

## STUDENT EXCHANGE PROGRAMME (SEP)

## Information for Students on Exchange

<b>University</b>	Tohoku University
<b>Country</b>	Japan
<b>Academic Calendar</b>	Semester 1 (Fall term): October to March Semester 2 (Spring term): April to September <a href="https://www.tohoku.ac.jp/en/academics/academic_calendar.html">https://www.tohoku.ac.jp/en/academics/academic_calendar.html</a>
<b>Exchange Duration</b>	One semester
<b>Language Proficiency Requirement</b>	JYPE/COLABS English: TOEFL iBT® 79 or equivalent  IPLA English: TOEFL iBT® 79 or equivalent (*TOEFL iBT® 61 IF having SPOT 85 or higher) Japanese proficiency: JLPT (Optional)  DEEP Japanese: JLPT N1  <a href="https://www.insc.tohoku.ac.jp/english/exchange/english-requirement-for-exchange-program/">https://www.insc.tohoku.ac.jp/english/exchange/english-requirement-for-exchange-program/</a>
<b>Course Information</b>	Maximum workload per term/semester (in units/credits): Up to 24 credits per semester. (Credit System: 1TohokuTohoku University credit is awarded for 45 hours of schoolwork.)  Average no. of units/credit per course: 2.0 TU credits (Two credits are given for most of the lecture courses that meet once a week for 90 minutes.)  Regular term/semester workload for full-time undergraduate students (in units/credits): Each semester consists of 15 weeks of coursework.  Total workload for full-time undergraduate programme (no. of units/credits and no. of years): Up to 48 credits per year (up to 24 credits per semester)  Student Exchange Information: <a href="https://www.insc.tohoku.ac.jp/english/exchange/">https://www.insc.tohoku.ac.jp/english/exchange/</a>  Course Syllabus: <a href="https://unipa.bureau.tohoku.ac.jp/uprx/up/pk/pky001/Pky00101.xhtml?gu_estlogin=Kmh006">https://unipa.bureau.tohoku.ac.jp/uprx/up/pk/pky001/Pky00101.xhtml?gu_estlogin=Kmh006</a>  Course Restrictions: <a href="https://www.insc.tohoku.ac.jp/english/exchange/currentstudents/">https://www.insc.tohoku.ac.jp/english/exchange/currentstudents/</a>

**STUDENT EXCHANGE PROGRAMME (SEP)**

	<p>The regular semester workload for full-time undergraduate students as determined by the Office of the Provost is 15.5. Credits earned at the host university may not be directly equivalent to NUS credits and you can refer to the <a href="#">SEP Credit Transfer Calculator</a> for information on units exchange ratio at the host university. Please note that the actual number of credits earned is subject to the units exchange ratio at the point of credit transfer.</p>								
<b>Accommodation</b>	<p>All exchange students (JYPE/IPLA/COLABS/DEEP) must live in the university dormitories.</p> <p><a href="https://www.insc.tohoku.ac.jp/english/exchange/preparing-to-arrive/">https://www.insc.tohoku.ac.jp/english/exchange/preparing-to-arrive/</a></p> <p><a href="https://sup.bureau.tohoku.ac.jp/en/pre-arrival-e/find-a-place-e/uh-e/">https://sup.bureau.tohoku.ac.jp/en/pre-arrival-e/find-a-place-e/uh-e/</a></p>								
<b>Visa</b>	<p>Please check our website “Preparing to Arrive”:  <a href="https://www.insc.tohoku.ac.jp/english/exchange/preparing-to-arrive/">https://www.insc.tohoku.ac.jp/english/exchange/preparing-to-arrive/</a></p> <p><b>Certificate of Eligibility (COE) application: the Japan Pre-Entry Tuberculosis Screening (JPETS):</b></p> <p>Applicants who hold the nationality of designated countries must submit a <b>Tuberculosis (TB) Clearance Certificate</b> along with their COE application documents to verify that they are not infected with TB.</p> <p>For further details, please refer to <a href="#">the official website of the Ministry of Health, Labour and Welfare (MHLW)</a>.</p> <p><b>【Who Must Undergo JPETS】</b></p> <p>Applicants who are nationals of MHLW-designated countries.</p> <table border="1"> <tr> <th>TB screening target country</th><th>Starting date of the submission of “TB Clearance Certificate”</th></tr> <tr> <td><b>Philippines, Nepal</b></td><td>From June 23, 2025</td></tr> <tr> <td><b>Vietnam</b></td><td>From September 1, 2025</td></tr> <tr> <td>Indonesia / Myanmar / China</td><td>To be decided</td></tr> </table> <p><b>For 2026 Spring semester, applicants who hold nationality of the Philippines, Nepal, or Vietnam must undergo JPETS.</b></p> <p><b>【Exceptions】</b></p> <p>Applicants who hold the nationality of a designated country but currently reside in a different country will be exempt from JPETS if they submit the following two documents:</p> <ul style="list-style-type: none"> <li>• A copy of residence permit or other document proving their current country of residence.</li> <li>• Residence Permit (Please download the document from <a href="#">here</a> and fill in the necessary information.)</li> </ul>	TB screening target country	Starting date of the submission of “TB Clearance Certificate”	<b>Philippines, Nepal</b>	From June 23, 2025	<b>Vietnam</b>	From September 1, 2025	Indonesia / Myanmar / China	To be decided
TB screening target country	Starting date of the submission of “TB Clearance Certificate”								
<b>Philippines, Nepal</b>	From June 23, 2025								
<b>Vietnam</b>	From September 1, 2025								
Indonesia / Myanmar / China	To be decided								

STUDENT EXCHANGE PROGRAMME (SEP)

	<p><b>【Required Procedures】</b></p> <ul style="list-style-type: none"> <li>- Please undergo TB screening at a <a href="#">designated panel clinic</a> and obtain a "TB Clearance Certificate".</li> <li>- Please submit the certificate as an additional document for your COE application.</li> </ul> <p><b>【Important Notes】</b></p> <ul style="list-style-type: none"> <li>- Please ensure that the TB screening is conducted within an appropriate timeframe.</li> </ul> <p>Certificates are generally valid for 180 days, and early testing may result in expiration before the COE application is processed.</p> <p>For reference, COE applications are typically submitted in December for the Spring semester and in June for the Fall semester, in accordance with the requirement that students must enter Japan within three months of COE issuance.</p> <ul style="list-style-type: none"> <li>- Applicants from Indonesia, Myanmar, and China are not currently required to undergo JPETS. However, this requirement is expected to be implemented in the future.</li> <li>- This information is as of August 21, 2025. For the latest updates, please refer to MHLW's <a href="#">website</a>.</li> </ul>
<p><b>Insurance</b></p>	<p>All full-time NUS students are covered under the university's Student Group Personal Accident &amp; Medical Insurance and the Student Travel Insurance. For more information on the university medical insurance, please refer to <a href="https://myportal.nus.edu.sg/studentportal/student-insurance/all/">https://myportal.nus.edu.sg/studentportal/student-insurance/all/</a>.</p> <p>All exchange students are required to enroll in the two types of insurance below:</p> <ol style="list-style-type: none"> <li>1. Personal Accident Insurance for Students Pursuing Education; Research (Gakkensai Insurance)</li> <li>2. Comprehensive Insurance for Students Lives Coupled with Gakkensai Insurance for International Students (Inbound Futai Gakuso) <a href="https://www.insc.tohoku.ac.jp/english/exchange/getting_started_in_japan/">https://www.insc.tohoku.ac.jp/english/exchange/getting_started_in_japan/</a></li> </ol> <p>It is recommended that you purchase a comprehensive travel insurance for the full duration of your stay abroad, including your personal travel within/outside Japan. Please review your insurance coverages to ensure that they meet your needs.</p> <p>Students are strongly encouraged to assess the risk of their intended activities and purchase supplemental insurance plans to ensure they are adequately covered during their time abroad.</p>

**STUDENT EXCHANGE PROGRAMME (SEP)**

---

**Useful Links**

Please check our website carefully for exchange program details.

<https://www.insc.tohoku.ac.jp/english/exchange/>

Accommodation: 13,000 yen to 30,000 yen/month

Food: 20,000 yen

Transport: 1,500 yen

Others (Entertainment, clothes, mobile phone, utilities, books etc.): 20,000 yen

Estimated monthly expenditure: 80,000 yen