EIKEN S-CBT Preparation Checklist (overseas)

Petra Tutors | Printable A4, 4 pages Official information checked on 23 October 2026

This checklist is a study aid. Always confirm the latest test information on the Eiken Foundation's official pages. Petra Tutors is separate from the Eiken Foundation.

1. Test basics

Grade (overseas: 3, Pre-2, 2, Pre-1):

Test date:

Venue (check the overseas venue list):

Travel and accommodation plans:

Writing answer method: ☐ Handwriting ☐ Typing

Admission ticket (printed on A4): ☐ Printed ☐ Not yet

Official demo: ☐ Tried ☐ Not yet

What worries you (free notes):

2. Skills and controls readiness

Tick each item when you have done it.

Speaking (recorded)

- [ ] Checked how to use the headset (or earphones)
- [ ] Recorded my own answer and listened back
- [ ] Chose one thing to fix and recorded again

Listening and reading (on screen)

- [ ] Practised choosing answers on screen with the mouse
- [ ] Practised moving between passage and questions on screen
- [ ] Sorted my mistakes (misheard / chose wrongly / overlooked)

Writing

- [ ] Wrote to a set time in my chosen method (handwriting / typing)
- [ ] Reviewed on four points: content, structure, grammar, vocabulary
- [ ] Decided my proofreading routine (the last minute)

Controls

- [ ] Comfortable with the mouse
- [ ] Went through the official demo screens once

3. Seven-day practice log

One short line a day is enough.

Day	Date	Goal	Skill / controls	Done	Mistake / notice	Fix next
Day 1				☐		
Day 2				☐		
Day 3				☐		
Day 4				☐		
Day 5				☐		
Day 6				☐		
Day 7				☐		

4. Test day checks (overseas S-CBT)

Check the official overseas S-CBT pages for the requirements at your venue. The official overseas page says a valid original photo ID is required from April 2026 sittings (checked 23 October 2026).

- [ ] Checked the overseas venue and date on the official pages (no Netherlands venue is currently listed)
- [ ] Valid original photo ID ready
- [ ] Checked any admission documents the overseas pages require
- [ ] Checked the route, travel time and accommodation
- [ ] Re-checked the official overseas S-CBT page the day before

Please note

- Do not apply Japan fees or items-to-bring guidance to an overseas venue
- Whether you can sit at a venue, the dates and your travel are for you to confirm on the official pages

Official pages

- https://www.eiken.or.jp/s-cbt_abroad/
- https://www.eiken.or.jp/s-cbt_abroad/faq/
- https://www.eiken.or.jp/s-cbt/demo/

Petra Tutors does not run the exam and cannot guarantee availability at any overseas venue.