



上智大学
SOPHIA UNIVERSITY

SOPHIA UNIVERSITY

UNDERGRADUATE NON-DEGREE STUDENTS

APPLICATION PROCEDURE

Spring and Autumn Semester 2026

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<Admissions Policy>

For Sophia University Admissions Policy, please visit the website below:

<https://www.sophia.ac.jp/eng/admissions-and-aid/ap/>

Every effort is made to ensure the accuracy of the information contained herein. However, subsequent to the date of publication, unavoidable circumstances may result in changes in this document. The university reserves the right to make all such changes, including those in the program of study, courses of instruction, fees, and officers of administration and instruction, without notice.

I. GENERAL INFORMATION FOR NON-DEGREE STUDENTS

Student Status

Non-degree students are those who enroll in either the Faculty of Liberal Arts (FLA) or Center for Language Education and Research (CLER) to take undergraduate courses and obtain credits but do not intend to receive an academic degree. This status is applicable only to international students who will enroll as full-time students.

Tracks and Fields of Study

There are two tracks for Non-degree students. (1) English Track (FLA) and (2) Japanese Intensive Track (CLER). Applicants are required to choose one of the tracks at the time of application.

English Track

- Comparative Culture (Art History / Visual Culture, Literature, Religion-Philosophy)
- International Business and Economics
- Social Studies (Anthropology-Sociology, History, Political Science)
- Japanese Language Regular Program

Students who intend to take classes from the above fields will enroll in the Faculty of Liberal Arts (FLA).

Note:

- All courses (except Japanese Language Regular Program) in this track are conducted in English.
- For the courses listings, please refer to the FLA website: https://www.sophia.ac.jp/eng/academics/ug/ug_la/ug_la_liberalarts/
- FLA core programs, Overview of Data Science (for degree-students) and language programs other than Japanese are not open to non-degree students.
- Japanese Language Regular Program is for a) beginners of Japanese or b) intermediate-advanced level students who do not intend to take the Japanese Language Intensive Program (JLIP). In the Japanese Language Regular Program, 100-minute classes meet four or five times a week. Students take placement test before course registration. English is occasionally used for instruction when necessary.

Japanese Intensive Track

This track is for students who would like to take Japanese Language Intensive Program (JLIP). JLIP is an intensive course for those who study Japanese as a foreign language. In the JLIP, 100-minute classes meet twice a day (9:00 to 12:35) from Monday through Friday. English is occasionally used for instruction when necessary. There are four levels, and the lowest level is for students who have reached a level N5 in Japanese Language Proficiency Test (日本語能力試験) or equivalent.

All students who plan to take JLIP must take a language placement test before course registration, and will be assigned to a level on the basis of the results of the placement test.

Note:

- Level N5 in the Japanese Language Proficiency Test corresponds to completing 150 hours of study at university (1-2 semesters). **Those who have not reached this level cannot apply for this track.**
- For the courses listings, please refer to: www.sophia-cler.jp/study/ja/lesson
- Students enrolled in the Japanese Intensive Track must take only the "Intensive Japanese" course (8 credits). It is not possible to take courses offered by other faculties.
- As an exception, students who take the highest level of "Intensive Japanese" (8 credits) in the first semester according to the results of the placement test can take up to 4 credits of other Japanese courses that match their level (The maximum number of credits they can take in one semester is 12 in total). In the second semester, these students will take "Academic Japanese" (2 credits), which is held twice a week and other Japanese courses that match their level, or courses that are taught in Japanese in other faculties (The maximum number of credits they can take in one semester is 12 in total).
- Depending on the previous learning experiences in studying Japanese or on the result of Japanese Placement Test, there is a possibility that students may not be able to register for Japanese Intensive Track. Those students have to register for the designated Japanese course(s), as well as other Japanese courses of their level and/or courses that are taught in Japanese in other faculties. The maximum number of credits they can take in one semester is 12 in total.

Accreditation

The academic programs of the non-degree programs are chartered by the Japanese Ministry of Education, Culture, Sports, Science and Technology. Credits earned are fully recognized by major universities in the United States of America and elsewhere.

The Academic Calendar

There are two semesters, beginning in April and September. Each semester consists of 15 weeks of classes, including final examinations.

Spring Semester

Entry date for Sophia University: April 1 (Classes start in early April and end at the end of July)

Autumn Semester

Entry date for Sophia University: September 21 (Classes start in late September and end in late January)

Period of Study

The period of study is either one semester or two semesters.

Requirement for Enrollment

Non-degree students are required to register for at least 10 hours of class time (equivalent to 6 classes) per week. Also, students can only take up to 20 credits per semester. If a student fails to register for courses in a given semester, or fails to meet the deadline for tuition payment, they will lose their student status at Sophia.

Financial Aid

There is no scholarship available for non-degree students at Sophia University.

II. QUALIFICATIONS

Those who have completed at least one semester at degree-conferring institution(s) as a regular student at the time of application.

Note: There is a chance that those who have attended a school in Japan with a status of “auditor” or “non-degree” before might not be able to obtain the same type of visa again under the policy of the Japanese Immigration Bureau.

III. APPLICATION PROCEDURE

Application is accepted through the following steps. Make sure to complete each step.

A. Prepare the following items:

- Application materials (see 6. APPLICATION DOCUMENTS)
- Digital face photo (color)
- PC



B. Create your “MyPage”

On the on-line application website, register the following to create your “MyPage.”

- Email address
- Face photo
- Basic information

For more information about the application website, refer to the guide on

<http://www.guide.52school.com/guidance/net-sophia-parallel/eng>

Note: Important information will be sent to the email address registered until your enrollment in Sophia. Make sure to use an email address which you will always be able to access even after leaving your current school.



C. Enter all the required application information

- Choose the correct admissions type and enter all the required application information via STEP3 of your “MyPage.”
- Information can be input only during the correct online application period.



D. Pay the application fee

- See 5. APPLICATION FEE
- You can download your application forms and check your **Receipt Number** via STEP4 of your “MyPage.”
- Concerning the online application deadline, see the “Application period (via MyPage)” on the next page.

This step does not complete the application procedures!
Go on to the next step to finalize the application.



E. Submit all the documents via the Application Documents Upload Website

- Application Documents Upload Website: <https://sophiaupload.jp/>
- For more information about the submission method, refer to 6. APPLICATION DOCUMENTS.
- For the submission deadline, see the “Application documents submission deadline” on the next page.

IV. APPLICATION SCHEDULE

For Spring 2026 entry (April)

Application Period (via MyPage)	September 29, 2025, 10:00 a.m. ~ October 17, 2025, 11:59 p.m. (JST*)
Application Documents Submission Deadline	October 24, 2025, 11:59 p.m. (JST*) **
Notice of Results	November 17, 2025, 10:00 a.m. (JST*)
Matriculation Deadline for Admitted Students	December 12, 2025

For Autumn 2026 entry (September)

Application Period (via MyPage)	February 27, 2026, 10:00 a.m. ~ March 20, 2026, 11:59 p.m. (JST*)
Application Documents Submission Deadline	March 27, 2026, 11:59 p.m. (JST*) **
Notice of Results	April 20, 2026, 10:00 a.m. (JST*)
Matriculation Deadline for Admitted Students	May 22, 2026

* Date and time are based on Japan Standard Time.

Application materials must be completely submitted via the **application documents upload website by the submission deadline. Late applications will not be accepted.

V. APPLICATION FEE

35,000 yen

Online payment handling fee of 1,100 yen will be charged in addition to the application fee.

Please follow the guide on STEP 3 on “MyPage” to complete the payment*.

Applicants residing in Japan must complete the payment by one of the indicated methods: credit card; online banking; convenience stores; bank ATM Pay-easy service. Debit card payment is not accepted.

Overseas applicants who do not hold a Japanese bank account must complete the payment by credit card only.

Payment must be completed during the application period and by 11:59 p.m. (JST) of each online application deadline. After the deadline, the application will not be accepted. The application fee is non-refundable once paid.

*In case the window shuts down during STEP 3, go to STEP 4 to continue the payment process.

*The name of the payer does not need to match the applicant's name.

**Please note that the payment at a convenience store could take a while to be completed.

VI. APPLICATION DOCUMENTS

Confirm the required application documents below and make sure to check details under each specific item on the following page.

Documents	Who should submit	How to submit
A. Application Forms	Applicant	<ul style="list-style-type: none"> Must be submitted by the applicant <u>via the application documents upload website</u>
B. Essay	Applicant	
C. Official Transcripts	School	<ul style="list-style-type: none"> Must be submitted by the school/ recommender <u>via the application documents upload website</u> If submission via the <u>website</u> is not possible, submission from the school/recommender directly to the Admissions Office via post/email is accepted. If submission from the school/recommender is not possible, the applicant can submit the documents via post. In this case, the documents must be certified by a school official/recommender and be officially sealed in a school envelope.
D. Two Letters of Recommendation	Recommender	
E. Proof of Language Proficiency	Test institution	<ul style="list-style-type: none"> English test scores must be sent by the testing institution directly to the Admissions Office. Japanese test scores must be original certificates or copies certified by the applicant's university. The applicant must also submit a copy/screenshot of their results certificate via the <u>application documents upload website</u>.
F. Standardized Test Scores (optional)	Test institution	<ul style="list-style-type: none"> Standardized test scores must be sent by the testing institution directly to the Admissions Office.
G. Photocopy of Passport	Applicant	<ul style="list-style-type: none"> Must be submitted by the applicant <u>via the application documents upload website</u>
H. Certificate of Health	Applicant	
I. Application Materials Checklist	Applicant	

▪ Details concerning the application documents upload website

- ※ Applicants who paid the application fee and completed their application via the MyPage must submit the required documents via the application documents upload website. The applicant's name, date of birth and Receipt Number will be required to upload the documents.
- ※ Follow the detailed instructions shown on the system screen as you fill out and upload the materials.
- ※ Only documents in PDF and JPG/PNG formats are accepted.
- ※ The application documents upload website can be accessed via the link below:

Application documents upload website: <https://sophiaupload.jp/>

Alternative submission methods other than application documents upload website:

(only accepted if digital submission of transcripts/certificates/letters of recommendation via the website is not possible)

① Email submission

- ※ The applicant's school must send the digital files to admission-u-co@sophia.ac.jp, using their official institutional email address. **Digital documents sent by applicants are not accepted.**
- ※ The title of the email must be: APPLICATION (Online Application Receipt Number / 受付番号) to "Name of the program"
e.g.: APPLICATION (123456) to the Non-Degree Program

② Postal shipping

- ※ The applicant's school/recommender must send the original documents/certified copies to the address below. **Unsealed copies sent by applicants are not accepted.**
- ※ **For shipping inside Japan,** use the mailing label printed with Application Forms.
- ※ **For shipping from overseas,** enclose the mailing label printed with Application Forms, and on the envelope, make sure to write:

**SOPHIA UNIVERSITY ADMISSIONS OFFICE
7-1 KIOI-CHO, CHIYODA-KU, TOKYO 102-8554 JAPAN
NON-DEGREE (Spring or Autumn) APPLICATION**

or

102-8554 東京都千代田区紀尾井町7-1
上智大学入学センター
NON-DEGREE (春 or 秋) 出願書類在中

Important notes:

- Documents printed in languages other than English or Japanese should be translated into English and certified by a school official or an official agency, such as an embassy or consulate.
- The use of ChatGPT or any other generative AI programs/applications/websites when writing application documents is strictly forbidden.
- If an original document cannot be reissued (e.g., a school report handwritten by a teacher), a copy certified by the school official (Principal or Registrar) or Sophia University Admissions Office is acceptable.
- Application information entered on-line cannot be edited after application fee payment is complete. To change the information provided, modify it directly on the downloaded PDF forms in red before submission.
- Check with the test center/school/recommender for the delivery status of your application documents. The Admissions Office will not respond to questions in regards of arrival of application documents, score reports or other materials.
- The application documents once submitted will not be returned.

A. Application Forms (3 pages)

Application forms should be filled out through the online application website

https://www.guide.52school.com/guidance/net-sophia-parallel/eng_

After paying the application fee, the forms must be downloaded (from STEP 4 of your MyPage) and submitted by the applicant via the application documents upload website.

B. Essay (use the form provided in the admissions page; essay must be typed)

The applicant must give the reasons for wishing to study at Sophia University's non-degree program on the provided form. The document must be submitted by the applicant via the application documents upload website.

For English Track applicants: The application essay should be approximately 500 words in length and written in English.

For Japanese Intensive Track applicants: The application essay should be written in either English (approx. 500 words in length) or Japanese (approx. 800 letters in length).

Admissions page: https://adm.sophia.ac.jp/eng/admissions/ug_p/nd/ap/

C. Official Transcripts

An official transcript showing all courses taken and grades received from the most recent academic institution attended must be submitted. The documents must be submitted by the school via the application documents upload website. If this is not possible, submission by the school directly to Sophia University via post/email is exceptionally accepted.

D. Two Letters of Recommendation (use the form provided in the admissions page)

Letters of recommendation from two teachers and/or officials of the most recent school(s) attended by the applicant must be submitted. The recommender may also use their own format instead of the provided form.

The documents must be submitted by the recommender via the application documents upload website. If this is not possible, submission by the recommender directly to Sophia University via post is exceptionally accepted.

In case of submission via post, each letter must be either in Japanese or English sealed in a separate envelope with the recommender's signature/stamp, or official school stamp across the seal.

Admissions page: https://adm.sophia.ac.jp/eng/admissions/ug_p/nd/ap/

E. Proof of Language Proficiency

The Admissions Office **will not respond** to questions in regards of arrival of score reports. Please arrange the following test results to be delivered to Sophia by the deadline.

For English Track applicants (TOEFL® Test Date Score or IELTS Score)

Applicants must prove their English proficiency by taking the TOEFL® or the IELTS (Academic). The exam should be taken no more than two years before the time of application. **TOEFL® Home Edition and IELTS Online are NOT accepted.**

Scores must be submitted following the instructions below.

1. TOEFL: Applicants should request the official test score to be delivered directly to Sophia from the testing institution. When registering for the tests, be sure to indicate Sophia University and ensure that your official score is sent to Sophia University. For information about the TOEFL® and test registration, please refer to the following website.

TOEFL®: www.ets.org/toefl <code:0819>

2. IELTS: Applicants should request the official test score to be delivered directly to Sophia from the testing institution. When registering for the tests, be sure to indicate Sophia University and ensure that your official score is sent to Sophia University. For information about the IELTS and test registration, please refer to the following website.

IELTS: www.ielts.org <digital results certificate only>

In addition to the direct submission of the test scores by the test institution, the applicant must also submit a copy/screenshot of their results certificate via the [application documents upload website](#).

Waiver conditions for score submission:

TOEFL® or IELTS can be waived if a student has studied at least five years out of the last six years in an institution where English is the primary medium of instruction. The Admissions Office will confirm the fulfillment of this condition by checking the submitted transcripts and the applicant's educational background. Additionally, TOEFL® or IELTS can be also be waived if a student holds a C2 proficiency on Cambridge English Qualification (official test result submission is required).

Note:

- For TOEFL®, please enter the Test Date Score during the online application. MyBest™ scores are not acceptable.
- TOEFL® Home Edition, TOEFL ITP®, TOEFL® Essentials™, IELTS Indicator scores, and IELTS Online results are not acceptable.
- Scores including IELTS One Skill Retake are acceptable.

For Japanese Intensive Track applicants

Applicants should show their Japanese **and** English proficiency level by submitting the test results mentioned as follows.

For Japanese proficiency

Applicants are required to submit one or more of the following:

- Test results of Japanese Language Proficiency Test (日本語能力試験) N5 level or higher
- J-Test F level or higher (The J-Test Test of Practical Japanese - IP score report 「成績表 随時試験プログラム – IP」 is not acceptable.)
- Transcript proving the completion of at least 150 hours of Japanese language study at university (1-2 semesters)

In addition, applicants should submit a report of their previous experiences in studying Japanese, and any background information including history of residence, language used at home, and any experience of previous contact with Japanese. The report should be one page of A4 in the format of your own choice.

Note:

- Those who have not reached this level of Japanese cannot apply for this track.
- Only original certificates or copies certified by the applicant's university are accepted.

For English proficiency

Applicants are required to submit one or more of the following:

- TOEFL score of 70 or higher
- IELTS score of 5.5 or higher
- TOEIC score of 650 or higher

Applicants should request the official test score to be delivered directly to Sophia from the testing institution. In addition to the direct submission of the test scores by the test institution, the applicant must also submit a copy/screenshot of their results certificate via the [application documents upload website](#).

Note:

- Those who have not reached this level of English cannot apply for this track.
- For TOEFL®, please enter the Test Date Score during the online application. MyBest™ scores are not acceptable.
- TOEFL® Home Edition, TOEFL ITP®, TOEFL® Essentials™, IELTS Indicator scores, and IELTS Online results are not acceptable.
- Scores including IELTS One Skill Retake are acceptable.
- TOEIC IP results are acceptable.

Waiver conditions for score submission:

- Submission of English proficiency scores is waived in any of the following cases:
 - ① If a student has studied at least five years out of the last six years in an institution where English is the primary medium of instruction. The Admissions Office will confirm the fulfillment of this condition by checking the submitted transcripts and the applicant's educational background.
 - ② If a student holds a C2 proficiency on Cambridge English Qualification (official test result submission is required).
 - ③ If the student holds the JLPT N2 certificate or higher, or has 600 points or higher on the J-Test A-C level (official test result submission is required). Only the J-Test Certificate of Ability 「(レベル)認定証」 is acceptable. The J-Test Test of Practical Japanese - IP score report 「成績表 随時試験プログラム - IP」 is not acceptable.

F Standardized Test Scores (optional)

If an applicant has taken one of the following in the past, submission of results is recommended. Applicants should request the official test score to be delivered directly to Sophia from the testing institution. In addition to the direct submission of the test scores by the test institution, the applicant must also submit a copy/screenshot of their results certificate via the [application documents upload website](#).

- 1) SAT Scores <code: 0819>
- 2) ACT Scores <code: 5575>
- 3) IB (International Baccalaureate) Diploma

G Photocopy of Passport (for those who hold nationality other than Japanese)

This document is to check the applicant's full name. The document must be submitted by the applicant via the [application documents upload website](#).

- Those who have dual nationalities, please submit a photocopy of passport for the nationality other than Japan.
- If you do not have a passport, please submit a photocopy of your ID.

H Certificate of Health (use the form provided in the admissions page)

A medical certificate completed within the previous 6 months, signed by a practicing physician and indicating that the applicant is physically fit to attend university and do the required academic work, must be submitted. The document must be submitted by the applicant via the [application documents upload website](#).

Admissions page: https://adm.sophia.ac.jp/eng/admissions/ug_p/nd/ap/

Note: Any applicants with physical conditions that might require special attention when undertaking university work should notify the Sophia Admissions Office in writing before the application period.

I Application Materials Checklist (use the form provided in the admissions page)

Check the items submitted as the application documents. The document must be submitted by the applicant via the [application documents upload website](#).

Admissions page: https://adm.sophia.ac.jp/eng/admissions/ug_p/nd/ap/

VII. SCREENING

Decision on acceptance or rejection will be based on screening of documents submitted by the applicant.

VIII. NOTICE OF RESULTS

Applicants can confirm their results from “Admissions Decision” on “MyPage” through the link

<https://www.guide.52school.com/guidance/net-sophia-parallel/eng>

from 10:00 a.m. (JST) on the date of the results announcement (see **APPLICATION SCHEDULE**).

Note:

- Servers may be slow if too many applicants try to simultaneously access it.
- The email address registered and password will be required to log into “MyPage.”
- No physical materials will be sent to applicants from the Sophia Admissions Office. A letter of acceptance can be printed out from “MyPage.”
- Sophia University will not disclose the results of an application by telephone, fax or e-mail.
- Acceptance is valid only for the semester specified in the letter of acceptance.

IX. ENTRANCE PROCEDURES

For details, please refer to the booklet of “Entrance Procedures” available on “MyPage” through the link

<https://www.guide.52school.com/guidance/net-sophia-parallel/eng>

A. Payment of Fees Due Prior to University Entrance and Submission of Necessary Documents

To secure admission, a newly admitted student must pay the fees prior to University entrance and submit the necessary documents to the Sophia Admissions Office by the matriculation deadline (see **APPLICATION SCHEDULE**).

1. Click “Entrance Procedures” on “MyPage” to download the “Entrance Procedures” booklet.

Please read through all the information and follow the instructions in this booklet to secure admission.

2. Choose the program to start entering the required information and upload a face photo online.
3. Print out the designated document (Student Record/Pledge).
4. Complete the payment of the fees and post mail the required documents by the matriculation deadline.

For your reference, the fees due prior to University entrance in the academic year 2025 are as follows:

The fees due prior to university entrance 2025

	English Track	Japanese Intensive Track
Program Fee	601,000 yen (per semester)	301,000 yen (per semester)
Education Enhancement Fee	105,000 yen (per semester)	105,000 yen (per semester)
Total	706,000 yen	406,000 yen

<Notes for each item>

Items	Notes
Program Fee	•Program Fee is the price paid for the educational services.
Education Enhancement Fee	•Education Enhancement Fee is expenses for the maintenance and management of the education and research environment, as well as for maintenance enhancement for the future.

Note:

- a. The program fee is revised annually based on the rate of inflation.
- b. The fees due prior to university entrance are not refundable. However, if you notify Sophia University of your intention not to attend by the appointed deadline, these fees, with the exception of the handling charge, may be refunded. For details, please refer to the "Entrance Procedures" leaflet.

X. STATUS OF RESIDENCE FOR INTERNATIONAL STUDENTS COMING TO JAPAN

Students coming from abroad to study at Sophia University must have a college student status of residence or other appropriate status of residence such as diplomatic, official, or dependent. A temporary visitor status is not acceptable. To qualify for a college student status of residence, a student is required to register for at least 10 hours of classes per week. Additional information concerning college student status of residence will be sent to each student after acceptance.

Note:

Please note that the status of residence as a non-degree student is admitted only once for each international student under the policy of the Japanese Immigration Bureau. If the same status of residence has been issued to you before, you would not be able to enter Japan again as a non-degree student.

XI. NATIONAL HEALTH INSURANCE

International students who will stay in Japan for more than three months are required to join this insurance system. The procedures are carried out at the local ward/city office. The premium must be paid, but by declaring you have no income, it will be reduced. Please ask directly about the details at the local ward/city office.

Subscribers to the National Health Insurance system have only to bear 30% of medical expenses for any treatment covered by the insurance at clinics or hospitals (expenses for medical treatment not covered by the insurance must be paid in full).

XII. HOUSING

Sophia University has several off-campus dormitories and offers affiliated housing options. For more information, please refer to the following webpage.

<https://piloti.sophia.ac.jp/eng/housing/>

XIII. REFUND OF THE APPLICATION FEE

If you meet any of the conditions listed under "1. Reasons for Refund of Application Fee" and submit the request for refund of application fee within the specified period, the application fee will be refunded to your designated account (the online payment handling fee of 1,100 yen is not refundable).

Refund requests made after the request for refund of application fee submission deadline will NOT be accepted. Please note that it may take about 1 to 2 months for the refund to be processed after the request is received.

1. Reasons for Refund of Application Fee

- (1) The application fee was paid, but the application documents were not mailed to the Admissions Office.
- (2) The application fee was paid and the application documents were submitted, but the application was not accepted due to lack of eligibility to apply. (In this case, the Admissions Office will notify applicants via email.)

※Cancellation of the application due to personal reasons after submitting the application documents is not allowed.

2. How to Obtain the Refund of Application Fee

Required Documents:

- (1) Refund of Application Fee (Word file)

Download link: [Click Here](#)

- (2) Notification Sheet for Remittance (overseas account) (PDF file) (Only required if you wish to receive the refund using an overseas account)

Download link: [Click Here](#)

You can fill out the "Refund of Application Fee (Word file)" digitally or print the document, fill in the required information by hand and scan the completed document.

Please fill out the "Notification Sheet for Remittance (overseas account) (PDF file)" digitally, in PDF format only. **Do not convert it to other formats.**

If you cannot download the forms, please request them via the following email address: admission-u-co@sophia.ac.jp

3. Request for Refund of Application Fee Submission Deadline

Application Period	Request Deadline
April Entry	December 22, 2025
September Entry	March 31, 2026

Please note that refunds will not be processed if the request is submitted after the deadlines above.

4. How to Submit the Request for Refund of Application Fee

Enter all required information in the "Refund of Application Fee" (and in the "Notification Sheet for Remittance (overseas account)" file, if necessary) and send it as an attachment to the following email address. **Only submissions via email are accepted.**

Email Address: admission-u-co@sophia.ac.jp

Subject: Request for Refund of Application Fee

Message:

1. Applicant's Name
2. Non-Degree Track, Application Period
3. Receipt Number

You will receive a reply within 5 business days after the email is received. If you do not receive a confirmation from the Admissions Office within 5 business days, please contact us again.