

Call for Applicants



Tokyo Metropolitan University's Winter Program 2026

“Tokyo Through Time (東京いまむかし)”

January 13 – 30, 2026

Tokyo Metropolitan University's (TMU) Winter Program offers a 3-week program, *Tokyo Through Time* (東京いまむかし), for students from TMU's partner institutions. Through a variety of engaging activities, participants will gain a deeper understanding and appreciation for Japan's rich linguistic and cultural heritage.

Venue: TMU Minami-Osawa Campus

Dates: January 13 (Tue.) - 30 (Fri.), 2026

Instruction: English

Program Fee: 140,000 JPY

Course Outline: 2 Levels for Beginner's Japanese & Authentic Cultural Experiences

- Speak with Confidence: Learn Everyday Japanese at your pace (CEFR Level A1 and A2.1)
- Experience the culture: Museum visit, watching traditional performing arts, tea ceremony & calligraphy
- Expert-Led: Immerse yourself in Japanese culture with guidance from experts

Eligibility: (1) Undergraduate or graduate students from TMU's partner institutions and (2) those who have never studied Japanese or are at a beginner level. (Admission is competitive with only 24 seats available.)

Application Process

Step 1: Ensure you are nominated by your home university's international office.

Step 2: Prepare the following documents: (1) Visa request form (if required)

(2) Official transcript (3) Copy of passport photo page (valid at least 6 months after program ends)

(4) ID Photo (PDF, max 500KB) (5) SPOT90 Test Result (All students are required to take this test, even if you haven't studied Japanese.). SPOT90 Website: <https://ttbj.cegloc.tsukuba.ac.jp/en/p1.html>,



(6) JLPT score (if you have taken it before), and (7) English test score such as IELTS, TOEFL, TOEIC, etc. (If you are a student whose language of instruction at the university/program is not English. Applicants should have at least these English scores: IELTS 6.0, TOEFL iBT 78, or TOEIC 653)

Step 3: Submit them via the following URL or the QR code **by November 7.**

https://www.ic.tmu.ac.jp/english/study_abroad/short_program_application.html





- During the selection process, we will comprehensively evaluate the application documents and the information provided in the form.

Program Fee Payment: The program fee includes accommodation, textbooks, admission fees for field studies and workshop materials. The fee of 140,000 JPY should be paid by overseas remittance (credit card is not available) no later than December 5. (Payment instructions will be provided upon application acceptance.)

Cancellation Policy: A cancellation fee applies after application acceptance and program fee payment. Cancellations received by December 12 qualify for a 50% program fee refund. Subsequent cancellations are non-refundable.

TMU Winter Program 2026 Schedule (Note: The schedule may be subject to change.)

	MON	Tue	Wed	Thu	Fri	
	Jan. 12	Jan. 13	Jan. 14	Jan. 15	Jan. 16	
AM	Arrival & Check in 	Opening Ceremony Orientation Campus Tour	No Class	Japanese Language	Field Studies 1 Watch Japanese Traditional Puppet Theater “Hachioji Kuruma Ningyo”	
			Japan Studies 1 Japanese Architecture			
PM		Japanese Language	Japanese Language	Japan Studies 2 Satoyama in Tokyo		
		Welcome Party		No Class		
	Jan. 19	Jan. 20	Jan. 21	Jan. 22	Jan. 23	
AM	Japanese Language	Japanese Language	Japanese Language	Japanese Language	Field Studies2 - Visit “Japan Open Air Folk House Museum” - Experience “indigo dyeing”	
PM	Workshop 1 Japanese Martial Art “JUDO”	No Class	Workshop 2 Japanese Calligraphy “SHODO”	Japanese Language		
	No Class					
	Jan. 26	Jan. 27	Jan. 28	Jan. 29	Jan. 30	Jan. 31
AM	Japanese Language	Japanese Language	Japanese Language	Japanese Language	Japanese Language	Check out & Departure 
PM	No Class	Workshop 3 Japanese Tea Ceremony “CHADO”	Prep for Presentation	Prep for Presentation	Student Presentation	
			No Class	No Class		
					Closing Ceremony Farewell Party	

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Japanese Language (39 hours)
Japan Studies (3 hours)
Workshop (7.5 hours)
Field Studies (6 hours)
Presentation (6 hours)
【Total 61.5 hours】

Japanese Language Course: There are 2 classes: *Starter and Elementary 1*. Your class will be determined based on the scores of SPOT90 (All students are required to take this test, even if you haven't studied Japanese.). The objectives of each class and their relationship with the CEFR level are also shown below.

- **Starter (CEFR Level A1):** This class is for those who have never studied Japanese before, and wish to interact in everyday situations, such as shopping and at restaurants. If your score of SPOT90 is between 0 and 25, you will be placed in this class. Textbook: *Nihongo Fun & Easy: Survival Japanese Conversation for Beginners - 2nd edition*.
- **Elementary 1 (CEFR Level A2.1):** This class is for those who wish to talk about simple things such as your family, job, and your town. If your score of SPOT90 is between 26 and 40, you will be placed in this class. Textbook: *Marugoto: Japanese language and culture, Elementary 1 (A2); Coursebook for communicative language activities "katsudo" and competences "Rikai."*

Award of Certificate: To receive a certificate of completion, participants must meet a minimum score requirement. Those who do not fulfill all the criteria will instead receive a certificate of participation. Please note that a certificate of participation is not equivalent to a certificate of completion. Participants will be evaluated based on their class participation (40%), in-class activities (40%), and a presentation (20%).

Important Information:

- Travel Insurance: Participants must purchase their own traveler's insurance to cover medical expenses during their stay.
- Device: Please bring a laptop or tablet for class activities.
- Textbook: The program will provide the required textbook upon your arrival.
- Program Fee: Covers single room accommodation at Hashimoto Park Hotel (3-4-4 Hashimoto, Sagamihara, Kanagawa 252-0143, Tel: +81-42-774-6112, <https://www.booking.com/hotel/jp/hashimoto-park.html>); but does not include meals, airfare, traveler's insurance, transportation between the university and accommodation, or other daily expenses.
- Outside the program schedule: Note that faculty and staff are unable to provide assistance for matters outside the program schedule.

Disclaimer: The university cannot be held responsible for any delays, cancellations, or program issues that arise due to circumstances beyond our control. This includes, but is not limited to force majeure events (such as natural disasters or labor disputes), severe weather conditions, national emergencies, disease outbreaks, and other unforeseen situations.



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