

***Waseda University, Study Abroad 2026—One semester Spring 2026***

***Waseda CS-L at the University of Hawaii at Mānoa***

***Location: Honolulu, Hawaii, USA***

***Title: Academic English Program***

***Language Requirements: None.***

***GPA Requirements:***

HELP: 2.0

**Estimated Tuition (HELP): \$5,800**

**Estimated Room and Board per month:** \$1,794 (Homestay with 2 meals a day)

The University of Hawaii (UH) requires F-1 students to carry adequate health insurance.

We require that both F-1 students and any F-2 dependents have health insurance for the entire period of their stay in the U.S. HELP offers a health plan that meets UH requirements and costs \$205/month.

***Nationality:*** Students of any nationality may enroll in the HELP program.

***Other Requirements:*** N/A

***Dates***

Early March to Late June. Exact 2026 Dates: March 9-June 19. Break week May 2-10.

***Summary:***

The University of Hawaii at Mānoa Academic English Program is a flexible course of study designed to meet the needs of Waseda students seeking a truly unique study abroad experience. This program encompasses a semester of study in the University of Hawaii English Language Program (HELP). For over fifty years the HELP program has been the pathway into degree studies at UH Mānoa for students with TOEFL scores below 61/500. As a unit of the renowned Department of Second Language Studies, HELP provides Academic English training in a vibrant curriculum for students at all levels of proficiency.

## *Academic Study*

During their semester in the CS-L at UH Mānoa, students will study 20 hours per week at HELP in level-appropriate classes that focus on the language and cultural skills needed for success in an American college environment. They will also engage in service-learning projects that help them become autonomous self-directed learners who engage with the community. In addition to improving their academic English skills, they will grow in self-assessment, critical thinking, ethical reflection, cooperative teamwork, and participation in activities with the larger community both on and off campus.

*Note: Depending on the students' level, there may be other Waseda students in their class.*

### **Possible courses:**

#### **100 Level Courses**

111LS Listening and Speaking  
131R Reading Foundations  
141W Writing Foundations  
151G Basic Grammar

#### **200 Level Courses**

211LS Listening and Speaking  
213LS Social Issues  
231R Reading Proficiency  
231T Intro to TOEFL Reading  
241W Writing Development  
261T Intro to TOEFL Listening

#### **300 Level Courses**

311LS Listening and Speaking  
331R Reading Connections  
341W Writing Expansion  
351T TOEFL Grammar  
361M/L Film or Literature Studies  
364T Intensive TOEFL Practice

#### **400 Level Courses**

431R Academic Reading  
441W Academic Writing  
451G Grammar through Fiction  
453G Grammar A-Z

([http://manoa.hawaii.edu/eslhelp/wordpress/?page\\_id=59](http://manoa.hawaii.edu/eslhelp/wordpress/?page_id=59))

Students will take two TOEFL ITP tests during their semester at HELP. Along with their detailed grade reports, the TOEFL ITP scores will assist them in seeing the development of the academic English skills.

## **Housing and Meal Plan**

Students may choose to be placed with a homestay family for a complete cultural immersion experience. In Spring 2026, homestay will cost \$400 per week. There is also a \$200 placement fee and \$135 roundtrip airport transfer fee. Homestay families are carefully selected and matched to students' interests and preferences as much as possible. Homestay includes a private room with a shared bathroom and two meals—self serve breakfast and 1-plate dinner.

There is a chance that they will be placed in a homestay that is shared with non-Japanese students. If they are staying in a homestay, they can request to stay with a family that doesn't have other Japanese, but it will depend on the host family availability at the time. *There is no guarantee that Waseda students will have non-Japanese housemates in Homestay.*

**Please note: Dorm room availability is not option for this March program. If Homestay families are not available, there will be an opportunity to stay in alternate living options such as a condo.**

## ***Opportunities for Learning Through Experience***

HELP is the only intermediate level ESL program that offers the chance for students to do Internships for up to 40 hours in the local community. More information is on our website here: [https://manoa.hawaii.edu/eslhelp/wordpress/?page\\_id=3744](https://manoa.hawaii.edu/eslhelp/wordpress/?page_id=3744)

There will be many opportunities for Waseda students to interact with the on- and off-campus community and enrich their learning. Starting in the fall, the Service-Learning projects provided by the HELP program will engage them with worthy organizations and projects that will serve as opportunities for self-reflection and growth. The International Student Association (ISA) at UH Mānoa is very active in providing support and activities for all students who come from abroad, and Waseda students will be guided to join events and activities put on by the ISA. Each Friday there is a cross-cultural exchange International Coffee Hour that students may join. Furthermore, the UH Manoa campus community has clubs catering to a wide variety of interests and pursuits both academic and extra-curricular, and students will be welcomed into such groups that match their individual interests. And of course, at a flagship university such as UH Mānoa, there are seasonal sporting events happening throughout the year that Waseda students will be able to join as participants and spectators to augment their experience in Hawaii. Finally, Hawaii has limitless opportunities for outdoor activities that take advantage of the natural beauty of our state, both on land and in/on the sea.

## ***Facilitation Plan and assistance***

During their time in the HELP program, Waseda students will have regular access to student advisors who will assist them in making the most of their study experience.

## ***Credits (24-30 semester credit hours):***

Students will be studying full time throughout their CS-L at UH Mānoa. Students complete 320 class hours each semester in the HELP program. HELP courses are non-credit but are

graded in the normal A-F range with GPA calculated on a 4-point scale. Grade reports will be provided for coursework successfully completed and Waseda is encouraged to grant appropriate English language credits to the students' transcripts.

***Web Page***

HELP Program: [manoa.hawaii.edu/eslhelp](http://manoa.hawaii.edu/eslhelp)