance	MID-SEPTEMBER (Early issuance is not permitted.)	LATE MARCH (Early issuance is not permitted.)
Other Important Academic Information	Summer Recess : August 2 - September 27 (subject to change) Winter Recess : December 24 - January 6 (subject to change) Spring Recess : February 3 - March 31 (subject to change)	
Latest Calendar	https://piloti.sophia.ac.jp/eng/studyabroad/exchangeprograms/academic_calendar/	

ACCOMMODATION AND LIVING EXPENSES

Off-Campus Accommodation	Housing	Dormitory Fee for 1 semester and 1 year (Subject to change without notice)
	Sophia Soshigaya International House	Dormitory fees and their conditions vary considerably in amount. 1 semester fee (4 months): from ¥ 300,000.- to ¥ 750,000.- 1 year fee (10 months): from ¥ 550,000.- to ¥ 1,730,000.- *For the latest information and details, please refer to the "Housing Summary" available on the webpage below: https://piloti.sophia.ac.jp/eng/studyabroad/exchangeprograms/housinginfo_costs/housing_list/
	Sophia-Arrupe International Residence	
	Sophia Edagawa Men's Dormitory (for Men)	
	Wakeijuku (for Men)	
	DK House Tokyo Nerima	
	DK House Shinkoiwa	
	Kasai International House (for Women)	
	Dormy Naka Kasai Global House (for Women)	
	Dormy Kasai Global House (for Men)	
	Dormy + café Nakanosakaue	
	BeGood Zoshigaya Ekimae	
	FlatShare SHIN-Otsuka Campus	
	Riverside Higashi Nakano	
	Azalea House	
	Green Share Nishi Ogikubo	
Other Expenses	Meals: 30,000 - 60,000 yen per month/ Public Transportation: 5,000 - 10,000 yen per month Books: 30,000 - 50,000 yen per semester/ Personal Expenses: 30,000 yen per month (depends on lifestyle)	
Insurance (Mandatory)	Japanese National Health Insurance	Personal Accident Insurance for Students Pursuing Education and Research
	1,500-3,000 yen/ month (depends on resident areas)	800 yen



OTHER INFORMATION

Student Supporter	Exchange students can sign up for a Student Supporter Program. The student supporter is often the first Sophia student the exchange student meets before classes begin. Student supporters help exchange students to settle down and interact with each other throughout the study abroad period and beyond.
Events	Exchange students also regularly take part in cultural events. Sophia University offers opportunities such as a "Rakugo Event", "flower arrangement experience", "tea ceremony experiences", and "Kabuki Tour". https://piloti.sophia.ac.jp/eng/studyabroad/exchangeprograms/past-events/
GL- Net	"Global-Network," more commonly known as "GL-Net" is a student volunteer organization that hosts a variety of events to encourage interaction between local and international students at Sophia. It is officially supported by Sophia University's Center for Global Education and Discovery and students organize and host many events during lunch breaks and on weekends.
Extracurricular Activities	At Sophia University, more than 270 groups are active as authorized circles. All exchange students are welcome to participate in Sophia's Extracurricular Activities. For more information including the list of student club and circles, please visit the link below. https://piloti.sophia.ac.jp/eng/activity/ea/
Short-term Programs	Sophia University offers short-term programs—Summer Session (July) and January Session—separate from its exchange programs, with participants making individual arrangements for visas and accommodations. These programs provide students with the opportunity to explore Japan from a wide range of perspectives, both academically and culturally. Over the years, more than 11,000 students from around the world have taken part in Sophia University's Summer Session, and many alumni have gone on to pursue successful and inspiring careers related to Japan. https://piloti.sophia.ac.jp/eng/studyabroad/short-term/
Youtube	https://www.youtube.com/playlist?list=PLPmHXQbKIWTxi0QFyti3D6dUjtt0Uf6d
Instagram	Sophia University: https://www.instagram.com/sophiauniversity/?hl=en Center for Global Education and Discovery (CGED): https://www.instagram.com/sophia_cgед?igsh=MWFiazV0MnN5eDAzMA==   @SOPHIAUNIVERSITY SOPHIA_CGED

