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LE MOYNE COLLEGE EXCHANGE

# Sophia University

TOKYO, JAPAN

## DURATION OF STUDY

Students may study abroad at Sophia University for the Spring Semester only. Generally, orientation is held in early April with classes starting mid-April. Final exams are held at the end of July/start of August.

## AIRPORT PICK-UP

If requested, Sophia University will arrange for one of their students to meet you at the airport and escort you to your accommodation using public transport. This service is only available to students who arrange their housing through the University.

## STUDENT SUPPORTER

Exchange students can sign up for a student supporter program to ease the transition process.

## How to Apply

- Attend a Study Abroad Information Session one year before you intend to study abroad. Then, complete the **Request for Study Abroad Approval form** for at least two options.
- If approved, you will need to submit an application form and supporting documents to Sophia University, including an academic purpose essay, letters of recommendation, a copy of the photo-ID page in your passport, passport-style photos, and a certificate of health.

## Academic Information

**ACADEMIC DEPARTMENTS:** The following departments offer courses taught in English:

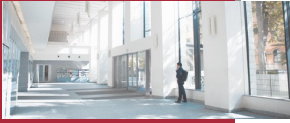
- **Department of Liberal Arts:** Students can take courses in comparative culture, international business and economics, and social studies.
- **Department of Materials and Life Sciences:** Students can take courses in the Green Science Program which incorporates biology, chemistry, physics, and environmental science.
- **Department of Engineering and Applied Sciences:** Students can take courses the Green Engineering Program which incorporates the study of electrical and mechanical engineering.

Course syllabi are updated every March and can be found [here](#).

**COURSE SELECTION:** Students are required to complete a **Course Approval form** before submitting a course application to their study abroad institution. **Failure to complete this form may result in loss of credit.**

Students should select a minimum of **6-8 courses** and have these approved by their department chair (and/or the director of the Core program). The standard course load at Sophia is 14 credits per semester. Courses are worth 2 or 4 credits, and classes are 90-minutes long.

**GRADING SYSTEM:** Sophia University utilizes a similar grading system to the US, whereby letter grades are converted to points. Passing grades range from A (4.0 points) to D (1.0 points).



## GLOBAL NETWORK

Global Network, more commonly known as GL-Net, is a student organization which aims to become a bridge between international students and Japanese students at Sophia University. They run various events throughout the academic year.

## EXTRACURRICULAR ACTIVITIES

Exchange students are welcome to participate in the activities hosted by the various clubs on campus. Click [here](#) to find out more.

## Visa Information

Students studying in Japan must obtain a [Student Visa](#). In order to apply for a student visa, you will need to submit the following documents to your nearest Japanese consulate or embassy:

- An application form (available [here](#)) with attached passport-style photo
- Valid passport
- Letter of acceptance issued by Sophia University
- Certificate of Eligibility. Sophia University will apply for this certificate on your behalf which is issued by the Tokyo Regional Immigration Bureau. Once received, the University will mail the certificate to Le Moyne.

U.S. and Canadian citizens are exempt from visa fees. Once in Japan, you will be issued a residence card and are required to register at a municipal office.

## Health Insurance

Exchange students are required by law to apply for National Health Insurance upon arrival in Japan. The monthly cost of the policy varies according to resident area, but is generally between **¥1500-3000 (~\$14-27)** per month. Once registered, you will only need to pay 30% of any medical bills. Sophia University also requires that exchange students take out Personal Accident Insurance to cover physical injuries suffered while taking part in educational and research activities. The policy is valid for one year and costs **¥800 (~\$7)**.

## Costs

**ACCOMMODATION:** Sophia University manages two properties for international students: the Soshigaya International House and the Sophia- Arrupe International Residence.

- The International House is a 60-minute commute from campus and offers private rooms with a single bed, desk, closet, and toilet for **¥45,000 (~\$410) per month**. Kitchen, laundry, and shower facilities are shared.
- The International Residence is a 10-minute commute from campus. Students are housed in individual rooms, but share kitchen and bathroom facilities. Rent is **¥95,000 (~\$860) per month**.

For more information about accommodation options in Tokyo, click [here](#).

**LIVING EXPENSES:** Sophia University suggests that exchange students budget **¥150,000 (~\$1360) per month** to pay for accommodation, food, public transportation, books, and other personal expenses.