

# Your participation will be most welcome!

You, as an individual, can participate in the “Tokyo 2020 D&I Actions”!

Take advantage of this opportunity to start your D&I actions in order to take a step forward towards our common goal; a diverse and inclusive society where everyone is free to live as who they are!

**STEP 1** Think your own actions for respect of diversity & inclusion.

**STEP 2** Post your commitment and actions to social media such as Instagram or Twitter with hashtags #TokyoAction #diversity #inclusion

You can post a selfie with paper where your actions are presented.

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## Examples of selfies with “My Action” paper

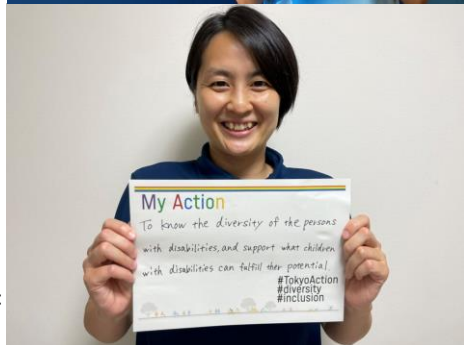
KOTANI Mikako  
Tokyo 2020  
Sports Director  
(Olympic Artistic  
Swimmer)



YAMAGUCHI Naohide  
(Paralympic  
Swimmer)



SHIBATA Ai  
(Olympic  
Swimmer)



KAWABUCHI Saburo  
Tokyo 2020  
Olympic Village  
Mayor  
(Olympic Soccer  
Player)

