



MANABI 外語学院
MANABI Japanese Language Institute

Dormitory Information For Long-term students

學生宿舍指南

長期留學版

April 2024 ~ March 2025



(2024年1月版)



長野校 NAGANO Campus

長野県上田市大手2-3-1 YCC第2ビル
2-3-1 YCC NO.2 bldg., Ote, Ueda, Nagano, Japan



東京校 TOKYO Campus

東京都墨田区両国2-10-5 TOC両国ビル
2-10-5 Ryogoku, TOC bldg., Sumida, Tokyo, Japan

長野校
NAGANO

Ability Mansion
能力宿舍

長野県上田市材木町2-9-13 / 2-9-13 Zaimokucho, Ueda, Nagano

□距離學校 / to School

9分 / min. / 18分 / min.

交通費到學校所需交通費：0日圓

□地圖 / Map



Google Maps

8㎡



單人間 / Single

1個月房費 / Monthly rent cost

31,000日圓

8㎡



雙人間 /
Shared by 2 people

1個月房費 / Monthly rent cost

18,000日圓



詳細內容請觀看視頻
Check it out in the video !



YouTube

□房間設備 / Room Facilities

空調	Air conditioner
冰箱	Refrigerator
雙層床	Bunk beds
收納箱	Storage box
桌子	Desk
椅子	Chair

□共用設備 / Shared Facilities

廚房	Kitchen
廁所	Toilet
淋浴房	Shower room
洗面台	Sinks
食堂	Dining
微波爐	Microwave oven
洗衣機	Washing machine
吸塵器	Vacuum cleaner
電腦顯示屏	Pc sub monitor

□每月費用 / Monthly cost

※價格如有更改恕不另行通知。

	單人間 Single	雙人間 Shared by 2
房租 Rent	31,000日圓	18,000日圓
水電費 Utility fees	5,000日圓	5,000日圓
總額 Total	36,000日圓	23,000日圓

□入住時費用 / Initial Payment

入寮費 Entry fee	30,000日圓	30,000日圓
押金 Deposit	20,000日圓	20,000日圓
6個月房租 6 months rent	186,000日圓	108,000日圓
6個月水電費 6 months utility fees	30,000日圓	30,000日圓
被褥套裝 A set of futons	13,200日圓	13,200日圓
總額 Total	279,200日圓	201,200日圓

長野校
NAGANO

Hope Mansion
希望宿舎

長野県上田市中央東2-20 / 2-20 Chuou Higashi, Ueda, Nagano

□距離學校 / to School

9分 / 18分

交通費到學校所需交通費：0日圓

□地圖 / Map



Google Maps

20㎡



單人間 / Single

1個月房費 / Monthly rent cost

44,000日圓

20㎡



雙人間 /
Shared by 2 people

1個月房費 / Monthly rent cost

26,000日圓



詳細內容請觀看視頻
Check it out in the video !



YouTube

□房間設備 / Room Facilities

廚房	Kitchen
廁所	Toilet
淋浴房	Shower room
衣櫃	Closet
空調	Air conditioner
冰箱	Refrigerator
微波爐	Microwave oven
桌子	Table
*無床	* no bed

□共用設備 / Shared Facilities

洗衣機	Laundry machine
乾燥機 (付費)	Dryer (prepaid)
吸塵器	Vacuum cleaner

□每月費用 / Monthly cost

※價格如有更改恕不另行通知。

	單人間 Single	雙人間 Shared by 2
房租 Rent	44,000日圓	26,000日圓
水電費 Utility fees	5,000日圓	5,000日圓
總額 Total	49,000日圓	31,000日圓

□入住時費用 / Initial Payment

入寮費 Entry fee	30,000日圓	30,000日圓
押金 Deposit	20,000日圓	20,000日圓
6個月房租 6 months rent	264,000日圓	156,000日圓
6個月水電費 6 months utility fees	30,000日圓	30,000日圓
被褥套裝 A set of futons	13,200日圓	13,200日圓
總額 Total	357,200日圓	249,200日圓

長野校
NAGANO

Peace Mansion
和平宿舍

長野県上田市材木町2-9-12 / 2-9-12 Zaimokucho, Ueda, Nagano

□距離學校 / to School

9分 / 18分

交通費到學校所需交通費：0日圓

□地圖 / Map



Google Maps

20㎡



單人間 / Single

1個月房費 / Monthly rent cost

56,000日圓

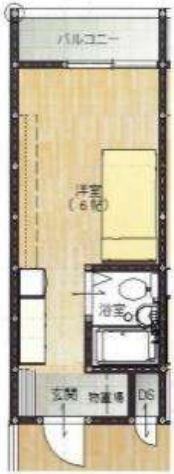
20㎡



雙人間 /
Shared by 2 people

1個月房費 / Monthly rent cost

34,000日圓



詳細內容請觀看視頻
Check it out in the video !



YouTube

□房間設備 / Room Facilities

廚房	Kitchen
廁所	Toilet
淋浴房	Shower room
空調	Air conditioner
冰箱	Refrigerator
微波爐	Microwave oven
洗衣機	Laundry machine
雙層床	Bunk beds
收納盒	Storage box
桌子	Desk
椅子	Chair

□每月費用 / Monthly cost

※價格如有更改恕不另行通知。

	單人間 Single	雙人間 Shared by 2
房租 Rent	56,000日圓	34,000日圓
水電費 Utility fees	5,000日圓	5,000日圓
總額 Total	61,000日圓	39,000日圓

□入住時費用 / Initial Payment

入寮費 Entry fee	30,000日圓	30,000日圓
押金 Deposit	20,000日圓	20,000日圓
6個月房租 6 months rent	336,000日圓	204,000日圓
6個月水電費 6 months utility fees	30,000日圓	30,000日圓
被褥套裝 A set of futons	13,200日圓	13,200日圓
總額 Total	429,200日圓	297,200日圓

東京校
TOKYOShare House Ryogoku
兩國集體宿舍

東京都墨田区亀沢2-14-9 / 2-14-9 Kamezawa, Sumida, Tokyo



女生宿舍 Dormitory for Female

8㎡

單人間
/ Single1個月房費 /
Monthly rent cost**58,000**

日圓

8㎡

雙人間
/ Shared by
2 people1個月房費 /
Monthly rent cost**37,000**

日圓

27㎡

三人間
/ Shared by
3 people1個月房費 /
Monthly rent cost**39,000**

日圓

□距離學校 / to School

8分 min / 15分 min

交通費到學校所需交通費：0日圓

□地圖 / Map



Google Maps

詳細內容請觀看視頻
Check it out in the video !

YouTube

□房間設備 / Room Facilities

衣櫃	Closet
空調	Air conditioner
冰箱	Refrigerator
雙層床	Bunk beds
桌子	Desk
椅子	Chair

□共用設備 / Shared Facilities

廚房	Kitchen
廁所	Toilet
淋浴房	Shower room
洗面台	Sink
微波爐	Microwave oven
洗衣機	Laundry machine

□每月費用 / Monthly cost

※價格如有更改恕不另行通知。

	單人間 Single	雙人間 Shared by 2	三人間 Shared by 3
房租 Rent	58,000日圓	37,000日圓	39,000日圓
水電費 Utility fees	5,000日圓	5,000日圓	5,000日圓
總額 Total	63,000日圓	42,000日圓	44,000日圓

□入住時費用 / Initial Payment

入寮費 Entry fee	30,000日圓	30,000日圓	30,000日圓
押金 Deposit	20,000日圓	20,000日圓	20,000日圓
6個月房租 6 months rent	348,000日圓	222,000日圓	234,000日圓
6個月水電費 6 months utility fees	30,000日圓	30,000日圓	30,000日圓
被褥套裝 A set of futons	13,200日圓	13,200日圓	13,200日圓
總額 Total	441,200日圓	315,200日圓	327,200日圓

合作宿舍

Tie-up Dormitory

《第一恒産株式会社》運營宿舍的介紹
Introducing the dormitory operated by Daiichi-Kousan Co.,Ltd.

東京校
TOKYO

DK House Shinkoiwa

DK House 新小岩

東京都葛飾区新小岩4-4-5 / 4-4-5 Shinkoiwa, Katsushika-ku, Tokyo

□距離學校 / to School

22 分 / min

8 10 4

步行 + 電車 + 步行

交通費到學校所需交通費：5,270日圓 / 1個月

□地圖 / Map



Google Maps

8㎡



單人間 / Single

1個月房費 / Monthly rent cost

70,000 日圓

15㎡



雙人間 /
Shared by 2 people

1個月房費 / Monthly rent cost

61,250 日圓

申請對象僅限朋友之間

Only applications from friends
can be accepted.



□房間設備 / Room Facilities

空調 Air conditioner
冰箱 Refrigerator
(雙層)床 (Bunk) beds
桌子 Desk
椅子 Chair

□共用設備 / Shared Facilities

廚房 Kitchen
廁所 Toilet
淋浴房 Shower room
洗面台 Sink
洗衣機 (付費) Laundry machine (prepaid)
乾燥機 (付費) Dryer (prepaid)
食器類 Cutleries
微波爐 Microwaves
電腦 & 打印機 PC & printer

□每月費用 / Monthly cost

※價格如有更改恕不另行通知。

	單人間 Single	雙人間 Shared by 2
房租・水電費 Rent & Utility fees	55,000日圓	50,000日圓
公共費 Common service fee	15,000日圓	11,250日圓
總額 Total	70,000日圓	61,250日圓

□入住時費用 / Initial Payment

入寮費 Entry fee	30,000日圓	30,000日圓
押金 Deposit	20,000日圓	20,000日圓
3個月房租・水電費 3 months rent & utility fees	165,000日圓	150,000日圓
3個月公共費 3 months Common service fee	45,000日圓	33,750日圓
3個月被褥租借 3 months A set of futons rent fee	10,500日圓	10,500日圓
事務手續費 Procedure fee	10,000日圓	10,000日圓
總額 Total	280,500日圓	254,250日圓

合作宿舍 Tie-up Dormitory

Introducing the dormitory operated by Inbound Japan, Pvt. Ltd.
《株式会社Inbound Japan》運營宿舍的介紹

東京校
TOKYO

Shin-a Palace 新亜パレス

東京都墨田区江東橋4-20-6 / 4-20-6 Koutoubashi, Sumida-ku, Tokyo

□距離學校 / to School

10 分 / min

3 3 4

步行 + 電車 + 步行

交通費 Transportation expenses : 4280日圓 / 1個月

□地圖



Google Maps



男性宿舍 Dormitory for Male

12㎡



單人間 / Single

1個月房費 / Monthly rent cost

60,000 日圓 / yen

12㎡



雙人間 /
Shared by 2 people

1個月房費 / Monthly rent cost

30,000 日圓 / yen



※備註：下層上層（2・3）階の部屋は、
廊下が狭く、エレベーターは共用です。

□房間設備 / Room Facilities

廚房	Kitchen
廁所	Toilet
淋浴房	Shower room
洗面台	Sink
空調	Air conditioner
冰箱	Refrigerator
雙層床	Bunk beds
微波爐	Microwave oven
桌子	Table

□共用設備 / Shared Facilities

洗衣機	Laundry machine
乾燥機	Dryer
學習室	Self study room

□每月費用 / Monthly cost

※價格如有更改恕不另行通知。
Rates are subject to change without notice.

	單人間 Single	雙人間 Shared by 2
房租 Rent	60,000日圓	30,000日圓
水電費・維修儲備金保險費 Utilities cost / Savings-type insurance cost for repairing of building	11,000日圓	11,000日圓
總額 Total	71,000日圓	41,000日圓

□入住時費用 / Initial Payment

入寮費 Entry fee	40,000日圓	40,000日圓
清潔費用 clearing expense	8,800日圓	8,800日圓
房租・水電費・維修儲備金保險費 6個月 6 months rent / Utilities cost / Savings-type insurance cost for repairing of building	426,000日圓	246,000日圓
被褥套裝 A set of futons	8,800日圓	8,800日圓
事務手續費 Procedure fee	10,000日圓	10,000日圓
總額 Total	493,600日圓	313,600日圓

合作宿舍 Tie-up Dormitory

Introducing the dormitory operated by BeGood Japan Co., Ltd.
《株式会社BeGoodJapan》運營宿舍的介紹

東京校
TOKYO

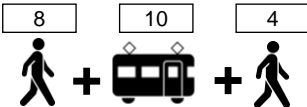
Shinkoiwa International House 新小岩インターナショナルハウス

東京都葛飾区新小岩2-38-4 / 2-38-4 Shinkoiwa, Katsushika-ku, Tokyo

□距離學校 / to School

22

分 / min



交通費Transportation expenses : 5620日圓 / 1個月

□地圖



Google Maps

13.3㎡



單人間 / Single

1個月房費 / Monthly rent cost

72,000 日圓 / yen

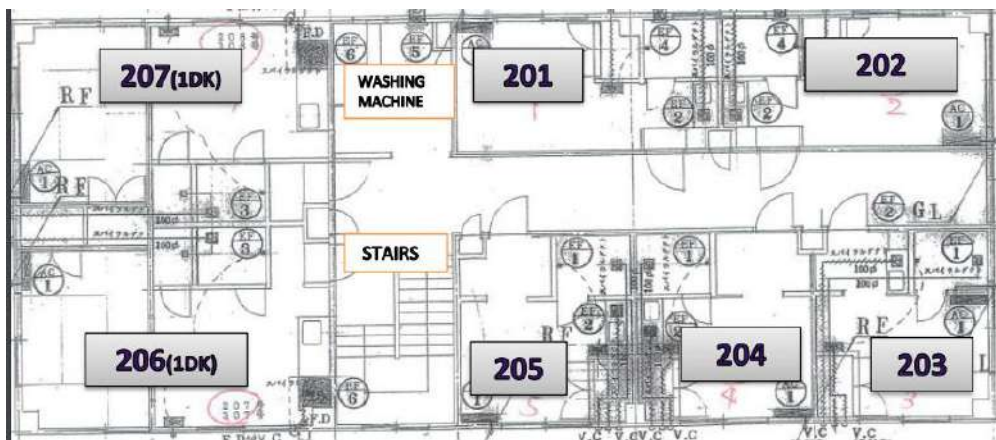
25.5㎡



雙人間 /
Shared by 2 people

1個月房費 / Monthly rent cost

43,500 日圓 / yen



2024年3月 OPEN

圖片僅供參考

The image is just an
image photograph.



※價格如有更改恕不另行通知。
Rates are subject to change without notice.

□每月費用 / Monthly cost

	單人間 Single	雙人間 Shared by 2
房租 Rent	72,000日圓	43,500日圓
公共費 Common service fee	20,000日圓	20,000日圓
總額 Total	92,000日圓	63,500日圓

□入住時費用 / Initial Payment

入寮費 Entry fee	16,500日圓	16,500日圓
押金 Deposit	30,000日圓	30,000日圓
清潔費用 clearing expense	16,500日圓	16,500日圓
6個月房租 6 months rent	432,000日圓	261,000日圓
6個月公共費 6 months Common service	120,000日圓	¥120,000日圓
居家財物保險 home contents insurance	7,000日圓	7,000日圓
被褥套裝 A set of futons	11,000日圓	11,000日圓
事務手續費 Procedure fee	10,000日圓	10,000日圓
總額 Total	643,000日圓	472,000日圓

□房間設備 / Room Facilities

廚房	Kitchen
廁所	Toilet
淋浴房	Shower room
洗手盆	Sink
空調	Air conditioner
冰箱	Refrigerator
高架床	Loft beds
衣櫥	Closet
桌子	Desk
椅子	Chair

□共用設備 / Shared Facilities

洗衣機	Laundry machine
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合約 / 取消 / 退款規定

Contract / cancellation / refund policy

能力宿舍 Ability Mansion
 希望宿舍 Hope Mansion
 和平宿舍 Peace Mansion
 兩國集體宿舍 Share House Ryogoku

□合約期間

- 合約期間為三個月。更新後為每三個月一次簽約。
- 合約期間無法退住。
- 需在合約到期前兩個月提出退住或者續住的申請。
- 合約開始月份為入學學期的開始月份（4月、7月、10月、1月）。根據入住的時間不同，宿舍費和水電費的收費規定具體如下。

入住日期	(例) 4月為合約開始月的情況	房租	水電費
合約開始月的前一個月	3月25日入住	合約開始月之前的按天數計算費用	合約開始月之前的加算進合約開始月的費用中
合約開始月的1~15日	4月10日入住	無退款	無退款
合約開始月的16~31日	4月20日入住	退還月租金的50%	無退款
合約開始月的下一個月	5月8日入住	合約開始月改為當月	

□費用・退住時結算

- 此說明適用於長期留學。短期生入學的情況詳見別紙。
- 當月水電費超過5,000日圓的情況下需支付超出部分。
- 在完成退住手續之後，確認完成行李搬出和房屋檢查，從保證金中扣除以下費用後再進行退款。
 ① 室內清掃費 5,000日圓 ② 水電費結算 ③ 牆、地板及室內物品有破損污損的情況時的修繕費

□取消・退款規定

- 無論理由概不退還入住費。

	從支付完至入住前的期間	入住之後
入寮費	無退款	無退款
押金	100%退還	※參照前項
房租・水電費・被褥費	100%退還	無退款

□Contract period

- The contract period is 6 months. After renewal, the contract will be renewed every 3 months.
- You cannot leave the dormitory during the contract period.
- Please notify us at least 2 months prior to the expiration date of your contract.
- The contract starts at the beginning of the semester in which you enter the dormitory (April, July, October, or January).

Please refer to the table below for the treatment of dormitory fees and utilities fees depending on the timing of your entry into the dormitory.

Date of Entry	(Example) If April is the starting month of the contract	Rent	Utility bills
Month prior to the month in which the contract begins	Entered the dormitory on March 25.	Charged on a day-to-day basis for the month prior to the start of the contract.	Amounts for the month prior to the start of the contract are added to the rate for the month the contract starts.
The 1st to 15th of the month in which the contract begins	Entered the dormitory on April 10.	No refunds	No refunds
16th - 31st of the month in which the contract begins	Entered the dormitory on April 20.	50% of the monthly fee is refunded	No refunds
The month after the start month of the contract	Entered the dormitory on May 8.	Change the contract start month to the month you entered the dormitory.	

□Fees / Payment at the time of leaving the dormitory

- This dormitory guide is for long-term students. If you are enrolling on a short-term plan, please see the separate sheet.
- If the utility fee exceeds 5,000 yen per month, please pay the excess amount.
- The security deposit will be refunded after the move-out procedure, after confirming the removal of luggage and checking the room, and after deducting the following expenses.
 (1) Room cleaning fee: 5,000 yen (2) Reimbursement of utilities expenses (3) Repair expenses in case of damage or stains on walls, floors, and fixtures in the room

□Cancellation / refund policy

- Regardless of the reason, the dormitory fee will not be refunded.

	After payment of fees and until entering the dormitory	After entering the dormitory
Entry fee	No refunds	No refunds
Deposit	100% refundable	*See previous section.
Rent・utility fees・cost of a futon	100% refundable	No refunds

合約 / 取消 / 退款規定

Contract / cancellation / refund policy

DK House 新小岩 DK House Shinkoiwa

合作宿舍

Tie-up Dormitory

租賃合約由學生和各宿舍的運營公司之間進行。
請在合約書中詳細確認合約內容

A lease agreement is signed by the student and the management company of each dormitory.

For details of the contract, please refer to the contract.

□合約期間

- DK HOUSE新小岩是《第一恒産株式会社》運營的宿舍。
- 合約期間為3個月。有關更新及續約後的合約期間等請在入居後與運營公司諮詢。
- 合約期間內無法退住。

□費用・退住時結算

- 此說明適用於長期留學。短期生入學的情況詳見別紙。
- 初期費用請支付給學校。更新後的費用直接支付給運營公司。
- 每個月100kw之內的電費包含在房租中。實際超出的費用需要支付。
- 退住時如果房間內沒有出現問題的話從押金中扣除恢復原狀的費用後返還剩餘金額。

□取消・退款規定

- 無論理由概不退還入住費。

	從支付完至入住前的期間	入住之後
入寮費	無退款	無退款
押金	100%退還	※參照前項
房租・水電費 公共費	100%退還	無退款（※1 有例外）
被褥租借	無退款	無退款
事務手續費	100%退還	無退款

※入住當月取消的情況下，有特別退款的規定。詳情請諮詢。

□Regarding Contracts

- DK House Shinkoiwa is a dormitory operated by Daiichi Kosan Co.
- The contract term is 3 months. Please inquire with the management company after entering the dormitory about renewal and the length of the contract after renewal
- During the contract period, you are not allowed to leave the dormitory.

□Fees / Payment at the time of leaving the dormitory

- This dormitory guide is for long-term students. If you are enrolling on a short-term plan, please see the separate sheet.
- Please pay the initial fee to the school. Please pay the renewal fee directly to the management company.
- Utilities are included in rent up to 100kw per month. If the amount exceeds 100kw per month, the actual cost will be charged.
- If there are no problems with the room when you leave the dormitory, the deposit will be refunded minus the cost of restoring the room to its original condition.

□Cancellation / refund policy

- Regardless of the reason, the dormitory fee will not be refunded.

	After payment of fees and until entering the dormitory	After entering the dormitory
Entry fee	No refunds	No refunds
Deposit	100% refundable	※See previous section
Rent and utilities Shared expenses	100% refundable	No refunds (*1 exceptions apply)
Futon Rental	No refunds	No refunds
Services Charge	100% refundable	No refunds

※There is a special refund policy only if the cancellation is requested within the month of entering the dormitory. Please contact us for details.

合約 / 取消 / 退款規定

Contract / cancellation / refund policy

新垂パレス Shin-a Palace

合作宿舍

Tie-up Dormitory

租賃合約由學生和各宿舍的運營公司之間進行。

請在合約書中詳細確認合約內容

A lease agreement is signed by the student and the management company of each dormitory.

For details of the contract, please refer to the contract.

□ 合約期間

- Shin-a Palace是《Inbound Japan Co.,Ltd.》運營的宿舍。
- 合約期間為6個月。有關更新及續約後的合約期間等請在入居後與運營公司諮詢。
- 合約期間內無法退住。

□ 費用・退住時結算

- 此說明適用於長期留學。短期生入學的情況詳見別紙。
- 初期費用請支付給學校。更新後的費用直接支付給運營公司。

□ 取消・退款規定

- 無論理由概不退還入住費。

	從支付完至入住前的期間	入住之後
入寮費	無退款	無退款
房租	如果在入住两个月前提前發出取消通知， 您將獲得部分退款。	從取消通知的3個月之後開始可退款。
清潔費用 水電費 維修儲備金保險費 被褥套裝 事務手續費	如果在入住两个月前提前發出取消通知， 您將獲得部分退款。	無退款

□ Regarding Contracts

- Shin-a palace is dormitory operated by Inbound Japan Pvt. Ltd.
- Each contract term is 6 months. Please inquire with the management company after entering the dormitory about renewal and the length of the contract after renewal.
- During the contract period, you are not allowed to leave the dormitory.

□ Fees / Payment at the time of leaving the dormitory

- This dormitory guide is for long-term students. If you are enrolling on a short-term plan, please see the separate sheet.
- Please pay the initial fee to the school. Please pay the renewal fee directly to the management company.

□ Cancellation / refund policy

- Regardless of the reason, the entry fee will not be refunded.

	After payment of fees and until entering the dormitory	After entering the dormitory
Entry fee	No refunds	No refunds
Rent fees	Partial refundable upon cancellation notice at least 2 months prior to move-in.	Refundable from the third month of cancellation notice.
Clearing expense Utilities cost Savings-type insurance cost for repairing of building Cost of a futon Procedure fee	Partial refundable upon cancellation notice at least 2 months prior to move-in.	No refunds

合約 / 取消 / 退款規定

Contract / cancellation / refund policy

新小岩
インターナショナル
ハウス Shinkoiwa
International
House

合作宿舍

Tie-up Dormitory

租賃合約由學生和各宿舍的運營公司之間進行。
請在合約書中詳細確認合約內容

A lease agreement is signed by the student and the management company of each dormitory.

For details of the contract, please refer to the contract.

□ 合約期間

- Shinkoiwa International House是《BeGood Japan Co., Ltd.》運營的宿舍。
- 合約期間為6個月。有關更新及續約後的合約期間等請在入居後與運營公司諮詢。
- 合約期間內無法退住。

□ 費用・退住時結算

- 此說明適用於長期留學。短期生入學的情況詳見別紙。
- 初期費用請支付給學校。更新後的費用直接支付給運營公司。
- 水電費和互聯網費已包含在公共服務費中。
- 當您搬出宿舍時，如果房間沒有問題，押金將退還。

□ 取消・退款規定

- 無論理由概不退還入住費。

	從支付完至入住前的期間	入住之後
入寮費	無退款	無退款
押金	100% 退還	※參照前項
清潔費用 房租 公共費 居家財物保險 被褥套裝 事務手續費	100% 退還	無退款

□ Regarding Contracts

- Shinkoiwa International House are dormitory operated by BeGood Japan Co., Ltd.
- Each contract term is 6 months. Please inquire with the management company after entering the dormitory about renewal and the length of the contract after renewal.
- During the contract period, you are not allowed to leave the dormitory.

□ Fees / Payment at the time of leaving the dormitory

- This dormitory guide is for long-term students. If you are enrolling on a short-term plan, please see the separate sheet.
- Please pay the initial fee to the school. Please pay the renewal fee directly to the management company.
- Utilities and internet fees are included in the Common service fee.
- When leaving of Shinkoiwa International House, if there are no problems with the room, the deposit will be refunded.

□ Cancellation / refund policy

- Regardless of the reason, the entry fee will not be refunded.

	After payment of fees and until entering the dormitory	After entering the dormitory
Entry fee	No refunds	No refunds
Deposit	100% refundable	※see preceding paragraph
Clearing expense Rent fees Common service fee Home contents insurance Cost of a futon Procedure fee	100% refundable	No refunds