



TOKYO 2020

G U I D E B O O K



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The information included in this guidebook is current as of 22 July 2021.

In 2021, Tokyo and Japan will once again host the Olympic and Paralympic Games, over half a century since the Games were staged here in 1964. 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 23 July – Sunday 8 August 2021
Number of Sports	33
Official Name	Tokyo 2020 Paralympic Games
Period of the Games	Tuesday 24 August – Sunday 5 September 2021
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)”

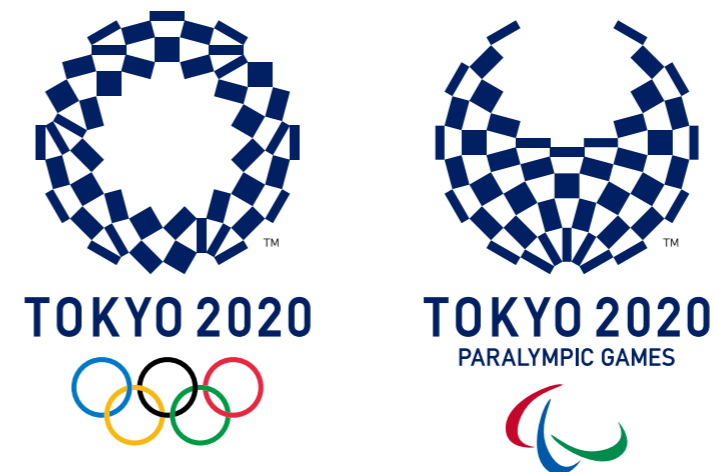
“Passing on Legacy for the future (Connecting to Tomorrow)”

Games Motto

The Games Motto is a message that distills the Games vision into a few words, capturing the essence of the ideas and concepts that the Tokyo 2020 Games wish to share with the world. In recent Olympic and Paralympic Games, the Games Motto has played an important role as a message seen at the competition venues, included in city dressing, and posted on digital media.

United by Emotion

Tokyo 2020 Emblems



Harmonized checkered 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



ミライトワ
MIRAITOWA

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

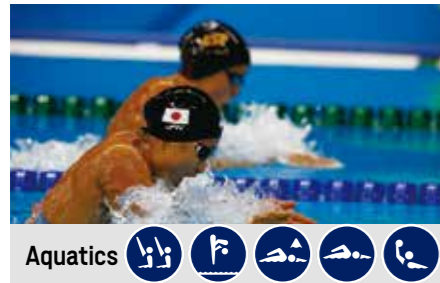


ソメイティ
SOMEITY

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.


2 Olympic Sports

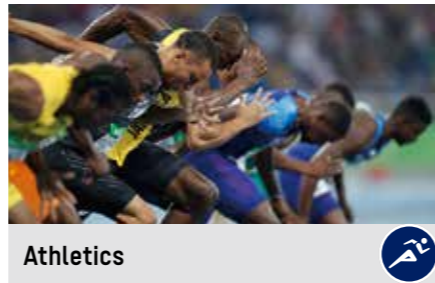
A total of 33 different sports will be contested at the Olympic Games Tokyo 2020. The 2020 Games are also the first time that the International Olympic Committee (IOC) has enabled the Organising Committee to propose additional sports for that edition of the Olympic Games. The Tokyo 2020 Organising Committee 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 




Modern Pentathlon 




Sailing 





Sport Climbing 




Taekwondo 




Volleyball  




Judo 




Rowing 




Shooting 




Surfing 





Tennis 




Weightlifting 




Karate  



Rugby 



Skateboarding 

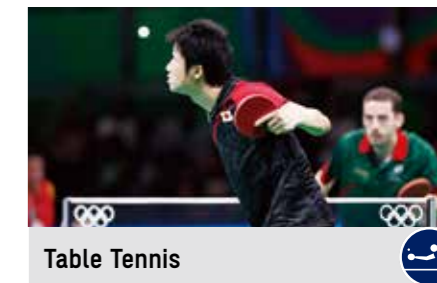

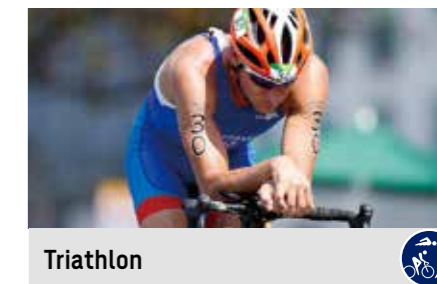




Table Tennis 



Triathlon 



Wrestling 

For details, please refer to:

<https://olympics.com/tokyo-2020/en/sports/> 

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



Athletics



Badminton



Shooting



Sitting Volleyball



Swimming



Boccia



Canoe



Cycling



Table Tennis



Taekwondo



Triathlon



Equestrian



Football 5-a-side



Goalball



Wheelchair Basketball



Wheelchair Fencing



Wheelchair Rugby



Judo



Powerlifting



Rowing



Wheelchair Tennis



For details, please refer to:

Paralympic Sports

<https://olympics.com/tokyo-2020/en/paralympics/sports/>



Olympic Competition Schedule

<https://olympics.com/tokyo-2020/en/schedule/>

Sports	Discipline	July										August								
		21 Wed	22 Thu	23 Fri	24 Sat	25 Sun	26 Mon	27 Tue	28 Wed	29 Thu	30 Fri	31 Sat	1 Sun	2 Mon	3 Tue	4 Wed	5 Thu	6 Fri	7 Sat	8 Sun
Opening and Closing Ceremonies																				
Aquatics	Swimming			○	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	
	Diving				🏆	🏆	🏆	🏆		○	○	🏆	○	🏆	○	🏆	○	🏆		
	Artistic Swimming																		🏆	
	Water Polo				○	○	○	○	○	○	○	○	○	○	○	○	○	○	🏆	🏆
	Marathon Swimming															🏆	🏆			
Archery			○	🏆	🏆	🏆	○	○	○	🏆	🏆									
Athletics										🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	
Badminton				○	○	○	○	○	○	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	
Baseball/Softball		○	○		○	○	○	🏆	○	○	○	○	○	○	○	○	○	○	🏆	
Basketball	3x3 Basketball				○	○	○	○	🏆											
	Basketball					○	○	○	○	○	○	○	○	○	○	○	○	○	🏆	
Boxing				○	○	○	○	○	○	○	○	○		🏆	🏆	🏆	🏆	🏆	🏆	
Canoe	Slalom				○	🏆	🏆	○	🏆	🏆										
	Sprint											○	🏆	○	🏆	○	🏆			
Cycling	BMX Freestyle										○	🏆								
	BMX Racing								○	🏆										
	Mountain Bike																			
	Road				🏆	🏆														
Track												🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	
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	Beach Volleyball				○	○	○	○	○	○	○	○	○	○	○	○	○	🏆	🏆	
	Volleyball				○	○	○	○	○	○	○	○	○	○	○	○	○	○	🏆	
Weightlifting				🏆	🏆	🏆	🏆	🏆			🏆	🏆	🏆	🏆	🏆					
Wrestling											○	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	

As of 2 July 2021

*The competition schedule is provisional and is subject to change after further coordination.

Paralympic Competition Schedule

<https://olympics.com/tokyo-2020/en/paralympics/schedule/>

Sports	Discipline	August										September				
		24 Tue	25 Wed	26 Thu	27 Fri	28 Sat	29 Sun	30 Mon	31 Tue	1 Wed	2 Thu	3 Fri	4 Sat	5 Sun		
Opening and Closing Ceremonies																
Archery					○	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆		
Athletics					🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆		
Badminton										○	○	○	○	🏆		
Boccia										○	○	○	○	🏆		
Canoe	Sprint												○	🏆		
Cycling			🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆		
Equestrian				🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆		
Football 5-a-side													○	🏆		
Goalball			○	○	○	○	○	○	○	○	○	○	○	🏆		
Judo							🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆		
Powerlifting																
Rowing																
Shooting													🏆	🏆		
Sitting Volleyball													🏆	🏆		
Swimming													🏆	🏆		
Table Tennis													○	🏆		
Taekwondo													○	🏆		
Triathlon																
Wheelchair Basketball													○	🏆		
Wheelchair Fencing																
Wheelchair Rugby																
Wheelchair Tennis																

As of 2 July 2021

For details, please refer to:



Heat countermeasures

<https://olympics.com/tokyo-2020/en/spectators/how-to-prepare-for-the-heat>

The Tokyo Organising Committee of the Olympic and Paralympic Games (Tokyo 2020) has established a "Tokyo 2020 Cooling Project: Protection against the Heat" to provide scrupulous measures against the heat for the athletes, the volunteers and other Games-related personnel, as well as the media. Specific measures include securing shaded spaces, installing cooling devices, offering beverages and various other preventive operations. Furthermore, wearing a face mask to prevent the infection of COVID-19 could in some cases reduce the effectiveness of heat countermeasures and increase the risk of heatstroke. Tokyo 2020 will seek the advice of experts to ensure that measures against both heat and COVID-19 are safely implemented.



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.



The information included in this guidebook is current as of July 2021.

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.



Courtesy of JAPAN SPORT COUNCIL

1 Olympic Stadium
 ■ Opening and Closing Ceremonies / Athletics / Football
 ▲ Opening and Closing Ceremonies / Athletics

Used as the main stadium for the Tokyo 1964 Olympic Games, the National Stadium has been rebuilt as a brand new stadium for the Tokyo 2020 Games. The Opening and Closing Ceremonies will be held here along with Athletics events and Football matches. After the 2020 Games are over, the stadium will be used for sports and cultural events.



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.



7 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.



13 Ariake Urban Sports Park
 ■ 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.



19 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.



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.



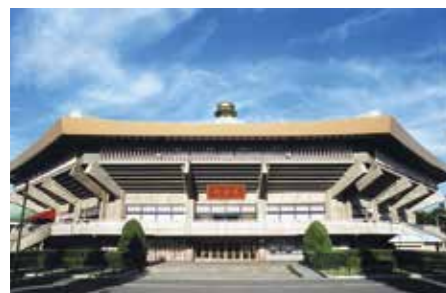
8 Musashino Forest Sport Plaza
 ■ Badminton / Modern Pentathlon
 ▲ Wheelchair Basketball
 This facility will be constructed close to Tokyo Stadium and will serve as a multi-purpose sports venue. The main arena will boast a seating capacity of over 10,000 spectators.



14 Ariake Tennis Park
 ■ Tennis
 ▲ Wheelchair Tennis
 Ariake Tennis Park is one of the main tennis facilities in the country, featuring the Ariake Coliseum centre court and fully equipped with show courts, indoor courts and outdoor courts.



20 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.



4 Nippon Budokan
 ■ Judo / Karate
 ▲ Judo
 The Nippon Budokan was the Olympic venue for Japan's national sport, judo, which debut at the Tokyo 1964 Games and attracted spectators from all over the world who watched the heated battles between the world's top athletes.



9 Tokyo Stadium
 ■ Football / Modern Pentathlon / Rugby
 This multi-purpose stadium is used for a variety of activities, and is particularly well known as a leading venue for football matches.



15 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.



21 Kasai Canoe Slalom Centre
 ■ 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.



5 Tokyo International Forum
 ■ Weightlifting
 ▲ Powerlifting
 Located in the heart of Tokyo in the Marunouchi area, Tokyo International Forum is a multi-purpose convention and art centre comprised of eight main halls of various sizes and 34 meeting rooms, and designed to communicate a wide range of cultural information.



10 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.



16 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.



22 Yumenoshima Park 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.



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.



11 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.



17 Aomi Urban Sports Park
 ■ Basketball (3x3 Basketball) / 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.



23 Tokyo 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 Tokyo Aquatics Centre will host domestic and international competitions.



12 Ariake Gymnastics 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.



18 Oi 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.



24 Tatsumi Water Polo 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.



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.



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.



©Miyagi Sport Association

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.



25 Sapporo Odori Park

■ Athletics (Marathon/Race Walk)

Sapporo Odori Park has been designated as the venue for the Olympic Marathon and Olympic Race Walking events, and overlay work will be done in preparation for the Olympic Games Tokyo 2020. Located in the centre of Sapporo City, the park is approximately 1.5km long and covers an area of about 7.8ha. With beautiful flowerbeds, green grass and trees, the park is a popular event venue and attracts many tourists and citizens all year round.



Photo by Koji Aoki/AFLO

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.



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.



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.



26/27/28 Makuhari Messe

■ Fencing / Taekwondo / Wrestling
▲ Goaltball / Sitting Volleyball / Taekwondo / Wheelchair Fencing

This large-scale convention centre spans some 210,000m² 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.



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.



38 Yokohama Baseball Stadium

■ Baseball/Softball

Located in Yokohama Park, Kanagawa Prefecture, the Yokohama baseball 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 stadium will host several matches.



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.



29 Tsurigasaki Surfing Beach

■ 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.



TrackDesign©Ralph Schurmann

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.



©Sapporo Dome

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.



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.



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.



35 Izu MTB Course

■ Cycling (Mountain Bike)

This off-road course, also located in Izu City, Shizuoka Prefecture, measures 4,100m in length with elevations of up to 150m.



November 2020 : Aerial view of Olympic and Paralympic Village.

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.



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

Spanning some 265,700m², 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.

6 Tokyo's Second Paralympic Games

Tokyo will become the first-ever city to host the Paralympic Games for the second time. The Tokyo 2020 Games will serve as an opportunity to promote a diverse and open society in which people with different qualities can play an active part. The Tokyo 2020 Paralympic Games will 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.



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.

2021

NO LIMITS CHALLENGE

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



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

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!



Scenes from the special event, "No Limits Special 2018: Tokyo Marunouchi"



First-hand experience of the sport

TEAM BEYOND

Initiatives being taken by the Tokyo Metropolitan Government



<https://www.para-sports.tokyo/> (Japanese language only)

An initiative carried out by the TMG since 2016 to attract more fans to Para sport. The spirit of TEAM BEYOND is to aim for a future where each person's uniqueness shines, and this spirit will generate a diverse city "Diversity". All members from people who do sports, watch sports, support sports will become part of the team that will deliver the excitement of Para sport.



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. There are plans to organise an arbour day ceremony at Ariake Arena to pray for the area's full restoration as well as conducting Tokyo 2020 Cultural Programmes in the area.

Torch Relay

Cultural Programme

Olympic Sports

Arbour day ceremony to pray for full restoration

Monument to pray for full restoration

Miyagi Stadium (Football) Fukushima Azuma Baseball Stadium (Baseball/Softball)

Restoring vitality to the affected areas through the power of sport

Video supporting the area's full restoration

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

2020 and Beyond

<https://www.2020games.metro.tokyo.lg.jp/eng/taikaijunbi/kanren/hisaiti2/>



See you in Tokyo and Tohoku in 2020

<https://www.2020games.metro.tokyo.lg.jp/eng/taikaijunbi/kanren/hisaiti/>



See you in Tokyo and Kumamoto in 2020

https://www.2020games.metro.tokyo.lg.jp/eng/taikaijunbi/kanren/hisaiti_kumamoto/



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 sport 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

2020

Towards the Tokyo
 2020 Games

2021

Tokyo 2020 Participation Programme ▶ p.22

The Tokyo 2020 Medal Project ▶ p.26

Tokyo 2020 Olympic and Paralympic Flag Tour

The Flag Tour went around Tokyo, visited the areas affected by natural disasters, and journeyed across Japan.



Flag Tour (Ogasawara)

Tokyo 2020 Mascots

For the first time ever in the history of the Games, the Games 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

Volunteers recruitment ▶ p.23

Volunteers represent the face of the Games. There were many applicants to the Tokyo 2020 volunteer programme. Orientation and training sessions have already taken place.



Online training session

Countdown Events

Countdown events are being held to mark milestones in the lead up to the Games. With one year to go until the Olympic Games Tokyo 2020, encouragements to the athletes and messages of appreciation and respect to all the people supporting the Games behind the scenes were delivered to the world from the Olympic Stadium.



COVID-19 countermeasures to ensure a safe and secure Games ▶ p.20

Tokyo 2020 Torch Relay ▶ p.21



TOKYO 2020 NIPPON FESTIVAL ▶ p.24

Large-scale exhibit ("Spectacular")

"Spectacular" is a large-scale object of the Olympic and Paralympic symbols that will be displayed during the Games. The Olympic and Paralympic symbols are set up at Odaiba Seaside Park, Mt. Takao, and the TMG.



The Olympic symbol at Mt. Takao



The Paralympic symbol

9 COVID-19 countermeasures to ensure a safe and secure Games

Tokyo 2020 will work closely with the Government of Japan, the TMG, the IOC, the IPC and the stakeholders to implement thorough COVID-19 countermeasures in order to ensure a safe and secure Tokyo 2020 Games.



The Playbook

<https://olympics.com/tokyo-2020/ja/news/road-to-t2020> (Japanese language only)

"The Tokyo 2020 Playbook is a rule book detailing measures to be observed to prevent infection and to ensure a safe and secure Tokyo 2020 Games. The Playbook is based on the advice from the IOC, the IPC, the WHO and global agencies and experts, and it reflects the facts and information gained from organising international sport events around the world amid the COVID-19 outbreak.

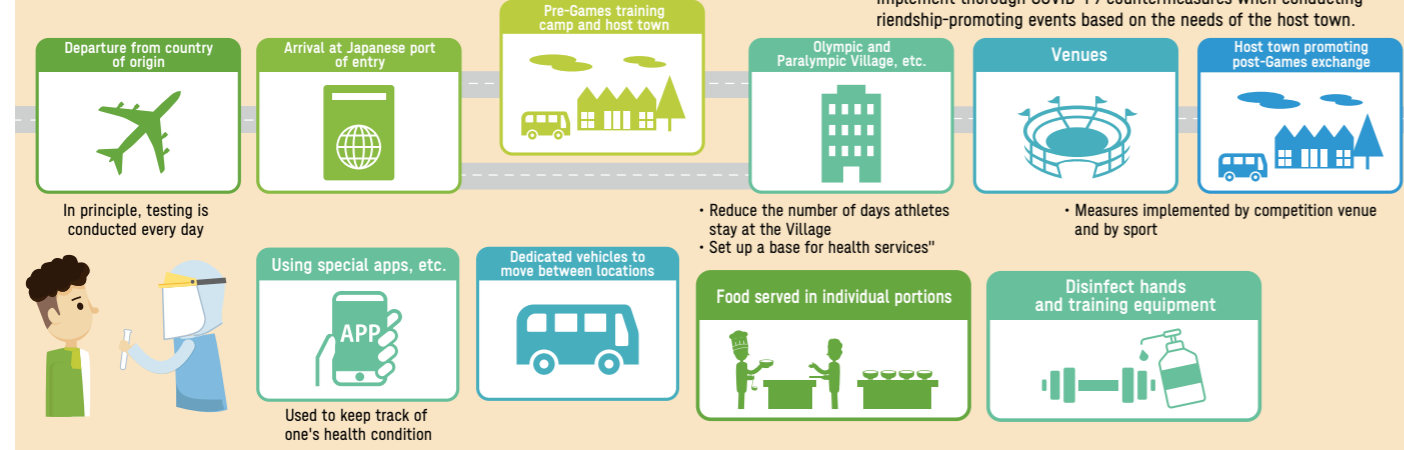
All participants attending the Tokyo 2020 Games are required to follow the rules for COVID-19 countermeasures included in the Playbook."



Main measures implemented

- Prevent exposure to respiratory droplets
- Avoid the 3 'Cs'
- Sanitise thoroughly
- Respond appropriately to people who do not feel well
- Manage and control health and activities using mobile phone apps
- Measures to protect athletes, Games-related personnel, volunteers and spectators
- Measures carried out during the torch relay, in the host towns and at pre-Games training camps

Implementing necessary measures from arrival to Japan through departure from Japan (athletes and other Games-related personnel)



COVID-19 countermeasure guideline for spectators

<https://olympics.com/tokyo-2020/en/spectators/covid-restrictions>

The guideline has been created for spectators to enjoy the Games safely and securely.

Main measures implemented

- Secure physical distance in a queue
- Precautions at venues, such as avoiding walking around for no purpose
- Precautions when watching the competition, such as refraining from cheering loudly
- Go directly to the Games and return straight home

Some of the specific measures to be observed



10 Tokyo 2020 Torch Relay

For details, please refer to:



Olympic Torch Relay

<https://olympics.com/tokyo-2020/en/torch/>



Under the concept, "Hope Lights Our Way", the Tokyo 2020 Olympic Torch Relay will start at the arrival of the cherry blossom season on 25 March 2021 in Fukushima Prefecture and will travel to all 47 prefectures, involving the entire nation of Japan. The torch relay will showcase various cultural and scenic attractions of each region, visiting world heritage sites, places of interest, historical remains and people's favourite local spots over a 121-day period including transport days, linking the chain of joy and passion all across the nation.

The Tokyo 2020 Torch

The Tokyo 2020 torch adopts a cherry blossom design, a flower closest to the hearts of the Japanese people. The colour of the Olympic torch is 'sakura gold' and the Paralympic torch is 'sakura pink'. From the top looking down, the torch is designed in the form of a cherry blossom with five separate flames emerging from the flower petals that come together as one at the centre of the torch. Part of the material the Olympic torch is made from is recycled aluminium* originally used in the construction of prefabricated housing units in the aftermath of the Great East Japan Earthquake. The temporary units that housed those affected by the disaster have been transformed into the Olympic torch, as a symbol of peace and to highlight the steps taken towards the reconstruction of disaster-affected areas.

(*Approx. 30% of the Olympic torch is made from recycled aluminium.)

Grand Start



The Grand Start of the Tokyo 2020 Olympic Torch Relay took place on 25 March 2021 at the National Training Centre J-Village in Fukushima Prefecture. Members of Nadeshiko Japan, the Japan Women's Football National Team that become champion of the 2011 FIFA Women's World Cup were the first runners that kicked off the Grand Start of the Torch Relay.

For details, please refer to:



Paralympic Torch Relay

<https://olympics.com/tokyo-2020/en/paralympics/torch/>



Under the concept "Share Your Light", the Tokyo 2020 Paralympic Torch Relay will take place from 12 to 24 August 2021, after the closing of the Olympic Games to the day of the Opening Ceremony of the Paralympic Games. In principle, a team of three torchbearers, meeting for the first time for the torch relay, will complete one leg carrying the torch to the next torchbearer team. These new encounters are expected to open up people's minds to a diverse and fully inclusive society.

Special display of the "Flame of Recovery"

To express respect and support toward the people who have worked so hard in rebuilding their communities, the Olympic flame went on display as the "Flame of Recovery" from 20 to 25 March 2020 in the prefectures of Miyagi, Iwate and Fukushima.



11 Participate in the Tokyo 2020 Games

Tokyo 2020 Participation Programme

For details, please refer to:



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

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. In order to leave a positive legacy in sport as well as in a variety of areas after the Games, projects and events will be conducted under eight different themes. The programme is designed for everyone to take part, including the Government of Japan, the TMG, Games Partners, as well as non-profit organisations.

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

Official logo of the Tokyo 2020 Participation 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.



Tokyo 2020 Official Programme



Tokyo 2020 Support Programme

Numerous Tokyo 2020 events have been held so far in all corners of Japan.



Tokyo 2020 Let's 55
Scenes from the 'first-hand experience of sport' project



Scenes from the school fair held at partner universities

Games Volunteers "Field Cast"

For details, please refer to:



<https://olympics.com/tokyo-2020/en/games/volunteer/>

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. A total of 204,680 people applied. A nickname for the Games and City Volunteers was respectively selected by the applicants: Field Cast for the Games volunteers. Orientation and training are taking place to prepare the volunteers for the Games.



City Volunteers "City Cast"

For details, please refer to:



<http://www.city-volunteer.metro.tokyo.jp/en/>

During the Games, City Volunteers will assist travellers 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. The City Volunteers, nicknamed "City Cast", will greet people with the spirit of warm welcome and hospitality, contributing to the success of the Games.



City Dressing

For details, please refer to:



<https://www.2020games.metro.tokyo.lg.jp/special/eng/enjoy/spot/exhibition/>

The city will be 'dressed up' with uniformly designed flags, banners and other décor put up on roads in Tokyo, airports, train stations, etc. to effectively set the mood for the Games.

Eight Places with City Dressing decor

- Flags adorned with the 'Look' of the Games will be put up on major roads and on streetlamps along the streets around the competition venues.
- The boxes storing power distribution equipment that are located on the street around the competition venues will be wrapped with Games 'Look' decor.
- Flags and banners adorned with the 'Look' of the Games will be put up on the streetlamps along the road connecting the train station to the competition venue.
- Haneda Airport (arrival lobby in the International Terminal).
- Inside the building of the Tokyo International Cruise Terminal.



Area around the Olympic Stadium



Shibuya Station

12 Cultural Programme

TOKYO 2020 NIPPON FESTIVAL

For details, please refer to:



<https://olympics.com/tokyo-2020/en/events/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. We will showcase Japan's culture to all people during this time when the world's attention is directed toward Tokyo and Japan. There are three cultural programmes hosted by Tokyo 2020, and special cultural programmes jointly organised with local municipalities.



Catchphrase

Blooming of Culture

文化は、出会いから花開く。

Three cultural programmes being held by the Tokyo 2020 Organising Committee

Participation, Interaction and Dialogue wassai

A special festival that aims to unite the world through "WA", while providing people with an opportunity to gain hands-on experience of Japanese culture and enjoy new encounters.



Towards the realisation of an inclusive society ONE: Our New Episode, -Presented by Japan Airlines

We are all different, yet our heart beats the same rhythm. We will develop content that enables visualization and experience of "coexistence and diversity" in which many people participate.



Theme: Reconstruction of the Tohoku region Rediscover Tohoku: Mocco's journey from Tohoku to Tokyo Presented by ENEOS

A giant-size Mocco figure traveled around the Tohoku region between May and July 2021, receiving messages from people as he journeyed towards Tokyo.



Tokyo Tokyo FESTIVAL

Initiatives being taken by the Tokyo Metropolitan Government

For details, please refer to:



<https://tokyotokyofestival.jp/en/>

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 refer to:



<https://olympics.com/tokyo-2020/en/games/games-artposter/>

Tokyo 2020 Official Art Posters



HARMONIZED
CHEQUERED EMBLEM
STUDY FOR TOKYO 2020
OLYMPIC GAMES
[EVEN EDGED MATTERS
COULD FORM
HARMONIZED CIRCLE
WITH "RULE"]
TOKOLO Asao (artist)



PARALYMPIAN
Goo Choki Par
(graphic designer)

Posters have been created by Organising Committees of the Olympic and Paralympic Games to showcase the unique characters of the host city to the world. For the Tokyo 2020 Games, a total of 20 official posters have been created by artists in a range of fields, such as painting, graphic design and photography as well as calligraphy and manga—a culture that Japan boasts to the world.

13 Technology

Various initiatives have been implemented to showcase "the most innovative Games in history, bringing positive change to the world", which is part of our Games vision.

Robot Project

Robots will interact with people during the Games, supporting them and being useful. The goal of the project is also to have the Games serve as an opportunity to further promote the adoption of robots in society.

For details, please refer to:



<https://olympics.com/tokyo-2020/en/games/vision-innovation/>



TOKYO 2020 MASCOT-TYPE ROBOT MIRAITOWA/SOMEITY

Promotion of digital transformation (DX)

The Tokyo 2020 Games will serve as an opportunity to accelerate the promotion of DX by showcasing leading-edge technologies, such as 5G application in the venue operations.



Face-recognition system used to screen people entering the venues



Providing a communication environment (such as 5G technology) that enhances the spectator experience



Setting up
a free Wi-Fi system

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.



For details, please refer to:



<https://olympics.com/tokyo-2020/en/games/medals-project/>

Tokyo 2020 Medal Project

A project was conducted whereby people throughout Japan donated their used mobile phones, personal computers, digital cameras and other small electronic devices to be recycled. The metals extracted from these electronic devices in the two years between April 2017 and March 2019 were recycled and used in the production of approx. 5,000 gold, silver and bronze medals to be awarded at the Tokyo 2020 Games. The objective is to leave a Games legacy of recycling small electronic devices and creating a sustainable society that cares for the environment.



Tokyo 2020 Olympic Games medals



Tokyo 2020 Paralympic Games medals

For details, please refer to:



<https://olympics.com/tokyo-2020/en/games/sustainability/village>

Japanese Lumber Relay



This is a project aimed at realising widespread participation and achieving a sustainable Games by obtaining lumber from across Japan free of charge for the construction of the Village Plaza at the Athletes' Village, and donating the lumber for use at public facilities throughout the country once the Village Plaza has been dismantled after the Games. By using lumber donated from all over Japan when building various parts of the structure, the project will express diversity and harmony and will leave a legacy of sustainability 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.

Use of hydrogen-generated energy

Vehicles used to transport stakeholders during the Tokyo 2020 Games will include Fuel Cell Vehicles (FCVs), and the torch and cauldron will make use of hydrogen as well. As a TMG initiative, some of the facilities inside the Olympic and Paralympic Village will be powered by Hydrogen-generated energy. We will contribute to the promotion of a 'hydrogen-powered society'.



Image of the torch using hydrogen-generated fuel

Carbon Off-setting initiatives

Carbon dioxide emissions from the Games that cannot be avoided through any measures will be offset by carbon offset credits. In the spring of 2018, Tokyo 2020 collected credits from Tokyo and Saitama Prefectures. A total of 4.38 tons worth of carbon dioxide was offered from 217 businesses for the offset programme. Because the amount of carbon offset credits collected is estimated to exceed the carbon dioxide emission from the Games, the Tokyo 2020 Games will be a carbon minus event.



Carbon off-setting initiatives

Sustainable energy

In order to achieve our goal of sourcing 100% of our electricity from sustainable energy for the Games operations, all electricity directly secured by The Tokyo Organising Committee of the Olympic and Paralympic Games (Tokyo 2020) will be sourced from sustainable energy. If sustainable energy-based electricity cannot be procured for unavoidable reasons, such as the contract in effect at the venue, we will use Renewable Energy Certificates (RECs) to achieve 'green' energy procurement. The TMG will implement the procurement of a higher rate of sustainable energy and will endeavour to minimise carbon emission at the permanent venues it is upgrading for the Games.

For details, please refer to:



<https://olympics.com/tokyo-2020/en/games/diversity-inclusion/>

Diversity & Inclusion

Under the key action words, "Know Differences, Show Differences", the Tokyo 2020 Games will be prepared and operated with focus on diversity and inclusion. Diversity covers a wide range of characteristics including age, ethnic backgrounds, nationalities, physical/mental capabilities, gender, sexual orientations, gender identities, religions, creeds and values, as well as careers, experience, work styles, corporate culture and lifestyles. Diversity and inclusion implies that people each with unique characteristics understand and accept each other and play an active role in society without experiencing discrimination or harassment.

**Know Differences,
Show Differences.**

ちがいを知り、ちがいを示す。

15 Promoting "Smooth Biz"

"Smooth Biz" Initiatives being taken by the Tokyo Metropolitan Government

For details, please refer to:



<https://smooth-biz.metro.tokyo.lg.jp/> (Japanese language only)

As part of the comprehensive plan to promote an environment in which all people work lively and make a contribution to society, the Tokyo Metropolitan Government (TMG) has implemented the "Smooth Biz" initiative aimed at reducing transportation congestion during the Tokyo 2020 Games through an effective Transportation Demand Management (TDM)* as well as the promotion of telework and flex-biz (flexible working and commuting hours).

The TMG is making recommendations to businesses and their employees to adopt measures that will contribute to both reducing Games-time traffic congestions as well as promoting work-style reform, such as: telework, flexible working/commuting hours, pre-planned vacations, and ideas to reduce concentration of business-related deliveries. The initiative will also propose a new work style and a Tokyo-based business model that can be adopted for the future.

*The "TDM" is an effort to effectively manage transportation demand, including the efficient use of vehicles, switching to public transport, and other measures to reduce traffic on the road and on the railways.

● Telework

A flexible working style, taking advantage of ICT, that is not bound to a certain time or location.

● Flex-biz (flexible working/commuting hours)

One of the work-style reforms that entails adopting flexible working and commuting hours in order to reduce crowd congestion during the peak commuting times.

● 2020 TDM

Transportation Demand Management aimed at reducing transportation congestion during the Tokyo 2020 Games.



2020 TDM Promotion Project

For details, please refer to:



<https://2020tdm.tokyo/en/>

In August 2018, the TMG, the Japanese government and the Tokyo Organising Committee of the Olympic and Paralympic Games (Tokyo 2020) established the "2020 TDM Promotion Project" to implement the Transportation Demand Management (TDM) aimed at reducing transportation congestion during the Tokyo 2020 Games. Seminars to present the details of TDM, individual consulting sessions and other initiatives are conducted to support the smooth implementation of TDM. There is also a symbol mark created exclusively for this TDM project. All companies registered to participate in this project will be allowed to use the TDM mark.



The project kick-off ceremony

Logistics TDM Execution Council

For details, please refer to:



<https://tdm-logi-2020.tokyo/> (Japanese language only)

In January 2020, the TMG established a "2020 Logistics TDM Execution Council" for the objective of providing a reliable logistics TDM. The Council, comprised of working-level staff from the TMG, the Government of Japan, Tokyo 2020 and relevant organisations, offers information, consulting and study sessions for small and mid-size businesses as well as individual business owners based in local shopping districts.

16 Legacies for the Future

Tokyo 2020 Education Programme Yoi, Don!

Educational programmes are being conducted at schools across Japan aimed at enabling children to embrace the Olympic and Paralympic values and the power of sport in order to deepen their understanding about the values of fair play, the spirit to take on challenges, and diversity in cultures and people's abilities. These values will help them in the future to become an active member of the community both on a local and global level. As of 1 May 2021, some 18,947 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.

TOKYO 2020 FOR KIDS

(Special website dedicated to the Tokyo 2020 Education Programme)

<https://education.tokyo2020.org/en/>

For details, please refer to:



Tokyo Metropolitan Government Olympic and Paralympic Education webpage

<https://www.o.p.edu.metro.tokyo.jp/en/>

For details, please refer to:



Tokyo 2020 Mascots visit a primary school in Fukuoka

Generating tangible and intangible legacies

For details, please refer to:



<https://www.2020games.metro.tokyo.lg.jp/eng/taikaijunbi/torikumi/legacy/>

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.

"Sustainable Recovery" For a resilient and sustainable society

Initiatives being taken by the Tokyo Metropolitan Government

The Tokyo 1964 Games brought significant changes and improvements to the urban infrastructure, including the Metropolitan Expressway and the Tokaido Shinkansen (bullet train). In the second time around, the Tokyo 2020 Games is implementing barrier-free and multi-lingual initiatives to promote the creation of a community that is considerate to all people's needs. The Tokyo 2020 Games also address sustainability as seen in the "Tokyo 2020 Medal Project", which collected and used discarded mobile phones to produce the medals to be awarded to the athletes. As we endure the impact of COVID-19, the TMG will successfully present a new model of an Olympic and Paralympic Games that focuses on "Sustainable Recovery", and will develop and pass on the lessons we have learned as the city's legacy.

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.

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.

* 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)

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