



TOKYO 2020

G U I D E B O O K

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



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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)”

Games 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.

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

* The London 2012 Games by numbers (round figures)



Number of countries and regions participating

Olympics
204
Paralympics
164



Number of volunteers

70,000
(Games Volunteers)
8,000
(City Volunteers)



Number of spectators attending the Host City (excluding local residents)

20 million



Number of meals provided during the Olympic Games
14 million

Number of medals

Olympics
962
Paralympics
1,522



Number of TV viewers
4.8 billion



Ticket sales

Olympics
£659 million

Number of athletes

Olympics
10,500
Paralympics
4,237



Number of tickets sold

Olympics
8.8 million
Paralympics
2.5 million



2 Olympic Sports

A total of 33 different sports will be contested at the Tokyo 2020 Olympic Games. 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, Sports 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

* **Additional** : Additional sports proposed by the Organising Committee and included in the Tokyo 2020 Olympic Programme. These are only on the programme for the Tokyo 2020.

For details of each sport, please visit

<https://tokyo2020.jp/en/games/sport/olympic/>



PHOTO: *1: ©AJSA2016 *2: ©ISA



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



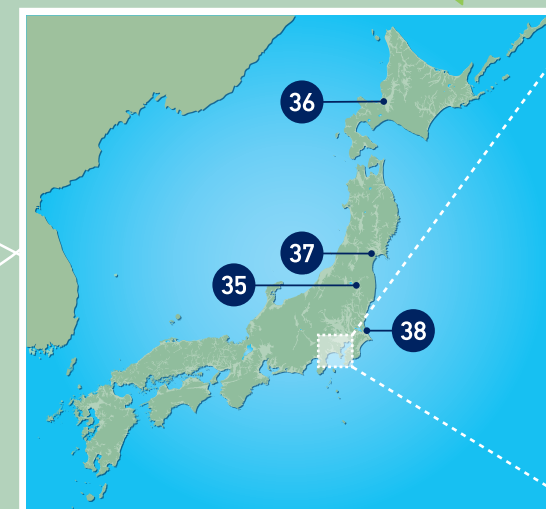
Wheelchair tennis

For details of each sport, please visit

<https://tokyo2020.jp/en/games/sport/paralympic/>



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

- 1 Olympic Stadium**
■ Opening and Closing Ceremonies / Athletics / Football
▲ Opening and Closing Ceremonies / Athletics
- 2 Tokyo Metropolitan Gymnasium**
■ Table Tennis ▲ Table tennis
- 3 Yoyogi National Stadium**
■ Handball ▲ Badminton / Wheelchair rugby
- 4 Nippon Budokan**
■ Judo / Karate ▲ Judo
- 5 Tokyo International Forum**
■ Weightlifting ▲ Powerlifting
- 6 Kokugikan Arena**
■ Boxing
- 7 Ariake Arena**
■ Volleyball (Volleyball) ▲ Wheelchair basketball
- 8 Olympic Gymnastic Centre**
■ Gymnastics ▲ Boccia

- 9 Olympic BMX Course**
■ Cycling (BMX Freestyle, BMX Racing) / Skateboarding
- 10 Ariake Tennis Park**
■ Tennis ▲ Wheelchair tennis
- 11 Odaiba Marine Park**
■ Aquatics (Marathon Swimming) / Triathlon ▲ Triathlon
- 12 Shiokaze Park**
■ Volleyball (Beach Volleyball)
- 13 Aomi Urban Sports Venue**
■ Basketball (3x3) / Sport Climbing
▲ Football 5-a-side
- 14 Seaside Park Hockey Stadium**
■ Hockey
- 15 Sea Forest Cross-Country Course**
■ Equestrian (Eventing)(Cross-country))
- 16 Sea Forest Waterway**
■ Canoe (Sprint) / Rowing ▲ Canoe / Rowing
- 17 Canoe Slalom Course**
■ Canoe (Slalom)
- 18 Dream Island Archery Field**
■ Archery ▲ Archery
- 19 Olympic Aquatics Centre**
■ Aquatics (Swimming, Diving, Synchronised Swimming) ▲ Swimming

- 20 Tatsumi International Swimming Centre**
■ Aquatics (Water Polo)
- 21 Equestrian Park**
■ Equestrian (Dressage, Eventing)(Excluding Cross-country, Jumping) ▲ Equestrian
- 22 Musashino Forest Sport Plaza**
■ Badminton / Modern Pentathlon (Fencing Ranking Round (épée))
▲ Wheelchair basketball
- 23 Tokyo Stadium**
■ Football / Modern Pentathlon (Swimming, Fencing Bonus Round (épée), Riding, Laser-Run) / Rugby
- 24 Saitama Super Arena**
■ Basketball (Basketball)
- 25 Asaka Shooting Range**
■ Shooting ▲ Shooting
- 26 Kasumigaseki Country Club**
■ Golf
- 27 Makuhari Messe Hall A**
■ Taekwondo / Wrestling ▲ Sitting volleyball
- 28 Makuhari Messe Hall B**
■ Fencing ▲ Taekwondo / Wheelchair fencing
- 29 Makuhari Messe Hall C**
▲ Goalball
- 30 Tsurigasaki Beach Surfing Venue**
■ Surfing
- 31 Yokohama Stadium**
■ Baseball / Softball

- 32 Enoshima Yacht Harbour**
■ Sailing
- 33 Izu Velodrome**
■ Cycling (Track) ▲ Cycling (Track)
- 34 Izu Mountain Bike Course**
■ Cycling (Mountain Bike)
- 35 Fukushima Azuma Baseball Stadium**
■ Baseball / Softball
- 36 Sapporo Dome**
■ Football
- 37 Miyagi Stadium**
■ Football
- 38 Ibaraki Kashima Stadium**
■ Football
- 39 Saitama Stadium**
■ Football
- 40 International Stadium Yokohama**
■ Football
- Olympic Village/Paralympic Village**
- IBC/MPC Tokyo International Exhibition Centre (Tokyo Big Sight)**
- TBA** ■ Cycling (Road) ▲ Cycling (Road)

(The information included in this guidebook is current as of December 2017.)

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 40 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



2 Tokyo Metropolitan Gymnasium

- Table Tennis
- Table tennis

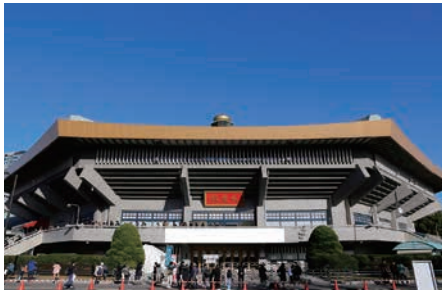
This facility is one of the legacy venues of the 1964 Olympic Games. It served as the main arena for Tokyo 1964, hosting the gymnastics events and water polo, which was held in the venue's indoor pool.



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 reputation as an outstanding Olympic legacy venue.



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 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.



6 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.



Simulated image as of October 2015

7 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 November 2017

8 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.



11 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.



Simulated image as of June 2016

14 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 May 2016

17 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.



9 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, showcasing the BMX Racing, BMX Freestyle and Skateboarding competitions.



12 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.



15 Sea Forest Cross-Country Course

- Equestrian (Eventing)(Cross-country))

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.



18 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.



10 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.



13 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 hold the Basketball 3X3 and Sport Climbing competitions. This is also one of the venues that will serve as a symbol of our efforts to engage the youth of the world at the Tokyo 2020 Games.



Simulated image as of May 2016

16 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 October 2015

19 Olympic Aquatics Centre

- Aquatics (Swimming, Diving, Synchronised 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.



20 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.



21 Equestrian Park
■ Equestrian (Dressage, Eventing[Excluding Cross-country], 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.



22 Musashino Forest Sport Plaza
■ Badminton / Modern Pentathlon [Fencing Ranking Round (épée)]
▲ 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.



23 Tokyo Stadium
■ Football / Modern Pentathlon [Swimming, Fencing Bonus Round (épée), 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.



24 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.



25 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.



26 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.



27 28 29 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.



30 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 on Chiba Prefecture's Pacific coastline.



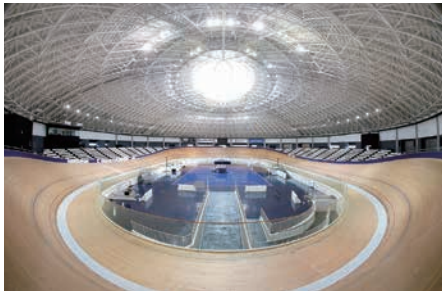
31 Yokohama Stadium
■ Baseball / Softball

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.



32 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.



33 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.



34 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.



37 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.



40 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.



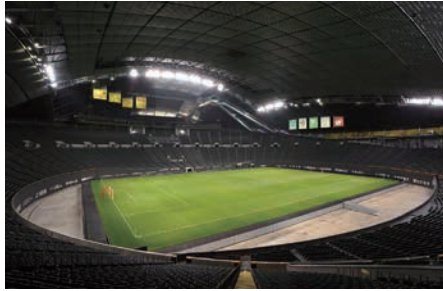
IBC/MPC Tokyo International Exhibition Centre (Tokyo Big Sight)

Spanning some 265,700 square metres, Tokyo Big Sight is the largest convention and exhibition centre in Japan comprising large-scale exhibition halls, international conference facilities and a reception hall. During the Tokyo 2020 Games, the complex will house the International Broadcast Centre and the Main Press Centre.



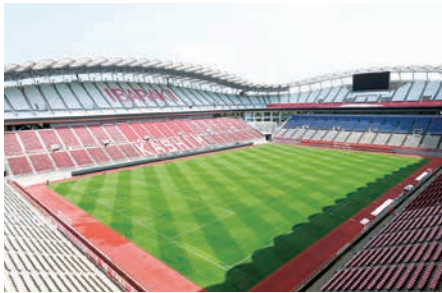
35 Fukushima Azuma Baseball Stadium
■ Baseball / Softball

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.



36 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.



38 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.



39 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.

Athletes' Village after the Tokyo 2020 Games



Simulated image as of August 2016
©Designated Builders of Type 1 Urban Redevelopment Project in the West Harumi 5-Chome District



Olympic Village/Paralympic Village

The Athletes' Village is located in the Harumi waterfront district of Tokyo. Private contractors will construct residential buildings in line with the Tokyo Metropolitan Government's urban development project. The residential units will be used by the athletes during the Tokyo 2020 Games, and after the Games they will be renovated and sold as apartments together with newly-constructed tower blocks.

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.

NOLIMITS 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 (only Japanese language)
<http://no-limits.tokyo/>



Initiatives being taken by the Tokyo Metropolitan Government “TEAM BEYOND”

An initiative aimed at enabling everyone to demonstrate their personality through Para sports. Anyone can become part of a team. You too can change the future through Para-sports.

TEAM
BEYOND

For details, please see (only Japanese language)
<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.



Miyagi Stadium (Football)

Live Sites

Cultural Programme

Torch Relay

Fukushima Azuma Baseball Stadium (Baseball / Softball)

Olympic Sports

Pre-Games training camps

Flag Tour



“See you in Tokyo and Tohoku in 2020”

Check out this video which shows how the power of sport is making a significant contribution to the recovery of the affected areas
<https://www.youtube.com/watch?v=DVzUf2lW3wk>



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

2015

2016

Selection of the Tokyo 2020 Games Emblems

Start of the Tokyo 2020 Participation Programme

► Please see p.18 for details

2017

2018

Unveiling of the Tokyo 2020 Games Mascots

Recruitment of Volunteers

► Please see p.20 for details

2019

Launch of Ticket Sales

2020

Towards the Tokyo 2020 Games

Countdown Events

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



A projection mapping show on the main wall of the Tokyo Metropolitan Assembly Building



Children lend a hand to assemble the 45 giant pieces that together form the Tokyo 2020 Paralympic Games emblem

The Tokyo 2020 Medal Project

► Please see p.19 for details



A press conference to launch the Tokyo 2020 Medal Project

Athlete Exchanges

Opportunities for Olympic and Paralympic athlete exchanges will be developed ahead of the Tokyo 2020 Games.

Athletes will be able to demonstrate their outstanding abilities, and provide a tantalising glimpse of what can be expected once the Games begin.



Olympians hold a relay class for schoolchildren, with a focus on handing over the baton smoothly



Learning about the secrets of Sitting Volleyball from a Japanese athlete

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.



Medallists from the Rio 2016 Games deliver the flags to the citizens of Tokyo



Large numbers of Tokyo residents greeted the arrival of the flags

Live Sites

During the Games, giant screens will be set up in Live Sites across Japan. These will be supplemented by events as well as opportunities to experience Olympic and Paralympic sports. Visitors to the Live Sites will be able to watch the intense competitions taking place in the various Games venues as they happen.



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



Kids try out Paralympic sports

Olympic Torch Relay and Paralympic Torch Relay

The Olympic Flame will be kindled by the light of the sun in Olympia, Greece, several months before the Tokyo 2020 Games. After a short relay around Greece, the Olympic Torch will then be transported to Japan, where it will be carried across the country, ending at the Olympic Stadium on the day of the Opening Ceremony. The Paralympic Torch Relay will be celebrated with a festival held at Stoke Mandeville in the UK, the spiritual birthplace of the Paralympic Movement, and at several locations across Japan. Once the Torch reaches Tokyo, the nationwide Paralympic Torch Relay will commence.



Paralympian Junichi Kawai, who was inducted into the Paralympic Hall of Fame, was also selected as Paralympic Torch runner at the Rio 2016 Paralympic Games

Test Events

Various sports competitions will act as Test Events for many of the Games venues.

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.



9 Tokyo 2020 Participation Programme

Eight themes that will bring people together to create the future

The Tokyo 2020 Games is not merely a sporting event for Japan and the world, it also aims to leave many positive tangible and intangible legacies in such fields as culture, education and the economy.

In the lead up to the 2020 Games, large numbers of people will be participating in projects and events (Actions), and the results of these events will be bequeathed to future generations (Legacies). In this way, the Tokyo 2020 Participation Programme will include people across the whole of Japan in Games-related projects and events, which will be organised by various local governments, organisations and groups.

Events that promote and support the Tokyo 2020 Games Vision will be held nationwide. Games-related companies and groups and non-commercial organisations will be holding events that welcome all generations. The events will promote various themes including culture, arts and the recovery of the disaster-affected areas. The organisers will be entitled to display one of two specially devised logos at their events.

Action Fields

Sport & Health

Urban Planning

Sustainability

Culture

Education

Economy & Technology

Recovery

Nationwide Benefits & Global Communication

Tokyo 2020 Official Programme

This logo can be used for events (Actions) organised by the national government, the Tokyo Metropolitan Government, local municipalities hosting a Games venue, and official Games sponsors.

Official Programme



Tokyo 2020 Support Programme

The below logo is for use with projects (Actions) organised by non-commercial bodies.

TOKYO 2020 Support Programme



*If you see either of these logos in your town or region,
this means that there is a Tokyo 2020 Games-related event happening near you.
Why not go along and join in the fun!*

For further details, please visit the official Tokyo 2020 website

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



Sustainability Programme

The International Olympic Committee (IOC) has unveiled a new policy that places great importance on sustainability. We are putting in place various sustainability-focused Actions ahead of the Tokyo 2020 Games.



Tokyo 2020 Medal Project: Towards an Innovative Future for All

This project entails the production of medals to be awarded at the Tokyo 2020 Games using metals extracted from the discarded mobile phones and other small electronic appliances donated by people across Japan.



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

For further details, see

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



Tokyo 2020 Education Programme YO•U•I•DON! (You•I•DON!)

Education programmes that promote the Tokyo 2020 Games Vision, the spirit of Olympism, or the Paralympic values are taking place at schools and other locations across the whole of Japan.

These programmes offer children and young people the chance to get involved in the experience of a lifetime.



Since April 2017, schools across Japan are being approved as Yoi Don (Get Set, Go!) schools.



A scene from a Para sport experience in Tokyo as part of the Tokyo 2020 Olympic and Paralympic Education Festival kicking off the Programme.



Olympic and Paralympic education classes

Since April 2016, all public schools in Tokyo have been holding Tokyo 2020 Olympic and Paralympic Education Programmes.

For further details, see (only Japanese language)

<https://www.o.p.edu.metro.tokyo.jp/about-education>



The Yoi Don! Programme

The Tokyo 2020 Education Programme is affectionately known as the Yoi Don! (Get Set) Programme. In Japan, the expression "Yoi Don" is often used to start races, or even new projects. The "Yoi Don" designation seeks to encourage children and young people across Japan to work together to begin initiatives aimed at realising the objectives of the Tokyo 2020 Games Vision.

Tokyo 2020 Cultural Olympiad

The Olympics and the Paralympics are also a cultural festival. A wide range of cultural programmes are being held throughout Japan for everyone to take part in.

We are also encouraging large number of young people to take part in culture and arts-related initiatives, and foster creativity.



The Nihonbashi-Tokyo 2020 Cultural Olympiad kick-off event made headlines both in Japan and around the world

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Volunteers

Supporting the Games Together

Athletes, Games officials and spectators from over 200 countries and regions 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 90,000 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.

Volunteer management and recruitment

Tokyo 2020 Organising Committee

Recruitment period

from the summer of 2018 (provisional)

For further details, please visit the official Tokyo 2020 website
<https://tokyo2020.jp/en/get-involved/volunteer/>



Assisting with course management



Providing support at the Help Desk



Supplying water to long-distance runners



Assisting spectators at the entrance to venues

City Volunteers

During the Games, City Volunteers will assist travellers both from Japan and overseas at airports, main train stations and popular tourism destinations, providing advice on tourism and transport-related matters. Other volunteers will be stationed at the closest train or subway station to Games venues to provide assistance to spectators. They will be the public face of the Games, playing a vital role in welcoming athletes, officials and spectators with omotenashi, or Japanese-style hospitality. They will also contribute to building momentum for the Games.

Volunteer management and recruitment

Tokyo Metropolitan Government (TMG) and local municipalities hosting Games venues

Recruitment period

from the summer of 2018 (provisional)

* The Tokyo Metropolitan Government may commence partial recruitment at an earlier date

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



Assisting spectators at train stations
©PHOTO KISHIMOTO



Showing spectators the way to venues

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Legacies for the Future

A wide range of initiatives are underway ahead of the Games to help children and young people deepen their understanding of sport and the Olympic and Paralympic values.

Participating in the selection process for the Tokyo 2020 Games Mascots

The Games mascots welcome athletes and visitors from around the world, create excitement among children and mascot fans, communicate the spirit and values of the Olympic and Paralympic movements, and serve as ambassadors to transmit the unique message of the Tokyo 2020 Games. To ensure the optimal Tokyo 2020 Games mascots, we are holding a mascot design competition which is open to the public. As the Games mascots are particularly popular with children, shortlisted designs will be sent to elementary schools across Japan where local children will vote on their favourite designs. The designs with the largest number of votes will become the Tokyo 2020 Games mascots.



A selection of mascots created for previous editions of the Games

For further details, please visit the official Tokyo 2020 website
<https://tokyo2020.jp/en/games/mascot/>



Poster competitions for elementary and junior high school children

To raise interest in the Tokyo 2020 Games among elementary and junior high school students, we are inviting children to design Olympic and Paralympic-themed posters. This project began in 2015, and invites children to think about how they see themselves, Tokyo and Japan in the year 2020. In 2016, we received some 26,000 entries, and conducted an award ceremony for the most outstanding posters.

* We plan to hold the contest around the summer of each year leading up to 2020.

For further details, please visit the official Tokyo 2020 website (only Japanese language)
<https://tokyo2020.jp/jp/get-involved/event/poster2016/>



A lesson on poster design for elementary and junior high school students
Venue: Koriyama City Koken Junior High School, Fukushima Prefecture

University Partnership

Harnessing the collective power of students to build momentum for the Games

Through the Tokyo 2020 Games, we aim to expand Olympic and Paralympic education across the country, provide university students with the opportunity of a lifetime, and leave a long-lasting legacy of providing universities and junior colleges with new knowledge and experiences. To create new values for future generations, we have concluded partnership agreements with some 70 percent of the universities and junior colleges across Japan, and are promoting engagement and other activities with universities and students.

For further details, please visit the official Tokyo 2020 website (only Japanese language)
<https://tokyo2020.jp/jp/get-involved/university/>



The Rio to Tokyo Project for university students Venue: Sophia University, Tokyo

TOKYO 2020 ID

Register a TOKYO 2020 ID and subscribe to the Tokyo 2020 Organising Committee's official E-mail Newsletter!



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

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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

As of 27 October 2017

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