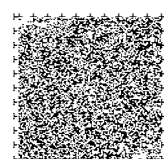


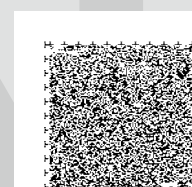


# TOKYO 2020

## G U I D E B O O K



英語・English





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.

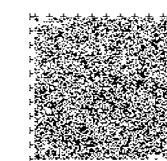
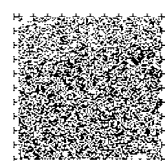
The shining performances of everyone taking part in the Games will leave an unforgettable legacy that will be passed on to future generations.

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



## Contents

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In 2020, Tokyo and Japan will once again host the Olympic and Paralympic Games, over half a century since the Games were staged here in 1964.

Thousands of athletes, Games officials and spectators will gather in Tokyo and Japan for the Tokyo 2020 Games. The Games will generate great excitement and emotions throughout Japan and the world. They will set the stage for new Games records and create lifetime memories for everyone.

## Games Schedule

Official Name **Games of the XXXII Olympiad**

Period of the Games **Friday, 24 July – Sunday, 9 August 2020**

Number of Sports **33**

Official Name **Tokyo 2020 Paralympic Games**

Period of the Games **Tuesday, 25 August – Sunday, 6 September 2020**

Number of Sports **22**

## Games Vision

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

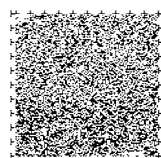
The Tokyo 1964 Games completely transformed Japan.

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

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

“Accepting one another (Unity in Diversity)”

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



## 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



**MIRAITOWA**  
ミライトワ

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



**SOMEITY**  
ソメイティ

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.

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

### Number of athletes

**11,090**

Olympic athletes

**4,400**

Paralympic athletes



### Number of gold medals

**339**

Olympic medals

**540**

Paralympic medals

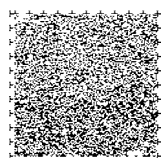


### Number of elementary school classes voting for the Tokyo 2020 Mascots

**205,755**



\*The Tokyo 2020 Games by Numbers (provisional)



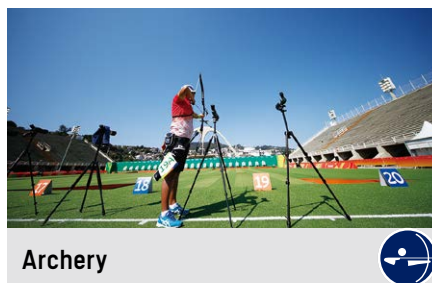


# 2 Olympic Sports

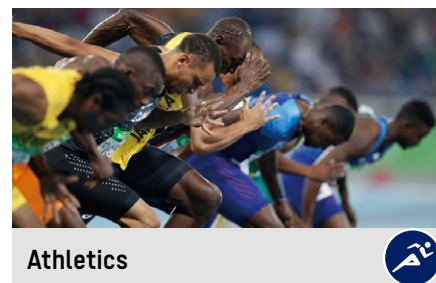
A total of 33 different sports will be contested at the Olympic Games Tokyo 2020. The 2020 Games are also the first time that the International Olympic Committee (IOC) has enabled the Organising Committee to propose additional sports for that edition of the Olympic Games. The Tokyo 2020 Organising Committee proposed the five additional sports of Baseball/Softball, Karate, Skateboarding, Sport Climbing and Surfing. All five were approved by the IOC for inclusion in the Tokyo 2020 Games.



Aquatics



Archery



Athletics



Badminton



Baseball/Softball



Basketball



Boxing



Canoe



Cycling



Equestrian



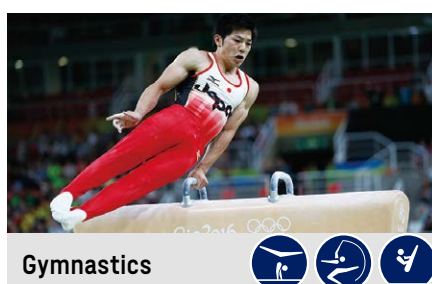
Fencing



Football



Golf



Gymnastics



Handball



Hockey



Modern Pentathlon



Sailing



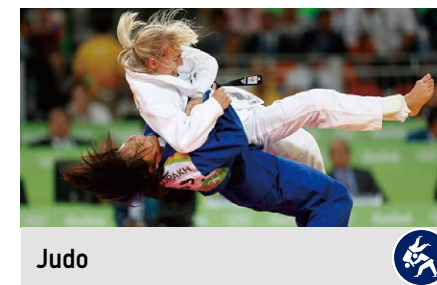
Sport Climbing



Taekwondo



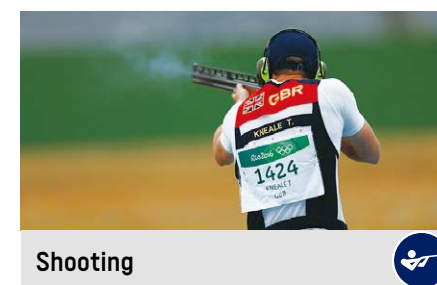
Volleyball



Judo



Rowing



Shooting



Surfing



Tennis



Weightlifting



Karate



Rugby



Skateboarding

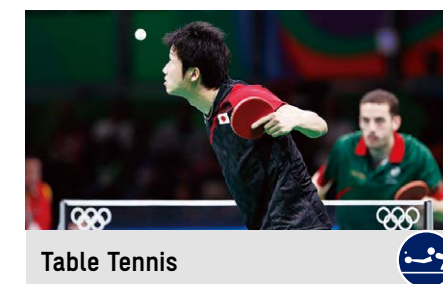
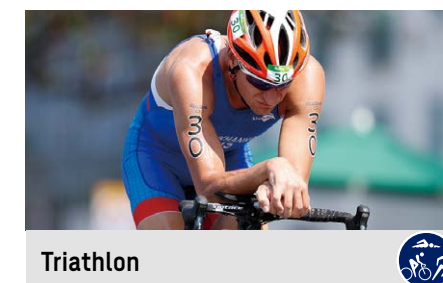
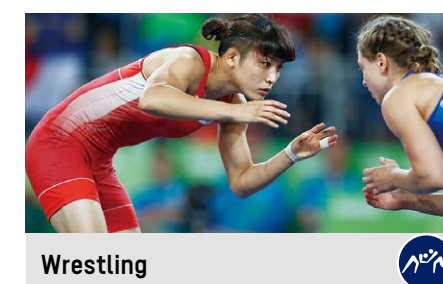


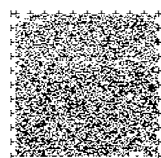
Table Tennis



Triathlon



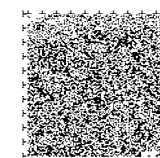
Wrestling



Olympic Sports

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

For details, please see





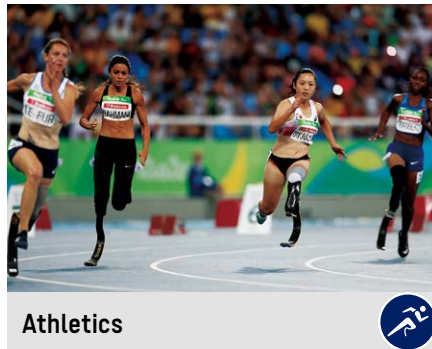
# 3

## Paralympic Sports

A total of 22 sports will feature at the Tokyo 2020 Paralympic Games. The sports of Taekwondo and Badminton will make their debuts at the Tokyo 2020 Paralympic Games after being adopted by the International Paralympic Committee (IPC).



Archery



Athletics



Badminton



Shooting



Sitting Volleyball



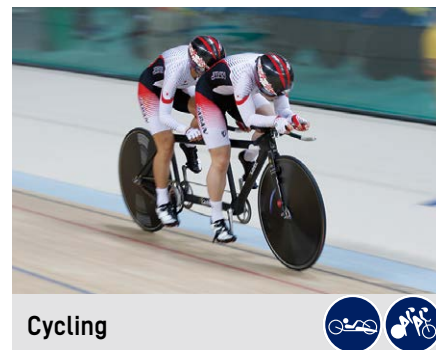
Swimming



Boccia



Canoe



Cycling



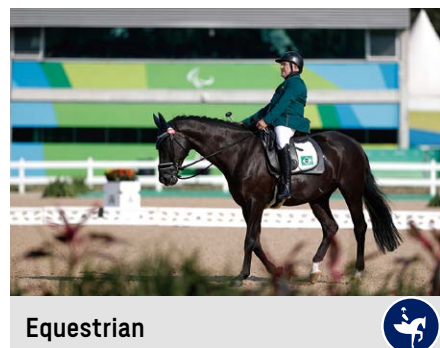
Table Tennis



Taekwondo



Triathlon



Equestrian



Football 5-a-side



Goalball



Wheelchair Basketball



Wheelchair Fencing



Wheelchair Rugby



Judo



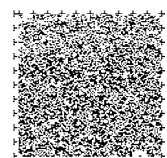
Powerlifting



Rowing

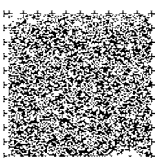


Wheelchair Tennis



Paralympic Sports

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





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

As of 19 April 2019

Sports	Discipline	July											August								
		22 Wed	23 Thu	24 Fri	25 Sat	26 Sun	27 Mon	28 Tue	29 Wed	30 Thu	31 Fri	1 Sat	2 Sun	3 Mon	4 Tue	5 Wed	6 Thu	7 Fri	8 Sat	9 Sun	
Opening and Closing Ceremonies				○																○	
Aquatics	Swimming				○	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆								
	Diving					🏆	🏆	🏆	🏆		○	○	🏆	○	🏆	○	🏆	○	🏆		
	Artistic Swimming												○	○	🏆			○	🏆		
	Water Polo				○	○	○	○	○	○	○	○	○	○	○	○	○	○	🏆	🏆	
	Marathon Swimming															🏆	🏆				
Archery				○	🏆	🏆	🏆	○	○	○	🏆	🏆									
Athletics	Track & Field / Marathon										🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	
	Race Walk										🏆							🏆	🏆		
Badminton					○	○	○	○	○	○	🏆	🏆	🏆	🏆							
Baseball/ Softball	Baseball								○	○	○	○	○	○	○	○			🏆		
	Softball	○	○		○	○	○	🏆													
Basketball	3x3 Basketball				○	○	○	○	🏆												
	Basketball					○	○	○	○	○	○	○	○	○	○	○	○	○	🏆	🏆	
Boxing					○	○	○	○	○	○	○	○	○		🏆	🏆	🏆	🏆	🏆	🏆	
Canoe	Slalom					○	🏆	🏆	○	🏆	🏆										
	Sprint													○	🏆	○	🏆	○	🏆		
Cycling	BMX Freestyle										○	🏆		○	🏆						
	BMX Racing									○	🏆										
	Mountain Bike						🏆	🏆													
	Road				🏆	🏆			🏆												
	Track														🏆	🏆	🏆	🏆	🏆	🏆	
Equestrian	Dressage				○	○		🏆	🏆												
	Eventing										○	○	○	🏆							
	Jumping														○	🏆		○	🏆		
Fencing					🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆								
Football		○	○		○	○		○	○		○	○		○	○		🏆	🏆	🏆		
Golf										○	○	○	🏆			○	○	○	🏆		
Gymnastics	Artistic				○	○	🏆	🏆	🏆	🏆			🏆	🏆	🏆						
	Rhythmic																	○	🏆	🏆	
	Trampoline										🏆	🏆									
Handball					○	○	○	○	○	○	○	○	○	○	○	○	○	○	🏆	🏆	
Hockey					○	○	○	○	○	○	○	○	○	○	○	○	🏆	🏆			
Judo					🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆								
Karate	Kata, Kumite																🏆	🏆	🏆		
Modern Pentathlon																	○	🏆	🏆		
Rowing				○	○	○	○	🏆	🏆	🏆	🏆										
Rugby							○	○	🏆	○	○	🏆									
Sailing						○	○	○	○	○	○	🏆	🏆	🏆	🏆	🏆					
Shooting	Rifle & Pistol				🏆	🏆		🏆		○	🏆	🏆	○	🏆							
	Shotgun					○	🏆		○	🏆		🏆									
Skateboarding	Park															🏆	🏆				
	Street					🏆	🏆														
Sport Climbing															○	○	🏆	🏆			
Surfing*						○	○	○	🏆												
Table Tennis					○	○	🏆	○	○	🏆	🏆		○	○	○	○	🏆	🏆			
Taekwondo					🏆	🏆	○	🏆													
Tennis					○	○	○	○	○	○	🏆	🏆	🏆								
Triathlon							🏆	🏆					🏆								
Volleyball	Beach Volleyball				○	○	○	○	○	○	○	○	○	○	○	○	○	🏆	🏆		
	Volleyball				○	○	○	○	○	○	○	○	○	○	○	○	○	○	🏆	🏆	
Weightlifting					🏆	🏆	🏆	🏆	🏆			🏆	🏆	🏆	🏆	🏆					
Wrestling	Freestyle, Greco-Roman												○	🏆	🏆	🏆	🏆	🏆	🏆	🏆	

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

\*A Surfing Festival will be held from 26 July to 2 August. The competition is subject to change depending on the wave conditions.

Tokyo 2020 Schedule

<https://tokyo2020.org/en/games/schedule/>

For details, please see



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

As of 19 October 2018

Sports	Discipline	August								September					
		25	26	27	28	29	30	31	1	2	3	4	5	6	
		Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Opening and Closing Ceremonies		🕒													🕒
Archery					🥇	🥈	🥈	🥈	🥈		🥈	🥈	🥈	🥈	
Athletics	Track & Field				🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	
	Marathon														🥈
Badminton										🥈	🥈	🥈	🥈	🥈	🥈
Boccia						🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	
Canoe											🥈	🥈	🥈	🥈	
Cycling	Track		🥈	🥈	🥈	🥈									
	Road								🥈	🥈	🥈	🥈			
Equestrian				🥈	🥈	🥈		🥈							
Football 5-a-side							🥈	🥈	🥈		🥈			🥈	
Goalball			🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈		
Judo					🥈	🥈	🥈								
Powerlifting				🥈	🥈	🥈	🥈	🥈							
Rowing					🥈	🥈	🥈								
Shooting								🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈
Sitting Volleyball					🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈
Swimming			🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	
Table Tennis			🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈		
Taekwondo											🥈	🥈	🥈		
Triathlon						🥈	🥈								
Wheelchair Basketball			🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈
Wheelchair Fencing			🥈	🥈	🥈	🥈	🥈								
Wheelchair Rugby			🥈	🥈	🥈	🥈	🥈								
Wheelchair Tennis					🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	🥈	

For details, please see

<https://tokyo2020.org/en/games/ticket/>

## 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".



TOKYO 2020 ID



2. Provide account information

Enter the required information and send the pre-registration email.

This is just an image.

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.

## Paralympic ticket sales start

Tokyo 2020 Official Ticket Website

## Autumn 2019 sales phase

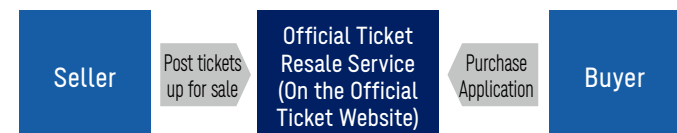
Tokyo 2020 Official Ticket Website

## Spring 2020 sales phase

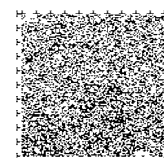
Tokyo 2020 Official Ticket Website, Official Ticket Box Offices, Official Ticket Resale Service

## Official Ticket Resale Service

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 concluded, 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.





Many existing venues will be used for the Tokyo 2020 Games including several legacy venues from the Tokyo 1964 Games. A total of 43 venues in Tokyo and around Japan will be used for the 2020 Games.

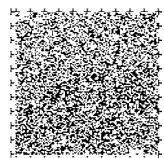


The information included in this guidebook is current as of June 2019.

### 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.

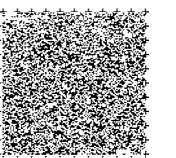


### 1 Olympic Stadium

■ Opening and Closing Ceremonies / Athletics / Football  
▲ Opening and Closing Ceremonies / Athletics

The National Stadium was used as the main stadium for the Tokyo 1964 Olympic Games, and is currently being rebuilt as a brand new stadium for the Tokyo 2020 Games. The Opening and Closing ceremonies of the Tokyo 2020 Games will be held here along with Athletics events and Football matches. After the 2020 Games are over, the stadium will be used for sporting and cultural events.

Design Works and Construction Works of Taisei Corporation, Azusa Sekkei Co., Ltd. and Kengo Kuma and Associates JV / Courtesy of JSC  
\* Note: the perspective, etc. are all simulated images, and may differ from the completed construction. The image is based on a projection of how the greenery will appear once it has matured approx. 10 years from now.







## 2 Tokyo Metropolitan Gymnasium

- Table Tennis
- ▲ Table Tennis

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

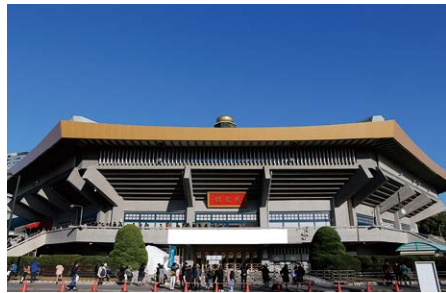


Courtesy of JAPAN SPORT COUNCIL

## 3 Yoyogi National Stadium

- Handball
- ▲ Badminton / Wheelchair Rugby

This venue was constructed to stage the Aquatics and Basketball competitions for the Tokyo 1964 Games. The arena is famous for its suspension roof design, and has earned a glowing international.



## 4 Nippon Budokan

- Judo / Karate
- ▲ Judo

The Nippon Budokan is known as the spiritual home of Japanese martial arts – especially judo. At the 1964 Games, judo made its debut as an Olympic sport, with competitions being held here.



## 5 Imperial Palace Garden

- Athletics (Race Walk)

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



## 6 Tokyo International Forum

- Weightlifting
- ▲ Powerlifting

The Tokyo International Forum is a multi-purpose exhibition centre comprised of eight main halls of various sizes, exhibition spaces and other facilities. The structure features swooping curves of steel and glass, with an exterior design resembling an elongated boat.



## 7 Kokugikan Arena

- Boxing

This venue is the spiritual home of the Japanese national sport of sumo wrestling. The interior is designed in a bowl shape to allow spectators to easily view the sumo bouts in the centre of the auditorium from wherever they are seated.



## 8 Equestrian Park

- Equestrian (Dressage, Eventing, Jumping)
- ▲ Equestrian

This 1964 Olympic legacy venue hosted the Equestrian competitions at the Tokyo 1964 Games. The park currently serves as a main centre for the promotion of horse riding and equestrian competitions.



## 9 Musashino Forest Sport Plaza

- Badminton / Modern Pentathlon
- ▲ Wheelchair Basketball

This facility will be constructed close to Tokyo Stadium and will serve as a multi-purpose sports venue. The main arena will boast a seating capacity of over 10,000 spectators.



## 10 Tokyo Stadium

- Football / Modern Pentathlon / Rugby

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



## 11 Musashinonomori Park

- Cycling (Road)

This venue will be used as the start line for the Cycling Road Race. The park is surrounded by the wide expanse of Musashino Forest, and both riders and spectators will be able to enjoy lush greenery and beautiful views.



Simulated image as of January 2019

## 12 Ariake Arena

- Volleyball (Volleyball)
- ▲ Wheelchair Basketball

This is a new arena under construction in the northern part of Tokyo's Ariake district. After the Tokyo 2020 Games, the arena will become a new sporting and cultural centre with a seating capacity for up to 15,000 spectators.



Simulated image as of November 2017

## 13 Ariake Gymnastics Centre

- Gymnastics
- ▲ Boccia

This temporary venue will also be located in the northern part of Tokyo's Ariake district. Following the Tokyo 2020 Games, a sporting arena with a 12,000 seating capacity is scheduled for construction on this site.



## 14 Ariake Urban Sports Park

- Cycling (BMX Freestyle, BMX Racing) / Skateboarding

This course is planned for construction in the Ariake district, which is located in the stunning waterfront area close to the Athletes' Village and the Big Sight venue, which will house the IBC and the MPC. The venue will constitute one of the main centres for urban sports.



## 15 Ariake Tennis Park

- Tennis
- ▲ Wheelchair Tennis

This park area is widely known as the home of tennis in Japan. Surrounded by rich verdant greenery, the park houses 48 outdoor tennis courts and the Ariake Coliseum.



## 16 Odaiba Marine Park

- Aquatics (Marathon Swimming) / Triathlon
- ▲ Triathlon

The Odaiba Marine Park offers visitors a rich harmony of natural greenery, the ocean and stunning views of Tokyo's futuristic cityscape including the nearby Rainbow Bridge. During the Tokyo 2020 Games, a temporary venue will be set up in the park.



## 17 Shiohaze Park

- Volleyball (Beach Volleyball)

This park affords exquisite views of Tokyo's iconic Rainbow Bridge and the beautiful Tokyo Bay. During the Tokyo 2020 Games, a temporary venue will be set up in the park for the beach volleyball events.



## 18 Aomi Urban Sports Park

- Basketball (3x3 Basketball) / Sport Climbing
- ▲ Football 5-a-side

The Aomi Urban Sports Venue is a temporary venue in the waterfront Aomi district, and is also situated conveniently close to the Athletes' Village. With views across the iconic Tokyo Bay, this venue will serve as a symbol of our efforts to engage the youth of the world at the Tokyo 2020 Games.



Simulated image as of January 2019

## 19 Oi Hockey Stadium

- Hockey

This facility will be constructed in the Oi Pier Ocean Park. Plans are underway for the venue to be used for Hockey and as a multi-purpose sports facility after the 2020 Games.



## 20 Sea Forest Cross-Country Course

- Equestrian (Eventing)

This area of reclaimed land affords superb views of Tokyo Bay and Tokyo's dramatic cityscape. A temporary course will be constructed here for the Equestrian Cross Country competition during the 2020 Games.



Simulated image as of January 2019

## 21 Sea Forest Waterway

- Canoe (Sprint) / Rowing
- ▲ Canoe / Rowing

The rowing and canoe course will be constructed on this waterfront site, which is also located close to central Tokyo. Following the 2020 Games, the course will be used for international rowing and canoe competitions, and will become one of the premier locations in Asia for water sports.



Simulated image as of May 2016

## 22 Kasai Canoe Slalom Centre

- Canoe (Slalom)

The Canoe Slalom Course will be the first manmade course in Japan and will be newly constructed on land adjoining the Kasai Rinkai Park. After the 2020 Games, the facility will be used for a wide range of water sports and leisure activities.

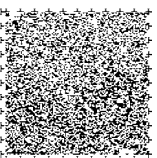
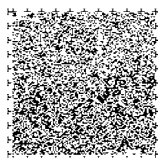


Simulated image as of January 2019

## 23 Yumenoshima Park Archery Field

- Archery
- ▲ Archery

An archery field will be constructed in the park area of the Dream Island site. Following the 2020 Games, the facility will house archery competitions and be used for a wide range of other activities.







Simulated image as of January 2019

#### 24 Tokyo Aquatics Centre

■ Aquatics (Swimming, Diving, Artistic Swimming)  
▲ Swimming

This venue will be newly constructed in the Tatsumi-no-Mori Seaside Park. Following the 2020 Games, the Tokyo Aquatics Centre will host domestic and international competitions.



#### 25 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.



#### 26/27/28 Makuhari Messe

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

This large-scale convention centre spans some 210,000 square metres and consists of three major zones – the International Exhibition Hall, the International Conference Hall, and the Makuhari Event Hall. The centre is located in Chiba City, Chiba Prefecture.



#### 29 Tsurigasaki Surfing Beach

■ Surfing

Surfing will be making its debut at the Tokyo 2020 Games, and competitions will be held here. Boasting world-class waves, this beach attracts lots of surfers each year. The beach is located in Ichinomiya town on Chiba Prefecture's Pacific coastline.



#### 30 Saitama Super Arena

■ Basketball (Basketball)

This facility, located in Saitama City, is one of Japan's largest multi-purpose venues, hosting sporting competitions, concerts, conferences and many other events.



#### 31 Asaka Shooting Range

■ Shooting  
▲ Shooting

The Shooting competitions for the Tokyo 1964 Games were also staged here. During the 2020 Games, an Olympic-standard temporary facility will be constructed at this site.



#### 32 Kasumigaseki Country Club

■ Golf

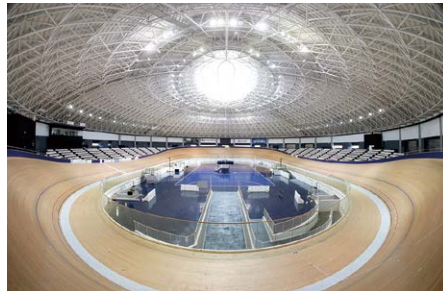
This golf course extends out across the verdant Musashino Hills. The club has a history spanning over 80 years, and the course was designed by golf architects who understood the importance of preserving and passing on the traditions of golf to future generations. The club is located in Kawagoe City, Saitama Prefecture.



#### 33 Enoshima Yacht Harbour

■ Sailing

The Enoshima Yacht Harbour is located in Fujisawa City, Kanagawa Prefecture and was constructed for use at the 1964 Games, making it yet another 1964 Olympic legacy venue. This venue is Japan's first-ever harbour capable of hosting water sport competitions.



#### 34 Izu Velodrome

■ Cycling (Track)  
▲ Cycling (Track)

This indoor venue located in Izu City, Shizuoka Prefecture, houses a 250m wooden cycling track that fully complies with the technical standards required by the Union Cycliste Internationale, the world governing body for cycling.



©Japan Cycle Sports Center

#### 35 Izu MTB Course

■ Cycling (Mountain Bike)

This off-road course, also located in Izu City, Shizuoka Prefecture, measures 2,500m in length with elevations of up to 85m.



#### 36 Fuji International Speedway

■ Cycling (Road)  
▲ Cycling (Road)

This is the closest circuit to the Greater Tokyo Area. In addition to being the most recent international motor race course, the venue also boasts the most up to date facilities for race personnel and members of the media, and is an excellent venue to host such a major international event.



#### 37 Fukushima Azuma Baseball Stadium

■ Baseball / Softball

Located in Fukushima City, Fukushima Prefecture, the stadium is part of the Azuma Sports Park, which is divided into four recreational spaces: the Sports Area, the Nature Area, the Family Area and the History Area. Baseball and Softball have been included in the Tokyo 2020 Games as additional events and some matches will be hosted here.



#### 38 Yokohama Baseball Stadium

■ Baseball / Softball

Located in Yokohama Park, Kanagawa Prefecture, the Yokohama baseball Stadium is Japan's first ever multi-purpose stadium. It also serves as home to one of Japan's professional baseball teams. Baseball and Softball have been included in the 2020 Olympic Programme as additional events, and the stadium will host several matches.



#### 39 Sapporo Dome

■ Football

This stadium is home to one Japanese professional football team and one baseball team. This all-weather dome-shaped stadium is located in Sapporo City in Japan's northernmost island of Hokkaido.



Simulated image of part of the Harumi area in 2020 (image of the area surrounding the Athletes' Village)  
\*Only permanent facilities are depicted

#### Olympic Village / Paralympic Village

The Athletes' Village, located in the Harumi waterfront district of Tokyo, will be developed on a 44-hectare plot. Its residential buildings are planned to be equipped with 18,000 beds during the Olympic Games and 8,000 beds during the Paralympic Games. After being temporarily used for the Games, the residential buildings will be renovated and sold as apartments together with newly constructed tower blocks.



#### 40 Miyagi Stadium

■ Football

The roof that covers spectator seating at the Miyagi Stadium was designed to evoke images of the crescent moon that adorned the helmet of Date Masamune, a 16th century feudal lord who reigned over an area that includes the present-day Miyagi Prefecture. The stadium is situated in the town of Rifu in Miyagi Prefecture and is mainly used to stage athletics competitions and football matches.



#### 41 Ibaraki Kashima Stadium

■ Football

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



#### 42 Saitama Stadium

■ Football

This stadium, located in Saitama City, Saitama Prefecture, is the largest dedicated football stadium in Japan and one of the largest in Asia.



#### 43 International Stadium Yokohama

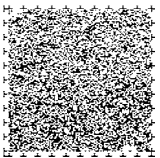
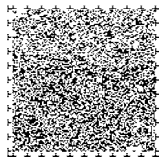
■ Football

Located in Yokohama City, Kanagawa Prefecture, this multi-purpose sports stadium boasts a seating capacity for 72,327 spectators – the largest seating capacity of any stadium in Japan.



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

Spanning some 265,700 square metres, Tokyo Big Sight is the largest convention and exhibition centre in Japan. During the Tokyo 2020 Games, the complex will house the International Broadcast Centre and the Main Press Centre.





In 2020, Tokyo will become the first-ever city to host the Paralympic Games for the second time. The Tokyo 2020 Games will serve as a wonderful opportunity to embrace diversity.

People from all over the world – with and without impairments – will gather in Tokyo. The Tokyo 2020 Paralympic Games will enable many people to witness firsthand the dynamic and breathtaking performances of the Para athletes, gain a real understanding of the rights and dignity of all people, and serve as a catalyst for Japan to become a fully-inclusive society.

1964

The designation “Paralympic” was first used at the Tokyo 1964 Games and derives from an idea to hold the International Stoke Mandeville Games for paraplegics in the same year and same country as the Olympic Games. The Tokyo 1964 Games served as the foundation to promote the social participation and independence of people with impairments in Japan.



©JPC



©JBFA

Along with delivering a successful Paralympics, the Tokyo 2020 Games aims to promote both tangible and intangible benefits including the creation of a physical barrier-free environment as well as a barrier-free mindset. Our ultimate aim is to create an urban environment in which everyone – regardless of any impairment – is able to lead a full and rewarding life.

2020

### “NO LIMITS CHALLENGE”

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



For details, please see

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

This is an event focused on experiencing Paralympic competitions.

**NO LIMITS** refers to the Para athletes pursuing their limitless potential in line with the Paralympic precept of not counting your losses, but maximising your remaining potential.

**CHALLENGE** points to events in which all are able to take part.

Let's experience the Paralympic Games, and see the passion, excitement and drama for ourselves!



The dynamic Paralympic sport demonstrated in front of Tokyo Station



A Games for everyone to enjoy – regardless of any impairment!

### “TEAM BEYOND”

Initiatives being taken by the Tokyo Metropolitan Government



For details, please see

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

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!



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.**



Miyagi Stadium (Football)

Torch Relay

The Flame of Recovery

Cultural Programme

Fukushima Azuma Baseball Stadium (Baseball / Softball)

Olympic Sports

Live Sites

Pre-Games Training Camps



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

■ “See you in Tokyo and Tohoku in 2020”

<https://tokyodouga.jp/en/10000000777.html>



For details, please see

■ “See you in Tokyo and Kumamoto in 2020”

<https://tokyodouga.jp/en/o2UJL2vxU-I.html>



For details, please see

## Restoring vitality to the affected areas through the power of sport

### “Road to Tomorrow – the 1000km Relay”

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

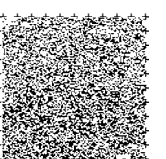


### “Young Athletes Participation Project”

Young athletes are taking part in a variety of activities in the affected areas aimed at supporting the recovery and reconstruction efforts. These include sports-related project with children and their parents.



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





A wide range of events are taking place across the country to encourage the public to become an integral part of the Tokyo 2020 Games. These events help to foster a sense of unity with the Games and inspire people throughout Japan to create the Games together.

7 September 2013  
Tokyo was elected as the Host City of the 2020 Games.



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

August-September 2016  
Flag Handover Ceremony at the Rio 2016 Games

At the Rio 2016 Closing Ceremonies, the Olympic and Paralympic flags were handed over to Tokyo – the Host City of the next Games.



The Olympic Flag



The Paralympic Flag

2018

2019

Towards  
the Tokyo 2020 Games

2020

2016

2017

### The Tokyo 2020 Medal Project

▶ p.23



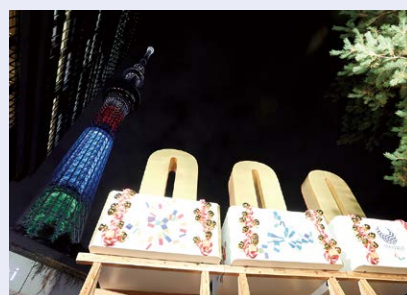
A press conference to launch the Tokyo 2020 Medal Project

### Countdown Events

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



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



Tokyo Skytree® was illuminated to mark the 1,000 Days to Go until the Paralympic Games countdown event

### 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.



Logo design to be used for Test Events hosted by Tokyo 2020

For details, please see



<https://tokyo2020.org/en/games/sport/testevents/>

Torch Relay ▶ p.22

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
- Ikebukuro West Gate Park
- Tokyo Metropolitan Government Building
- In the regions affected by earthquakes (Prefectures of Iwate, Miyagi, Fukushima, Kumamoto)"



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

For details, please see



<https://tokyo2020.org/jp/get-involved/livesite/> (Japanese language only)

### Tokyo 2020 Olympic and Paralympic Flag Tour

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



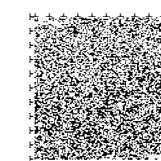
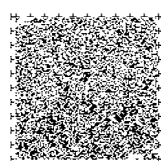
Flag Tour(Ogasawara)

### Tokyo 2020 Mascots

For the first time ever in the history of the Games, the Games mascots were selected in a voting process by elementary school children. Including overseas Japanese schools, a total of 16,769 elementary schools took part in voting.



Mascots unveiling ceremony





# 9 Participate in the Tokyo 2020 Games

## The Tokyo 2020 Participation Programme

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

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

\* 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**

Discover a new you!  
**Education**

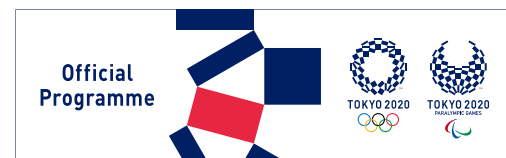
Showcasing Japan's leading-edge technologies  
**Economy & Technology**

Now is the time to forge new bonds  
**Recovery**

All for one, and one for all!  
**Nationwide Benefits & Global Communication**

### Official logo of the Tokyo 2020 Participation Programme

Projects and events authorised by the Tokyo 2020 Participation Programme will be provided with the logos 'Diversity', 'Connecting' and 'Participation' which form the basis of the Games emblems.



Tokyo 2020 Official Programme



Tokyo 2020 Support Programme

## Games Volunteers "Field Cast"

<https://tokyo2020.org/en/special/volunteer/>

The main tasks of the volunteers will be to act as guides for athletes, officials and spectators at Games venues before, during and after the Games. As such, they will play a vital role in supporting successful Games operations. A total of 204,680 people applied. A nickname for the Games and City Volunteers was respectively selected by the applicants: Field Cast for the Games volunteers. Orientation and training are taking place to prepare the volunteers for the Games.



An orientation session for Field Cast volunteers

## City Volunteers "City Cast"

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

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.



An interview session of City Cast volunteers

# 10 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



Announcement of catchphrase

### 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



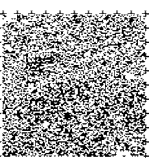
The Cultural Olympiad Night – part of the Tokyo 2020 Participation Programme – on Gyoko-dori Street which connects Tokyo Station to the Imperial Palace (26 November 2017)

## Tokyo Tokyo FESTIVAL

Initiatives being taken by the Tokyo Metropolitan Government

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

Since the Rio 2016 Games, the Tokyo Metropolitan Government has been developing its Tokyo Cultural Programme to include a wide variety of cultural themes. To further raise momentum and excitement for the Tokyo 2020 Games, the various cultural activities included in the Tokyo Cultural Programme will be promoted as the Tokyo Tokyo FESTIVAL, and along with strengthening our domestic and global communication capabilities, we are working to enhance our brand image.





# 11 Torch Relay, Opening and Closing Ceremonies

## Olympic Torch Relay

<https://tokyo2020.org/en/special/torch/olympic/>



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 aluminum (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.

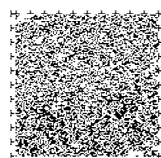
## The Flame of Recovery

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 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.



## Paralympic Torch Relay

<https://tokyo2020.org/en/special/torch/paralympic/>



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.



Centre: Mansai Nomura, Chief Executive Creative Director  
Left: Takashi Yamazaki, Executive Creative Director for the Opening and Closing Ceremonies of the Olympic Games  
Right: Hiroshi Sasaki, Executive Creative Director for the Opening and Closing Ceremonies of the Paralympic Games

# 12 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 Sustainability Concept of the Tokyo 2020 Games  
**Be better, together**  
For the planet and the people



The 17 sustainable development goals adopted at the United Nations in September 2015

## Tokyo 2020 Medal Project

<https://tokyo2020.org/en/games/medals/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.



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

## Japan Lumber Relay

[https://tokyo2020.org/jp/games/sustainability/village/\(Japanese language only\)](https://tokyo2020.org/jp/games/sustainability/village/(Japanese language only))

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.



Image as of October 2018. Subject to change.



# 13 Promoting “Smooth Biz”

## “Smooth Biz”

Initiatives being taken by the Tokyo Metropolitan Government

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



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

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

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

### ● Telework

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

### ● Flex-biz (flexible working/commuting hours)

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

### ● 2020 TDM

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



For details, please see



## 2020 TDM Promotion Project: “Let’s work together to reduce congested roads and trains.”

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

In August 2018, the TMG, the Japanese government and the Tokyo Organising Committee of the Olympic and Paralympic Games (Tokyo 2020) established the “2020 TDM Promotion Project” to implement the Transportation Demand Management (TDM) aimed at reducing transportation congestion during the Tokyo 2020 Games.

Seminars to present the details of TDM, individual consulting sessions and other initiatives are conducted to support the smooth implementation of TDM.

There is also a symbol mark created exclusively for this TDM project. All companies registered to participate in this project will be allowed to use the TDM mark.



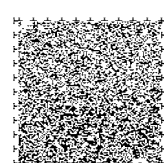
The project kick-off ceremony

# 14 The Economic Impact

## The Economic Impact of the Tokyo 2020 Games

\*TMG estimate (March 2017)

\*Target period:  
2013 (the year Tokyo's candidacy was declared) -  
2030 (ten years after the Tokyo 2020 Games)



### ● Economic impact

Tokyo  
Approx. **20** trillion yen.

Nationwide  
Approx. **32** trillion yen.

### ● Number of employment opportunities

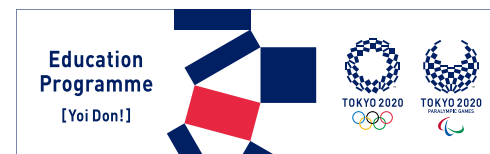
Tokyo  
Approx. **1.3** million people

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.



### TOKYO 2020 FOR KIDS

(Special website dedicated to the Tokyo 2020 Education Programme)

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

For details, please see



Tokyo 2020 Mascots visit a primary school in Fukuoka

### 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 Metropolitan Government Olympic and Paralympic Education webpage

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

For details, please see



Kick-off event for the Tokyo 2020 High School Speech Contest at a high school in Tokyo

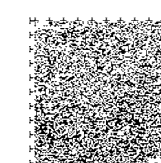
## Generating tangible and intangible legacies

<https://www.tokyo2020games.metro.tokyo.jp/taikaiyunbi/torikumi/legacy/index.html>

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

# Enhance your knowledge of the Olympic and Paralympic Games

## The Significance of the Olympic Games



Baron Pierre de Coubertin  
©PHOTO KISHIMOTO

Pierre de Coubertin is widely considered as the father of the modern Olympic Games. Among the many famous sayings attributed to him, “The most important thing in the Olympic Games is not winning but taking part” was not actually his own creation.

The Tug of War event at the London 1908 Olympics was the first of many that pitted the UK and US teams against each other. During a sermon at London’s St Paul’s Cathedral attended by the athletes, Bishop Ethelbert Talbot of Pennsylvania told the congregation, “The important thing in the Olympic Games is less to win than to take part ... the essential thing is not to have conquered but to have fought well.”

De Coubertin was immediately struck by these words, and at a banquet laid on by the British government, de Coubertin paraphrased the words of Bishop Talbot, adding, “... just as the most important thing in life is not the triumph but the struggle.”

Since that time, these famous words have come to be associated with Pierre de Coubertin and his expression of the Olympic ideals.

## Olympic Torch Relay



Lighting Ceremony of the Olympic Flame

The Olympic Flame did not become part of the tradition of the modern Olympics until the Amsterdam Games in 1928.

At the Amsterdam Games, a fire was lit at the top of a tower in the stadium, and was kept alight throughout the Games.

The Olympic Flame is ignited several months before the Opening Ceremony of the Olympic Games at the temple of the Goddess Hera at the site of the ancient Olympics in Olympia, Greece. The Flame travels briefly around Greece before being transported to the host country where it is carried by runners until it reaches the main stadium for the Opening Ceremony. During the Opening Ceremony of the Games, the final runners carry the Flame into the main stadium where the Olympic Cauldron is lit and kept alight until the official closing of the Games.



The final runner at the Tokyo 1964 Games  
©PHOTO KISHIMOTO

After intensive discussions, it was finally decided that a young athlete should be selected as the final torchbearer at the Tokyo 1964 Games.

Yoshinori Sakai, a 19-year-old athlete who was born in the outskirts of Hiroshima on 6 August 1945 – the day of the atomic bombing of that city – was selected as the final runner who would light the Olympic Cauldron. At the time, Sakai was a member of the athletics club at Waseda University. He was unable to fulfil his dream of being selected for the Japanese Olympic team, but was nevertheless able to make a major impact at the Opening Ceremony.

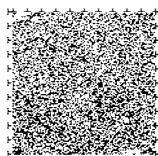
## The Olympic Symbol



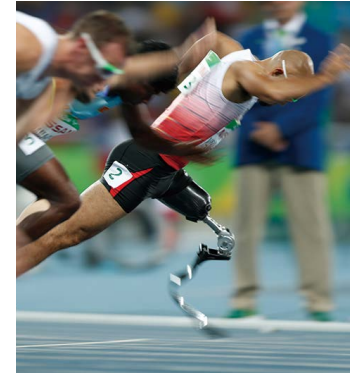
Among the Olympic Symbol is the five interlaced rings. These five rings represent the five continents (Africa, the Americas, Asia, Europe and Oceania).

The rings symbolise people from around the world coming together through sport in the spirit of peace.

The creator of the symbol, Baron Pierre de Coubertin, selected the colours of the Olympic rings (blue, yellow, black, green and red) and proposed they be displayed on a white background. These colours were selected because at least one of them was to be found on the national flag of every country in the world at that time.



## The Significance and Values of the Paralympics



The Paralympic Games present equal and fair opportunities for athletes with various impairments to demonstrate their abilities and provide a platform to showcase world-class performances. The Games do not focus on things that Paralympians cannot do, but rather highlight the innovation and creativity of the athletes in working out ways to ‘make it possible’. The Paralympians amaze us with their incredible performances, force people to reconsider the concept of impairment, and pave the way for the realisation of a fully-inclusive society.

The International Paralympic Committee (IPC) believes that the power of the Paralympians themselves constitutes the symbol of the Paralympic Games, and the core values at the heart of the Paralympic Movement are determination, inspiration, courage and equality.

## The Paralympic Games and Japan



Sir Ludwig Guttmann  
©PHOTO KISHIMOTO

Dr. Ludwig Guttmann was a neurologist at Stoke Mandeville Hospital in the UK. When treating soldiers who had suffered spinal injuries in World War II, he often incorporated sporting activities to aid recovery. On the day of the Opening Ceremony of the London 1948 Games, Dr. Guttmann arranged an archery competition at the hospital for 16 patients confined to wheelchairs. This competition was to become the origin of the Paralympic Games. In 1960, the International Stoke Mandeville Games were held in Rome, which was the host city for the 1960 Olympic Games, with 400 athletes from 23 countries taking part. After the founding of the International Paralympic Committee (IPC) in 1989, the IPC designated this Games as the first ever Paralympic Games.

Then, in 1964 the International Games for the Physically Handicapped was held in two separate parts immediately following the Tokyo Olympic Games. The first part was the 13th International Stoke Mandeville Games with 378 athletes from 21 countries taking part, and was later designated as the 2nd Paralympic Games. The second part was held in Japan for athletes with any kind of physical impairment. A total of 481 athletes competed at these Games.

The use of the term “Paralympics” was first used at the Tokyo 1964 Games. As the Games were initially aimed at wheelchair athletes, the term “Paralympic” derives from merging “para” from the word “paraplegic” and “Olympics.”

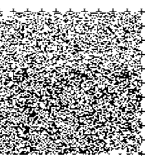
Later, from the Toronto 1976 Games, not only wheelchair athletes but all athletes with an impairment were able to compete in the Games, and today the term “Para” is associated with the word “parallel”.

## The Paralympic Symbol



The original Paralympic symbol was created after the founding of the International Paralympic Committee in 1989, and was used from the Lillehammer 1994 Games.

The current symbol that is in use today was first used at the Athens 2004 Games. This symbol is known as the three agitos (from the Latin meaning “I move”), and emphasises the role of the Paralympic Movement in bringing athletes together from all corners of the world to compete. The three colours of the agitos (blue, red and green) were chosen as they are the most commonly used colours on the world’s national flags.





## As of 3 June 2019

## The Worldwide Olympic Partners



For details, please see



for details, please see



[https://tokyo2020shop.jp/user\\_data/official\\_shop.php](https://tokyo2020shop.jp/user_data/official_shop.php)



The Tokyo Organising Committee of the Olympic and Paralympic Games  
Bureau of Olympic and Paralympic Games Tokyo 2020 Preparation, Tokyo Metropolitan Government

平成31年度登録(31)3号 / 19TMG0145004 (published in July 2019)