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>
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</table>

<table>
<thead>
<tr>
<th>Official Name</th>
<th>Tokyo 2020 Paralympic Games</th>
</tr>
</thead>
<tbody>
<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 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.

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 another (Unity in Diversity)”

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

The world’s greatest sporting spectacle is coming to Tokyo!
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.

For details, please see https://tokyo2020.org/en/games/sport/olympic/
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).
To purchase Games tickets on the Tokyo 2020 Official Ticket Website, you must register and obtain a Tokyo 2020 ID. Please see the ticket sales schedule below. For more details, go to the official website. This service will be available from spring 2020.

*Reselling of tickets must be conducted on the Official Ticket Website.
*Please ensure you do not purchase tickets from any other source than an Official Ticket Sales Channel.
*The price of tickets resold via the Official Ticket Resale Service will be at the original price.
*When resale is successfully conducted, the individual reselling the ticket will be required to pay a handling charge.
Further details regarding the Official Resale Service will be posted on this website as soon as they are available.

### Olympic Competition Schedule
**[Friday 24 July - Sunday 9 August]**

<table>
<thead>
<tr>
<th>Sports</th>
<th>Discipline</th>
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<th>August</th>
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</thead>
<tbody>
<tr>
<td>Opening and Closing Ceremonies</td>
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<td>Aquatics</td>
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<tr>
<td></td>
<td>Diving</td>
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<td>Water Polo</td>
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<td>Marathon Swimming</td>
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<td>Athletics</td>
<td>Track &amp; Field</td>
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<td>Race Walk</td>
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<tr>
<td>Badminton</td>
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<tr>
<td>Baseball/Softball</td>
<td>Baseball</td>
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<td>Softball</td>
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<tr>
<td>Basketball</td>
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<td>Canoe</td>
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<td>Mountain Bike</td>
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<tr>
<td>Judo</td>
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<tr>
<td>Karate</td>
<td>Kata, Kumite</td>
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<tr>
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</table>

*The competition schedule is provisional and is subject to change after further coordination.
*Surfing 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>Athletics</td>
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<td>Track &amp; Field</td>
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<td>Boccia</td>
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<td>Equestrian</td>
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<tr>
<td>Goalball</td>
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<tr>
<td>Judo</td>
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<td>Swimming</td>
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<td>Taekwondo</td>
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<td>Triathlon</td>
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<td>Wheelchair Basketball</td>
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<td>Wheelchair Fencing</td>
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<tr>
<td>Wheelchair Rugby</td>
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<tr>
<td>Wheelchair Tennis</td>
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<table>
<thead>
<tr>
<th>Sports</th>
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<th>August</th>
<th>September</th>
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<td>Football 5-a-side</td>
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<td>Judo</td>
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<td>Powerlifting</td>
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<td>Rowing</td>
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<tr>
<td>Shooting</td>
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<tr>
<td>Sitting Volleyball</td>
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<tr>
<td>Swimming</td>
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<td>Table Tennis</td>
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<td>Taekwondo</td>
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<tr>
<td>Wheelchair Tennis</td>
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</tbody>
</table>

For details, please see https://tokyo2020.org/en/games/schedule/.

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

#### How to register for a Tokyo 2020 ID

1. Search “Tokyo 2020 ID”.

2. Provide account information
   Enter the required information and send the pre-registration email.

3. ID registration completed
   Click “Register my 2020 ID” in the pre-registration email to complete your registration.

### Ticket Sales Schedule
Please see the ticket sales schedule below. For more details, go to the official website.

*Application to the ticket lottery closed on Tuesday 28 May 2019.

#### Around the summer of 2019
- Paralympic ticket sales start
  Tokyo 2020 Official Ticket Website
- Around the summer of 2019
  After the autumn of 2019
  Tokyo 2020 Official Ticket Website
- Autumn 2019 sales phase
  Tokyo 2020 Official Ticket Website

#### Spring 2020 sales phase
- Tokyo 2020 Official Ticket Website, Official Ticket Box Offices, Official Ticket Resale Service
- After the spring of 2020

### Official Ticket Resale Service
This service will be available from spring 2020.
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.
the venue’s indoor pool. and water polo, which was held in 1964, hosting the gymnastics events. It served as the main arena for Tokyo 1964. This venue is the spiritual home of the Japanese gymnastics, and has been renovated to easily view the sumo belts in the centre of the auditorium, from wherever they are seated.

Equestrian Park

This multi-purpose stadium is used as a multi-purpose sports facility during the 2020 Games. This park offers a wide range of water sports and leisure activities.

Toya National Stadium

This venue was constructed during the 1964 Olympic Games. It served as the main arena for the 1964 Olympic Games. The park offers a wide range of water sports and leisure activities.

Odaiba Marine Park

This park offers a wide range of water sports and leisure activities.

Kokugikan Arena

This venue is the spiritual home of the Japanese sumo wrestling. The interior is designed to resemble a boat shape, and offers unobstructed views of the sumo belts in the centre of the arena, from wherever they are seated.

Ariake Gymnastics Centre

This temporary venue will serve as the main venue for the Tokyo 2020 Games, hosting the gymnastics events. This venue will serve as a symbol of our efforts to promote a multi-functional and sustainable society.

Ariake Arena

This new arena is under construction in the northern part of Tokyo’s Ariake district. After the Tokyo 2020 Games, the venue will become a multi-purpose sports and cultural centre with a seating capacity for up to 15,884 spectators.

Aomi Urban Sports Park

This temporary venue will serve as a symbol of our efforts to promote a multi-functional and sustainable society.

Oriental Parque

This multi-purpose venue will serve as a symbol of our efforts to promote a multi-functional and sustainable society.

Table Tennis

This temporary venue will serve as a symbol of our efforts to promote a multi-functional and sustainable society.

Badminton / Volleyball

This temporary venue will serve as a symbol of our efforts to promote a multi-functional and sustainable society.

Aomi Urban Sports Park

This temporary venue will serve as a symbol of our efforts to promote a multi-functional and sustainable society.

Oriental Parque

This multi-purpose venue will serve as a symbol of our efforts to promote a multi-functional and sustainable society.
Prefecture’s Pacific coastline.
in Ichinomiya town on Chiba
Aquatics Centre will host domestic
competitions, concerts, conferences
purpose venues, hosting sporting
is one of Japan’s largest multi-
This facility, located in Saitama City,
Beijing 2008 Games, making it
yet another 1964 Olympic legacy
venue. This venue is Japan’s
flattest arena for hosting major sport competitions.

Touringasaki Surfing Beach
Surfing
Surfing will be making its debut at the Tokyo 2020 Games, and competitions will be held here. Basking in clean ocean waves, this beach attracts lots of surfers each year. The beach is located in Ichihara town on Chiba Prefecture’s Pacific coastline.

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.

Tanaka MTB Course
Cycling (Mountain Bike)
This off-road course, also located in Saitama City, Chidorigahama Prefecture, measures 2.5km in length with elevations of up to 85m.

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.

Kasumigaseki Country Club
Golf
This golf course extends all across the vast Misato Hills. The club has a history spanning over 40 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.

Sasashima Yacht Harbour
Aeris
The Sasashima Yacht Harbour is located in Fujisawa City, Kanagawa Prefecture and was constructed for the use of the 1990 Games, making it the first ever multi-venue for the Olympic Games. This venue is Japan’s first world-class indoor multi-purpose sailing centre.

Sapporo Dome
Baseball / Softball
This stadium, located in Sapporo City, Hokkaido Prefecture, was designed to host such a major international event.

Fuji International Speedway
Motor sports
This is the closed circuit to the Greater Tokyo Area. In addition to being the most recent international motor race course, the venue also hosts the most up-to-date facilities for care persons and members of the public.

Fukuhsima Azuma Baseball Stadium
Baseball / Softball
Located in Fukuhsima City, Fukuhsima Prefecture, this stadium is part of the Azuma Sports Park, which is divided into the mainstream space, the Sport Area, the Nature Area, the Family Area and the Azuma. Baseball and Softball have been included in the Tokyo 2020 Games as additional events, and some matches will be hosted here.

Nippon Stadium
Baseball
This is the closest circuit to the Greater Tokyo Area. In addition to being the most recent international motor race course, the venue also hosts the most up-to-date facilities for care persons and members of the public.

Enoshima Yacht Harbour
Aeris
This Olympic venue is located in Fujisawa City, Kanagawa Prefecture and was constructed for the use of the 1990 Games, making it the first ever multi-venue for the Olympic Games. This venue is Japan’s first world-class indoor multi-purpose sailing centre.

Tokyo Aquatics Centre
Aquatics (Swimming, Diving, Artistic Swimming)
This large-scale convention centre for Swimming and other water sport competitions. This facility, located in Saitama City, Saitama Prefecture and was constructed to serve as the main facility for Swimming and other water sports in the Tokyo area.

Sasashima Yacht Harbour
Aeris
The Sasashima Yacht Harbour is located in Fujisawa City, Kanagawa Prefecture and was constructed for the use of the 1990 Games, making it the first ever multi-venue for the Olympic Games. This venue is Japan’s first world-class indoor multi-purpose sailing centre.

Yokohama Baseball Stadium
Baseball / Softball
Located in Yokohama City, Kanagawa Prefecture, this facility is Japan’s first ever multi-purpose baseball stadium. Baseball and Softball have been included in the Tokyo 2020 Olympic Programme as additional events, and the stadium will host several matchs.

Tatsukushi 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.

Asaka Shooting Range
Shooting
This shooting range facilities for the Tokyo 1964 Games were also updated here. During the 2020 Games, an Olympic-standard Target Shooting range will be constructed at this site.

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.

Kawagoe City, Saitama Prefecture. This facility is divided into four recreational spaces: the Sports Area, the Nature Area, the Family Area and the Azuma. Baseball and Softball have been included in the Tokyo 2020 Games as additional events, and some matches will be hosted here.

Makuhari Messe
Aeris
This large-scale convention centre will host domestic and international exhibitions 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.

Hachinohe City, Aomori Prefecture. This all-weather dome-shaped roof, which was designed to evoke images of the crescent moon that adorned the helmet of Date Masamune, a 16th century feudal lord who reigned over the city of Sendai, will be constructed at this site.

Sapporo Dome
Baseball / Softball
This stadium, located in Sapporo City, Hokkaido Prefecture, was designed to host such a major international event. The roof that covers spectator seating at this 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 the city of Sendai.

International Stadium Yokohama
Football
This stadium, located in Yokohama City, Kanagawa Prefecture, is the largest dedicated football stadium in Japan and one of the largest in Asia.

The Olympic Village and Paralympic Village
The Olympic Village, located in the Hasumi waterfront district of Tokyo, will be developed on a 44 hectares plot. Its residential blocks were planned to be occupied by 19,000 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.

Tokyo Big Sight
Exhibition Centre
This is the closest circuit to the Greater Tokyo Area. In addition to being the most recent international motor race course, the venue also hosts the most up-to-date facilities for care persons and members of the public.

Miyagi Stadium
Baseball
This 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 15th century feudal lord who reigned over the city of Sendai.

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.

Ibaraki Kashima Stadium
Football
Located in Kashima City, Ibaraki Prefecture, the Ibaraki Kashima Stadium is a dedicated football stadium for the national team and selected games from all events. The stadium is home to the Japanese professional football team.

Fuji International Speedway
Motor sports
This is the closed circuit to the Greater Tokyo Area. In addition to being the most recent international motor race course, the venue also hosts the most up-to-date facilities for care persons and members of the public.

Kasumigaseki Country Club
Golf
This golf course extends all across the vast Misato Hills. The club has a history spanning over 40 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.

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Tokyo's Second Paralympic Games

In 2020, Tokyo will become the first-ever city to host the Paralympic Games for the second time. The Tokyo 2020 Games will serve as a wonderful opportunity to embrace diversity. People from all over the world — with and without impairments — will gather in Tokyo. The Tokyo 2020 Paralympic Games will enable many people to witness firsthand the dynamic and breathtaking performances of the Para athletes, gain a real understanding of the rights and dignity of all people, and serve as a catalyst for Japan to become a fully-inclusive society.

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.

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.

The Tokyo 2020 Olympic Games and Paralympic Games aim to work towards 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 dynamic Paralympic sport demonstrated in front of the spectators as well as the supporting staff, attract more fans to Para sport. Come join the team! An initiative carried out by the TMG since 2016 to attract more fans to Para sport. From the athletes to the spectators as well as the supporting staff, everyone comes together as one team to bring excitement to Para sport. Come join the team!

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.

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 conveying our gratitude to the people of the world for their support and encouragement.

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“Road to Tomorrow – the 1000km Relay”
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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.

TOKYO 2020 NIPPON FESTIVAL ▶ p.21

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

The Olympic Flag
The Paralympic Flag

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

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Opening and Closing Ceremonies ▶ p.22

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. There will be “Tokyo 2020 Live Sites” jointly operated by Tokyo 2020 and the TMG or the local government of the host venues, and “Community Live Sites” operated by regional governments to offer a place for the local citizens to enjoy the Games together.

In April 2019, the TMG and Tokyo 2020 announced the following “Tokyo 2020 Live Sites”. Other “Tokyo 2020 Live Sites” venues, including those that will be organised by other local governments, are available on the official website.

- Yoyogi Park
- Inokashira Park
- In front of Takanawa Gateway Station
- Isebekuro West Gate Park
- Tokyo Metropolitan Government Building
- In the regions affected by earthquakes (Prefectures of Iwate, Miyagi, Fukushima, Kumamoto)
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!

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.

Eight themes that will bring people together to create the future

- Enjoy physical exercise and improved health
- Towards cities that are comfortable for everyone
- Discover a new you!
- Urban Planning
- Connecting to tomorrow
- Sustainability
- 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

City Volunteers “City 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 respectively selected by the applicants: Field Cast for the Games volunteers. Orientation and training are taking place to prepare the volunteers for the Games.

During the Games, City Volunteers will assist travellers both from Japan and overseas at airports, main train stations and popular tourism destinations, providing advice on tourism and transport-related matters. Other volunteers will be stationed at the closest train or subway station to Games venues to provide assistance to spectators. 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 Volunteers “City Cast”

An interview session of City Cast volunteers

Games Volunteers “Field Cast”

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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

Blooming of Culture

Official logo of the Tokyo 2020 Participation Programme

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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.

The Cultural Olympiad Night – part of the Tokyo 2020 Participation Programme – will be held on 12 and 13 November 2017. In addition, the Tokyo Cultural Programme will be promoted as ‘Cultural Olympiad Night’.

Celebrating to start the Games (April)

The first ever platform to blend tangible 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

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Torch Relay, Opening and Closing Ceremonies

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.

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.

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 CD), 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.

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.

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.
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.

*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.

The Economic Impact of the Tokyo 2020 Games

Economic impact

Tokyo
Nationwide
Approx. 20 trillion yen
Approx. 32 trillion yen

Number of employment opportunities

Tokyo
Nationwide
Approx. 1.3 million people
Approx. 1.94 million people

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 culture 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.
**The Significance of the Olympic Games**
The most important thing is not winning but taking part

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 Paralympics 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.

**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.

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 fulfill his dream of being selected for the Japanese Olympic team, but was nevertheless able to make a major impact at the Opening Ceremony.

**The Paralympic Games and Japan**

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 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 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.
Tokyo 2020 Marketing Partners

As of 3 June 2019

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

The Worldwide Olympic Partners

Coca-Cola, Alibaba Group, AtoS, AVG Technologies, Dow, GE, Intel, Omega, Panasonic, Samsung, Toyota, Visa

Tokyo 2020 Olympic Gold Partners

Asahi, Asics, Canon, ENEOS, Fujitsu, Mizuho, Nomura, NTT, Meiji, Lixil

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