

# Application Guide for Outbound Exchange Students under University-level Exchange Agreements (AY 2026, 1st Recruitment Round)

## I. Outline

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This outbound exchange program is open to Tohoku University degree students and enables study abroad for between one academic term and one year at an overseas university that has an academic exchange agreement with Tohoku University (hereafter, "partner school"), or an Institute of International Education Global Engineering Education Exchange affiliate school (hereafter, "GE3 school"). Students will take classes and/or conduct research, for which they can earn credits, at the host institution together with that institution's students (the authorization procedures for credits earned at the host institution vary depending on the faculty/graduate school). Tuition fees will be paid to Tohoku University, so participants need not pay tuition fees to the host institution (with some exceptions).

### 1. Host Institutions

For information on the eligible universities and their language requirements etc., please see "Information on Partner Schools with University-level Exchange Agreements" or "Information on GE3 Schools" on the Global Learning Center website.

URL: [https://www.insc.tohoku.ac.jp/japanese/studyabroad/all/application\\_2026\\_1/](https://www.insc.tohoku.ac.jp/japanese/studyabroad/all/application_2026_1/)

- ※ Certain host institutions may not accept Tohoku University students in certain academic years. Also, limitations may apply regarding eligible academic fields (faculty/graduate school etc.). In such cases, the applicant's other choices of host institution may be considered, in order of preference, during the screening.
- ※ Some faculties/graduate schools may have department-level exchange agreements with overseas universities. Applicants wishing to study abroad at one of those should inquire with their faculty/graduate school.
- ※ Some partner schools are also GE3 schools. In such cases, the applicant should apply as an "Exchange Student" under the university-level agreement.
- ※ When checking language requirements on the "Information on Partner Schools with University-level Exchange Agreements" or "Information on GE3 Schools" pages, please note that the language requirements of each university may have changed, so be sure to check the requirements on the website of the prospective host university before applying. If students are still unsure about the language requirements, please contact the Student Exchange Division as soon as possible. The Student Exchange Division will try to confirm the language requirements by contacting the university.
- ※ Be aware that student exchange may not be possible for graduate students or for certain faculties at some universities. Make sure to check the requirements and restrictions for student exchange at the relevant universities before applying.
- ※ If students wish to study abroad mainly for research in labs, they must obtain consent to do so from their supervisor at the host institution (to be done after passing the internal screening). The Student Exchange Division will not be involved in this process. Students should confirm whether they can engage mainly in research as exchange students on "Information on Partner Schools with University-level Exchange Agreements," and contact the Student Exchange Division if they are unable to find the relevant information on the list.

## 2. Study Abroad Period

One term or one year starting in the summer/fall (usually July–October) of AY 2026

\* Varies depending on the host institution.

## 3. Schedule from Application to Return

Year	Month	Date etc.	Item
2025	September	16th (Thu.)	Start of Recruitment
	October	Late	Deadline for submitting materials (see III. Application Instructions)
	November	Early	1st Stage Screening: Document-based
		Mid~Late	2nd Stage Screening: Interview
	December	Early	Selection of successful applicants
		Mid~	Apply to prospective host institution
		15th (Mon.)	1st Orientation
2026	February	5th (Thu.)	2nd Orientation
	June	25th (Thu.)	3rd Orientation
		As needed, until departure	Receive screening results from prospective host institution
	July~October	As needed	Commence studying abroad
2027	May	As needed	Post-return Report Conference (for those returning by April)
	October	As needed	Post-return Report Conference (for those returning by September)

## II. Application Requirements

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### 1. Qualifications

Applicants must fulfill all of the following conditions to be eligible.

- (1) They must be degree-seeking undergraduate or graduate students of outstanding academic ability and character at Tohoku University.

\* Depending on the faculty/graduate school, students may not be permitted to graduate/complete their curriculum and proceed to the next curriculum while studying abroad. Applicants should confirm with their faculty/graduate school before applying. (Ex. The applicant will graduate from a bachelor curriculum and proceed to a master's curriculum while studying abroad.)

- (2) They must have sufficient language ability to receive education and pursue other activities in their field of specialization at the prospective host institution (See "2. Language Requirements" below).

### 2. Language Requirements

Language requirements are determined by the prospective host institutions for each language of instruction. Applicants should use the prospective host institution's website and the below chart to determine whether enough classes are offered in their preferred language of instruction, whether they are eligible to take the classes they desire, etc.

Language of Instruction at Host Institution	Language Requirements *Applicants must fulfill the below requirements for the language of instruction <b>by the time they apply at Tohoku University</b> .
English	<p>① TOEFL ITP® 500, TOEFL iBT® 61 or IELTS 5.5 or higher; must be dated <b>October 1, 2024 or later (Tohoku University's internal requirement)</b>.</p> <p>② If the prospective host institution has higher language requirements, <b>the applicant must meet those instead of the above.</b></p> <p>* See Notes 1-3, 5-7</p>
Other Languages	<p>① Applicants must obtain a language proficiency of A2 or higher in the Common European Framework of Reference for Languages (CEFR) by the time they apply to this program at Tohoku University.</p> <p>② If the prospective host institution has its own language requirements, the applicant must meet them.</p> <p>* See Notes 3-5</p>

Note 1. **English proficiency tests other than the TOEFL ITP®, TOEFL iBT® TEST or IELTS (e.g. TOEIC®, Eiken etc.) are NOT accepted.** (TOEFL iBT® My Best™ scores are NOT accepted.) Scores from online tests such as TOEFL iBT® Home Edition may or may not be accepted depending on the university, so be sure to check the website of the test administrator or prospective host institution to determine eligibility.

Note 2. For prospective host institutions with no language requirements only: those who have no score as described in “English ①” requirement will be deemed to fulfill it if they obtained a score meeting it between October 1, 2022 and September 30, 2024, and at the time of their application the head of their department (faculty or graduate school dean) deems them to have language abilities equivalent to those who hold the required score. \*Applicants should confirm with their department for details.

Note 3. For exam scores that have an expiration date, the score must have been obtained on or after October 1, 2024.

Note 4. In the below cases, the applicant can apply by submitting a letter to the effect that they have language proficiency equivalent to CEFR A2 or higher from an instructor of the language in which they will take classes at the prospective host institution.

Those whose language of instruction will be German, French, Spanish, Chinese, or Korean, and will not have a score as per Note 3 by the time of their application.

Those whose language of instruction will be other than German, French, Spanish, Chinese, or Korean.

\*Tohoku University's internal CEFR requirements for exchange students

URL: <https://www.insc.tohoku.ac.jp/japanese/studyabroad/all/cefr/>

Note 5. Please refer to the “Information on Partner Schools with University-level Exchange Agreements” or “Information on GE3 Schools” on the Global Learning Center website for information on the language requirements of the university where you wish to study.

URL: [https://www.insc.tohoku.ac.jp/japanese/studyabroad/all/application\\_2026\\_1/](https://www.insc.tohoku.ac.jp/japanese/studyabroad/all/application_2026_1/)

Note 6. **The TOEFL ITP® is scheduled for October 2nd (Thursday), 2025. Those who wish to take it should see the below URL for details. Keep in mind that it takes two weeks for the results to be returned.**

URL: [https://www.insc.tohoku.ac.jp/japanese/language/schedule/toeflitp\\_glc/](https://www.insc.tohoku.ac.jp/japanese/language/schedule/toeflitp_glc/)

Note 7. Because the on-campus **TOEFL ITP® test** may be affected or canceled due to unforeseen circumstances, applicants are encouraged to be prepared to fulfill the language requirements on their

own.

### 3. Other Requirements

- (1) The applicants' enrollment status at Tohoku University must not be "Leave of Absence" during the period of study abroad.
- (2) Except in cases where it conflicts with classes, participants must attend all three preparatory orientations, and the Post-return Report Conference.
- (3) **Participants must enroll in the overseas travel insurance specified by Tohoku University** (see "(4) Overseas Travel Insurance" in V. below).
- (4) Participants must, upon completion of the study abroad, return to Tohoku University and continue their studies (See "(11) Dates of Departure from/Return to Japan" in VI. below).

## III. Application Instructions

### 1. Submitting Application Materials

#### (1) Application Documents

Required Documents		Form	Notes
①	Outbound Exchange Candidate Records	Official Form	Please see the sample form before completing it. ※Regarding the GPA Calculation sheet, please include D grades that are not listed on the transcript.
②	Letter of Recommendation from Academic Advisor/Supervisor	Official Form	Must be <b>signed</b> by the academic advisor/supervisor.
③	Academic Transcript	-	Graduate students must submit their undergraduate transcript too. When submitting transcripts from other universities, applicants must also submit an explanation of the relevant universities' grading criteria.
④	Copy of Language Proficiency Certification	-	Score sheet etc. proving the applicant meets the prospective host institution's requirements. * If the language requirements for the applicants' 1st through 5th choices of host institution are different, they must prove that they meet the requirements for all the institutions. * For exam scores that have an expiration date, the score must have been obtained on October 1, 2024 or later. * Only submit language exam scores that are relevant to the language requirements.
	Letter of Recommendation from the head of the applicant's department	Official Form	Submit together with the proof of language proficiency if Note 2 of "2. Language Requirements," item ② in II. above is applicable. * To be prepared by the student's department.
	Document from applicant's language instructor	Free Format	Submit in place of proof of language proficiency if Note 4 of "2. Language Requirements," item ② in II. above is applicable.
⑤	Outbound Exchange Pledge	Official Form	Prepare in duplicate, submit one copy, and keep the other. The guardian's signature should be made by one of the following. Japanese applicants: an adult immediate family member or relative International applicants: an adult immediate family member or relative, or academic advisor

Downloading Forms etc.

The forms mentioned above can be downloaded from the following URL.

➤ [https://www.insc.tohoku.ac.jp/japanese/studyabroad/all/application\\_2026\\_1/](https://www.insc.tohoku.ac.jp/japanese/studyabroad/all/application_2026_1/)

### Notes on Preparing Documents for Submission

- [Submit document ① as Excel data, ② through ⑤ as PDF.](#)
- If it is determined that any of the documents have been prepared by anyone other than the appropriate individual, the applicant will be disqualified.

### (2) Application Submissions

Applicants should submit application materials digitally to their departments (faculty/graduate school or department/major office).

### (3) Deadline for Submitting Documents

The deadline varies depending on the faculty/graduate school. Applicants must confirm with their department (faculty/graduate school or department/major office) staff.

※All personal information submitted will be used only for the purpose of selection and program implementation.

## IV. Selection/Notification of Result

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### (1) 1st Stage Screening: Document-based

There will be no notification of results for the 1st Stage Screening. The Student Exchange Division will contact applicants directly about whether or not they will undergo the 2nd Stage Screening via [the Student Affairs Information System](#).

### (2) 2nd Stage Screening: Interview

As described above, after the 1st Stage Screening, the Student Exchange Division will contact applicants directly about the 2nd Stage Screening via [the Student Affairs Information System](#).

\*Applicants who receive Study Abroad Advising from Global Learning Center instructors (including online advising) between November 1 (Fri.), 2024 and October 15 (Wed.), 2025 (see (1) under VI. below) may have the 2nd Stage Screening waived.

\*The interview will be conducted in person.

We will contact applicants in [mid November](#) regarding the interview schedule.

Reference: Evaluation criteria for screenings

- ① Goal and motivation for studying abroad
- ② Class/research activities and approach to student life
- ③ Multicultural ability
- ④ Problem solving ability
- ⑤ Language proficiency and academic record

### (3) Notification of Screening Result

Notification will be sent by the departments in [early December 2025](#) (tentative).

\*We will not answer any questions regarding the results of the selection process/results.

## V. Study Abroad Expenses

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### (1) Payment of Expenses

Participants must bear all expenses related to studying abroad themselves (overseas travel insurance, travel, housing etc.). Prices/living expenses may be higher in the destination country/region than in Japan so please make sure to look into them before applying.

## (2) Tuition Fee

Under the inter-university exchange agreement's tuition clause, partner schools will not collect tuition fees. (However, depending on the university, fees may be charged for tuition, application, participation, facility usage, etc.) Please note that participants are required to pay Tohoku University tuition.

## (3) Scholarships

Please see the below website for information on scholarships available to exchange students.

➤ Scholarship information: <https://www.insc.tohoku.ac.jp/japanese/preparing/scholarship/>

\*Scholarships may have eligibility requirements related to academic performance, nationality, etc.

\*Be aware that not all who apply receive scholarships. Please plan your finances to ensure you can study abroad without relying on scholarships.

## (4) Overseas Travel Insurance

Those who decide to participate as exchange students are required to enroll in Supplemental Study Abroad Insurance (hereafter, Futaikaigaku), offered through Personal Accident Insurance for Students Pursuing Education and Research, to cover unexpected accidents, illnesses, and injuries. Participants must pay the insurance premium themselves.

\*Futaikaigaku can only be obtained for the period of study permitted by the university (\*Please refer to VI. Other (10) for details). Please be sure to enroll in Futaikaigaku from the date of departure from Japan to the date of return to Japan, not from the date of arrival in the country.

➤ Futaikaigaku: [https://www.insc.tohoku.ac.jp/japanese/preparing/safety/futai\\_kaigaku/](https://www.insc.tohoku.ac.jp/japanese/preparing/safety/futai_kaigaku/)

# VI. Other

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## (1) Study Abroad Advising

Those with questions about overseas programs or studying abroad should actively inquire at the Global Learning Center. GLC instructors with extensive international experience will be happy to answer them. As mentioned under "(2) 2nd Stage Screening: Interviews" in IV. above, students who receive Study Abroad Advising during the specified period may have 2nd Stage Screening waived.

➤ Study Abroad Advising: <https://www.insc.tohoku.ac.jp/japanese/global/advising/advising-sa/>

## (2) Choosing Prospective Host Institutions

- Applicants should enter up to 5 choices for prospective host institutions in the Outbound Exchange Candidate Records (Application Materials ①). Additions/changes are not accepted after the application submission deadline.
- Applicants must meet the language requirements for all five choices of host institution. Applicants are not eligible to study abroad at any institution for which they do not meet the requirements. Check the host institutions' language requirements carefully before applying.
- If you wish to apply to University of California, please be sure to indicate three preferred campuses.
- Applicants should check each institution's website etc. for information on available faculties/graduate schools and majors, classes offered (those who wish to take classes in English at an institution in a non-English-speaking country, check whether a sufficient number of classes is offered in English), and application requirements etc., and be sure to select institutions in line with their motivation for applying. Regarding classes, even if applicants obtain permission to enter their chosen faculty/graduate school, they may not be able to take certain classes due to conditions at the host institution.
- In principle, it is not possible to extend the desired period of study abroad after submitting an application for the internal selection (it is possible to shorten the desired period). Therefore, be sure

to carefully consider the length of the desired study abroad period when applying for the internal selection process.

- During the screening at Tohoku University applicants will be evaluated with respect only to the prospective host institutions that they have entered. Evaluations will be performed in order of preference of institutions. An exchange study application will be made to one school determined during the screening of successful applicants. Please note that after submitting application documents, applicants cannot change the prospective host institution. Applicants should consider their choices carefully and select only institutions for which they are eligible.

\*For application instructions, see the sample in the Outbound Exchange Candidate Records form (Application Materials ①).

\* If you wish to study abroad at a university that starts its academic year in the middle of our university's semester, you must explain your circumstances to the instructor in charge of the course before registering for the course and confirm whether you can take the course.

### **(3) Revocation of Acceptance**

Even after passing Tohoku University's screening, the applicant cannot study abroad in the following situations.

- 1 They do not receive permission to enroll from their prospective host institution.
- 2 They do not meet the requirements by the beginning of the study abroad period (varies depending on host institution).
- 3 It is difficult for them to study abroad due to health issues.
- 4 Their prospective host institution reduces its enrollment limit.
- 5 They fail to uphold any of the terms listed in the Outbound Exchange Pledge (Application Materials ⑤).
- 6 They do not follow the University's instructions regarding the exchange program.
- 7 Tohoku University otherwise deems them unsuitable for studying abroad.

### **(4) Admissions at Prospective Host Institutions, Determination of Faculty/Graduate School etc.**

In general, the participant's field and department at the host institution will be determined under the guidance of Tohoku University in accordance with the participant's, but it may be impossible to arrange things as they desire due to circumstances at the host institution. Upon receiving permission to enroll from the host institution, the participant's enrollment status will be "exchange student."

### **(5) Enrollment and Travel Procedures**

The participant is solely responsible for enrollment and travel procedures and payment of any related fees. Graduate students wishing to study in a US master's/doctoral curriculum may have to take the GRE (Graduate Record Examination).

### **(6) Language Instruction Requirement**

Students who meet the internal requirement of TOEFL ITP® 500, TOEFL iBT® 61, or IELTS 5.5 or higher, or the language requirement of the prospective host university, and who pass the internal screening process, but whose scores are below the following, will be required to take language instruction. Also, students whose scores are below the following at the time of application may be required to enroll in the Temple University Online Study Abroad Program (fee required). Details will be provided to successful applicants after internal screening.

Reference website for Temple University's online study abroad program:

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

- Students with scores below the following are required to take language instruction:  
Less than TOEFL ITP® 530, TOEFL iBT® 71, or IELTS 6.0

**(7) Partner School or Destination Country/Region and Insurance**

The host institution or the destination country/region may require participants to enroll in local insurance. In that case, it will be necessary to enroll in that insurance in addition to Futaikaigaku as described in "(4) Overseas Travel Insurance" in V. above. However, if the amount of indemnification covered by Futaikaigaku satisfies the requirements of the host institution or destination country/region, participants may be exempt. (Those seeking exemption should contact the appropriate person at the host institution themselves.)

**(8) Cancellation/Interruption due to Unforeseen Circumstances**

This program may be suspended/canceled due to the conditions in the destination country/region, or at the host institution's or Tohoku University's discretion. In addition, if the participant withdraws, their acceptance is revoked due to any of the reasons noted in "VI. Other (3) Revocation of Acceptance" above, or the program is suspended/canceled due to unforeseen circumstances in the host country/region, such as terrorist attack, natural disaster, pandemic etc., regardless of the reason, the participant will be responsible for paying any and all fees accrued before, during, and after the study abroad (including cancellation fees, travel expenses for returning to Japan, etc.). Participants cannot bill the university for such fees.

**(9) Measures against Infectious Diseases**

Due to infectious disease outbreaks or other circumstances abroad, there may be changes to the requirements for authorizing overseas travel. There may also be changes to the procedures and documents needed to travel overseas.

**(10) Dates of Departure from/Return to Japan**

As a rule, the dates of departure from and return to Japan should be as follows. If you have a justifiable reason to stay longer, such as research, please consult with your department.

Departure date from Japan: Within 10 days of the day before the first day of classes of the first semester of study abroad.

Date of return to Japan: Within 10 days of the day after the last day of classes (last day of final examinations, etc.) of the last semester of study abroad.