



Tokyo 2026

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Course options:

Standard Course

2weeks+ duration

Japanese & Conversation

2 to 8 weeks duration

Japanese & Culture

2, 3 & 4 weeks duration

Languages for Life

10 or 20 weeks duration



Reasons for choosing Tokyo:

A world class city!

The capital is a magnet to Japanese language students, who love the modernity, energy and neon exuberance of this amazing city. Explore; museums, art galleries, shrines, theatres and shopping opportunities galore. The school is at the heart of it all, in the Shinjuku district.

Small class sizes

A maximum of 9 students per class, and on average 4 to 5 students

Focus on communication

Yes you will learn Kanji but the school put a lot of emphasis on learning to speak Japanese, from your very first week in the school.

Extra conversation classes

Students who want to make maximum progress in their Japanese language skills enjoy combining the Standard Course with additional conversation classes, designed to make you use your new found language skills.

Miss G: Tokyo

"The staff are incredibly friendly, helpful, and always happy to do what it takes for you to feel comfortable and ensure you enjoy your programme. It was a wonderful experience!"



Tokyo is the capital of Japan and home to 12 million+ people. It's vast! Don't think of it as a single city, but a constellation of cities that have grown together.

The main roads are clogged with cars, and first impression is of an urban nightmare, look further and you'll find tranquil backstreets, old world wooden houses with bonsai trees; hi-tech shops alongside charming fragments of the old city, timeless temples and shrines.

Central Tokyo, is awash with chic shopping streets, its financial centre and the major train station, plus enough bars and restaurants to last a lifetime.

Tokyo is composed of 23 wards, with a population of over 9 million people, and almost 15 million if the surrounding urban areas are included too! As such, it stands as one of the world's largest cities. Despite that, and the high cost of housing, it's regularly chosen as one of the most liveable cities worldwide.

Shinjuku is the entertainment heart of the city, bursting with restaurants, bars, nightclubs, and other places to have the time of your life! Shinjuku will leave you with memories you will never forget, and you'll see and meet some of the most interesting people in the world, just meters from where you have Japanese class each day.

Visitors to the city love to ...

Go old school

Book a trip to the Kabukiza theatre and experience traditional kabuki theatre, an incredibly stylised performance of dance and drama dating back to the Edo period, with actors heavily made up, wearing highly decorated costumes.

Go Anime/Manga mad!

Explore the Ghibli museum, a mecca for anime lovers. It is dedicated to the work of the world of master animator Miyazaki Hayao. Take a trip to Akihabara, the heart of gaming, manga and anime culture in Japan, home to electronics shops, maid cafes and anime stores, it's paradise for any otaku.

Relax in Shinjuku Gyoen

One of Tokyo's largest and most pleasant parks and one of the city's best cherry blossom viewing spots, each Spring.

Visit a buddhist temple

The Sensō-ji buddhist temple is a fantastic monument to Edo architecture and has an incense cauldron kept alight by a constant stream of visitors.

Eat Ramen

This is a delicious savoury noodle savoury soup. A staple dish of the Japanese cuisine, with so many varieties in both the noodles and the soup on offer, but do try the Tokyo soy sauce ramen.

Watch sport with the locals

Sumo: Attend one of the tournaments held in January, May and September and experience the world famous traditional sport of Japan. Sumo's Ryōgoku Kokugikan is worth a visit at any time, even if no events are taking place.

Baseball: Yakyū is huge in Japan and is a major spectator sport. Local teams are based in the Tokyo Dome, the Omiya Park Baseball Stadium and the Yokohama Stadium.

Shop till you drop

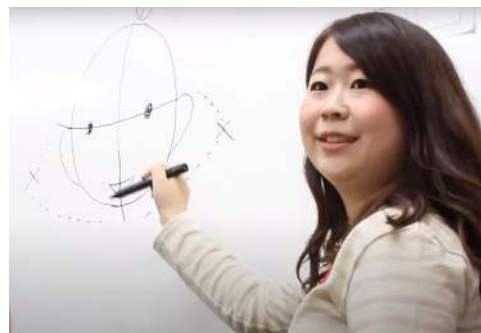
Explore the famous department stores of Tokyo including Isetan, Takashimaya and Keio. Alternatively get tempted by the latest fashions at Harajuku, see the crazy buildings and shop for luxuries at Ginza or check out the famous openair markets at Ameyoko.

Join the crowds on the Shibuya Crossing

Hundreds (to several thousands) of people cross at a time, coming from all directions at once. Join others on scramble crossing, which has to be seen to be believed and is probably one of the best known images of Tokyo, in the world.

Travel by train or subway

Get to know the city by public transport with prepaid rechargeable Suica and Pasmo cards (IC cards), they work on all city trains, subways and buses. You can purchase these from machines at any station.



The Tokyo School

The Japanese College is just a short walk from Shinjuku Station and overlooks the Hanazono Shrine. Despite being in the centre of the busiest part of Japan, the school's location is peaceful and relaxing, a perfect environment to learn Japanese language and culture. Catering for up to 60 students in any month, this is a small school offering a personal service. Ideal for adults and students looking to improve their Japanese communication skills.

The school has a large student lounge area, 12 classrooms (with air-con), computers with student internet access, Japanese study software and free wifi access on site.

School facilities include:

PCs with broadband Internet access, and office applications

Free wireless Internet access

Study space

Wii game console with large selection of games

DVD/TV and large library of DVDs for free rental

Portable DVD/CD players for independent study

Manga/book library

Free coffee/tea



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Japanese language course options

A truly immersive experience

Visa rules:

If you are a UK, EU or US citizen, you can enter the country as a tourist for a course of up to 90 days (and can extend your stay for a further 90 days once in Japan). If you are of another nationality or you require a longer course please discuss visa rules with CESA.

Standard Course

(Visa Waiver)
(Tourist Visa)

20 lessons per week
2 to 12 weeks+ duration
Class size: max 8 people
Courses offered all year round
but limited course start dates (and durations) for complete beginners

Schedule:

Morning classes: 09.30-13.10hrs or

Afternoon classes: 11.25-15.50hrs or 14.05-17.45hrs

You may have morning classes on some days and afternoon classes on other days. It's impossible to tell what time you will attend classes in advance, as the schedule only gets released the week before, for all students.

Ideal for all age groups and language abilities. Core classes concentrate on communication skills, across all language levels, with emphasis on real-life skills. Small classes and professional teaching staff ensure the optimum learning environment.

Course format:

You will learn new grammar, sentence structures, words, kanji, and how to apply these concepts when you speak and get spoken to. Once you have learnt the new content in class, teachers will give you some homework to reinforce your new knowledge and make sure you really understood what was taught.

When you come to school the next day, your first session will be the output session. Here, you will apply the four language skills: speaking, listening, reading and writing this is where you will apply all of the grammar, new words, sentence structures, kanji and so on you learned the day before in real-world situations.

Teachers will pair you with classmates to practise conversation in fun roleplay situations. You'll work on listening exercises, read interesting articles not included in the textbooks, and even prepare a presentation for your class! Students benefit directly from this teaching style as they can use their new found skills when exploring the city and engaging with Japanese native speakers!

The school teaching staff teach ALL their classes in Japanese, whatever your current language level (English will only be used if absolutely necessary) so you get plenty of practice speaking in and listening to Japanese.

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Class placement

Students are placed in the most appropriate ongoing classes for each student or a complete beginner class if new to the language.

Placement is decided based on

- 1/ the results of the online level check arranged through CESA before arrival, and
- 2/ the results of the placement test and interview held on the first day at school.

Minimum age: **18** (mainly 18/30 yrs)

Minutes per lesson: **50**

Languages for Life Course

(Visa Waiver)
(Working Holiday)

The same format as Standard Course
– but at a discount!

20 lessons per week
10 weeks or **20 weeks** duration
Class size: max 8 people
Courses offered all year round but limited course start dates and duration for complete beginners
Ideal for all age groups and language abilities.
Open to students eligible for visa waiver rules, who can extend their course, beyond 90 days once in Japan for a 20 week programme.

Group class levels offered:

Foundation &

Beginner 1 JLPT: N5 / A1

Average time to complete: 16 wks

Proficiency: 700 words 100 kanji

Beginner 2 JLPT: N4 / A2

Average time to complete: 19 wks

Proficiency: 1,300 words 300 kanji

Pre-Intermediate JLPT N3 / B1

Average time to complete: 20 wks

Proficiency: 3,000 words 650 kanji

Intermediate JLPT N2 / B2

Average time to complete: 20 wks

Proficiency: 6,000 words 1000 kanji

Upper-intermediate JLPT N1 / C1

Average time to complete: 20 wks

Proficiency: 10,000 words 2000 kanji



Japanese & Conversation Course

((Visa Waiver)
(Tourist Visa)

As Standard course + 4 conversation classes

2-8 weeks duration

Class size: max 8

Course offered year round

Not open to beginners (minimum 80 hrs of prior study required)

Combine the Standard course with five extra classes each week of conversational Japanese focused on elements it can be hard to cover in the standard classes, such as slang, dialects, specialized vocabulary, and more.

Small-group classes are given both inside and outside of the classroom - you will learn essential communication techniques in structured lessons with the teacher, then practice them in real-world situations, such as:

Calling a movie theatre to ask for showtimes

Ordering delivery sushi

Calling a restaurant to make reservations

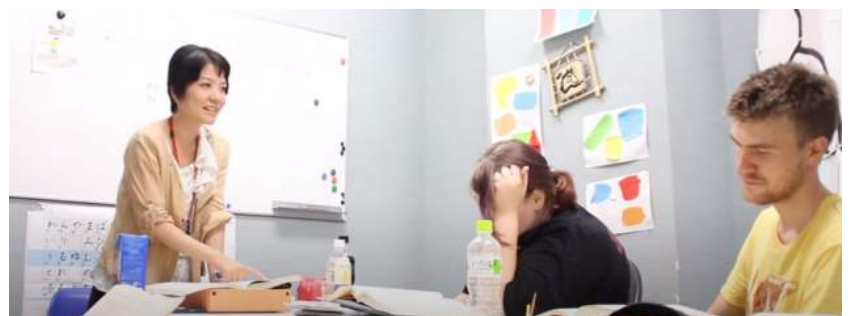
Giving a questionnaire to people in the park

Asking for directions at the train station

Buying electronics

Professional teachers

All the teachers are professional career teachers who have been through a thorough training before becoming Japanese language teachers.



Japanese & Culture

(Visa Waiver)
(Tourist Visa)

As Standard course + Saturday cultural activities

2, 3 or 4 weeks duration

Class size: max 8

Course offered year round

Beginners welcome on set start dates

You will have 6 hours of cultural "experience" activities every Saturday in addition to your Standard Course language lessons. Culture activities are held on a monthly schedule, so are repeated each calendar month.

All activities are based on gaining an understanding of and appreciation for Japanese culture, learning a specific point of Japanese, and participating in the beauty of Japanese traditional and modern arts. They enable you to learn about the culture whilst still learning the language, and the chance to participate in activities with other people.

You will participate in: kimono dressing, ceramics creation, a tea ceremony, creating calligraphy, learning flower arranging, Japanese cookery, visit a Maid café, dance and theatre, military arts (e.g. aikido), religion/spirituality, customs.

Who learns Japanese?

Students are generally ...

between 18/50 yrs of age (mostly 18/30yrs)

55% male, 45% female

Many are beginner / false beginner (A1) level and study for between 2 and 8 weeks.

university students, young adults or retired and looking for an adventure.

from the USA, Australia or the UK, then Germany, France, Switzerland, or Canada and then a whole load of other students from other countries too!

Approx student numbers: 100/130 pr wk

Of course, there are also plenty of non-average students and everyone who wants to learn Japanese is welcome to attend!

If you're not sure, contact us and we will be happy to chat the options through with you.



Accommodation

Arrive: **Sunday PM**

Depart: **Sunday AM**

NB: Accommodation in Tokyo generally involves a commute, allow 20/90 mins to college by public transport. Check out the Accommodation PDF details for full information.

Host family 18yrs+

Minimum duration: 2 weeks

Single room, half-board (45/90 mins commute to school)

When arranging a host family, we try to take into account any needs or preferences you may have, such as smoker or non-smoker, allergies, English ability, and so on. You'll be sent a questionnaire once you've enrolled please complete this as early as possible!

Allow around Yen 800 for daily commute

Residence (with Japanese people) 18yrs+

Minimum duration: 4 weeks

Single room, self-catering (30/50 mins commute).

You will have the privacy of your own bedroom, while still getting to meet and mingle with the other residents of the house, and enjoy the freedom of life in the city and an easy commute by public transport from school

Allow around Yen 600 for daily commute

Private apartment 18yrs+

Minimum duration: 4 weeks

Single occupancy, self-catering. Highly recommended, (around 40/50 mins)

Around 15 m sq

Private apartments are usually close to a simple hotel room in quality, but quite a bit cheaper, and can be rented by the week (from 2 weeks+). They are ideal if you want to live independently but are very compact including a bed, living room area, kitchen area, and bathroom. Generally all required appliances are included. High-speed wired Internet is provided for no extra charge. Most private apartments are centrally located in the downtown area.

Allow around Yen 600 for daily commute



Start Dates



Standard Courses, Languages for Life Courses + Japanese & Conversation or Culture Courses

Dates in **gold** are open to Beginners (for 2+ weeks)

All other levels: Any number of weeks (2 wks+), depending on availability of places

Maximum course duration for beginners: 2 weeks on **underlined dates**

Month	Dates				
January	05	<u>12</u>	19#	26	
February	02	09	16#	<u>23</u>	
March	02	09	16#	23	30
April	06	13	20#	27	
May	11	18	25		
June	01	08	15	22	29
July	06	13	<u>20</u>	27	
August	03	10	17	24	31
September	07	14	<u>21#</u>	28	
October	05	<u>12</u>	19#	26	
November	02	09	16	<u>23</u>	30
December	07	14	21		

*** Public holidays:** Lessons are not held, but are replaced by a school activity or a small refund and if this coincides with a start date, the assessment tests and registration take place on Tuesday instead.

2026: 01 & 12 Jan, 11 & 23 Feb, 20 Mar, 29 Apr, 04 & 05 May, 20 Jul, 11 Aug, 21 and 23 Sept, 12 Oct, 03 & 23 Nov

Christmas holiday: Week of 28 December 2026 2027: to be confirmed.

Course Prices

For additional course duration options & prices, please view the

CESA Course Quote Finder: www.cesalanguages.com

CESA Fee: **¥14,000** per person

Books & Materials: Inclusive in course fees

Standard Course	2 wks Yen 98,000	3 wks Yen 138,000	4 wks Yen 178,000	6 wks Yen 258,000	8 wks Yen 338,000	12 wks Yen 480,000
Languages for Life	10 wks Yen 408,000	20 wks Yen 740,000				
Japanese & Culture	2 wks Yen 130,000	3 wks Yen 186,000	4 wks Yen 242,000			
Japanese & Conversation	2 wks Yen 130,000	3 wks Yen 186,000	4 wks Yen 242,000	6 wks Yen 354,000	7 wks Yen 410,000	8 wks Yen 466,000

Accommodation Prices



Hosts

From: 18 yrs

Single room, Half-board, Commute by public transport

2 wks

Yen 94,000

3 wks

Yen 131,000

4 wks

Yen 168,000

6 wks

Yen 242,000

8 wks

Yen 316,000

9 wks

Yen 353,000

10 wks

Yen 390,000

11 wks

Yen 427,000

12 wks

Yen 464,000

20 wks

Yen 760,000

Residence

From: 18 yrs Open to the public and students

Single room in a shared residence, Self-catering, Commute by public transport

4 wks

Yen 104,000

5 wks

Yen 125,000

6 wks

Yen 146,000

7 wks

Yen 167,000

8 wks

Yen 188,000

9 wks

Yen 209,000

10 wks

Yen 220,000

11 wks

Yen 240,000

12 wks

Yen 260,000

20 wks

Yen 410,000

Apartments

From: 18 yrs Open to the public and students

Sole occupancy apartments, Self-catering, Generally in walking distance

4 wks

Yen 219,000

5 wks

Yen 245,000

6 wks

Yen 290,000

7 wks

Yen 335,000

8 wks

Yen 380,000

9 wks

Yen 425,000

10 wks

Yen 420,000

11 wks

Yen 460,000

12 wks

Yen 500,000

20 wks

Yen 780,000



Travel Plans



Fly to Tokyo/Narita. Travel from Narita (NRT) airport in approx. 75 mins by public transport (70km) or from Haneda (HND) in approx. 45 mins or book a school arranged transfer. If staying with hosts, please fly in before 7.00pm or you will need to stay the first night in a Hotel.

Transfer Service: Available on request

¥ 30,000 for an arrival service/per person from Tokyo HND airport or

¥ 45,000 for an arrival service/per person from Tokyo NRT airport

Offered from 8.00am to 8.00pm

CESA Plus Points

Tokyo:

Don't get too hung up on ticking tourist sights off your list: for most visitors, the biggest part of the Tokyo experience is just wandering around at random and absorbing the vibe, poking your head into shops selling weird and wonderful things, sampling restaurants where you can't recognize a single thing on the menu (or on your plate), and finding an unexpected oasis of calm in the tranquil grounds of a neighbourhood Shinto shrine. It's all surprisingly safe, and the locals will go to extraordinary lengths to help you if you just ask.

Shinjuku: Home to luxury hotels, giant camera stores, futuristic skyscrapers, hundreds of shops and restaurants.

Tokyo College:

Small college in a huge city ~ friendly, relaxed atmosphere ~ flexible range of short term course options to suit a range of personal & linguistic needs ~ excellent city centre location ~ good range of accommodation offered. You need to be independent and mature to live and study in this city.

