



TOKYO 2020

G U I D E B O O K

In the summer of 2020, the world's greatest sporting spectacle will once again come to Tokyo.

The brilliance of the athletes will radiate around the globe, bringing people across the world closer together.

The shining performances of everyone taking part in the Games will leave an unforgettable legacy that will be passed on to future generations.

So, let's all come together and join hands to make the Olympic and Paralympic Games a breathtaking spectacle for all!



Contents

1	Games Overview	2	10	Tokyo 2020 Participation Programme	19
2	Olympic Sports	4	11	Cultural Programmes	20
3	Paralympic Sports	6	12	Torch Relay	21
4	Venue Plan	8	13	Watching the Tokyo 2020 Games	22
5	Games Venues	10	14	Sustainability	23
6	Tokyo's Second Paralympic Games	14	15	Connecting to Tomorrow	24
7	The Recovery and Reconstruction Games	15	16	Legacies, "2020 TDM Promotion Project" and Economic Impact	25
8	Let's Create the Tokyo 2020 Games Together	16		■ History	26
9	Volunteers	18		■ Tokyo 2020 Marketing Partners	28

1 Games Overview

In 2020, Tokyo and Japan will become the stage for the world's greatest sporting spectacle!

In 2020, Tokyo and Japan will once again host the Olympic and Paralympic Games, over half a century since the Games were staged here in 1964.

Thousands of athletes, Games officials and spectators will gather in Tokyo and Japan for the Tokyo 2020 Games. The Games will generate great excitement and emotions throughout Japan and the world. They will set the stage for new Games records and create lifetime memories for everyone.

Games Schedule

Official Name **Games of the XXXII Olympiad**

Period of the Games **Friday, 24 July – Sunday, 9 August 2020**

Number of Sports **33**

Official Name **Tokyo 2020 Paralympic Games**

Period of the Games **Tuesday, 25 August – Sunday, 6 September 2020**

Number of Sports **22**

Games Vision

Sport has the power to change the world and our future.

The Tokyo 1964 Games completely transformed Japan.

The Tokyo 2020 Games, as the most innovative in history,

will bring positive reform to the world by building on three core concepts:

“Striving for your personal best (Achieving Personal Best)”

“Accepting one another (Unity in Diversity)”

“Passing on Legacy for the future (Connecting to Tomorrow)”

Tokyo 2020 Emblems



Harmonized chequered emblem

- The Games emblems are composed of checkered patterns in the traditional Japanese colour of indigo blue, and express a refined elegance that exemplifies Japan.
- Composed of three varieties of rectangular shapes, the designs incorporate the message of “Unity in Diversity.”
- Both the Olympic and Paralympic emblems consist of 45 rectangular shapes.

Tokyo 2020 Mascots

Tokyo 2020 Olympic Games mascot



MIRAITOWA
ミライトワ

The name MIRAITOWA is based on the Japanese words “Mirai”(future) and “towa” (eternity) connected together. This name was chosen for the Olympic mascot to promote a future full of hope forever, in the hearts of all the people in the world.

Tokyo 2020 Paralympic Games mascot



SOMEITY
ソメイティ

The name SOMEITY comes from “Someiyoshino”, a popular cherry blossom variety, and the phrase “so mighty”. Someity has cherry blossom tactile sensors, and can show enormous mental and physical strength. The mascot represents Paralympic athletes who overcome obstacles and redefine the boundaries of possibility.

The world's greatest sporting spectacle is coming to Tokyo!

*The Tokyo 2020 Games by Numbers (provisional)

Number of athletes
11,090 **4,400**
Olympic athletes Paralympic athletes



Number of elementary school classes voting for the Tokyo 2020 Mascots
205,755

Number of gold medals
339 **540**
Olympic medals Paralympic medals



2 Olympic Sports

A total of 33 different sports will be contested at the Olympic Games Tokyo 2020. The 2020 Games are also the first time that the International Olympic Committee (IOC) has enabled the Organising Committee to propose additional sports for that edition of the Olympic Games. The Tokyo 2020 Organising Committee proposed the five additional sports of Baseball/Softball, Karate, Skateboarding, Sport Climbing and Surfing. All five were approved by the IOC for inclusion in the Tokyo 2020 Games.



Aquatics



Archery



Athletics



Badminton



Baseball/Softball



Basketball



Boxing



Canoe



Cycling



Equestrian



Fencing



Football



Golf



Gymnastics



Handball



Hockey



Judo



Karate



Modern Pentathlon



Rowing



Rugby



Sailing



Shooting



Skateboarding



Sport Climbing



Surfing



Table Tennis



Taekwondo



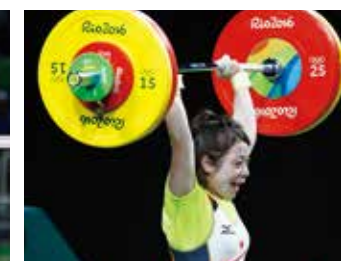
Tennis



Triathlon



Volleyball



Weightlifting



Wrestling



3 Paralympic Sports

A total of 22 sports will feature at the Tokyo 2020 Paralympic Games. The sports of Taekwondo and Badminton will make their debuts at the Tokyo 2020 Paralympic Games after being adopted by the International Paralympic Committee (IPC).



Archery



Powerlifting



Rowing



Shooting



Athletics



Badminton



Boccia



Sitting Volleyball



Swimming



Table Tennis



Canoe



Cycling



Equestrian



Taekwondo



Triathlon



Wheelchair Basketball



Football 5-a-side



Goalball



Judo



Wheelchair Fencing



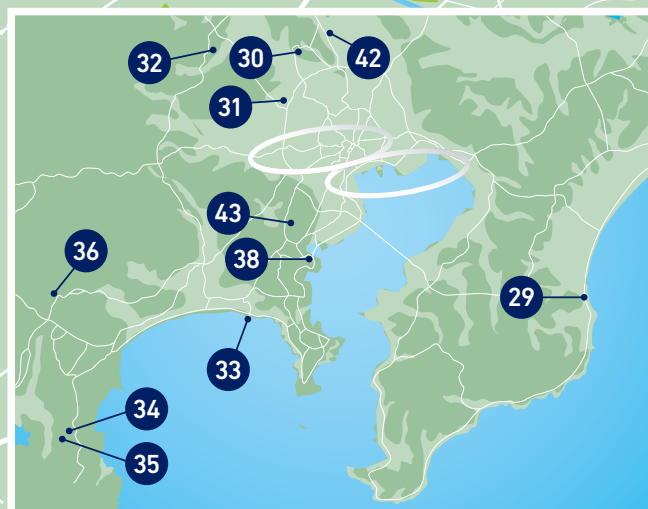
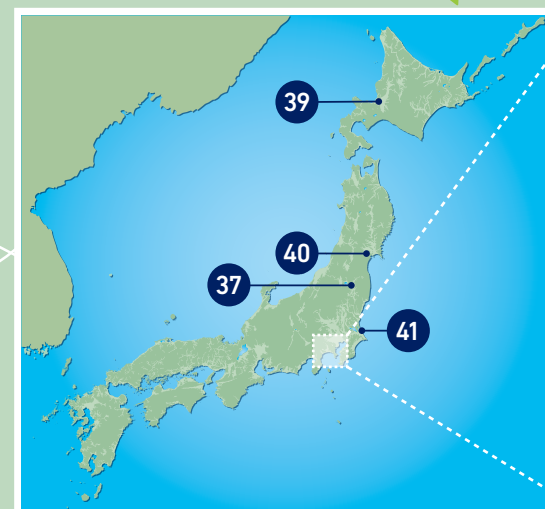
Wheelchair Rugby



Wheelchair Tennis



4 Venue Plan



Venue Plan Concept:

Infinite Excitement

The venue plan for the Olympic and Paralympic Games Tokyo 2020 consists predominantly of two thematic and operational zones: the “Heritage Zone” which houses several iconic venues used at the Tokyo 1964 Games and further sustains the enduring legacy of Tokyo 1964; and the “Tokyo Bay Zone” which serves as a model for innovative urban development and symbolises the exciting future of the city. These two zones expand across the city to form an ‘infinity’ symbol with the Athletes’ Village positioned at the point where the two zones intersect – at the physical and spiritual heart of the Games. The ‘infinity’ symbol embodies the boundless passion, commitment and inspiration of the world’s elite athletes, the limitless potential of future generations, and the lasting legacy that will be passed on to the people of Tokyo, Japan and the world.

- Olympic Sports ▲ Paralympic Sports
- Olympic Stadium**
■ Opening and Closing Ceremonies / Athletics / Football
▲ Opening and Closing Ceremonies / Athletics
 - Tokyo Metropolitan Gymnasium**
■ Table Tennis ▲ Table Tennis
 - Yoyogi National Stadium**
■ Handball ▲ Badminton / Wheelchair Rugby
 - Nippon Budokan**
■ Judo / Karate ▲ Judo
 - Imperial Palace Garden**
■ Athletics (Race Walk)
 - Tokyo International Forum**
■ Weightlifting ▲ Powerlifting
 - Kokugikan Arena**
■ Boxing
 - Equestrian Park**
■ Equestrian (Dressage, Eventing, Jumping) ▲ Equestrian
 - Musashino Forest Sport Plaza**
■ Badminton / Modern Pentathlon (Fencing) ▲ Wheelchair Basketball

- Tokyo Stadium**
■ Football / Modern Pentathlon (Swimming, Fencing, Riding, Laser-Run) / Rugby
- Musashinonomori Park**
■ Cycling (Road)
- Ariake Arena**
■ Volleyball (Volleyball) ▲ Wheelchair Basketball
- Olympic Gymnastic Centre**
■ Gymnastics ▲ Boccia
- Olympic BMX Course**
■ Cycling (BMX Freestyle, BMX Racing) / Skateboarding
- Ariake Tennis Park**
■ Tennis ▲ Wheelchair Tennis
- Odaiba Marine Park**
■ Aquatics (Marathon Swimming) / Triathlon ▲ Triathlon
- Shiokaze Park**
■ Volleyball (Beach Volleyball)
- Aomi Urban Sports Venue**
■ Basketball (3x3) / Sport Climbing ▲ Football 5-a-side
- Seaside Park Hockey Stadium**
■ Hockey
- Sea Forest Cross-Country Course**
■ Equestrian (Eventing)
- Sea Forest Waterway**
■ Canoe (Sprint) / Rowing ▲ Canoe / Rowing

- Canoe Slalom Course**
■ Canoe (Slalom)
- Dream Island Archery Field**
■ Archery ▲ Archery
- Olympic Aquatics Centre**
■ Aquatics (Swimming, Diving, Artistic Swimming) ▲ Swimming
- Tatsumi International Swimming Centre**
■ Aquatics (Water Polo)
- Makuhari Messe Hall A**
■ Taekwondo / Wrestling ▲ Sitting Volleyball
- Makuhari Messe Hall B**
■ Fencing ▲ Taekwondo / Wheelchair Fencing
- Makuhari Messe Hall C**
▲ Goalball
- Tsurigasaki Beach Surfing Venue**
■ Surfing
- Saitama Super Arena**
■ Basketball (Basketball)
- Asaka Shooting Range**
■ Shooting ▲ Shooting
- Kasumigaseki Country Club**
■ Golf
- Enoshima Yacht Harbour**
■ Sailing
- Izu Velodrome**
■ Cycling (Track) ▲ Cycling (Track)

- Izu Mountain Bike Course**
■ Cycling (Mountain Bike)
- Fuji International Speedway**
■ Cycling (Road) ▲ Cycling (Road)
- Fukushima Azuma Baseball Stadium**
■ Baseball / Softball
- Yokohama Stadium**
■ Baseball / Softball
- Sapporo Dome**
■ Football
- Miyagi Stadium**
■ Football
- Ibaraki Kashima Stadium**
■ Football
- Saitama Stadium**
■ Football
- International Stadium Yokohama**
■ Football
- Olympic Village / Paralympic Village**
- IBC/MPC Tokyo International Exhibition Centre (Tokyo Big Sight)**

The information included in this guidebook is current as of September 2018.

5 Games Venues

Many existing venues will be used for the Tokyo 2020 Games including several legacy venues from the Tokyo 1964 Games. A total of 43 venues in Tokyo and around Japan will be used for the 2020 Games.

- Olympic Sports
- Paralympic Sports



1 Olympic Stadium

- Opening and Closing Ceremonies / Athletics / Football
- Opening and Closing Ceremonies / Athletics

The National Stadium was used as the main stadium for the Tokyo 1964 Olympic Games, and is currently being rebuilt as a brand new stadium for the Tokyo 2020 Games. The Opening and Closing ceremonies of the Tokyo 2020 Games will be held here along with Athletics events and Football matches. After the 2020 Games are over, the stadium will be used for sporting and cultural events.

Design Works and Construction Works of Taisei Corporation, Azusa Sekkei Co., Ltd. and Kengo Kuma and Associates JV / Courtesy of JSC
* Note: the perspective, etc. are all simulated images, and may differ from the completed construction. The image is based on a projection of how the greenery will appear once it has matured approx. 10 years from now.



2 Tokyo Metropolitan Gymnasium

- Table Tennis
- Table Tennis

This facility is one of the legacy venues of the 1964 Olympic Games. It served as the main arena for Tokyo 1964, hosting the gymnastics events and water polo, which was held in the venue's indoor pool.



3 Yoyogi National Stadium

- Handball
- Badminton / Wheelchair Rugby

This venue was constructed to stage the Aquatics and Basketball competitions for the Tokyo 1964 Games. The arena is famous for its suspension roof design, and has earned a glowing international.



4 Nippon Budokan

- Judo / Karate
- Judo

The Nippon Budokan is known as the spiritual home of Japanese martial arts – especially judo. At the 1964 Games, judo made its debut as an Olympic sport, with competitions being held here.



5 Imperial Palace Garden

- Athletics (Race Walk)

The Imperial Palace Garden is a large lawned area dotted with black pine trees and surrounded by the moat from the original Edo Castle. The garden features the castle gates and several other historical constructions and is famed throughout Japan for its perfect blend of nature and history.



6 Tokyo International Forum

- Weightlifting
- Powerlifting

The Tokyo International Forum is a multi-purpose exhibition centre comprised of eight main halls of various sizes, exhibition spaces and other facilities. The structure features swooping curves of steel and glass, with an exterior design resembling an elongated boat.



7 Kokugikan Arena

- Boxing

This venue is the spiritual home of the Japanese national sport of sumo wrestling. The interior is designed in a bowl shape to allow spectators to easily view the sumo bouts in the centre of the auditorium from wherever they are seated.



8 Equestrian Park

- Equestrian (Dressage, Eventing, Jumping)
- Equestrian

This 1964 Olympic legacy venue hosted the Equestrian competitions at the Tokyo 1964 Games. The park currently serves as a main centre for the promotion of horse riding and equestrian competitions.



9 Musashino Forest Sport Plaza

- Badminton / Modern Pentathlon (Fencing)
- Wheelchair Basketball

This facility will be constructed close to Tokyo Stadium and will serve as a multi-purpose sports venue. The main arena will boast a seating capacity of over 10,000 spectators.



12 Ariake Arena

- Volleyball (Volleyball)
- Wheelchair Basketball

This is a new arena under construction in the northern part of Tokyo's Ariake district. After the Tokyo 2020 Games, the arena will become a new sporting and cultural centre with a seating capacity for up to 15,000 spectators.

Simulated image as of October 2015



15 Ariake Tennis Park

- Tennis
- Wheelchair Tennis

This park area is widely known as the home of tennis in Japan. Surrounded by rich verdant greenery, the park houses 48 outdoor tennis courts and the Ariake Coliseum.



18 Aomi Urban Sports Venue

- Basketball (3x3) / Sport Climbing
- Football 5-a-side

The Aomi Urban Sports Venue is a temporary venue in the waterfront Aomi district, and is also situated conveniently close to the Athletes' Village. With views across the iconic Tokyo Bay, this venue will serve as a symbol of our efforts to engage the youth of the world at the Tokyo 2020 Games.



10 Tokyo Stadium

- Football / Modern Pentathlon (Swimming, Fencing, Riding, Laser-Run) / Rugby

This multi-purpose stadium is used for a variety of activities, and is particularly well known as a leading venue for football matches.



13 Olympic Gymnastic Centre

- Gymnastics
- Boccia

This temporary venue will also be located in the northern part of Tokyo's Ariake district. Following the Tokyo 2020 Games, a sporting arena with a 12,000 seating capacity is scheduled for construction on this site.

Simulated image as of November 2017



16 Odaiba Marine Park

- Aquatics (Marathon Swimming) / Triathlon
- Triathlon

The Odaiba Marine Park offers visitors a rich harmony of natural greenery, the ocean and stunning views of Tokyo's futuristic cityscape including the nearby Rainbow Bridge. During the Tokyo 2020 Games, a temporary venue will be set up in the park.



19 Seaside Park Hockey Stadium

- Hockey

This facility will be constructed in the Oi Pier Ocean Park. Plans are underway for the venue to be used for Hockey and as a multi-purpose sports facility after the 2020 Games.

Simulated image as of June 2016



11 Musashinomori Park

- Cycling(Road)

This venue will be used as the start line for the Cycling Road Race. The park is surrounded by the wide expanse of Musashino Forest, and both riders and spectators will be able to enjoy lush greenery and beautiful views.



14 Olympic BMX Course

- Cycling (BMX Freestyle, BMX Racing) / Skateboarding

This course is planned for construction in the Ariake district, which is located in the stunning waterfront area close to the Athletes' Village and the Big Sight venue, which will house the IBC and the MPC. The venue will constitute one of the main centres for urban sports.



17 Shiokaze Park

- Volleyball (Beach Volleyball)

This park affords exquisite views of Tokyo's iconic Rainbow Bridge and the beautiful Tokyo Bay. During the Tokyo 2020 Games, a temporary venue will be set up in the park for the beach volleyball events.



20 Sea Forest Cross-Country Course

- Equestrian (Eventing)

This area of reclaimed land affords superb views of Tokyo Bay and Tokyo's dramatic cityscape. A temporary course will be constructed here for the Equestrian Cross Country competition during the 2020 Games.



Simulated image as of December 2017

21 Sea Forest Waterway

- Canoe (Sprint) / Rowing
- ▲ Canoe / Rowing

The rowing and canoe course will be constructed on this waterfront site, which is also located close to central Tokyo. Following the 2020 Games, the course will be used for international rowing and canoe competitions, and will become one of the premier locations in Asia for water sports.



Simulated image as of November 2017

24 Olympic Aquatics Centre

- Aquatics (Swimming, Diving, Artistic Swimming)
- ▲ Swimming

This venue will be newly constructed in the Tatsumi-no-Mori Seaside Park. Following the 2020 Games, the Olympic Aquatics Centre will host domestic and international competitions.



29 Tsurigasaki Beach Surfing Venue

- Surfing

Surfing will be making its debut at the Tokyo 2020 Games, and competitions will be held here. Boasting world-class waves, this beach attracts lots of surfers each year. The beach is located in Ichinomiya town in Chiba Prefecture's Pacific coastline.



32 Kasumigaseki Country Club

- Golf

This golf course extends out across the verdant Musashino Hills. The club has a history spanning over 80 years, and the course was designed by golf architects who understood the importance of preserving and passing on the traditions of golf to future generations. The club is located in Kawagoe City, Saitama Prefecture.



Simulated image as of May 2016

22 Canoe Slalom Course

- Canoe (Slalom)

The Canoe Slalom Course will be the first manmade course in Japan and will be newly constructed on land adjoining the Kasai Rinkai Park. After the 2020 Games, the facility will be used for a wide range of water sports and leisure activities.



25 Tatsumi International Swimming Centre

- Aquatics (Water Polo)

This iconic and spacious venue has been designed to serve as the main facility for Swimming and other water sports in the Tokyo area.



30 Saitama Super Arena

- Basketball (Basketball)

This facility, located in Saitama City, is one of Japan's largest multi-purpose venues, hosting sporting competitions, concerts, conferences and many other events.



33 Enoshima Yacht Harbour

- Sailing

The Enoshima Yacht Harbour is located in Fujisawa City, Kanagawa Prefecture and was constructed for use at the 1964 Games, making it yet another 1964 Olympic legacy venue. This venue is Japan's first-ever harbour capable of hosting water sport competitions.



Simulated image as of November 2017

23 Dream Island Archery Field

- Archery
- ▲ Archery

An archery field will be constructed in the park area of the Dream Island site. Following the 2020 Games, the facility will house archery competitions and be used for a wide range of other activities.



26 27 28 Makuhari Messe

- Fencing / Taekwondo / Wrestling
- ▲ Goalball / Sitting Volleyball / Taekwondo / Wheelchair Fencing

This large-scale convention centre spans some 210,000 square metres and consists of three major zones – the International Exhibition Hall, the International Conference Hall, and the Makuhari Event Hall. The centre is located in Chiba City, Chiba Prefecture.



31 Asaka Shooting Range

- Shooting
- ▲ Shooting

The Shooting competitions for the Tokyo 1964 Games were also staged here. During the 2020 Games, an Olympic-standard temporary facility will be constructed at this site.



34 Izu Velodrome

- Cycling (Track)
- ▲ Cycling (Track)

This indoor venue located in Izu City, Shizuoka Prefecture, houses a 250m wooden cycling track that fully complies with the technical standards required by the Union Cycliste Internationale, the world governing body for cycling.



©Japan Cycle Sports Center

35 Izu Mountain Bike Course

- Cycling (Mountain Bike)

This off-road course, also located in Izu City, Shizuoka Prefecture, measures 2,500m in length with elevations of up to 85m.



38 Yokohama Stadium

- Baseball / Softball

Located in Yokohama Park, Kanagawa Prefecture, the Yokohama Stadium is Japan's first ever multi-purpose stadium. It also serves as home to one of Japan's professional baseball teams. Baseball and Softball have been included in the 2020 Olympic Programme as additional events, and the Yokohama Stadium will host several matches.



41 Ibaraki Kashima Stadium

- Football

Located in Kashima City, Ibaraki Prefecture, the Ibaraki Kashima Stadium is a dedicated football stadium with a natural grass pitch and excellent views from all seats. The stadium is home to the Japanese professional football team.



IBC/MPC Tokyo International Exhibition Centre (Tokyo Big Sight)

Spanning some 265,700 square metres, Tokyo Big Sight is the largest convention and exhibition centre in Japan. During the Tokyo 2020 Games, the complex will house the International Broadcast Centre and the Main Press Centre.



36 Fuji International Speedway

- Cycling(Road)
- ▲ Cycling(Road)

This is the closest circuit to the Greater Tokyo Area. In addition to being the most recent international motor race course, the venue also boasts the most up to date facilities for race personnel and members of the media, and is an excellent venue to host such a major international event.



39 Sapporo Dome

- Football

This stadium is home to one Japanese professional football team and one baseball team. This all-weather dome-shaped stadium is located in Sapporo City in Japan's northernmost island of Hokkaido.



42 Saitama Stadium

- Football

This stadium, located in Saitama City, Saitama Prefecture, is the largest dedicated football stadium in Japan and one of the largest in Asia.



37 Fukushima Azuma Baseball Stadium

- Baseball / Softball

Located in Fukushima City, Fukushima Prefecture, the stadium is part of the Azuma Sports Park, which is divided into four recreational spaces: the Sports Area, the Nature Area, the Family Area and the History Area. Baseball and Softball have been included in the Tokyo 2020 Games as additional events and some matches will be hosted here.



40 Miyagi Stadium

- Football

The roof that covers spectator seating at the Miyagi Stadium was designed to evoke images of the crescent moon that adorned the helmet of Date Masamune, a 16th century feudal lord who reigned over an area that includes the present-day Miyagi Prefecture. The stadium is situated in the town of Rifu in Miyagi Prefecture and is mainly used to stage athletics competitions and football matches.



43 International Stadium Yokohama

- Football

Located in Yokohama City, Kanagawa Prefecture, this multi-purpose sports stadium boasts a seating capacity for 72,327 spectators – the largest seating capacity of any stadium in Japan.



Olympic Village / Paralympic Village

The Athletes' Village, located in the Harumi waterfront district of Tokyo, will be developed on a 44-hectare plot. Its residential buildings are planned to be equipped with 18,000 beds during the Olympic Games and 8,000 beds during the Paralympic Games. After being temporarily used for the Games, the residential buildings will be renovated and sold as apartments together with newly constructed tower blocks.

Simulated image of part of the Harumi area in 2020 (image of the area surrounding the Athletes' Village)
*Only permanent facilities are depicted

6 Tokyo's Second Paralympic Games

In 2020, Tokyo will become the first-ever city to host the Paralympic Games for the second time. The Tokyo 2020 Games will serve as a wonderful opportunity to embrace diversity.

People from all over the world – with and without impairments – will gather in Tokyo. The Tokyo 2020 Paralympic Games will enable many people to witness firsthand the dynamic and breathtaking performances of the Para athletes, gain a real understanding of the rights and dignity of all people, and serve as a catalyst for Japan to become a fully-inclusive society.

1964

The designation "Paralympic" was first used at the Tokyo 1964 Games and derives from an idea to hold the International Stoke Mandeville Games for paraplegics in the same year and same country as the Olympic Games. The Tokyo 1964 Games served as the foundation to promote the social participation and independence of people with impairments in Japan.

©JPC



©JBFA

Along with delivering a successful Paralympics, the Tokyo 2020 Games aims to promote both tangible and intangible benefits including the creation of a physical barrier-free environment as well as a barrier-free mindset. Our ultimate aim is to create an urban environment in which everyone – regardless of any impairment – is able to lead a full and rewarding life.

2020

"NO LIMITS CHALLENGE"

Let's experience the passion, excitement and drama of the Paralympics!

This is an event focused on experiencing Paralympic competitions.

NO LIMITS refers to the Para athletes pursuing their limitless potential in line with the Paralympic precept of not counting your losses, but maximising your remaining potential.

CHALLENGE points to events in which all are able to take part.

Let's experience the Paralympic Games, and see the passion, excitement and drama for ourselves!



The energy of the Paralympic Games will be displayed across the city



A Games for everyone to enjoy – regardless of any impairment!

For details, please see (Japanese language only)
<http://no-limits.tokyo/>



Initiatives being taken by the Tokyo Metropolitan Government "TEAM BEYOND"

An initiative launched by the Tokyo Metropolitan Government in FY2016 aimed at increasing the number of people supporting Para-sports. Why not join us and help to promote Para-sports.



For details, please see (Japanese language only)
<https://www.para-sports.tokyo/>



7 The Recovery and Reconstruction Games

During Tokyo's campaign to host the 2020 Games which began in 2011, the Tokyo 2020 Bid Committee advocated the power of sport to bring hope and dreams to the areas affected by the 2011 earthquake and tsunami.

In addition, after the election of Tokyo as the host city of the 2020 Games, a large-scale earthquake occurred in Kumamoto prefecture and surrounding areas on the southern island of Kyushu, causing major damage. The origins of the Tokyo 2020 Games are Olympic and Paralympic Games aimed at recovery and reconstruction. The power of sport will raise the spirits of the residents of these affected areas and provide them with hope and inspiration. We will communicate the spirit and determination of the local residents who have overcome many forms of adversity and are steadfastly working towards reconstruction of the areas, as well as communicating our gratitude to the people of the world for their support and encouragement.

Tokyo 2020 Olympic Football matches and Baseball/Softball matches will be held in the disaster-affected areas. LiveSites will be set up locally and we also plan to take our Tokyo 2020 Cultural Programme to the area. Why not take a trip to the disaster-affected areas and see for yourself how the recovery and reconstruction is progressing.



Fukushima Azuma Baseball Stadium (Baseball / Softball)

Check out this video which shows how the power of sport is making a significant contribution to the recovery of the affected areas

"See you in Tokyo and Tohoku in 2020"
<https://tokyodouga.jp/en/1000000777.html>



"See you in Tokyo and Kumamoto in 2020"
<https://tokyodouga.jp/en/o2UJL2vxU-l.html>



Restoring vitality to the affected areas through the power of sport

"Road to Tomorrow – the 1000km Relay"

To deepen bonds between those in the affected areas and the rest of Japan, a running and cycling relay that connects the disaster-affected areas is held every year from Aomori to Tokyo.



"Young Athletes Participation Project"

Young athletes are taking part in a variety of activities in the affected areas aimed at supporting the recovery and reconstruction efforts. These include sports-related project with children and their parents.



Young athletes visit Fukushima and Kumamoto Prefectures and take part in sports events at local elementary schools

8 Let's Create the Tokyo 2020 Games Together

A wide range of events are taking place across the country to encourage the public to become an integral part of the Tokyo 2020 Games. These events help to foster a sense of unity with the Games and inspire people throughout Japan to create the Games together.

7 September 2013
Tokyo was elected as the Host City of the 2020 Games.



©Getty images
Then IOC President Rogge reveals the city elected to host the 2020 Olympic Games

August-September 2016
Flag Handover Ceremony at the Rio 2016 Games

At the Rio 2016 Closing Ceremonies, the Olympic and Paralympic flags were handed over to Tokyo – the Host City of the next Games.



The Olympic Flag



The Paralympic Flag

2016

2017

2018

2019

Towards
the Tokyo 2020 Games
2020

The Tokyo 2020 Medal Project

► Please see p. 23 for details



A press conference to launch the Tokyo 2020 Medal Project

Olympic and Paralympic Tokyo 2020 Flag Tour

Beginning in 2017, the Olympic and Paralympic flags are being paraded at numerous venues in the Greater Tokyo Metropolitan Area and across the whole of Japan, including the disaster-affected areas.



Flag Tour (Ogasawara)



Flag Tour (Fukushima)

Countdown Events

Countdown events are being held to mark milestones in the lead up to the Games.



The Tokyo 2020 Mascots appeared at the 2 Years to Go until the Olympic Games countdown event



Tokyo Skytree® was illuminated to mark the 1,000 Days to Go until the Paralympic Games countdown event

Tokyo 2020 Mascots

► Please see p. 3 for details

For the first time ever in the history of the Games, the mascots were selected in a voting process by elementary school children. Including overseas Japanese schools, a total of 16,769 elementary schools took part in voting.



Mascots unveiling ceremony



The mascots make their debut in a waterborne parade

Live Sites

Live Sites will provide various opportunities for the general public to enjoy and experience the excitement and a sense of unity with the Games, even without a games ticket. Games competitions on a giant screen, on-stage events and hands-on Olympic and Paralympic sport experiences will be hosted at the Live Sites. During the Rio 2016 Games and the PyeongChang 2018 Games, Live Sites were organised in Tokyo as well as in the areas affected by natural disasters. Live Sites will be set up during the Tokyo 2020 Games for people to share the wonder and excitement of the Olympic and Paralympic Games.



Visitors to the Live Sites were treated to powerful images on the large screen and colourful stage events



Kids try out Paralympic sports

Test Events

We will be conducting a series of Test Events at the actual venues to be used for the Games to ensure the Test Events are held in conditions that closely resemble those expected at the Tokyo 2020 Games. The Test events are scheduled to be held from September 2018 to May 2020.

► Please see p. 20 for details

TOKYO 2020 NIPPON FESTIVAL

Shortly before the Games begin, we will collaborate with various groups and produce a festive-like programme that will be held across the whole of Japan. With a primary focus on the Cultural Olympiad, the programme will serve as the grand finale of the Tokyo 2020 Participation Programme and generate a huge wave of excitement and momentum in the final lead-up to the Tokyo 2020 Games.

► Please see p. 21 for details

Torch Relay

The Olympic Torch Relay will depart from Fukushima Prefecture on 26 March 2020 and will travel across Japan conveying happiness and passion.

Opening and Closing Ceremonies

► Please see p. 22 for details

Progress is being made on the creation of the largest and most spectacular ceremonies the world has ever seen.

9 Volunteers

Supporting the Games Together

Athletes, Games officials and spectators from around the world will be gathering in Japan for the Tokyo 2020 Games. By supporting the Games through volunteer activities, volunteers will play a vital role in creating the Games atmosphere. Their experiences and memories will live with them forever. It is estimated that over 110,000 Games Volunteers and City Volunteers will be active during the Games.

Games Volunteers

The main tasks of the volunteers will be to act as guides for athletes, officials and spectators at Games venues before, during and after the Games. As such, they will play a vital role in supporting successful Games operations. They will also be instrumental in helping to create a festive atmosphere at Games venues.

Areas and roles

1. Available for all kinds of volunteer activities
2. Guidance
3. Events
4. Mobility Support(driving, etc.)
5. Personal Support
6. Operational Support
7. Healthcare
8. Technology
9. Media
10. Ceremonies

Volunteer management and recruitment Tokyo 2020 Organising Committee

Number of volunteers required 80,000

Application dates 26 September to early December 2018

For further details, please visit the official Tokyo 2020 website
<https://tokyo2020.org/en/special/volunteer/>




Providing support at the Help Desk



Supplying water to long-distance runners

City Volunteers

Tokyo and the other local governments that have Olympic and Paralympic competition venues are recruiting "City Volunteers" who will support the Games operation by helping visitors obtain tourist and transportation information at major airports, transport terminals and tourist destinations, as well as guiding spectators around the competition venues and their nearby train stations. Not only will City Volunteers welcome the athletes, stakeholders, tourists and spectators with a big, warm heart of hospitality, but they will play a crucial role in delivering an exciting Games.

Volunteer management and recruitment Tokyo Metropolitan Government

Number of volunteers required 30,000

Application dates 26 September – 5 December 2018

* Volunteer recruitment is also under examination by municipal government hosting Games competition venues

For further details, please visit the official TMG website
<http://www.city-volunteer.metro.tokyo.jp/en/>




Providing support to Games visitors at train stations



Showing spectators the way to venues

10 Tokyo 2020 Participation Programme

The Tokyo 2020 Participation Programme

This programme features a wide range of thematic* projects and events with the aim of building excitement and momentum ahead of the Tokyo 2020 Games, and will constitute a major post-Games legacy.

* Projects and events to be conducted under one of eight different themes.

Everyone is welcome to come along and enjoy the various local events being planned across Japan!

Eight themes that will bring people together to create the future

Enjoy physical exercise and improved health Sport & Health	Towards cities that are comfortable for everyone Urban Planning	Connecting to tomorrow Sustainability	Discover a new Japan Culture
Discover a new you! Education	Showcasing Japan's leading-edge technologies Economy & Technology	Now is the time to forge new bonds Recovery	All for one, and one for all! Nationwide Benefits & Global Communication

For details, please see (Japanese language only)
<https://participation.tokyo2020.jp/jp/>



Official logo of the Tokyo 2020 Participation Programme



Tokyo 2020 Official Programme



Tokyo 2020 Support Programme

Projects and events authorised by the Tokyo 2020 Participation Programme will be provided with the logos 'Diversity', 'Connecting' and 'Participation' which form the basis of the Games emblems.

Let's create a festival that connects with the Tokyo 2020 Games

Let's build momentum for the Games across the whole of Japan by holding traditional Japanese cultural festivals!

Bringing people together through the Tokyo Games official festival song – the Tokyo Gorin Ondo 2020!

An introductory video to the dance and choreography sheet are available on the special website.

Special website for the Tokyo Gorin Ondo! (Japanese language only)
<https://tokyo2020.org/jp/special/ondo/>



Bringing people together through the Tokyo 2020 Games Support Programme (festivals!)

Provision of electronic data of the festival logo for use of posters and leaflets.

Special Tokyo 2020 Participation Programme website (Japanese language only)
<https://participation.tokyo2020.jp/jp/>



Bringing people together with Tokyo 2020 Games official licensed goods!

Happi coats, fans and other festive items to make your festival a great success!

Tokyo 2020 Official online Shop (Japanese language only)
<https://tokyo2020shop.jp/>



What is the Tokyo Gorin Ondo 2020?



The Tokyo Gorin Ondo 2020 is the Tokyo Games official festival song that was originally created for the Tokyo 1964 Games. People across Japan have been singing the song ever since, so we thought we'd give the song a makeover with different lyrics and choreography for the Tokyo 2020 Games.



Children enjoying the Tokyo Gorin Ondo 2020

11

Cultural Programmes

TOKYO 2020 NIPPON FESTIVAL

While the Olympic and Paralympic Games are a festival of sport, they are also a cultural festival. The Tokyo 2020 Organising Committee is planning to hold the TOKYO 2020 NIPPON FESTIVAL as the culmination of its Tokyo 2020 Participation Programme.

Concept

TOKYO 2020 NIPPON FESTIVAL is here to build energy towards Olympic and Paralympic Games Tokyo 2020. The festival will be a welcoming place where various people and cultures from Japan and across the world interact in celebration of the Games.

Regional towns and big cities, Japan and the world—
Imagine what can happen when we reach beyond boundaries and unite together.

Extraordinary cultures will bloom and flourish.
The power and wonder of diversity will shine brightly.
New cultures and inspiration will lead us toward an amazing future.
And each one of us is the main player in this prelude.

We are the stars, gracing the stages in each and every town across Japan.

The excitement starts by uniting the passion and diversity of all corners of the country.

TOKYO 2020 NIPPON FESTIVAL.
Opening new gateways, introducing new possibilities for Japan.

Festival Logo

The festival logo was developed by Asao Tokolo, who also designed the Tokyo 2020 emblems. The logo is based on the same harmonised chequered pattern of three differing sizes of square and rectangular shapes that adorn the Games emblems. The design incorporates the concepts of broadening possibilities and hope through harmony and diversity, and generating new resplendence.



Four cultural programmes being held by the Tokyo 2020 Organising Committee

The Tokyo 2020 Organising Committee is planning to hold large-scale cultural programmes centred on Tokyo with the aim of building momentum and excitement of the festival across the whole of Japan.

April	Kick off
Festive-like atmosphere ahead of the Games	
The first ever platform to blend intangible cultural heritage and performing arts from both the eastern and western worlds	
August	Just before the Paralympic Games
Achieving a Fully-inclusive Society	
Conduct a range of artistic activities and performances that invite people from different backgrounds to take part	
July	Just before the Olympic Games
Participation and interactions	
Creating spaces and events through Japanese culture where people from diverse backgrounds can come together to interact	
May to July (provisional)	
In support of Tohoku	
Communicate the remarkable recovery and reconstruction of the Tohoku region to people throughout Japan and the world from various locations in Tohoku and Tokyo	



The Cultural Olympiad Night – part of the Tokyo 2020 Participation Programme – on Gyoko-dori Street which connects Tokyo Station to the Imperial Palace (26 November 2017)

There will also be a number of cultural programmes carried out around the country with the cooperation from various organisations across Japan.

Initiatives being taken by the Tokyo Metropolitan Government

Tokyo Tokyo FESTIVAL

Since the Rio 2016 Games, the Tokyo Metropolitan Government has been developing its Tokyo Cultural Programme to Include a wide variety of cultural themes.

To further raise momentum and excitement for the Tokyo 2020 Games, the various cultural activities Included in the Tokyo Cultural Programme will be promoted as the Tokyo Tokyo FESTIVAL, and along with strengthening our domestic and global communication capabilities, we are working to enhance our brand image.

For details, please see
<http://tokyotokyofestival.jp/en/>

12

Torch Relay

Olympic Torch Relay

The Olympic Torch Relay carries the flame lit by the sunlight in Olympia, Greece, to the Opening Ceremony, traveling through Greece and the host country, Japan.

The Olympic torch is the symbol of the Olympic Games that embody the Olympic ideals of peace, solidarity and friendship. Its role is to spread the Olympic spirit throughout the host country and inspire interest in and expectations for the Olympic Games.

The concept for the Tokyo 2020 Torch Relay is 'Hope Lights Our Way.' The relay embodies people supporting, accepting and connecting with each other, and represents the dawning of a new era bringing hope to all people.



The Olympic flame is kindled by the light of the sun in Olympia, Greece, and remains alight throughout the Torch Relay until it reaches the site of the Opening Ceremony

The Olympic torch is coming to a town near you! The Olympic flame will be touring all 47 prefectures in Japan.

The Olympic Flame lighting ceremony will take place on 12 March 2020 at the ancient temple of Hera in Olympia, home of the ancient Olympic Games in Greece. The flame will then be set off for an eight-day torch relay in Greece, arriving at its final domestic destination of Athens where there will be a ceremony to hand over the flame to The Tokyo Organising Committee of the Olympic and Paralympic Games. The flame will then be transported to the Japan Air Self-Defense Force Matsushima Base in Miyagi Prefecture, and will embark on a torch relay, which will also be regarded as a “torch of recovery”, making its way through the three prefectures (Miyagi, Iwate and Fukushima) that were especially affected by the Great East Japan Earthquake in 2011. Thereafter, the torch relay will tour all 47 prefectures across Japan in 121 days, including transport days.

The Torch Relay will depart from Fukushima prefecture on 26 March 2020, and head south first of all. After traversing Japan’s southernmost prefecture of Okinawa in early May, the torch will then begin heading north, visiting Japan’s northernmost island of Hokkaido in mid June. The torch will then tour the disaster-affected Iwate and Miyagi prefectures, before visiting Shizuoka and other prefectures that will be staging Games competitions. The torch’s final port of call will be Tokyo, where it will play a starring role in the Opening Ceremony on 24 July.

Paralympic Torch Relay

The Paralympic torch relay will maintain the momentum and excitement built up during the Olympic Games throughout the transition period to the Paralympic Games. It will also play a vital role in communicating the Paralympic spirit and values to a wide audience.

The Paralympic torch belongs to everyone, and based on the idea that each spark of the flame represents messages of support, which provide the energy to light the flame, a number of festivals will take place in the birthplace of the Paralympics – Stoke Mandeville in the United Kingdom – as well as in various locations across Japan. The torches will then converge in Tokyo.



Junichi Kawai, who has been inducted into the Paralympic Hall of Fame, was among the Torch Relay runners at the Rio 2016 Paralympic Games

13 Watching the Tokyo 2020 Games

Ticketing

When purchasing tickets from the official Tokyo 2020 Games ticket sales website, it is first of all necessary to register. Tickets for the Olympic Games go on sale in the spring of 2019, while ticket sales for the Paralympic Games will begin in the summer of 2019. Current plans are that those purchasing tickets will receive them in the spring of 2020.

TOKYO 2020 ID

Those who register for Tokyo 2020 ID will receive information on ticketing, events and newly-released official licensed goods, as well as volunteer-related and other information.

<https://id.tokyo2020.jp/>
(Japanese language only)



Competition Schedules

The session schedule for the Olympic Games Tokyo 2020 has been announced. From the start of the softball competition in Fukushima on 22 July, two days before the Opening Ceremony, to the men's marathon held on the final day, the Games will encompass 339 events across 33 sports, the most ever in Olympic history. The session schedule for the Tokyo 2020 Paralympic Games, which will include 540 events across 22 sports, will be announced in due course.

What is a "session schedule"?

A session schedule for each competition outlines the start time and finish time of each session for the Games tickets. (For example, the morning session and the afternoon session for Athletics. Some sessions will include multiple matches.)

For details, please see

The competition schedule for the Olympic and Paralympic Games Tokyo 2020
<https://tokyo2020.org/en/games/sport/>



Opening and Closing Ceremonies

We are currently making preparations to hold the world's largest opening and closing ceremonies for both the Olympic and Paralympic Games. To this end we are currently examining how best to communicate the attractions of Tokyo and Japan to a global audience, and formulating our basic concept and approach to the overall productions for the ceremonies.



Rio 2016 Olympic Games Opening Ceremony



Rio 2016 Paralympic Games Closing Ceremony

Production Team for the Tokyo 2020 Opening and Closing Ceremonies

In July 2018, the Creative Directors for the Opening and Closing Ceremonies of both the Olympic and Paralympic Games were announced. The team will work closely with large numbers of people towards creating productions that will live long in the memories of all who witness them.



Centre: Mansai Nomura, Chief Executive Creative Director
Left: Takashi Yamazaki, Executive Creative Director for the Opening and Closing Ceremonies of the Olympic Games
Right: Hiroshi Sasaki, Executive Creative Director for the Opening and Closing Ceremonies of the Paralympic Games

14 Sustainability

Tokyo 2020 Games Sustainability

In common with many countries around the world, Japan is currently confronted with sustainability-related issues such as climate change, the depletion of natural resources, discrimination and human rights issues.

Under the concept "Be better, together" for the Tokyo 2020 Games, we will strive to realise a sustainable society, and communicate our efforts as a model for the resolution of various issues across Japan and throughout the world.

With a focus on the future of our planet and our species, we aim to contribute to achieving the Sustainable Development Goals advocated by the United Nations, and conducting Initiatives aimed at bequeathing legacies to future editions of the Olympic and Paralympic Games, to Japan and to the wider international community.



The 17 sustainable development goals adopted at the United Nations in September 2015

The Sustainability Concept of the Tokyo 2020 Games

Be better, together

For the planet and the people

Tokyo 2020 Medal Project

We are currently conducting a project whereby people throughout Japan donate their discarded mobile phones, personal computers, digital cameras and other small electronic devices to be recycled. The metals extracted from these electronic devices will be recycled and used in the production of approx. 5,000 gold, silver and bronze medals to be awarded at the Tokyo 2020 Games. DoCoMo shops across Japan and local governments taking part in the project have set up collection boxes for these donated electronic devices. Harnessing the strength of Japanese technology, the target is set for a 100 per cent recycling of smelted gold.

For details, please see

<https://tokyo2020.org/en/games/medals/project/>



Japanese and British swimmers donate discarded mobile phones to the Tokyo 2020 Medal Project

Japan Lumber Relay

This is a project aimed at realising widespread participation and achieving sustainable Games by obtaining lumber from across Japan free of charge for the construction of Village Plaza at the Athletes' Village, and donating the lumber for use in public facilities throughout the country once the Village Plaza has been dismantled after the Games. The project aims to express diversity and harmony, and leave a sustainability-related legacy by minimising the environmental impact of the Games.

As a result of our recruiting campaign, a total of 63 municipal governments from Hokkaido in the far north of Japan to the southern island of Kyushu have agreed to cooperate with the project.

Visit our homepage for more details. (Japanese language only)

<https://tokyo2020.org/jp/games/sustainability/village/>



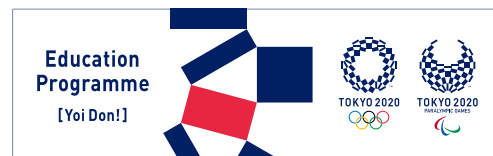
Simulated image as of 30 September 2017.
Subject to change.

15 Connecting to Tomorrow

Tokyo 2020 Education Programme Yoi, Don!

Educational programmes are being conducted at schools across Japan aimed at enabling children to deepen their understanding of the Olympic and Paralympic values and the power of sport.

As of 1 September 2018, some 16,232 schools in 47 prefectures across Japan have obtained official authorisation for their Olympic and Paralympic education programmes. These schools will have access to related educational materials, and children at these schools will be able to take part in several unforgettable experiences including interacting with athletes and the Tokyo 2020 Mascots, and trying out various sports for themselves.



Olympic and Paralympic-related Educational Materials

These are educational materials available on the Tokyo 2020 Education Programme website that teach and extol the Olympic Values of the Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence and Balance between body, will and mind. The materials also teach the Paralympic Values of Determination, Inspiration, Courage and Equality.



A lesson held prior to the vote for the Tokyo 2020 Mascots at Yoshiida Elementary School, Fukushima City



A Tokyo 2020 Gorin Ondo Dance event at Tokyo Metropolitan Minamitamagaya Secondary Education School

For details, please see

TOKYO 2020 FOR KIDS
(Special website dedicated to the Tokyo 2020 Education Programme)
<https://education.tokyo2020.org/en/>



For details, please see

Olympic and Paralympic Education in Tokyo
<https://www.o.p.edu.metro.tokyo.jp/en/>



Poster competitions for elementary and junior high schools

To raise awareness and interest in the Tokyo 2020 Games among elementary and junior high school children, in 2015 we began running competitions for Olympic and/or Paralympic-themed posters. This has since evolved into posters of how children see themselves, Tokyo and Japan in the year 2020. We plan to continue running these competitions this year.

For details, please see (Japanese language only)

<https://tokyo2020.org/jp/get-involved/event/poster2018/>



Special poster classes for elementary and junior high school students
Fuchu Municipal Wakamatsu Elementary School

University Partnership – Raising momentum through the power of students

Tokyo 2020 has entered into partnerships with approximately 800 universities and junior colleges throughout Japan for the purpose of promoting Olympic-and-Paralympic-related education, providing large numbers of students with a once-in-a-lifetime experience through the Tokyo 2020 Games, and bequeathing the knowledge and experience gained by the students as long-lasting post-Games legacies. The universities and colleges are conducting a wide range of programmes aimed at emphasising their particular characteristics, including a lecture circuit and other unique initiatives.

For details, please see (Japanese language only)

<https://tokyo2020.org/jp/get-involved/university/>



Tokyo 2020 Campus Festival – a 2018 university partnership event

16 Legacies, “2020 TDM Promotion Project” and Economic Impact

Generating tangible and intangible legacies

The legacies of the Tokyo 1964 Olympic Games included the Tokaido Shinkansen railway (“bullet train”) and the metropolitan expressway, as well as the use of pictograms and the technology to produce frozen food. Such legacies formed a crucial part of the foundation towards a mature society.

The Tokyo 2020 Games will leave a valuable legacy that will bring about a new evolution in Japan’s mature society. The legacy will take form in tangible and intangible ways, including barrier-free accessibility throughout our communities, a healthy lifestyle promoted through sport, becoming a world leader in sustainability and environmentally-friendly initiatives, and communicating Japan’s arts and culture to the world.

What is a “legacy”?

A legacy is the long-lasting social, economic and cultural benefits that are passed on to future generations in the city and country that hosted the Olympic and Paralympic Games.

Measures implemented by the Tokyo Metropolitan Government toward 2020: Looking to the Post-Games Legacy (Japanese language only)

<https://www.2020games.metro.tokyo.jp/taikaijunbi/torikumi/legacy/index.html>



2020 TDM Promotion Project: “Let’s work together to reduce congested roads and trains.”

It is imperative for the success of the Tokyo 2020 Games to provide a smooth and seamless transport operation without disrupting the city’s economic activities. To achieve this objective through effective transport demand management (TDM), the Tokyo Metropolitan Government, the national government and The Tokyo Organising Committee of the Olympic and Paralympic Games have established the “2020 TDM Promotion Project”.

The implementation of the TDM under the cooperation of businesses and individuals will not only contribute to the success of the Games, but it will also leave a legacy of a new approach to transport management.



The project kick-off ceremony

For details, please see
(Japanese language only)

<https://2020tdm.tokyo>



The Economic Impact of the Tokyo 2020 Games

The Tokyo Metropolitan Government has released its preliminary forecast for the economic impact of the Tokyo 2020 Games (March 2017). The economic impact for the period from 2013 (the year Tokyo was elected as the Host City for the 2020 Games) through to 2030 will amount to approx. 20 trillion yen in the Greater Tokyo area and around 32 trillion yen nationwide. Employment opportunities for some 1.3 million people will be created in the Greater Tokyo area, and approx. 1.94 million people across Japan.

Economic impact

Tokyo

Approx.
20
trillion yen

Nationwide

Approx.
32
trillion yen

Number of employment opportunities

Tokyo

Approx.
1.3
million people

Nationwide

Approx.
1.94
million people

For details, please see (Japanese language only)

<https://www.2020games.metro.tokyo.jp/taikaijunbi/torikumi/keizaihakuyoukouka/index.html>



History

Enhance your knowledge of the Olympic and Paralympic Games

The Significance of the Olympic Games

The most important thing is not winning but taking part ...



Baron Pierre de Coubertin
©PHOTO KISHIMOTO

Pierre de Coubertin is widely considered as the father of the modern Olympic Games. Among the many famous sayings attributed to him, “The most important thing in the Olympic Games is not winning but taking part” was not actually his own creation.

The Tug of War event at the London 1908 Olympics was the first of many that pitted the UK and US teams against each other. During a sermon at London’s St Paul’s Cathedral attended by the athletes, Bishop Ethelbert Talbot of Pennsylvania told the congregation, “The important thing in the Olympic Games is less to win than to take part ... the essential thing is not to have conquered but to have fought well.”

De Coubertin was immediately struck by these words, and at a banquet laid on by the British government, de Coubertin paraphrased the words of Bishop Talbot, adding, “... just as the most important thing in life is not the triumph but the struggle.”

Since that time, these famous words have come to be associated with Pierre de Coubertin and his expression of the Olympic ideals.

Olympic Torch Relay



Lighting Ceremony of the Olympic Flame

The Olympic Flame did not become part of the tradition of the modern Olympics until the Amsterdam Games in 1928.

At the Amsterdam Games, a fire was lit at the top of a tower in the stadium, and was kept alight throughout the Games.

The Olympic Flame is ignited several months before the Opening Ceremony of the Olympic Games at the temple of the Goddess Hera at the site of the ancient Olympics in Olympia, Greece. The Flame travels briefly around Greece before being transported to the host country where it is carried by runners until it reaches the main stadium for the Opening Ceremony. During the Opening Ceremony of the Games, the final runners carry the Flame into the main stadium where the Olympic Cauldron is lit and kept alight until the official closing of the Games.



The final runner at the Tokyo 1964 Games
©PHOTO KISHIMOTO

After intensive discussions, it was finally decided that a young athlete should be selected as the final torchbearer at the Tokyo 1964 Games.

Yoshinori Sakai, a 19-year-old athlete who was born in the outskirts of Hiroshima on 6 August 1945 – the day of the atomic bombing of that city – was selected as the final runner who would light the Olympic Cauldron. At the time, Sakai was a member of the athletics club at Waseda University. He was unable to fulfil his dream of being selected for the Japanese Olympic team, but was nevertheless able to make a major impact at the Opening Ceremony.

The Olympic Symbol



Among the Olympic Symbol is the five interlaced rings. These five rings represent the five continents (Africa, the Americas, Asia, Europe and Oceania).

The rings symbolise people from around the world coming together through sport in the spirit of peace. The creator of the symbol, Baron Pierre de Coubertin, selected the colours of the Olympic rings (blue, yellow, black, green and red) and proposed they be displayed on a white background. These colours were selected because at least one of them was to be found on the national flag of every country in the world at that time.

* Some quotes are taken from the Olympic and Paralympic Study Book Junior High School and Senior High School editions (published by the Tokyo Metropolitan Government Board of Education)

The Significance and Values of the Paralympics



The Paralympic Games present equal and fair opportunities for athletes with various impairments to demonstrate their abilities and provide a platform to showcase world-class performances. The Games do not focus on things that Paralympians cannot do, but rather highlight the innovation and creativity of the athletes in working out ways to ‘make it possible’. The Paralympians amaze us with their incredible performances, force people to reconsider the concept of impairment, and pave the way for the realisation of a fully-inclusive society.

The International Paralympic Committee (IPC) believes that the power of the Paralympians themselves constitutes the symbol of the Paralympic Games, and the core values at the heart of the Paralympic Movement are determination, inspiration, courage and equality.

The Paralympic Games and Japan



Sir Ludwig Guttmann
©PHOTO KISHIMOTO

Dr. Ludwig Guttmann was a neurologist at Stoke Mandeville Hospital in the UK. When treating soldiers who had suffered spinal injuries in World War II, he often incorporated sporting activities to aid recovery. On the day of the Opening Ceremony of the London 1948 Games, Dr. Guttmann arranged an archery competition at the hospital for 16 patients confined to wheelchairs. This competition was to become the origin of the Paralympic Games. In 1960, the International Stoke Mandeville Games were held in Rome, which was the host city for the 1960 Olympic Games, with 400 athletes from 23 countries taking part. After the founding of the International Paralympic Committee (IPC) in 1989, the IPC designated this Games as the first ever Paralympic Games.

Then, in 1964 the International Games for the Physically Handicapped was held in two separate parts immediately following the Tokyo Olympic Games. The first part was the 13th International Stoke Mandeville Games with 378 athletes from 21 countries taking part, and was later designated as the 2nd Paralympic Games. The second part was held in Japan for athletes with any kind of physical impairment. A total of 481 athletes competed at these Games.

The use of the term “Paralympics” was first used at the Tokyo 1964 Games. As the Games were initially aimed at wheelchair athletes, the term “Paralympic” derives from merging “para” from the word “paraplegic” and “Olympics.”

Later, from the Toronto 1976 Games, not only wheelchair athletes but all athletes with an impairment were able to compete in the Games, and today the term “Para” is associated with the word “parallel”.

The Paralympic Symbol



The original Paralympic symbol was created after the founding of the International Paralympic Committee in 1989, and was used from the Lillehammer 1994 Games.

The current symbol that is in use today was first used at the Athens 2004 Games. This symbol is known as the three agitos (from the Latin meaning “I move”), and emphasises the role of the Paralympic Movement in bringing athletes together from all corners of the world to compete. The three colours of the agitos (blue, red and green) were chosen as they are the most commonly used colours on the world’s national flags.

Tokyo 2020 Marketing Partners

Information correct as of 21 September 2018

Official Marketing Partners of the IOC and Tokyo 2020 Marketing Programmes provide invaluable expertise on Games operations, products and services, funding.

The Worldwide Olympic Partners



Tokyo 2020 Olympic Gold Partners



Tokyo 2020 Olympic Official Partners



Tokyo 2020 Olympic Official Supporters

KOKUYO NOMURA Park24 Pasona Group MARUDAI FOOD THE SANKEI SHIMBUN The Hokkaido Shimbun Press

The Worldwide Paralympic Partners



Tokyo 2020 Paralympic Gold Partners



Tokyo 2020 Paralympic Official Partners



Tokyo 2020 Paralympic Official Supporters

KOKUYO NOMURA Park24 Pasona Group MARUDAI FOOD THE SANKEI SHIMBUN The Hokkaido Shimbun Press

Tokyo 2020 Official Licensed Goods



TOKYO 2020 Official Online Shop

Offering a wide range of Tokyo 2020 official licensed goods

<https://tokyo2020shop.jp/>
(Japanese language only)



TOKYO 2020 Official Shop

Shinjuku West Shop
1-5-1, Nishishinjuku, Shinjuku-ku, Tokyo BicCamera Shinjuku West Store 2F
OPEN: 10:00-21:00

Akasaka-Mitsuke Shop
3-1-6, Akasaka, Minato-ku, Tokyo BicCamera Akasaka-Mitsuke Station Store 1F
OPEN: 10:00-22:00

Ikebukuro East Shop
1-41-5, Higashiikebukuro, Toshima-ku, Tokyo BicCamera Ikebukuro Main Store B1F
OPEN: 10:00-22:00

For details, please see (Japanese language only)

https://tokyo2020shop.jp/user_data/official_shop.php



Edited and issued by:

The Tokyo Organising Committee of the Olympic and Paralympic Games
Bureau of Olympic and Paralympic Games Tokyo 2020 Preparation,
Tokyo Metropolitan Government

印刷物規格表第1類印刷番号 (30) 33 / 18TMG0145003 (published in October 2018)