



Summer Games

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Parisian Hat: Symbol of Freedom

Meet Olympic Phryge, the mascot of the Paris 2024 Olympics, inspired by the traditional small Phrygian hats (also known as liberty caps) worn throughout French history.

Chosen for its symbolic significance, both in design and name, Olympic Phryge embodies the values of freedom and represents the allegorical figures of the French Republic.

With its endearing design and evocative symbolism, Olympic Phryge captures the essence of liberty and embodies the spirit of the Olympic Games. Its distinctive Phrygian hat, adorned with the iconic cockade, pays homage to France's rich cultural heritage and its enduring commitment to freedom and equality.

Its colors are blue, white and red — the colors of the French flag — and it has the golden Olympic logo blazoned across its chest.

The anthropomorphic Phrygian cap that is the mascot for the Paralympics wears a running blade on one of its legs. It is the first time since 1994 that a Paralympic mascot has displayed a visible disability.

But Olympic Phryge is more than a mascot; it is a powerful symbol of unity and inclusivity, inviting people from all



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walks of life to come together and celebrate the Olympic spirit. Whether greeting visitors at Olympic venues or appearing in promotional materials and merchandise, Olympic Phryge serves as a beacon of hope and inspira-

tion for athletes and spectators alike.

The Phryge's motto is "Alone we go faster, but together we go further."

The selection of Olympic Phryge as the official mascot of the Paris 2024 Olympics

reflects a desire to honor tradition while embracing modernity, as well as a commitment to promoting the values of freedom, equality and solidarity. Through its presence and symbolism, Olympic Phryge will play a vital role in

fostering a sense of pride and unity among athletes, fans and spectators, leaving a lasting legacy that extends far beyond the Games themselves.

Mascots have long been an important part of the Olympic experience. Beyond their role as playful icons, they help to engage audiences, especially younger fans, by creating a sense of connection between spectators and the host city. They help to promote tourism, cultural exchange and international goodwill.

Moreover, mascots often promote the Olympic Games and its values to a global audience. Through their presence in marketing campaigns, merchandise and media coverage, mascots generate excitement and anticipation leading up to the games, driving ticket sales, sponsorship deals and media coverage. Their iconic status makes them valuable symbols to promote the Olympic brand and its message of peace, friendship and solidarity.

Past Olympic mascots have become a part of the games' history. From the lovable bear of the 1980 Moscow Olympics to the playful panda of the 2008 Beijing Olympics, each mascot has left a mark on the collective memory of fans around the world. They play a vital role in shaping the Olympic spirit.

Olympic Phryge stands ready to carry on the proud tradition of Olympic mascots, inspiring athletes and spectators alike with its message of freedom, unity and hope.

City of Love Welcomes Athletes

All eyes are on the iconic city of Paris this year, which is set to host the 2024 Summer Olympics.

France has hosted the modern Olympics more times than any country other than the United States and is looking to make this year's games a memorable one.

This Olympics features a diverse range of sports. From traditional favorites such as track and field, swimming and gymnastics, to newer additions such as skateboarding, surfing and sport climbing (which debuted in Tokyo in 2021), the range of competition is wider than ever. This year's new sport will be breakdancing, i.e., breakdancing. Paris will serve as the backdrop for these competitions, providing a stunning setting for athletes to showcase their talents on the world stage.

More than 10,000 athletes will compete in 329 medal events. The 45 sporting events will take place in 35 different venues in Paris and nearby cities. Surfing competitions will take place in Tahiti, which makes it the farthest an event has ever taken place outside the host city.

Olympics.com shares the following additional facts about this year's games:

- 350,000 hours of TV broadcast.
- 20,000 accredited journalists.



ANNE JEA/WIKIMEDIA COMMONS

- 31,500 volunteers.
- More than 600,000 meals served at Athlete's Village every day.

In addition to the sporting events themselves, spectators can look forward to a wide array of cultural activities and entertainment throughout the city. From art exhibits and live performances to culinary festivals and outdoor concerts, Paris will be buzzing with excitement and energy throughout the duration of the Games. Visitors can immerse themselves in the unique atmosphere of the host city,

exploring its iconic landmarks, charming neighborhoods and world-renowned cuisine.

The opening ceremony on Friday, July 26, promises to be a spectacular showcase of French culture and heritage. With dazzling performances, breathtaking visuals and a star-studded lineup of celebrity guests, the opening ceremony will set the tone for the entire games and capture the imagination of audiences around the world.

NBCUniversal has announced that Opening

Ceremony hosts will include Kelly Clarkson, Peyton Manning and Mike Tirico. For the Aug. 11 Closing Ceremony, they have recruited Jimmy Fallon, Tara Lapinski, Terry Gannon and Johnny Weir. Other correspondents and promo stars throughout the games will include Snoop Dogg, Paris Hilton, Dolly Parton, Megan Thee Stallion and Alex Cooper.

The 2024 Olympics will provide a platform for athletes to come together, celebrate their shared love of sport and inspire future generations

with their dedication, determination and sportsmanship.

As the countdown to the 2024 Summer Olympics continues, excitement keeps building for what promises to be an unforgettable event in the heart of one of the world's most beloved cities. Whether you're a die-hard sports fan, a culture enthusiast or simply someone looking to experience the magic of the Olympics firsthand, Paris welcomes you with open arms to join in the celebration of athleticism, unity and the Olympic spirit.

The Olympic Torch

The Olympic torch, a timeless symbol of unity and inspiration, embarked on its journey for the 2024 Summer Olympics from its birthplace in Greece where the earliest recorded games were held in 776 BC.

The torch relay, a tradition dating back to ancient Greece, kicked off with the lighting ceremony at the Temple of Hera in Olympia on April 16.

In a solemn and revered ceremony, the torch was ignited using the rays of the sun, focused by a parabolic mirror, by an actress embodying the role of a high priestess. The flame represents the purity and spirit of the games, symbolizing the values of peace, unity and athleticism.

From Olympia, the torch began its relay across Greece, passing through historic landmarks and bustling cities, carried by a diverse array of torchbearers. The first runner was Stefanos Ntouskos, the Greek Olympic gold medalist rower.

The Greek relay is about 3,106 miles and traverses Greece in 11 days with more than 600 torchbearers that include both elite athletes and members of the public. It ends at the Panathenaic Stadium in



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Athens, where the inaugural modern Olympics were first held in 1896. It arrived April 26 and the flame was passed to the Paris Olympic organizers.

Following the handover, the torch embarked on a 10-day journey across the Mediterranean, crossing the azure waters aboard a specially designed vessel, the Belem. The Belem is France's oldest three-masted schooner and was launched the same year as the modern Olympic Games.

The crew included 15 young adults from every region of France.

This maritime leg of the relay serves as a reminder of the interconnectedness of nations and cultures, as the flame traversed the seas that have linked civilizations for millennia.

Arriving on French soil, the torch relay continued its journey across the country, spanning cities, towns, and villages, with thousands of torchbearers

carrying the flame through bustling streets and scenic countryside. The route included 68 stages.

The climax of the relay comes with the arrival of the torch in Paris on July 26, where a grand ceremony awaits its triumphant entry into the city. The parade will go through the streets of Saint-Denis, passing the Basilica of Saint-Denis and then the Pleyel district.

From there, it wends through the Olympic Village

where athletes can admire it before it arrives at the Opening Ceremony.

The Olympic Torch Relay ends when it is carried into the Olympic Stadium and is used to light the cauldron, the official start of the 2024 Summer Olympic Games.

As the games unfold in Paris, the Olympic Torch will continue to burn brightly, serving as a reminder of the enduring legacy of the Olympic movement.

Observing the Olympic Truce

Dating back to ancient Greece, the Olympic truce is a symbolic call for peace and cooperation among nations during the Games.

In ancient times, the Olympic truce allowed athletes and spectators to travel safely to and from the Olympic Games, ensuring a period of peace and tranquility in the midst of conflict. It started in the 9th century BC where the kings would sign a treaty — also known as *ekecheira* — to bring all battles and wars to a halt for seven days before the games, throughout the games, and seven days afterward so everyone could travel safely.

Today, the Olympic truce continues to promote the ideals of peace and reconciliation. The idea was reinstated in 1992 by the International Olympic Committee.

The 2024 Olympic truce was officially declared by the United Nations General Assembly, with 118 votes in favor and two abstentions (Russia and Syria). The truce, which spans from seven days before the opening of the Games until seven days after the closing, calls for a cessation of hostilities and conflicts, allowing athletes and spectators to participate in the games without fear of violence or disruption.



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The resolution was made on Nov. 21, 2023, with the Paris Games President Tony Estanguet and IOC President Thomas Bach taking part in the 78th session of the General Assembly of the United Nations. The resolution is titled, “Building a peaceful and better world through sport and the Olympic ideal.”

Part of the resolution acknowledged that Paris 2024 is attempting to be the first Olympic games that achieves gender parity with equal numbers of female and male ath-

letes participating in the Olympic and Paralympic Games.

“This is why the athletes, the entire Olympic community, billions of people around the world — all of us are looking forward to the Olympic Games Paris 2024, which will truly be Olympic Games of a new era: more inclusive and more sustainable,” Bach said as part of his speech introducing the truce to the United Nations. “They will be the first Olympic Games with full gender parity. The first Olympic

Games inspired, planned and delivered in line with our Olympic Agenda reforms from start to finish.”

In 2022, Russia invaded Ukraine days after the closing ceremony of the Winter Olympics in Beijing, breaking the truce. Because of that, the IOC called for all international sports organizations to ban Russian and Belarus athletes from competitions and it ejected athletes from those countries from the Paralympic Games.

In 2023, the IOC said

Russian and Belarus athletes cannot represent those countries in the games, but individual athletes can qualify as neutral, unaffiliated competitors.

In April, 100 days before the Paris Olympics were due to begin, French President Emmanuel Macron vowed to pursue the Olympic truce despite ongoing wars in Gaza, Ukraine and the Sudan.

“We will work on an Olympic truce,” he said. “It is something on which I will actually try to engage many of our partners.”

Elite Athletes Compete

Hand-in-hand with the 2024 Olympics are the Paralympic Games.

This event shines a spotlight on the achievements of athletes with disabilities, showcasing their talent, determination and spirit on a global stage.

The Paralympic Games immediately follow the Olympics, running from Aug. 28 to Sept. 8. This is the first time that the Paralympic Summer Games have been held in Paris (the 1992 Winter Paralympics were held in France) and it will feature 22 sports, including individual and team events. More than 4,000 athletes from around the world will compete in 549 medal events. They have set up 11 venues in the city center for the Paralympics.

There will be live telecasts for all 22 sports — a first for the Paralympic Games.

SPORTS

The sports include para archery, para athletics, para badminton, blind football, bocce, para canoe, para cycling, para equestrian, goalball, para judo, para powerlifting, para rowing, shooting para sport, sitting volleyball, para swimming, para table tennis, para taekwondo, para triathlon, wheelchair basketball, wheelchair fencing, wheelchair rugby and wheelchair tennis.

No new sports were added since the 2020 Summer Paralympics, though the com-



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mittee received bids for golf, karate, para dance sport, powerchair football, CP football and sailing.

MEDALS AND EMBLEM

In February, the International Paralympic Committee unveiled the designs for the Paris medals. Similar to the Olympic medals, they feature an embedded original piece of iron from the Eiffel Tower in the shape of a hexagon. One side has the game logo while the other side has a “Paris 2024” stamped in braille. The braille stamp is a

tribute to French educator and inventor Louis Braille who invented the system for people who are blind.

Maison Chaumet designed the medals.

In a historic first, the emblem for the 2024 Paralympics is the exact same as that of the Olympics. The president of the games, Tony Estanguet, said it reflected the fact that both games share a single ambition, “In terms of legacy, we believe that in this country we need to strengthen the place of sport in the daily life of the people, and whatever

the age, whatever the disability or not, you have a place and a role to play in the success of Paris 2024.”

OPENING CEREMONY

The Opening Ceremony will take place at the Place de la Concorde and the Champs-Élysées. It will be, according to the ceremony’s artistic director Thomas Jolly, the first of its kind as it will be held outside the confines of a stadium.

“I look forward to creating this spectacle that will transform the heart of Paris, with

performances that have never been seen before,” Jolly said. “A spectacle that will showcase the Paralympic athletes and the values that they embody. A spectacle that will unite spectators and television audiences worldwide around the unique spirit of the Paralympic Games.”

It will launch with a parade involving up to 184 delegations from around the world. Efforts are being made to make sure that universal accessibility is built into all aspects of the ceremony for athletes, participants and spectators.

Refugees Compete

Since 2016, the International Olympic Committee has recognized the international refugee crisis by creating an Olympic Refugee Team.

First observed in Rio 2016 and then in Tokyo 2020, these athletes compete under the Olympic flag. The 2024 Games will feature a dedicated team of refugee athletes, symbolizing hope, resilience and the power of sport to transcend borders.

The inclusion of refugee teams in the Olympics is a testament to the International Olympic Committee's commitment to providing opportunities for athletes who have been displaced from their homes due to conflict, persecution or other humanitarian crises. It sends a powerful message of solidarity and support to refugees around the world, highlighting their talent and determination in the face of adversity.

IOC President Thomas Bach, said the refugee team sends a signal about how refugees enrich the Olympic community. "Watching them compete is a great moment for all of us, and we hope everyone will join. The athletes are welcome in our Olympic community, among their fellow athletes — competing with them, but also living with them together under one roof."



FERNANDO FRAZÃO, AGÊNCIA BRASIL/WIKIMEDIA COMMONS

The refugee team at the 2024 Paris Olympics will comprise athletes from different countries and backgrounds, all united by their shared experience of displacement. These athletes have overcome immense challenges to pursue their sporting dreams, often training in difficult conditions and facing uncertainty about their futures. By competing on the world stage, they inspire millions of people with their courage and resilience.

The original refugee team in 2016 included ten athletes who

were originally from Ethiopia, South Sudan, Syria and the Democratic Republic of Congo. In 2020, an Olympic scholarship for refugee athletes made it possible for more athletes to contribute. The program supported 56 refugee athletes from 13 countries who eventually made up a team of 29 athletes competing in 12 sports.

The teams are funded by Olympic Solidarity. It offers host countries the chance to identify refugee athletes living in their countries and to support them through training,

preparation and participation in high-level competitions.

The IOC is expanding its support of refugee athletes with the Olympic Refugee Foundation that aids displaced young people and helps give them access to sport. The Foundation helps refugee athletes even if they do not compete in the Olympic Games.

The refugee team at the 2024 Paris Olympics will carry with them the hopes and aspirations of millions of refugees worldwide. Their participation highlights the plight of refu-

gees and celebrates their strength, courage and humanity. It is a reminder that, regardless of their circumstances, refugees have the potential to achieve greatness and make a positive contribution to the world.

"This will be a symbol of hope for all refugees in the world and will make the world better aware of the magnitude of this crisis," Bach said. "It is also a signal to the international community that refugees are our fellow human beings and are an enrichment to society."

Meet the Athletes

The spotlight for the 2024 Summer Olympics is not only on established athletes but also on rising stars who are set to make their mark on the world stage.

These emerging talents represent a new generation of Olympians, driven by passion, determination and a hunger for success.

Keep your eyes peeled during the games for these breakout athletes:

Emma McKeon (Australia, swimming): With multiple Olympic medals under her belt, including gold in the 4x100m freestyle relay at the 2016 Rio Olympics, 29-year-old McKeon is poised to shine once again in Paris. She is an eight-time world record holder in relays. Known for her speed and versatility in the pool, she is a force to be reckoned with in both individual and relay events.

Armand Duplantis (Sweden, track and field): Born in Louisiana, this 24-year-old pole vaulter has already broken numerous records in the pole vault, including the outdoor and indoor world records. He is a strong contender for gold in Paris and is sure to captivate audiences with his gravity-defying performances. He is the Olympic champion in pole vaulting.



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Karsten Warholm (Norway, track and field): Warholm made headlines at the 2020 Tokyo Olympics when he shattered the world record in the men's 400m hurdles, cementing his status as one of the greatest hurdlers of all time. With his explosive speed and impeccable technique, he is a favorite to claim gold once again in Paris.

Sky Brown (Great Britain, skateboarding): Born in 2008, Brown is the youngest professional skateboarder in the world. With her fearless attitude and gravity-defying tricks, she has already made a name for herself in the skateboarding world and is sure to inspire a new generation of athletes. She is a British-Japanese skateboarder and surfer who competes for Great Britain. She also won the "Dancing with Stars: Juniors" U.S. show.



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Wang Zongyuan (China, diving): Wang is a rising star in the world of diving, known for his flawless execution and precision in the air. With his sights set on Olympic gold, the



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22-year-old is expected to dazzle audiences with his breathtaking dives and solidify his place among the sport's elite. In the 2020 games, he won a gold in the 3m synchro event and a silver in the 3m springboard.

Hafnaoui Ahmed (Tunisia,

swimming): Ahmed caused a sensation at the 2020 Tokyo Olympics when he won gold in the men's 400m freestyle, stunning the swimming world with his unexpected victory. With his raw talent and determination, he is poised to make a splash once again in Paris and prove that his triumph was no fluke.

Casey Kaufhold (United States, archery): The Pennsylvania native is hoping to be the first American woman since the 1976 Montreal games to win a medal in archery. She first took the Olympic stage at age 17 in 2020. Since then she has beat out the Olympic champion An San in both the 2021 and 2023 World Championships. With An San being eliminated from the Olympic team this year, Kaufhold could be the new gold medalist.