

# 6 Tokyo's Second Paralympic Games

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

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

# 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.

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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!

This is an event focused on experiencing Paralympic competitions.

**NOLIMITS** 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 energy of the Paralympic Games will be displayed across the city



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

For details, please see (only Japanese language) <http://no-limits.tokyo/>



### Initiatives being taken by the Tokyo Metropolitan Government "TEAM BEYOND"

An initiative aimed at enabling everyone to demonstrate their personality through Para sports. Anyone can become part of a team. You too can change the future through Para-sports.



For details, please see (only Japanese language)

<https://www.para-sports.tokyo/>



# 7 The Recovery and Reconstruction Games

During Tokyo's campaign to host the 2020 Games which began in 2011, the Tokyo 2020 Bid Committee advocated the power of sport to bring hope and dreams to the areas affected by the 2011 earthquake and tsunami.

The Tokyo 2020 Games will take place almost ten years after the great disaster, and the power of sport witnessed at the Games will make a major contribution to the recovery and reconstruction of the affected areas. We aim to use the Tokyo 2020 Games to communicate this to the world.

Along with bringing hope, dreams and aspirations to the affected areas, we also plan to use the opportunity afforded by the Games to communicate our sincere thanks to the international community for their support and encouragement in the aftermath of the disaster.

**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 affected Tohoku region and join the fun!**



Miyagi Stadium (Football)



Fukushima Azuma Baseball Stadium (Baseball / Softball)



Olympic Sports

Pre-Games training camps

Flag Tour

"See you in Tokyo and Tohoku in 2020"

Check out this video which shows how the power of sport is making a significant contribution to the recovery of the affected areas <https://www.youtube.com/watch?v=DVzUf2lW3wk>



## 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