International School of Asia, Karuizawa (ISAK).
What’s most important to you?
A day in the life at ISAK
Unique Classes at ISAK

Mindful Self-Discipline (MSD)
- Developing awareness
- Viewing problems as opportunities

Design Innovation (DI)
- Empathy through observation
- Ideation and innovation to create solutions
Clubs and Activities
Leadership at ISAK

Leadership

G10 Community Service/Project Week
- Weekly community service
- Fall/Spring Project Week

G11 Leadership Projects
- Long-term
- Facilitates maturity, independence, and accountability within the group
- Developing a student-created initiative to make lasting positive change
Japanese Culture at ISAK

Japanese Customs of Respect

- Speech
- Indoor and outdoor shoes

Stop and Clean

- Taking ownership of the space
- Practice of everyday leadership - action in the face of discomfort
- Allows us to reflect on how effective we are as leaders
What is ISAK to us?
What is one thing you can do today that expresses what is most important to you?