

Waseda University, Study Abroad Fall semester 2026—One semester

Waseda CS-L (Customized Study, Language focused Program) at University of Hawaii at Manoa

***Location: University of Hawaii at Manoa, Hawaii English Language Program (HELP)
Honolulu, Hawaii, USA***

Title: Hawaii English Language Program (HELP)

Language Requirements: None. A desire to improve academic English skills regardless of level is the only requirement.

GPA Requirements: 2.0 We ask for students to be in good standing.

Nationality: Any

Is enrollment open to students of any nationality including your own country? YES

Other Requirements: Good academic standing, a willingness to study hard

Dates: (tentative beginning, ending dates; include vacations longer than a few days)

Classes begin August 24, 2026 and end December 19, 2026. There is a one-week midterm break from October 19-25, 2026.

Summary:

The University of Hawai‘i English Language Program (HELP) is an intensive English language program run by the Department of Second Language Studies at the University of Hawai‘i at Mānoa in Honolulu. Our program focuses on Academic English preparation and students who complete the program may be conditionally admitted to the University of Hawai‘i at Mānoa. The mission of HELP is to empower our students to succeed at the University of Hawai‘i-Mānoa and other higher educational institutions, as well as in their personal and professional lives, by providing exceptional English as a Second Language instruction.

HELP provides international students with a gateway to successful university study by preparing them with a transformational learning experience encompassing academic English

language and college readiness skills. Students in the program are also able to learn by actively participating in the local community through Service Learning, and by taking part in sporting and cultural activities at the University of Hawaii at Mānoa.

As a unit of the renowned Department of Second Language Studies, HELP also advances understanding of language learning by promoting second-language research and professional development for members of the Department and other researchers.

Tuition: HELP 1 semester: \$5,800 inclusive of tuition and fees for 16 weeks of study.

Estimated homestay expenses: \$6,800 for 17 weeks in a private room in homestay with 2 meals: self-serve breakfast and prepared dinner. Includes 200 placement fee + \$135 transportation fee

Estimated Room and Board: (variable based on lifestyle): \$1,700-\$1,900/ month

Other mandatory fees: n/a

Please select how the payment of the boarding expenses are pursued.

(1) In a separate invoice issued by Study & Stay Hawaii, our accommodations partner, payable one month before arrival.

HEALTH INSURANCE:

The University of Hawaii (UH) requires F-1 students to carry adequate health insurance while they are students in any program run by the university. We recommend that both F-1 students and any F-2 dependents have health insurance for the entire period of their stay in the U.S. The following website shows the requirements of the insurance:

http://www.hawaii.edu/shs/international/insurance_requirements.php#F1

Academic Study

(Please provide a one to three page overview by academic term of all regular courses add WO (Waseda students Only), IS (International students may also enroll), or OE (Open enrollment, for all students); include availability of optional or elective courses).

HELP's Academic English Course is our main intensive English program (IEP), and it is open to all students (OE). We offer full-time English skills courses including reading, writing, listening, speaking, and grammar as well as TOEFL test preparation and electives. The curriculum is based upon current research and best practices in the field. We focus on preparing students for academic work at the University of Hawai'i or similar institutions.

HELP offers two 8-week terms for the Spring and the Fall, and a 6-week and 4-week term in the Summer.

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

4-Level Curriculum at HELP

Our 4-level Academic English curriculum accepts students of all levels – from those with very basic to very advanced English ability, and every level in-between. HELP will conduct an initial series of online English placement tests in order to verify the students' Academic English levels and place them in appropriate classes in our 4-level curriculum. This assessment will involve a timed writing sample, a listening test, a reading assessment, and an oral interview. Students will be assigned to one of our four levels through this placement testing process.

After their level is determined, students will be scheduled into classes at the appropriate level for the first 8-week term. They will be placed into these classes with other continuing and new HELP students and will begin classes on Tuesday, August 25, 2026.

Level	Description	Required Core Classes	Number of Electives Per Term
100	Beginner	Reading Foundation	None
		Writing Foundation	
		Listening & Speaking	
		Basic Grammar	
200	Intermediate	Reading Proficiency	1
		Writing Development	
		Grammar Development	
300	High-Intermediate	Reading Connections	2
		Writing Expansion	
400	Advanced	Academic Reading	2
		Academic Writing	

Class Schedule

All full-time students take 4 classes each term, studying 20 hours a week, for a total of 320 contact hours over the course of the program. As shown on the schedule below, classes are 65 minutes long and meet throughout the day. Classes of 65 minutes each are held Monday through Thursday

between the hours of 8:30 – 14:00. Fridays are reserved for co-curricular field trips and mandatory service-learning experiences as well as for teacher-led extra-curricular activities. At the end of their final term, students receive a certificate of completion demonstrating successful completion of their studies.

Sample Class Schedule (Fall/Spring)

MONDAY through THURSDAY		
TIME	COURSE	COURSE NAME
8:30 to 9:35	151G	Grammar Development
	241W	Writing Development 200
	353G	Grammar A to Z
	453G	Grammar A to Z
9:45 to 10:50	111LS	Listening & Speaking Develop
	251G	Grammar 200
	311LS	Listening & Speaking 300
	441W*	Academic Writing
11:00 to 12:05	131R	Reading Development
	211LS	Listening & Speaking 200
	331R	Reading 300
	411S***	Presentation Skills
12:55 to 2:00	141W	Intro to paragraph
	231R	Reading Skills 200
	341W(1)	Writing Development 300
	470I	Integrated Skills

ACCOMMODATIONS: *For Fall 2026, only Homestay accommodations are available*

Students will be placed in a Homestay with English-speaking host families that have been selected and screened by Study & Stay Hawaii, HELP's accommodations partner. Students will have a private room with a bed, desk and dresser or closet. Students are responsible for keeping their rooms clean and in order. Students will also have Wi-Fi Internet and access to all amenities (kitchen, laundry, etc.)

MEALS: The host family will provide breakfast and 1-serving plate dinner (*lunch is not included*). Breakfast is self-serve and the host family will prepare dinner. If the host family will not be home at dinner time, students will be told what is available to eat for dinner. If a student will not be home at dinner time and still wants dinner to be set aside for them, s/he must alert the host family beforehand and request that a dinner portion be saved for her/him. In addition, students can purchase a meal plan to eat at one of the cafeterias on-campus.

HOST FAMILY GUIDELINES: Each host family has their own House Rules, a copy of which

For students
*no longer than 4 pages

will be provided to students upon arrival. Rules may vary by family and students are required to follow the rules of their host family which usually include the proper use of laundry facilities, bathrooms, etc. Basic rules and responsibilities are specified in the STUDENT HOMESTAY AGREEMENT.

A representative of Study & Stay will check in with students via email throughout their stay and will be available to speak with students about any Accommodations issues or concerns over the phone, via Zoom, or by in-person appointment.

Please note: On campus dorm rooms are not available for this Fall program. If a Host family is unavailable or undesirable, other housing arrangements can be made to stay in a condo or hotel. The fee will be higher than staying with a host family.

Opportunities for Learning Through Experience

There will be many opportunities for Waseda students to interact with the on- and off-campus community at UH Manoa to enrich their learning. The Service Learning projects provided by the HELP program will engage them with worthy organizations and projects that will serve as fodder for self-reflection and growth. HELP is unique in that it offers students at the 300-400 level the chance to do unpaid internships during their study in our program. More information about the Internship Program is available upon request.

The International Student Association 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 can 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

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 abroad experience. Our staff and teachers are experience professionals and love helping students make the most of

their time here in Hawaii.

Credits (24-30 semester credit hours):

Students will be studying full time throughout their semester at HELP.

Students complete 320 class hours each semester in the HELP program. HELP courses are non-credit but are graded in the normal A-F on a 4-point GPA scale. Detailed grade reports will be provided for coursework successfully completed and Waseda is encouraged to grant appropriate English language credits to the students' transcripts.

Most students are surprised at how intensive and challenging our program is, but when they adapt to the pace, they see rapid gains.

Web Page

<http://manoa.hawaii.edu/eslhelp/>