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 Overview

**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>
</tbody>
</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.**

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 by Numbers

- **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)*

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1. Games Overview

2. Tokyo 2020 Emblems

3. Tokyo 2020 Mascots

4. Games Schedule

5. Games Vision

6. 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.
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).

For details, please see https://tokyo2020.org/en/games/sport/paralympic/
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 completed, the individual reselling the ticket will be required to pay a handling charge.

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

■ Official Ticket Resale Service

Other information will be posted on this website as soon as they are available.
The information included in this guidebook is current as of June 2019.

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
- Body Ball
- Karate
- Judo

This facility is one of the legacy venues of the 1964 Olympic Games. It now serves as the venue for the Tokyo 2020 Games, housing the gymastics events and water polo, which was held in the venue's original pool.

Kokugikan Arena
- Budo

This venue is the spiritual home of the Japanese martial art of sumo wrestling. The interior is designed to resemble an elongated boat with sweeping curves of steel and glass, with an exterior design evoking the feel of an ancient sumo arena, from wherever they are seated.

Yoyogi National Stadium
- Athletics
- Basketball

This venue was constructed for the 1964 Olympic Games. The arena is famous for its iconic design, which has earned a glowing international reputation.

Equestrian Park
- Dressage, Eventing, Jumping
- Show Jumping
- Driving

This 1964 Olympic legacy venue will be used to house equestrian competitions. The course will feature an arena for international competitions.

Musashino Forest Sport Plaza
- Basketball
- Karate

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

Imperial Palace Garden
- Tennis

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

Tokyo Stadium
- Football
- Netball
- Modern Pentathlon
- Rugby

This facility will be constructed in the northern part of Tokyo's Ariake district. The venue will host the opening and closing ceremonies of the Tokyo 2020 Games, as well as press conferences and international competitions.

Musashino Forest Park Tennis Plaza
- Swimming
- Basketball
- Karate

This permanent sports complex will be constructed adjacent to the Tokyo 1964 Games. The park will offer services such as courts for the promotion of horse riding and equestrian competitions.

Odaiba Marine Park
- Water Polo
- Volleyball
- Tennis

This venue is the spiritual home of tennis in Japan. Surrounded by a wide range of water sports and leisure activities, the park houses 48 outdoor tennis courts and is a symbol of the Japanese national sport of sumo wrestling.

Ariake Gymnastics Centre
- Physical education
- Athletics

This temporary venue will also be located in the northern part of Tokyo's Ariake district. The venue will host the stage the Aquatics and Basketball competitions for the Tokyo 2020 Olympic Games, as well as wheelchair rugby matches.

Ariake Urban Sports Park
- Handball
- Boccia
- Wheelchair Basketball
- Volleyball
- Wheelchair Tennis

This permanent venue will be constructed in the northern part of Tokyo's Ariake district. It will be used for the Aquatics and Basketball competitions. The park is located close to Tokyo Stadium and will be one of the main centres for urban sports.

Yoyogi National Stadium
- Athletics
- Basketball

This temporary venue will also be located in the northern part of Tokyo's Ariake district. The venue will host the stage the Aquatics and Basketball competitions. The park is located close to Tokyo Stadium and will be one of the main centres for urban sports.

Tokyo International Forum
- Basketball
- Squash

The Tokyo International Forum is a multi-purpose architectural complex comprising of eight main halls of various shapes, exhibition spaces and other facilities. The structure featurespenguing courses of steel and glass, with an exterior design resembling an elongated boat.

Sea Forest Cross-Country Course
- Fencing

This area of reclaimed land offers superb views of Tokyo Bay and Tokyo's iconic Rainbow Bridge. A temporary course will be constructed here for the cross-country competition during the Tokyo 2020 Games.

Odaiba Marine Park
- Water Polo
- Volleyball
- Tennis

This permanent venue will be constructed in the northern part of Tokyo's Ariake district. It will be used for the Aquatics and Basketball competitions. The park is located close to Tokyo Stadium and will be one of the main centres for urban sports.

Musashino Forest Park
- Basketball
- Karate

This permanent venue will be constructed adjacent to the Tokyo 1964 Games. The park will offer services such as courts for the promotion of horse riding and equestrian competitions.

Shibazakura
- Sumo
- Judo
- Karate

This venue is also used as the main venue for the Tokyo 2020 Games. The area will be transformed into an open-air arena, with the permanent venue set up as the host for the sumo wrestling events.
Tokyo Aquatics Centre
- Aquatics (Swimming, Diving, Artistic Swimming)
- Water Polo

The centre is built on a reclaimed land area in Harumi, Tokyo. Following the 2020 Games, the Tokyo Aquatics Centre will host domestic and international competitions.

Asaka Shooting Range
- Shooting

This shooting range, located in Kashiwara-shi, Osaka Prefecture, is equipped with state-of-the-art facilities for the Tokyo 2020 Games. Fully compliant with the latest standards as required by the Union Cycliste Internationale, the venue has been designed to serve as the main shooting range in Japan.

Fuji International Speedway
- Speedway

This is the largest circuit in Japan. During the Tokyo 2020 Games, the speedway will host the Speedway Men’s Team event.

Ibaraki Kashima Baseball Stadium
- Baseball

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

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.

International Stadium Yokohama
- Football

This stadium, located in Yokohama City, Kanagawa Prefecture, is Japan’s first ever multi-purpose stadium. It also serves as the home of Japan’s professional baseball teams, Beisekai and SoftBank, who have been included in the 2020 Olympic Programme as additional events, and the stadium will host several matchs.

Miya Stadium
- Football

The roofed indoor football venue in the Miyagi Prefecture was designed to evoke images of the ancient town that existed on the site before the Great East Japan Earthquake of 2011. The venue also boasts the highest seating capacity in Japan.

Yokohama Stadium
- Football

Located in Yokohama Park, Kanagawa Prefecture, the Yokohama stadium is part of the National Stadium complex and consists of three major zones – the International Conference Hall, and the Enoshima Yacht Harbour. The centre is located in Odaiba City, Chiba Prefecture.

Sapporo Dome
- Baseball

This stadium, located in Sapporo City, Hokkaido Prefecture, is home to one of Japan’s professional baseball teams. In addition to the 2020 Games, it also serves as the host venue for the World Baseball Softball Confederation.”

Olympic Village / Paralympic Village
The Athletes’ Village, located in the Harumi waterfront district of Tokyo, will be developed on a 64-hectare plot. Its residential buildings were planned to accommodate 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.

*Only permanent facilities are depicted

Buildings will be renovated and sold as apartments together with newly constructed tower blocks.

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.
NO LIMITS

Let's experience the Paralympic Games, Paralympic competitions.

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!

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.

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 dynamic Paralympic sport demonstrates the power of sport to bring hope and dreams to the areas affected by the 2011 earthquake and tsunami.

An initiative carried out by the TMG since 2016 to attract more fans to Para sport. Come join the team!

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.

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

Restoring vitality to the affected areas through the power of sport

‘Road to Tomorrow – the 1000km Relay’

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

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

“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.
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

**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**

A press conference to launch 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.

**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.

**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.

**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
- Ikebukuro 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 theme* projects and events with the aim of building excitement and momentum ahead of the Tokyo 2020 Games, and will constitute a major post-Games legacy.

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

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

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

Enjoy physical exercise and improved health
Sport & Health

Towards cities that are comfortable for everyone
Urban Planning

Connecting to tomorrow
Sustainability

Discover a new Japan
Culture

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.

■ 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 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”

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.

Cultural Programme

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

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 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

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.
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.

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 CD), Takashi Yamazaki (Olympic Games) and Hirotoshi 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.

The Flame of Recovery

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.
13 Promoting “Smooth Biz”

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

14 The Economic Impact

14 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

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 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]


Tokyo Metropolitan Government Olympic and Paralympic Education webpage


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.
**History**

### 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.

### 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 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 Games and Japan

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 481 athletes. 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 term “Paralympic” 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.

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*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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