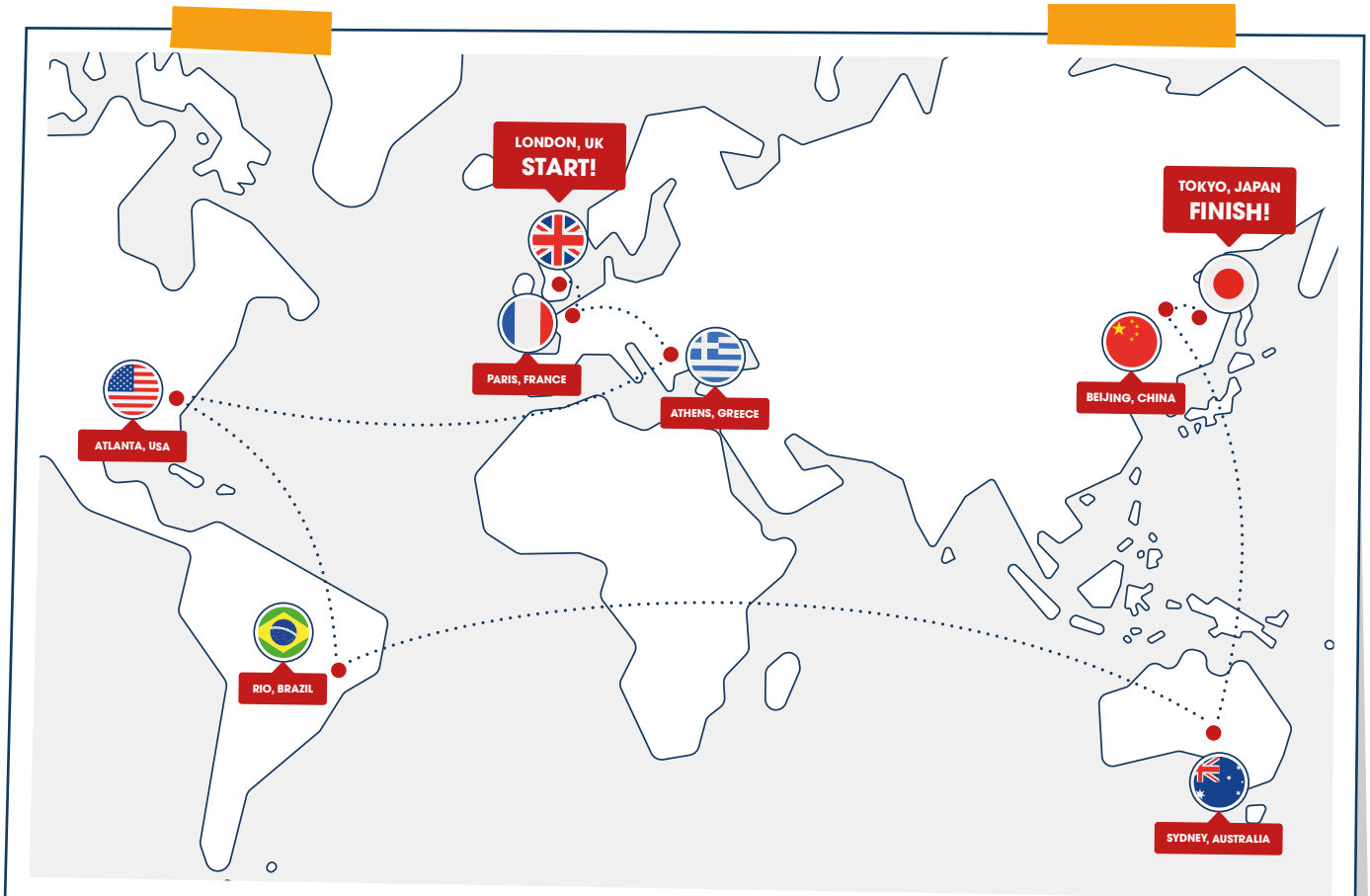


EMBARK ON AN ADVENTURE



To celebrate the Tokyo 2020 Olympic and Paralympic Games, we are going on a virtual trip from London to Tokyo!

By getting active and logging our activity, we will visit cities which have hosted an Olympic and Paralympic Games (or will do soon!).



LOG YOUR ACTIVITY

We will travel by getting active! Any physical activity you log on the website will take your school one step closer to Tokyo. Log your activity at: getset.co.uk/travel-tokyo/log-activity

EXPLORE NEW DESTINATIONS

This Travel Guide will help you to find out about the places on our route. All the activities can be logged too!

ENCOURAGE OTHERS

Our journey to Tokyo will be quicker if your family are active too. Ask them to take part in the activities with you to earn extra kilometres.

PACK YOUR BAG BEFORE YOU TRAVEL



Before you travel, you must pack everything you need for your journey.

On a real journey this includes clothes, toiletries, passport and money. On this virtual journey you need to **pack your values** – these will help you to get the most from your travels.

In your suitcase, write the three values you think you will need most:

INSPIRATION

FRIENDSHIP

RESPECT

COURAGE

EQUALITY

DETERMINATION

CURIOSITY

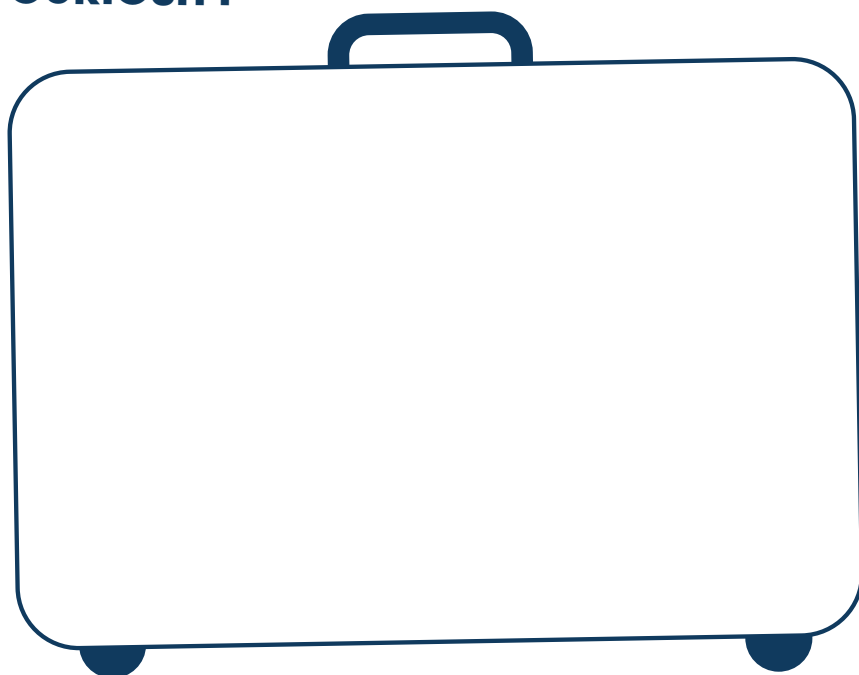
MOTIVATION

EXCELLENCE

SELF-BELIEF

CO-OPERATION

IMAGINATION



Design a luggage label: include your name and your values message.

HOW WILL THESE VALUES HELP YOU?

For example, you need **courage** to try new things.

The Olympic values are **respect**, **excellence** and **friendship**.

The Paralympic values are **determination**, **inspiration**, **courage** and **equality**.

