In the summer of 2020, the world’s greatest sporting spectacle will once again come to Tokyo. The brilliance of the athletes will radiate around the globe, bringing people across the world closer together. The shining performances of everyone taking part in the Games will leave an unforgettable legacy that will be passed on to future generations. So, let’s all come together and join hands to make the Olympic and Paralympic Games a breathtaking spectacle for all!
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

<table>
<thead>
<tr>
<th>Official Name</th>
<th>Games of the XXXII Olympiad</th>
</tr>
</thead>
<tbody>
<tr>
<td>Period of the Games</td>
<td>Friday, 24 July – Sunday, 9 August 2020</td>
</tr>
<tr>
<td>Number of Sports</td>
<td>33</td>
</tr>
<tr>
<td>Official Name</td>
<td>Tokyo 2020 Paralympic Games</td>
</tr>
<tr>
<td>Period of the Games</td>
<td>Tuesday, 25 August – Sunday, 6 September 2020</td>
</tr>
<tr>
<td>Number of Sports</td>
<td>22</td>
</tr>
</tbody>
</table>

Games Vision

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

The Tokyo 1964 Games completely transformed Japan. The Tokyo 2020 Games, as the most innovative in history, will bring positive reform to the world by building on three core concepts:

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

“Accepting one another (Unity in Diversity)”

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

Tokyo 2020 Emblems

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

Tokyo 2020 Mascots

Tokyo 2020 Olympic Games mascot

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

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.

Games Overview

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.

Number of athletes
- Olympic athletes: 11,090
- Paralympic athletes: 4,400

Number of gold medals
- Olympic medals: 339
- Paralympic medals: 540

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

*The Tokyo 2020 Games by Numbers (provisional)
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.
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).
#### Olympic Competition Schedule  [Friday 24 July - Sunday 9 August]

<table>
<thead>
<tr>
<th>Sports</th>
<th>Discipline</th>
<th>July</th>
<th>August</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opening and Closing Ceremonies</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aquatics</td>
<td>Swimming</td>
<td>30</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Climbing</td>
<td>30</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Skiing</td>
<td>30</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Water Polo</td>
<td>30</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Marathon Swimming</td>
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<td>1</td>
</tr>
<tr>
<td>Archery</td>
<td></td>
<td>30</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>30</td>
<td>3</td>
</tr>
<tr>
<td>Athletics</td>
<td>Track &amp; Field / Marathon</td>
<td>30</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Race Walk</td>
<td>30</td>
<td>2</td>
</tr>
<tr>
<td>Badminton</td>
<td></td>
<td>30</td>
<td>3</td>
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<td>Baseball/Softball</td>
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</tr>
<tr>
<td></td>
<td>Softball</td>
<td>30</td>
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<tr>
<td>Basketball</td>
<td>3x3 Basketball</td>
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<td></td>
<td>Basketball</td>
<td>30</td>
<td>2</td>
</tr>
<tr>
<td>Boxing</td>
<td>Shooting</td>
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<td>3</td>
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<tr>
<td></td>
<td></td>
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<td>Canoe</td>
<td>Slalom</td>
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<tr>
<td></td>
<td>Sprint</td>
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<td>Cycling</td>
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<td>BMX Racing</td>
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<td>Mountain Bike</td>
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<td>Road</td>
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<tr>
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<td>Hockey</td>
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<td>Judo</td>
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<tr>
<td>Karate</td>
<td>Kata, Kumite</td>
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<td>Modern Pentathlon</td>
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<td>Sailing</td>
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<tr>
<td>Shooting</td>
<td>Rifle &amp; Pistol</td>
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<td>Shotgun</td>
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<td>Surfing*</td>
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<td>Table Tennis</td>
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<tr>
<td>Triathlon</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>30</td>
<td>6</td>
</tr>
</tbody>
</table>

*The competition schedule is provisional and is subject to change after further coordination.
*The Sailing Festival will be held from 26 July to 2 August. The competition is subject to change depending on the wave conditions.

#### Paralympic Competition Schedule  [Tuesday 25 August - Sunday 6 September]

<table>
<thead>
<tr>
<th>Sports</th>
<th>Discipline</th>
<th>August</th>
<th>September</th>
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<tbody>
<tr>
<td>Opening and Closing Ceremonies</td>
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<td>Archery</td>
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<td>Athletics</td>
<td>Track &amp; Field</td>
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<td>Marathon</td>
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<td>Boccia</td>
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<td>Canoe</td>
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<td>Track</td>
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<td>Road</td>
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<tr>
<td>Equestrian</td>
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<tr>
<td>Football 5-a-side</td>
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<td>Goalball</td>
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<td>25</td>
<td>19</td>
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<tr>
<td>Judo</td>
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<tr>
<td>Powerlifting</td>
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<tr>
<td>Rowing</td>
<td></td>
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<tr>
<td>Shooting</td>
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<tr>
<td>Sitting Volleyball</td>
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</tr>
<tr>
<td>Swimming</td>
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</tr>
<tr>
<td>Table Tennis</td>
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<tr>
<td>Taekwondo</td>
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<td>Triathlon</td>
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<tr>
<td>Wheelchair Basketball</td>
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<tr>
<td>Wheelchair Fencing</td>
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<tr>
<td>Wheelchair Rugby</td>
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<tr>
<td>Wheelchair Tennis</td>
<td></td>
<td>25</td>
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</tr>
<tr>
<td>Track &amp; Field</td>
<td></td>
<td>25</td>
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</tr>
<tr>
<td>Marathon</td>
<td></td>
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</tr>
<tr>
<td>Road</td>
<td></td>
<td>25</td>
<td>35</td>
</tr>
</tbody>
</table>

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

**Games Tickets**

To purchase Games tickets on the Tokyo 2020 Official Ticket Website, you must register and obtain a Tokyo 2020 ID.

1. Search “Tokyo 2020 ID”.
2. Provide account information
3. ID registration completed

**Ticket Sales Schedule**

- **Around the summer of 2019**
  - Tokyo 2020 Official Ticket Website
- **After the autumn of 2019**
  - Tokyo 2020 Official Ticket Website
- **After the spring of 2020**
  - Tokyo 2020 Official Ticket Website, Official Ticket Box Offices, Official Ticket Resale Service

**Official Ticket Resale Service**

This service will be available from spring 2020.

*Fees in euros are subject to change. The final ticket price will be determined by the bidding process.*

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[For details, please see https://tokyo2020.org/en/games/ticket/]
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.

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.
Tokyo Metropolitan Gymnasium

This facility is one of the legacy venues of the 1964 Tokyo Games. It now serves as the main venue for the Tokyo 2020 Games, housing the gymnastics and artistic events.

Kokugikan Arena

This venue is the spiritual home of Japanese sumo wrestling. The interior is designed to reflect the Japanese aesthetic of sumo wrestling. The arena is recognized as one of the premier locations in Asia for martial arts.

Equestrian Park

This multi-purpose sports plaza features equestrian facilities, including the Equestrian Park, which is the main venue for equestrian competitions.

Ariake Gymnastics Centre

This temporary venue will host artistic gymnastics for the Tokyo 2020 Games. It will accommodate up to 15,000 spectators.

Ariake Urban Sports Park

This multi-purpose sport plaza will host a variety of sports, including volleyball, basketball, and beach volleyball.

Ariake Arena

This venue will host basketball and volleyball for the Tokyo 2020 Games and will subsequently be repurposed.

Odaiba Marine Park

This park offers visitors a rich variety of natural scenery, including the nearby Rainbow Bridge. The park will also host a range of water sports.

Kasai Canoe Slalom Centre

This course will host canoe and kayak slalom events for the Tokyo 2020 Games.

Tokyo International Forum

This multi-purpose event venue is used for a variety of activities, including concerts and exhibitions.

Musashino Forest Sport Plaza

This facility is used for a variety of sports, including basketball and badminton.

Nippon Budokan

The Nippon Budokan is known as Japan’s national sport facility. It has hosted the World Judo Championships.

Imperial Palace Garden

The Imperial Palace Garden is a large park area dotted with black pine trees and surrounded by the moat of the original Edo Castle. It is particularly well known as a leading venue for sumo wrestling.

Odaiba Tennis Park

This facility is used for tennis and will host international tennis competitions.

Tokyo Stadium

This multi-purpose stadium is used for a variety of activities, including wheelchair tennis.

Musashino Forest Sport Plaza

This facility is used for a variety of sports, including basketball and badminton.

Yoyogi National Stadium

This stadium was built for the Tokyo 1964 Games and has since become an iconic Tokyo landmark.

Toyosu Market

This market is a historic and popular shopping district.

Shibuya Park

This park offers a variety of recreational activities, including volleyball.

Yumenoshima Park

The Yumenoshima Park is a beautiful park area with stunning views of Tokyo Bay and the Rainbow Bridge.

Aomi Urban Sports Park

This sport plaza will host sports such as handball and basketball for the Tokyo 2020 Games.

Urakasumi Park

The Urakasumi Park is a beautiful park area with stunning views of Tokyo Bay.

Shinagawa Park

This park offers a variety of recreational activities, including volleyball.
Prefecture’s Pacific coastline. In Ichinomiya town on Chiba and international competitions. Following the 2020 Games, the Tokyo Aquatics Centre will host domestic and international events. This iconic and spacious venue has the International Exhibition Hall, the Main Press Centre, and the Main Olympic Village / Paralympic Village.

Prefecture. This large-scale convention centre is located in Saitama City, Saitama Prefecture, and consists of three major zones – the International Exhibition Hall, the Main Press Centre, and the Main Olympic Village / Paralympic Village.

This stadium is located in Saitama City, Saitama Prefecture, and is one of Japan’s largest multi-purpose venues, hosting sporting competitions, concerts, conferences and many other events. The stadium, located in Saitama City, Saitama Prefecture, is a dedicated football stadium located in Saitama City, Saitama Prefecture, and is one of Japan’s largest multi-purpose venues, hosting sporting competitions, concerts, conferences and many other events.

This indoor venue is located in Saitama City, Saitama Prefecture, and is one of Japan’s largest multi-purpose venues, hosting sporting competitions, concerts, conferences and many other events. The facility, located in Saitama City, Saitama Prefecture, is one of Japan’s largest multi-purpose venues, hosting sporting competitions, concerts, conferences and many other events. The Saitama Super Arena, located in Saitama City, Saitama Prefecture, is one of Japan’s largest multi-purpose venues, hosting sporting competitions, concerts, conferences and many other events.

Many other events.

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1964

Let's experience the Paralympic Games, Paralympic competitions.
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.

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.

2020

Let's experience the passion, excitement and drama of the Paralympics!
“NO LIMITS CHALLENGE”
Let's experience the passion, excitement and drama of the Paralympics!
This is an event focused on experiencing Paralympic competitions.
NO LIMITS refers to the Para athletes pursuing their limitless potential in line with the Paralympic precept of not counting your losses, but maximising your remaining potential.
CHALLENGE points to events in which all are able to take part.
Let’s experience the Paralympic Games, and see the passion, excitement and drama for ourselves!

The dynamic Paralympic sport demonstrated is part of Tokyo 2020.
A Games for everyone to enjoy — regardless of any impairment.

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. Live Sites 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.

The Flame of RecoveryTorch Relay
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.

“See you in Tokyo and Kumamoto in 2020”
Young athletes participate in a variety of activities in the affected areas aimed at supporting the recovery and reconstruction efforts.
These include sports-related projects with children and their parents.

“See you in Tokyo and Tohoku in 2020”
Young athletes visit Fukushima and Aomori Prefectures and take part in sports events at local elementary schools.

The Tokyo 2020 Bid Committee have established the “TMG Initiatives” since 2016 to promote the social inclusion and independence of people with impairments.

Tokyo 2020 Olympic Football matches and Baseball/Softball matches will be held in the disaster-affected areas.

■ “See you in Tokyo and Tohoku in 2020”
■ “See you in Tokyo and Kumamoto in 2020”

“Road to Tomorrow – the 1000km Relay”
https://www.para-sports.tokyo/ (Japanese language only)
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.

Towards the Tokyo 2020 Games

Test Events

Test Events were organised to ensure that the operational capabilities are in place for the Games. These Test Events were conducted at past Games as well, and they will take place prior to the Tokyo 2020 Games. The Tokyo 2020 Test Events will be split into two categories: those hosted by the national/international sport federations, and those hosted by the Tokyo 2020 Organising Committee.

The Tokyo 2020 Medal Project

Countdown Events

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

Tokyo 2020 Olympic and Paralympic Flag Tour

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

Live Sites

During the Games, Live Sites featuring giant TV screens will be set up at various locations for the public to share and enjoy the excitement of the live competitions taking place at the competition venues. There will also be all kinds of opportunities for people to take part in such as commercial displays of Marketing Partners, first-hand sport experience, cultural programmes and many other events that are free of charge.

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Participate in the Tokyo 2020 Games

The Tokyo 2020 Participation Programme


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

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

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

■ Eight themes that will bring people together to create the future

- Enjoy physical exercise and improved health
- Towards cities that are comfortable for everyone
- Connecting to tomorrow
- Discover a new Japan
- Showcasing Japan’s leading-edge technologies
- Now is the time to forge new bonds
- All for one, and one for all!
- Discovering sustainability

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.

Games Volunteers “Field Cast”


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 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”


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 railway 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.

TOKYO 2020 NIPPON FESTIVAL

While the Olympic and Paralympic Games are a festival of sport, they are also a cultural festival. The Tokyo 2020 Organising Committee is planning to hold the TOKYO 2020 NIPPON FESTIVAL as the culmination of its Tokyo 2020 Participation Programme. 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 four cultural programmes hosted by Tokyo 2020, and special cultural programmes jointly organised with local municipalities.

■ Catchphrase

Blooimng of Culture

Four cultural programmes being held by the Tokyo 2020 Organising Committee

The Tokyo 2020 Organising Committee is planning to hold large-scale cultural programmes centred on Tokyo with the aim of building momentum and excitement of the festival across the whole of Japan. Cultural programmes will be carried out in collaboration with various organisations across the country.

Celebrating to start the Games [April]

The first ever platform to blend intangible cultural heritage and performing arts from both the eastern and western worlds

Participation, Interaction, and Dialogue [July]

Creating spaces and events through Japanese culture where people from diverse backgrounds can come together to interact

Realisation of inclusive society [August]

Conduct a range of artistic activities and performances that invite people from different backgrounds to take part

Reconstruction of the Tohoku region [May - July]

Communicate the remarkable recovery of the Tohoku region from various locations in Tohoku and Tokyo

Tokyo Tokyo FESTIVAL

Initiatives being taken by the Tokyo Metropolitan Government

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.
Under the concept, “Hope Lights Our Way”, the Tokyo 2020 Olympic Torch Relay will start at the arrival of the cherry blossom season on 26 March 2020 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.

Under the concept “Share Your Light”, the Tokyo 2020 Paralympic Torch Relay will take place from 13 to 25 August, 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.

The Tokyo 2020 Torch
The torch for the Tokyo 2020 Torch Relay is designed with a cherry blossom motif, a flower that has a special place in the Japanese people’s hearts. From the top looking down, the shape is of a cherry blossom. Separate flames emerge from five flower petals, coming together as one at the centre. The colour of the Olympic torch is cherry gold and the Paralympic torch is cherry pink. Part of the material is made from recycled aluminium (about 30 per cent) originally used for the prefabricated housing units in the aftermath of the Great East Japan Earthquake. The material that supported the people throughout their struggles and efforts to rebuild their lives has been transformed as a symbol of peace in the form of a torch, and this initiative will hopefully demonstrate to the world how progress is being made step by step to regenerate these communities.

The Flame of Recovery
In accordance with the importance being placed on the Tokyo 2020 Games as the “Reconstruction Games”, the Olympic flame arriving from Greece will be displayed in the disaster-affected areas as the “Flame of Recovery” to express respect and support toward the people who have worked so hard in rebuilding their communities. The Flame of Recovery will go on display for two days each in the prefectures of Miyagi, Iwate and Fukushima between 20 - 25 March 2020, prior to the torch relay.

Opening and Closing Ceremonies
We are currently making preparations to hold the world’s largest opening and closing ceremonies for both the Olympic and Paralympic Games. In July 2018, the Creative Directors for the Opening and Closing Ceremonies were announced: Mansai Nomura (Chief Executive CO), Takashi Yamazaki (Olympic Games) and Hiroshi Sasaki (Paralympic Games). The team will work closely with people from various fields to create a celebration that will live long in the memories of all who witness them.

The Tokyo 2020 Medal Project
We are currently conducting a project whereby people throughout Japan donate their used mobile phones, personal computers, digital cameras and other small electronic devices to be recycled. The metals extracted from these electronic devices will be recycled and used in the production of approx. 5,000 gold, silver and bronze medals to be awarded at the Tokyo 2020 Games.

Japan Lumber Relay
This is a project aimed at realising widespread participation and achieving sustainable Games by obtaining lumber from across Japan free of charge for the construction of Village Plaza at the Athletes’ Village, and donating the lumber for use in public facilities throughout the country once the Village Plaza has been dismantled after the Games. The project aims to express diversity and harmony, and leave a sustainability-related legacy by minimising the environmental impact of the Games. As a result of our recruiting campaign, a total of 63 municipal governments from Hokkaido in the far north of Japan to the southern island of Kyushu have agreed to cooperate with the project.

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.
13 Promoting “Smooth Biz”

As part of the comprehensive plan to promote an environment in which all people work likely 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.

● 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: “Let’s work together to reduce congested roads and trains.”

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.

Seminaris 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.

14 The Economic Impact

The Economic Impact of the Tokyo 2020 Games

- Economic impact
  - Tokyo: Approx. 20 trillion yen
  - Nationwide: Approx. 32 trillion yen

- Number of employment opportunities
  - Tokyo: Approx. 1.3 million people
  - Nationwide: Approx. 1.94 million people

*Big estimate March 2017

15 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 June 2019, some 17,699 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 instil 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.

Generating tangible and intangible legacies

The legacies of the Tokyo 1964 Olympic Games included the Tokaido Shinkansen railway (“bullet train”) and the metropolitan expressway, as well as the use of pictograms and the technology to produce frozen food. Such legacies formed a crucial part of the foundation towards a mature society. The Tokyo 2020 Games will leave a valuable legacy that will bring about a new evolution in Japan’s mature society. The legacy will take form in tangible and intangible ways, including barrier-free accessibility throughout our communities, a healthy lifestyle promoted through sport, becoming a world leader in sustainability and environmentally friendly initiatives, and communicating Japan’s arts and culture to the world.

What is a “legacy”?

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

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.

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, forcing 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.

Olympic Torch Relay

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 Paralympic Games and Japan

Dr. Ludwig Guttman 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. Guttman 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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