Before exchange
The procedures to apply to Waseda University is very strict and you must follow closely all the steps on Waseda’s website. Keep in mind that the school that you apply for will review every single word in your study plan, so be clear on what you want to achieve during your exchange at Waseda. However, don't worry if they ask you to rephrase your words (all of my fellow SFU friends had to resubmit the short essay). As long as you focus on your purposes and follow what your Japanese school instructs you to do, you should be accepted (all of us went to Japan, eventually).

Different from other exchange destinations, exchange students in Japan are allowed to work up to 28 hours per week. Most of my friends chose to work as an English teacher, however, one or two still chose to work manual labor jobs. The option of jobs is up to you depending on your own schedule and routine. The application form is included in your acceptance package and can be submitted at the airport during immigration (you turn it in and they will give you Residence card - 在留カード with eligibility to work on the back).

One more thing to note is that Japan is a cash-based society, so it will be really convenient if you carry cash with you all the time. But if you run out of cash, there are ATMs at most of the convenience stores, and they won't charge your foreign credit card any penny (exchange rate might be applied by your bank, though).
During exchange
Accommodation
Waseda will offer exchange students 2 options of accommodation: On-Campus dorms or homestay families chosen by Waseda. You can only choose one of the two: If you choose homestay, you will automatically be unqualified for the other one. Homestay option is unimaginably difficult to get chosen due to the lack of homestay families provided by Waseda (My application got rejected so I had to find myself a host family online). If you, unfortunately, get rejected by either option, Waseda still guarantees you a spot at one of their affiliated Off-Campus dorms.

The famous always-crowded Shibuya crossing

Academics
Most of the courses taught at Waseda are worth only 2 credits; lectures are also held once a week. CJL (Center for Japanese Language) courses are exceptional: normally 5 credits for comprehensive Japanese and 1 credit for a theme course.

Clubs or “Circles”
Waseda students are famous for their drinking capacity. That might be due to the fact that social and extra-curricular activities are major topics to talk about at Waseda. There are about more than 700 clubs and circles at Waseda, of which only a few are supported by the school, others are student-run circles. The easiest way to make friends with international students and Japanese students is to go to ICC (Waseda University’s Intercultural Communication Center) on the first floor of building no.3.

Travel and Transportation
It is not so cheap to travel in Japan, but there are still some cheap options for you to choose from. Lots of people don't even know that they can travel as cheaply as 2100 yen per day with the JR
system throughout Japan. The tickets called Seishun 18 kippu (青春18きっぷ) are available at all of the JR stations for 11,500 yen (5 times) and can be purchased at either ticket machines or at Midori no Madoguchi (みどりの窓口). However, if you want to save some time and are willing to pay more then you can choose to take the Shinkansen or take a plane to Okinawa. Recommended places: Kansai area (Kyoto, Nara, Osaka, Kobe, etc.), Hokkaido.

A deer in Nara, Japan.

**Advice:**
Japanese are very nice and friendly when it comes to services. You can ask any random police officer on the street whenever you get lost. Even if your Japanese sucks, they will try to speak as slowly as possible and make sure that you get the help from them. Some of them would try to speak English to you, even though they are not good at speaking the language at all. So don't be shy about not being able to speak good Japanese!

Japan has a very stressful society so it is very normal to see crowded trains on a Sunday night. It is best to avoid morning trains by any means because your whole point of view on overpopulation would change immediately after you 'successfully' manage to sneak yourself in the crowd. One thing to note is that Japanese people on the crowded trains would never bother having their politeness as they usually have. On the contrary, Japanese countryside is very deserted but people there would bow and say ‘Konichiwa' to you whenever they see you, even though you are a stranger. This is something I found quite interesting!
I followed a crowd and walked into a very local ‘hanabi-kai’ in Yamagata prefecture.