

SCHOOL GUIDE

A World of Choice for All Children

Empower children through learning

PRESCHOOL ▶



ELEMENTARY SCHOOL ▶



MIDDLE SCHOOL ▶



Established in 2012

9 Locations Across Nagano

Seamless Education from Ages 0 to 15

Aligned to and guided by the IB philosophy.

107 Faculty and Training Staff



6 Campuses Across Nagano Prefecture

- Matsumoto City (Gojo, Shimauchi, and Minami-Matsumoto Campuses)
- Nagano City ● Nakano City ● Saku City

Vision

Mission

▶ A World of Choice for All Children

▶ To Empower Children Through Learning

Vision

Mission

"World", represents two ideas: "My world", each child's unique world, and "The Earth", our shared home and global community.

While valuing the Japanese spirit of respect, empathy, and harmony, we nurture a world-class global perspective.

ISN Philosophy

- Embrace an Open Mindset

We aim to foster a mindset that embraces diversity and respects different perspectives, cultures, and values.
- Act with Integrity

We act with integrity and remain true to our authentic selves and the way we genuinely aspire to be.
- Foster Self-Confidence

We act with consistency and cultivate self-trust (confidence).

Five Guiding Principles

At ISN, all learning and activities are guided by our Philosophy, driven by our Vision, and aligned with our Mission. Our Guiding Principles outline the behaviors and attitudes we value in everyday life.

01

Connecting with the Fundamentals

We seek to understand the fundamental meaning and value of things, going beyond surface level knowledge and skills.

02

Active, Empathic Listening

We embrace an open mindset toward others' words and feelings, seeking to understand the thoughts and emotions behind them.

03

Engaging with Care and Attention

Through greetings, cleaning, building relationships, and managing time, we cultivate gratitude and thoughtful engagement in everyday life.

04

Proactiveness, Agency, and Ownership

We nurture individual creativity while fostering the ability to co-create with others, putting ideas into action beyond the classroom.

05

Design Thinking

We seek to understand challenges deeply and, through empathy and creativity, develop innovative solutions that go beyond conventional thinking.

Guided by the IB Philosophy
Inquiry-Based Learning
Integrated Education from Early Years through Junior High
Government-Accredited School (Gojo Campus)
Biosphere Reserve Program School (Nakano Campus)
Certified Centers for Early Childhood Education and Care (Minami-Matsumoto, Shimauchi, and Saku-Kirihara Campuses)
IB Authorized Schools (Nagano, Minami-Matsumoto, and Shimauchi Campuses)



Six Reasons Families Choose ISN ★★★★★

A School Where We Create the Future Together.

Growing and Learning in the Magnificent Nature of the Shinshu Alps.

01 Accredited Japanese Education × International Education

As a fully accredited school operating under Japan's School Education Act, ISN embraces the philosophy of the International Baccalaureate (IB). Combining a recognized Japanese academic pathway with world-class inquiry-based learning. (Gojo Elementary School)

04 Seamless Education from Ages 0 to 15

Set in the magnificent natural environment of Shinshu, ISN provides a continuous educational journey from Preschool through Middle School. Guided by a shared educational philosophy, learners progress from play, to inquiry, and ultimately to co-creation through developmentally appropriate programs at every stage of their growth.

02 A Proven Track Record Built Through Years of Education

Since opening in 2012, ISN has continuously refined and strengthened its educational practice through years of experience, reflection, and improvement. Our graduates have successfully pursued a wide range of pathways, from highly selective schools in Japan to leading high schools overseas.

05 Learning Inspired by the Nature of Shinshu

From the Biosphere Reserve Program to hiking, farming experiences, and skiing, outdoor learning experiences are integrated into the curriculum throughout the four seasons across all campuses.

03 IB Philosophy × Global Citizenship Development

ISN has developed its own educational framework, integrating insights from psychology, philosophy, and leadership theory. At its heart is the belief that an open mindset and integrity provide the foundation for developing self-confidence.

06 A Co-Creative Community with Families

We view parents as parenting partners and co-creators, building relationships based on mutual respect and collaboration. By valuing the expertise, experiences, and networks of our families, we foster a true partnership in supporting each child's growth and learning.



A Diverse International Teaching Team

A diverse team of educational experts from the United States, the United Kingdom, the Philippines, Croatia, Norway, the Netherlands, Singapore, South Africa, Malaysia, and many other countries work side by side to facilitate each child's growth and learning journey.



Learners' Agency

At ISN, we believe that everyone within our community is a learner and an individual with the agency to take initiative and make a meaningful contribution.

Every Day is a Learning Adventure!

Through daily life and play, children develop a spirit of discovery while learning to communicate naturally in both English and Japanese. Guided by the philosophy of the IB Primary Years Programme (PYP), we nurture each child's unique qualities and support them in becoming lifelong learners.

In the final preschool year, children prepare for a smooth transition to elementary school through Japanese lessons, early numeracy, and Grade 1-aligned mathematical concepts. Using library resources and digital tools, they build the confidence to research, read, organize, write, and present their ideas independently.

IB PYP

Primary Years Programme (PYP)
Through a continuous cycle of inquiry, action, and reflection, we support children in becoming active and engaged learners.
Inquiry through play forms the foundation of learning.

Six Essential English Skills

- L Listening**
Developing the ability to distinguish the unique sounds of English through everyday conversation and music.
- R Reading**
Building the foundational literacy skills needed to read picture books through playful learning with phonics and sight words.
- W Writing**
Progressing step by step from tracing letters to writing the alphabet, words, and simple sentences.
- S Speaking**
Developing rich self-expression in English through songs, games, and daily inquiry experiences.
- C Comprehension**
Developing the ability to understand conversations, instructions, and stories in picture books directly in English.
- P Presentation**
Practicing self-expression through a variety of performance opportunities, including Show & Tell and stage presentations.

Message from Our Teachers

At ISN, children experience an international education while remaining in Japan. Through a curriculum that inspires daily wonder and discovery, we nurture empathy, curiosity, and a lifelong appreciation for the world. Together with families and educators, we support every child's growth.

Daily Schedule

Minami-Matsumoto Campus	
7:30	Early Morning Care
9:10	Morning Circle: Phonics, Weather & Seasons, Warm-Up Games
9:25	Snack Time
9:40	Movement & Physical Activities: Dance, Exercise, Ball Games, Walks, and Outdoor Play in the Park
10:00	UOI (Unit of Inquiry): Inquiry Activities and Learning Aligned with IB Themes
11:45	Lunch Time / Nap Time
14:50	Snack Time
15:20	Closing Circle
16:00	After-School Care
19:00	

*Schedules may vary depending on the campus and age group.



Developing Individual Potential
Through Meaningful Experiences

Building on the open mindset, integrity, self-confidence, and individuality developed in preschool, our Elementary School Programme empowers students through learner-centered, dialogue-based learning. Using both English and Japanese, students strengthen their inquiry, communication, and critical thinking skills.

Aligned with the Japanese National Curriculum Standards, students engage in hands-on learning through digital technology, agriculture, and theatre. Rather than relying solely on tests, they demonstrate their learning through creative expression, developing the confidence to become independent, lifelong learners.

Learning Through Meaningful Dialogue

Rather than one-way instruction, we value discussion and collaboration, helping students express their ideas with confidence.

Rich Resources that Expand Perspectives

Through well-equipped learning environments, multilingual libraries, and connections with local experts, students develop broad perspectives.

Authentic Real-World Projects

Through hands-on experiences in agriculture, theatre, and crowdfunding projects, students develop their strengths while connecting with society.

Creative Assessment that Celebrates Individuality

Beyond test scores, students showcase their learning through presentations, digital projects, and creative expression.

Agency to Shape One's Own Future

Students take ownership of their learning by setting goals, reflecting on their progress, and growing as independent learners.

Strong Academic Foundations and Bilingual Education

Students study core subjects in English and Japanese, building strong thinking skills and bilingual proficiency.

Student Voice R,
Elementary School



I enjoy learning beyond the classroom through nature experiences, factory visits, and field trips. Exploring nature and creating an eco-house project taught me about sustainability. Creating an original play with my classmates showed me the value of teamwork and sharing ideas. Science is my favorite subject because experiments help me understand how things work.

Every new discovery inspires me to keep exploring the world around me.



Weekly Timetable Example

	Monday	Tuesday	Wednesday	Thursday	Friday
08:45 - 09:00	Morning meeting				
09:00 - 09:45	English	English	Music	English	English
09:55 - 10:35	Math	Inquiry	English	P.E.	Math
10:55 - 11:40	P.E.	P.E.	Math	Inquiry	Inquiry
11:45 - 12:30	Inquiry	Inquiry	Inquiry	Inquiry	Inquiry
12:30 - 13:20	Lunch and recess				
13:25 - 13:35	Cleaning time				
13:40 - 14:25	Japanese	Japanese	Japanese	Japanese	Club activity
14:30 - 15:15	Math	Math	Math	Math	Club activity
15:20 - 15:30	Afternoon meeting				

※Schedules may vary depending on the campus, grade level, and semester. After-school club activities are available.
※ISN's unique PIC Program begins in Grade 6. Please refer to the next page for details.

Gojo Elementary School (Matsumoto)

Gojo Elementary School is one of the few international schools in Japan fully accredited under the School Education Act. Students engage in IB-guided, project-based learning in English, integrating subjects such as science, social studies, and mathematics. Japanese Language Arts and Mathematics are taught in accordance with the Japanese National Curriculum Standards. After-school programmes include art, theatre, STEAM, animation, abacus, typing, and individual English and Japanese language support (EAL/JAL).

Nakano Elementary School (Nakano)

Surrounded by the Five Peaks of Northern Shinshu, Nakano Campus offers a unique natural learning environment. Through the Biosphere Reserve Program and outdoor learning, students connect with nature. Based on the Gojo Elementary School model, the campus provides the same high-quality education.



Learning Progression ▶▶▶

- G1 - G2

Developing English literacy skills/Deepening curiosity and inquiry/Strengthening Japanese language proficiency
- G3 - G4

Interdisciplinary inquiry learning/Presentation and discussion skills/Preparing for English proficiency examinations and other certifications
- G5 - G6

Independent research/Leadership development/Preparation for Middle School/Learning alongside experts and specialists

Nurturing Innovators and Entrepreneurial Mindsets

We cultivate the qualities that enrich life beyond test scores. Guided by the Five Dimensions of Well-Being—Love, Health, Wealth, Learning, and Work—students discover their strengths, build self-confidence, and develop a foundation for lifelong growth. Grounded in sincerity and integrity, they learn to create meaningful lives while making positive contributions to others.

ISN's Unique PIC Program

Eight Industry Collaboration Projects with Professionals from the Real World

Students collaborate with professionals across eight industries, gaining practical skills through real-world experiences. This hands-on approach develops creativity, problem-solving, and career readiness.

Outdoor Inquiry Experiences in the Rich Natural Environment of Shinshu

Beyond the classroom, students explore the natural beauty of Nagano through hiking, skiing, trekking, and other outdoor activities. These experiences build resilience, curiosity, well-being, and a deep appreciation for nature.

A Student-Driven Learning Cycle That Builds a Strong Sense of Self

Students learn with purpose, taking on challenges with confidence and initiative. Through portfolio-based learning, they set goals, reflect on their progress, and build self-confidence and responsibility.

Student Voice S

My teachers understand and support me as an individual. I enjoy challenging myself while exploring subjects that interest me. Learning in both English and Japanese inspires me to discover something new every day.



Student Voice N

I love taking photographs with my camera. I'm especially passionate about downhill mountain biking. Every time I ride, I meet new friends, exchange ideas, and learn from different people. That's one of the things I enjoy most.



PIC Program Project-based × Inquiry-based × Concept-based

- Students examine issues through political, economic, and historical perspectives.
- Using National Geographic LIFT, students develop strong English skills and a global perspective.



Agriculture



Tourism



Technology



Finance

What Students Gain Through the Program

- Enjoy life and develop self-confidence.
- Understand the causes behind their experiences.
- Build empathy and create positive change for others.



Pathways and Opportunities After Graduation

Students pursue pathways that reflect their strengths and aspirations. Personal portfolios highlight their growth for high school admissions.

Qualifications and Admissions

Students can earn an official junior high school graduation certificate. ISN portfolios showcase achievements beyond test scores.

Personalized Pathway Options

From Grade 7, students choose pathways that match their goals. They pursue either entrance exam preparation or project-based learning.

A Portfolio That Becomes a Powerful Advantage

Students develop global English skills through world-class education. Portfolios showcase creativity, initiative, and real-world achievements.

Annual Events & Activities / Parent Voices



Spring Festival



Nature Experiences



Halloween



Sports Festival



Christmas Show

Spring

- School Orientation
- Parent Observation Day
- Open Campus
- Spring Festival
- Outdoor Learning

Summer

- Summer Festival
- Summer School
- Science Fair
- Outdoor Learning

Autumn

- Autumn Festival
- Sports Festival
- Halloween
- Speech Contest

Winter

- Winter Show
- Ski Experiences
- Music Concert
- Graduation Ceremony

Parent Voice – Parent A

Preschool | Business Owner

“A World of Choice for All Children” inspired our family to choose ISN. As a business owner, I deeply trust ISN’s approach to education. ISN is more than a school—it is a community shaping the future.

Parent Voice – Parent B

Middle School | IT Management Professional

We chose ISN for its English education, but found so much more. Our child has grown into an independent thinker, supported by teachers who truly care.

Parent Voice – Parent C

Elementary School | Healthcare Professional

The PIC Program inspires my child to think about future careers. Strong ICT education and real-world learning prepare students for the future. The caring teachers and supportive community give our family great confidence.

Campus & Access

Ages 6–12 / Ages 12–15

Gojo Campus

TEL +81-263-87-8418
6387-1 Gojo, Matsumoto City, Nagano 399-7401



Ages 6–12 / Ages 12–15 (Scheduled to Open in 2028)

Nakano Campus

TEL +81-269-38-1229
1572 Hekida, Nakano City, Nagano 383-0061



Ages 3–6

Shimauchi Campus

TEL +81-263-88-6562
7779-1 Shimauchi, Matsumoto City, Nagano 390-0851



Ages 2–6

Minami-Matsumoto Campus

TEL +81-263-87-5971
1-2-2 Minami-Matsumoto, Matsumoto City, Nagano 390-0832



Ages 2–6

Nagano Campus

TEL +81-26-217-7166
2-5-6 Minami-Takada, Nagano City, Nagano 381-0033



Ages 7 Months–6 Years

Saku-Kirihara Campus

TEL +81-267-78-5112
100-1 Nakaotagiri, Saku City, Nagano 384-0305



Tokyo ▶▶▶ Nagano *Approx. 1 hr 30 min*



Hokuriku Shinkansen

Joetsu myoko ▶▶▶ Nagano *Approx. 20 min*



Hokuriku Shinkansen

Myoko Kogen ▶▶▶ Nagano *Approx. 50 min*



Shinano Railway

Tokyo ▶▶▶ Sakudaira *Approx. 1 hr 15 min*



Hokuriku Shinkansen

Kanazawa ▶▶▶ Sakudaira *Approx. 2 hrs*



Hokuriku Shinkansen

Shinjuku ▶▶▶ Matsumoto *Approx. 2 hrs 40 min*



Limited Express Azusa

Nagoya ▶▶▶ Matsumoto *Approx. 2 hrs 10 min*



Limited Express Shinano

New Chitose ▶▶▶ Matsumoto *Approx. 1 hr 40 min*



Airplane

Kobe ▶▶▶ Matsumoto *Approx. 1 hr*



Airplane

Fukuoka ▶▶▶ Matsumoto *Approx. 1 hr 30 min*



Airplane

International School of Nagano



World-Class Education in the Heart of Shinshu’s Natural Environment.
A place where we come together to nurture the limitless potential of every child.



Official Website

Gojo Campus	Matsumoto City	+81-263-87-8418	Elementary & Middle School	Ages 6–15
Nakano Campus	Nakano City	+81-269-38-1229	Elementary School	Ages 6–12
Shimauchi Campus	Matsumoto City	+81-263-88-6562	Preschool	Ages 3–6
Minami-Matsumoto Campus	Matsumoto City	+81-263-87-5971	Preschool	Ages 2–6
Nagano Campus	Nagano City	+81-26-217-7166	Preschool	Ages 2–6
Saku-Kirihara Campus	Saku City	+81-267-78-5112	Preschool	Ages 0–6

School Tours Available Year-Round

We warmly welcome you to visit our campuses and experience the ISN learning environment first hand. Please feel free to contact any campus for more information or to arrange a visit.