



STAVROS
NIARCHOS
FOUNDATION
CULTURAL
CENTER

ΚΕΝΤΡΟ
ΠΟΛΙΤΙΣΜΟΥ
ΙΔΡΥΜΑ
ΣΤΑΥΡΟΣ
ΝΙΑΡΧΟΣ

CALENDAR OF EVENTS

05-06.2018



MUSIC ESCAPADES

**George Gaudy &
Irene Skylakaki**



DANCE SEMINARS

Gaga/people

PARKLIFE

Locomondo

**Rue Lepsius
by Nikos Xydakis**



MUSIC
ESCAPADES

**Alex
Dante:**

F. Chopin's
Nocturnes



MUSIC
ESCAPADES

**Thee Holy
Strangers**



May Day at
Stavros Niarchos Park

**The Swingin'
Cats**



**Lullaby
Project**

In collaboration with Carnegie Hall

SNFCC.org



/SNFCC

#SNFCC

SUMMER

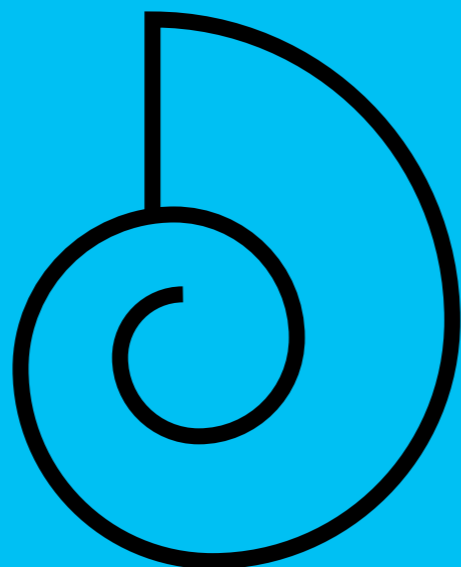
NOSTOS

FESTIVAL

by **ΙΣΝ / SNF** ΙΔΡΥΜΑ ΣΤΑΥΡΟΣ ΝΙΑΡΧΟΣ
STAVROS NIARCHOS FOUNDATION

MUSIC, DANCE,
SPORTS, GAMES

17-24.6



FREE ADMISSION
SNFestival.org

Summer's coming and so is Summer Nostos Festival!

Once again, this summer, Summer Nostos Festival will be waiting for residents and visitors from 17 to 24 June, with music, dance, art performances, educational and sporting activities, and contemporary art events, jam-packed in an explosive week.

Organized by the Stavros Niarchos Foundation (SNF), once a year the Summer Nostos Festival returns to the Stavros Niarchos Foundation Cultural Center (SNFCC) - which the SNF has created, with love and conviction, and continues to support as the exclusive donor.

From spectacular mezzo-soprano Joyce DiDonato to the long-awaited comeback of Stereo Nova, from timeless Greek diva Anna Vissi to the legendary John Cale, and from Animal Collective to the stunning Kronos Quartet, SNFCC morphs into a festival cosmos in which everyone can find something right up their alley, have new experiences and bring back cherished summertime memories.

SNF's 7th International Conference on Philanthropy will also be held at the same time in conjunction with the Festival. Participation in both Summer Nostos Festival and the conference is free. You can find more information at SNFestival.org and at the Festival's print program.

All of us at SNFCC give our best efforts to prepare the ground for this great summer celebration, setting the tone with concerts by Locomondo, the unique Lullaby Project, which is jointly organized with Carnegie Hall and featuring simultaneous concerts in Athens and New York, plus Music Escapades, SNFCC's Readers Theater and other events and activities.

Summer Nostos Festival is organized and supported by exclusive grant by SNF, with SNFCC's collaboration, and hosted at SNFCC.

All SNFCC events listed in this program have been organized by SNF's exclusive grant.

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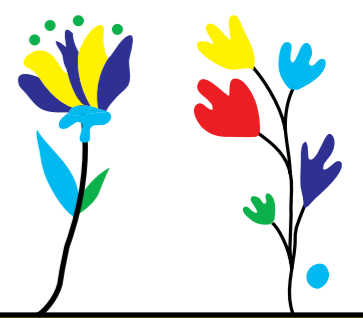
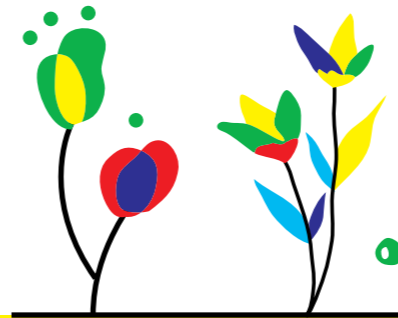
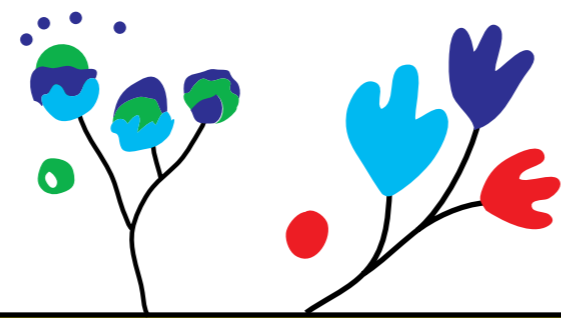
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May Day at Stavros Niarchos Park

Tuesday 01/05 | 11:00-16:00 → STAVROS NIARCHOS PARK



Stavros Niarchos Park is waiting for you on May 1 to celebrate the coming of spring with music, dancing and flower wreaths.

The Swingin' Cats

Tuesday 01/05 | 12.30 → GREAT LAWN 1



The Swingin' Cats will be there with timeless swing and rock and roll music! Incisive guitar riffs and beats set the rhythm, and brass horns soar in the primal, uplifting shake rhythms.

A dance-inducing music program that revives a wide range of tunes from the Greek and international repertoire in a cinematic set. Music that will take us back to the good old times, with a happy mood to suit this day full of flowers!

The Swingin' Cats are:

- Evgenia Liakou**, vocals
- George Zervos**, vocals, electric guitar
- Stathis Paraskevopoulos**, contrabass
- George Kourelis**, keyboards
- Dimitris Kalonaros**, drums
- Dimitris Karagiannis**, saxophone
- Vangelis Katsarelis**, trumpet

May Flower Wreaths

10.30-12.30 & 13.00-15.00 → SOUTH PATHS 3

Up to 30 adults per workshop by pre-registration at snfcc.org

We design and make traditional May flower wreaths, after taking a walk in Stavros Niarchos Park for colorful inspiration.

Design-Implementation:
Margarita Myrogianni, Artist

Looking for May

11.00-12.15 & 12.30-13.45 → GREAT LAWN 1

Up to 20 families per hour by pre-registration at snfcc.org

May is hiding as best he can in the Park, while children and grownups make up teams and devise plans how to find him and offer him his wreath!

Design-Implementation:
Regeneration & Progress

May Facepaint

11.00-16.00 → PINE GROVE 2

Children's faces, filled with spring color, welcome May! Our beloved face painters are once again in Stavros Niarchos Park for May Day to fill children's faces with color and joy!

Animated May Day Flowers

11.30-15.30 → LABYRINTH 4

Up to 40 participants per 30' session
Registration starts at 11.00 and 13.00 at the event location.

On May Day, Playroom welcomes children to a transformative workshop! Using recyclable materials, we will make three-dimensional flowers for their wreaths and belts, as well as complete outfits to wear, which will make the Park's visitors take children for lavender and sage!

Design-Implementation: Playroom

My Wind Spinner is Blooming!

11.30-14.30 → NLG KIDS LAB 11

For children of all ages and their parents - up to 30 participants per 60'
Pre-registration at 11.00 (for the 11.30 and 12.30 workshops) and at 13.00 (for the 13.30 workshop)

Children of all ages explore and depict shapes, colors and forms, making a colorful wind spinner in full bloom, in this free creative workshop.

Design-Implementation:
Christina Tsinisizeli, Artist

Circus Dayz

12.00-13.00 → AGORA 12 & GREAT LAWN 1

Exciting stilt walkers, jugglers, acrobats and mimes will enchant all ages.

Rue Lepsius by Nikos Xydakis

C.P. Cavafy - A Musical Portrait
Based on poetry by Dionysis Kapsalis

Organized by
Stavros Niarchos Foundation
Cultural Center in collaboration
with the Greek National Opera

The songs are performed by **baritone**
Tasis Christogiannopoulos and **Nikos Xydakis**.

Narrator: **Manos Eleftheriou**
Piano – Orchestration: **Dimitris Bouzanis**

Wednesday 02/05 & Thursday 03/05 | 20.30 → GNO ALTERNATIVE STAGE 13

Featuring the soloists:
Michalis Porfyris, cello
Alexandros Botinis, cello
Elli Philippou, cello
Myrto Dimitroulopoulou, cello
Angelos Koulouris, double bass
Panos Dimitrakopoulos, qanun
Thomas Konstantinou, oud

Kostas Meretakis, percussion
Nektarios Stamatelos, ney
Nabil-George Al Sayegh,
egyptian song

Video projection:
In Cavafy's Home
by **Lizzie Kalligas**

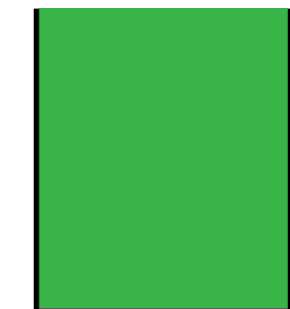
The great Greek composer **Nikos Xydakis** is coming to the **Alternative Stage of the Greek National Opera at SNFCC** to present **Rue Lepsius**, a modular cycle of songs and music inspired by the life of **Constantine P. Cavafy**.

A musical portrait that seeks to evoke the personality of the man and to capture the fascination exerted upon us by the world of his poetry.

The songs illustrate individual episodes and incidents of his life, with references to Istanbul, the streets of Alexandria, his fragile eroticism, the Rue Lepsius home, the hospital in Athens. Cavafian echoes or excerpts from his poems are seamlessly incorporated into the songs.

This is the music of the city in which the poet lived. Of Alexandria. Heard as it echoes from the houses and cafes through the streets, or performed by street musicians.

Free admission with electronic pre-registration at SNFCC.org
Admission is allowed to children over 6 years of age



ParkLife

Parklife outdoor concert series at Stavros Niarchos Park welcomes the summer with a great party, featuring Locomondo.

Locomondo

Saturday 26/05 | 21.00 → GREAT LAWN 1

Wild beats, partying, dancing, singing, beach, summer – these are just a few of the words that spring to mind when listening to Locomondo.

The band will go on stage on the Great Lawn to perform their top hits as well as new songs, bringing the audience together to dance and enjoy the music! Locomondo's music mix fuses reggae, ska, Latin, rock and Greek traditional sounds, combined with greek-language lyrics by Markos Koumaris, which are loved by young audiences and not so young ones alike. With songs such as **"It's never cold in Greece"** and **"Magic Carpet"**, one thing is for certain – all we can do is keep dancing.

In Locomondo's own words, **"I want you to be there!"**

Visitors are advised to bring insect repellent, a mat, blanket, or other similar item for sitting on the ground.



Music Escapades

In May, Music Escapades continue to explore and highlight the Greek alternative music scene, proposing three different directions.

Thee Holy Strangers

Saturday 05/05 | 21.00 → PANORAMIC STEPS 15

Thee Holy Strangers were formed in late 2013 by well-known artists of the Athenian scene (The Last Drive, Dustbowl, Nightstalker etc), seeking to capture the sounds and images of the city. In their live performances, they pursue the joyful union that only rock and roll can offer, with their own arresting mix – **kozmic swamp music**: dark Americana, soul and urban blues, a soundtrack for a liberating walk in landscapes of the heart and the city.

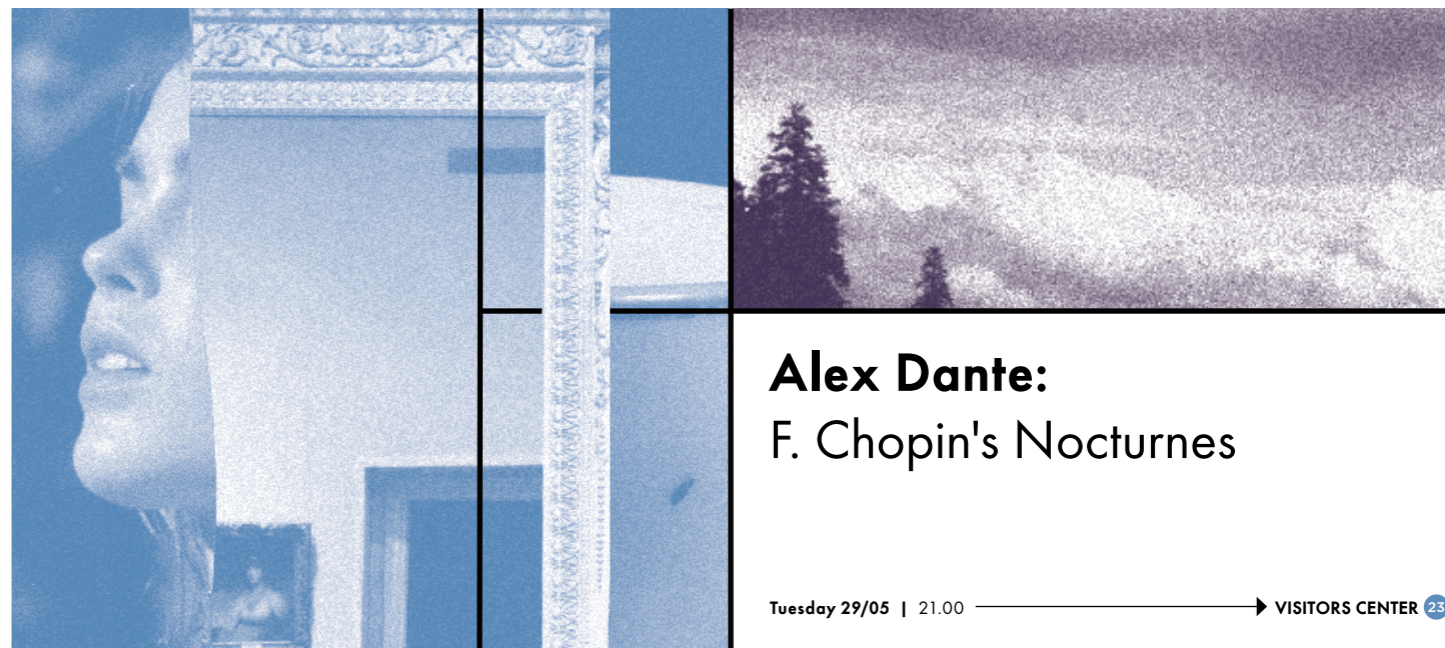
Having released a 7-inch (*Fiery Road/Trouble on Trouble*) along with the zine *Fractal Press*, in late 2015 they released their first album to critical acclaim. They are currently preparing new material to perform on stage before taking it into the studio.



Thee Holy Strangers:

Alex K. (The Last Drive, ex-The Earthbound), vocals, guitar, harmonica
T-Nick (Dustbowl), guitar
John Hardy (Dustbowl), pedal steel guitar, acoustic guitar
Costas C. a.k.a **Digital Alkemist** (Night On Earth, ex-Nightstalker, Blend Sextet), drums

Flora Ioannidi (Ludmilla, ex-Make Believe), vocals
Tasos Paleologou a.k.a. **Virgil Kane** (Dream Long Dead, ex-Down 'n' Out, 700 Machines), bass



Alex Dante: F. Chopin's Nocturnes

Tuesday 29/05 | 21.00 → VISITORS CENTER 23

George Gaudy & Irene Skylakaki

Friday 11/05 | 21.00 → PANORAMIC STEPS 15

After many hours talking and exchanging ideas in London, George Gaudy and Irene Skylakaki return to Greece to present their new material in a double-bill concert. Irene Skylakaki will present her third solo album, *Matterless*, with a more prominent electronic element, songs from her two earlier personal albums, *Wrong Direction* and *Before Dawn*, and cover versions of her favorite songs.

With a new sound, signed by British producer Danton Supple (Coldplay, Soulsavers, Ian Brown, Morrissey, Patti Smith, The Doves), Irene returns to Athens, flanked by renowned Greek artists in a unique band.

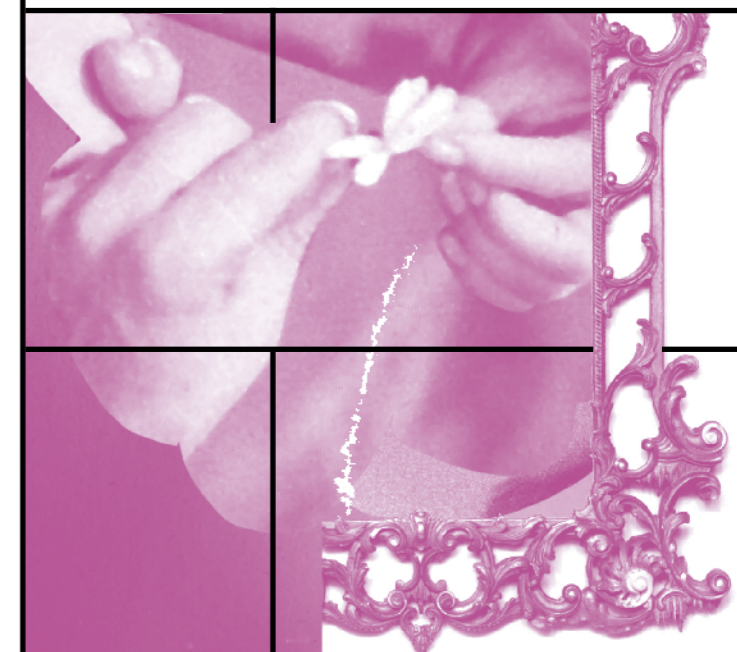
George Gaudy presents his new EP, *The World (To Me) / The Sunshine Kid*, slated for release in Greece and the U.K. before the SNFCC concert, as well as earlier music, influenced by jazz through to psychedelic rock and from classical to folk music.

Irene Skylakaki band:
Tryfon Koutsourelis, keyboards
Giorgos Panagiotopoulos, violin
Michalis Porphyris, cello
Jason Voulgaris, guitar
Yannis Lambropoulos, sound

Music Escapades continue with Alex Dante, a.k.a. Alexander Dandoulakis, who is on a musical mission to develop his solo approach to the electric guitar.

The use of effects and two amplifiers in stereo creates a massive sound field that offers new possibilities for solo guitar. Building around Frédéric Chopin's *Nocturnes*, as well as pieces by Erik Satie, Sergei Rachmaninov and Wes Montgomery, Alex Dante has redefined his personal sound profile, questioning the existence of discrete music genres.

He has worked with many important Greek and international artists, including Bill Frisell, Monophonics, Allan Zavod (Frank Zappa & the Mothers), Soul Jazz Orchestra, Thievery Corporation, Radio Moscow.



10° Ibero-American Literature Festival in Athens



Saturday 09/06 → NLG BOOK CASTLE 11

Established in 2008, the Ibero-American Literature Festival in Athens (LEA) promotes intercultural dialogue between the countries of the Iberian Peninsula and Latin America, and Greece, and familiarizes the Greek public with these countries' literature and arts.

Opening ceremony, 10th LEA Festival

19:00-19:30

Once again this year, LEA's opening takes place at Stavros Niarchos Foundation Cultural Center. Addresses will be made by Petros Markaris, Honorary President, LEA Festival, the Ambassador of Venezuela and Dean of GRULAC's ambassador group of Latin American and Caribbean countries, the Ambassador of Brazil, also representing Portugal, as well as representatives of the Maria Tsakos Foundation, Cervantes Institute, Abanico, LEA Festival and Athens 2018 International Book Capital.

Discussion: The art of novel writing

19:30-21:00

The novel is an infinite universe, aspiring (as all novelists do) to embrace everything. Now at least four centuries old, if we consider the appearance of Don Quixote as the definitive recognition of the genre in readers' awareness, the novel, constantly morphing, is also constantly at the forefront of literary news. Three acclaimed novelists, Héctor Abad Faciolince, Javier Cercas and Rea Galanaki, talk about the art (or rather the arts) of writing a novel in the early 21st century. The discussion is moderated by translator, professor Konstantinos Palaiologos.

Simultaneous interpretation will be provided.

Under the auspices of the Embassy of Spain, the Embassy of Colombia in Italy and Writers' Society, and with the support of Acción Cultural Española and the Colombian Honorary Consulate in Athens



Lullaby Project In collaboration with Carnegie Hall

Friday 01/06 | 21.00 → GNO STAVROS NIARCHOS HALL 13

Stavros Niarchos Foundation Cultural Center, Carnegie Hall and El Sistema Greece jointly produce two simultaneous events in Athens and New York, for the first time in Greece, as part of Lullaby Project.



Free admission by pre-registration at www.snfcc.org

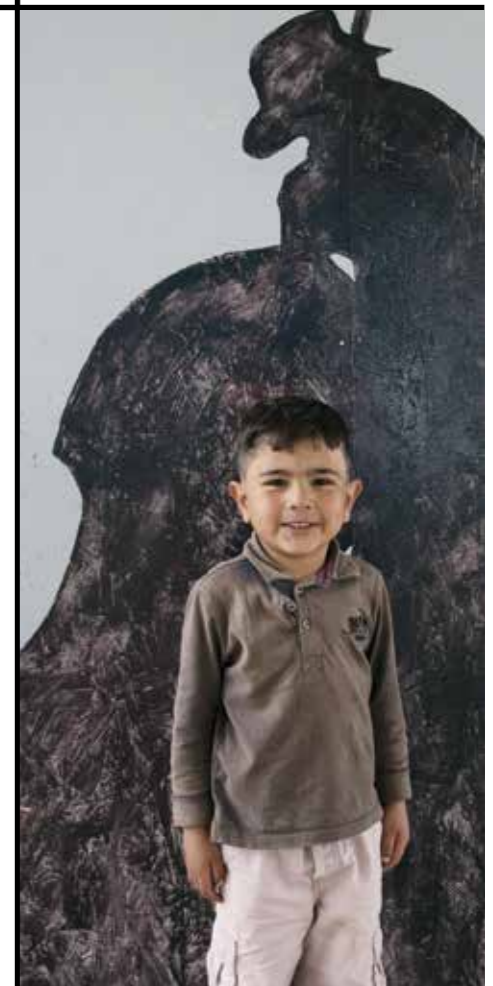
No late seating can be offered at events without intermission.

Established in December 2011 in New York City by Carnegie Hall's Weill Music Institute, Lullaby Project pairs pregnant women and new mothers with professional artists to write and sing personal lullabies for their babies. supporting maternal health, aiding child development, and strengthening the bond between parent and child. In New York City, the project reaches mothers in hospitals, foster-care settings, homeless shelters, schools, and at Rikers Island Correctional Facility. Extending across the country the Lullaby Project enables partner organizations to support families in their own communities.

Envisioning music as a means towards social inclusion and cohesion, in 2018 Lullaby Project arrives in Greece and collaborates with El Sistema Greece, a non-profit music education organization for children in vulnerable situations and refugee communities, and harnesses the power of music to foster social inclusion and promote education. Five mothers who live in refugee communities are paired with five composers: They write and sing lullabies in a new common language, resonating with their own traditions.

Seeking to strengthen parent-children bonds, Lullaby Project, in partnership with El Sistema, operates as a unique meeting platform for people regardless of origin, nationality or religion.

The fruits of this unique partnership will be presented on Friday 1 June, with two simultaneous performances taking place at SNFCC in Athens and at the Carnegie Hall in New York, eliminating distance through dialogue.



Parabases:
SNFCC's
Readers Theater

In commemoration of the centennial of the end of World War I, SNFCC's Readers Theater presents a staged adaptation of Jaroslav Hašek's classic satirical novel *The Good Soldier Švejk*.



The Good Soldier Švejk by Jaroslav Hašek

Performed by **Dimitris Piatas**

Sunday 06/05 | 20.00 → LIGHTHOUSE 14

And this quiet, unassuming, shabbily dressed man is actually the good old soldier Švejk; that heroic, dauntless man who was the talk of all citizens in the Kingdom of Bohemia when they were under Austrian rule, and whose glory will not pass away even now that we have a Republic.

This landmark in Czech literature, and one of the most brilliant satires in the history of world literature, tells the adventures of the simple-minded dog vendor Joseph Švejk, called during World War I to defend the Austro-Hungarian Empire, of which the Czech lands were a part.

Jaroslav Hašek (1883-1923) was drafted into the Austro-Hungarian army, surrendered to the Russians and went on to support the October Revolution, before returning illegally to his country in 1920 to write a novel, left unfinished at his death, which went down in literary history as one of the most subversive anti-war literary works. He composed a sarcastic, relentlessly humorous celebration of humanity, powerless against the absurdity of war.

Dramaturg - Director: **Efi Theodorou**

Dimitris Gogas, trumpet
Christos Yakkas, trombone

No late seating can be offered at events without intermission.



Food: need, enjoyment, communication or art?

Wednesday 23/05 | 17.30 → GNO LEVEL 5A 24

During the seventh event of the Stavros Niarchos Foundation's monthly series, DIALOGUES, food connoisseurs will utilize every "ingredient" available, in an enticing discussion on the various emotions brought about by food, but also on the ritual surrounding its preparation, consumption and enjoyment.

Where is the fine line where food stops covering our most basic, everyday needs and becomes a vehicle of communication and inspiration? Renowned chefs and representatives of the food industry will provide answers to questions such as "do we feel full after a meal because of the quantity or the quality of the food?" and "does flavor know any boundaries?"

DIALOGUES is a monthly series of events organized by the Stavros Niarchos Foundation, through which the Foundation intends to present individuals, as well as civil society representatives, who inspire through their work, actions and vision, coming from different fields, backgrounds, and countries.

Disrupting Polarization: The Work of the Stavros Niarchos Foundation Agora Institute at Johns Hopkins University

Wednesday 20/06 | 09.00 - 13.00 → GNO STAVROS NIARCHOS HALL 13

On June 20th, the Stavros Niarchos Foundation Agora Institute at Johns Hopkins University, in collaboration with the SNF, will host a workshop to examine how ideological division and partisanship are pulling at the fabric of democracy around the world. Last summer, the SNF and Johns Hopkins University announced the joint conception of this new \$150 million interdisciplinary institute, established to explore ways to reinvigorate civic engagement and civil discourse - the bulwarks of healthy democracy - in the 21st century. The workshop, "Disrupting Polarization" will introduce the type of work the Institute will be undertaking - from exploring the decline of modern dialogue and decision-making, to sharing lessons learned on promoting open discussion to proposing innovative reforms to reverse the corrosive deterioration of norms.

The SNF Agora Institute workshop will be held as part of the SNF's monthly series, DIALOGUES

The events are open to the public on a registration basis at www.SNF.org.

Furthermore, events are live streamed and are available on demand in both video and podcast format on the SNF's website.



Gaga / people

Dance seminars

Friday 29/06, Saturday 30/06, Sunday 01/07
Two courses per day, 19.00–20.00, 20.30–21.30

→ BALLET STUDIO GNO 13

In June, the SNFCC in cooperation with the Embassy of Israel presents a special workshop for those who love and want to explore dance and movement, whether they are experienced or not.

Gaga is a movement language which Ohad Naharin, one of the most preeminent contemporary choreographers and Artistic Director of the Batsheva Dance Company, developed over the course of many years and which is applied in daily practice and exercises by the Batsheva Dance Company members, the language of Gaga originated from the belief in the healing, dynamic, ever-changing power of movement, and it continues to evolve today.

Gaga is a new way of gaining knowledge and self-awareness through your body. Gaga provides a framework for discovering and strengthening your body and adding flexibility, stamina, and agility while lightening the senses and imagination. Gaga raises awareness of physical weaknesses, awakens numb areas, exposes physical fixations, and offers ways for their elimination. The work improves instinctive movement and connects conscious and unconscious movement, and it allows for an experience of freedom and pleasure in a simple way, in a pleasant space, in comfortable clothes, accompanied by music, each person with himself and others.

Gaga/people classes are open to people ages 16+, regardless of their background in dance or movement.

Gaga/people classes last for one hour and are taught by dancers who have worked closely with Ohad Naharin. Teachers guide the participants using a series of evocative instructions that build one on top of the other. Rather than copying a particular movement, each participant in the class actively explores these instructions, discovering how he or she can interpret the information and perform the task at hand. Gaga/people classes offer a creative framework for participants to connect to their bodies and imaginations, increase their physical awareness, improve their flexibility and stamina, and experience the pleasure of movement in a welcoming, accepting atmosphere.



Participants should wear comfortable clothes and be prepared to dance barefoot or in socks. It is advisable to bring a bottle of water and a towel for use after class.

*No previous dance experience is needed.
Specific number of participants per lesson.
Pre-registration at snfcc.org*



Social Ballroom Mambo

Saturday 19/05 | 19.00 class, 20.00 party → LIGHTHOUSE 14

SNFCC's Social Ballroom series organizes an evening dedicated to Mambo – the dance style born in Cuba in the late 1940s, which took New York and the world by storm. Brass, percussion, bass and piano combine in music that makes millions of people all around the world get up and dance.

The Mambo evening starts at the Lighthouse, with the experienced Stella Dance Art company in an open class where everyone, regardless of age and level, will have a chance to experience this dance craze and learn the fast and spicy steps. The evening culminates in a big dance party to the sounds of band extraordinaire Loca Latina and DJ Nicos Koronakis – everyone is invited!

All you need is energy, movement and dynamism – in a word: Mambo!

Stella Dance Art company was founded by Stella Koutsoulidou, Greek champion in the Top Ten of Latin dancers at the World Latin Dance Cup. Specializing in Latin dances, she has performed around the world, with seminars and many other distinctions under her belt.



PARK YOUR CINEMA

TO REMEMBER (AND) TO LOVE

Two anniversary film couplings usher in Park Your Cinema 2018 at the Great Lawn: Nora Ephron's *Sleepless in Seattle*, starring Tom Hanks and Meg Ryan, which celebrates 25 years from its theater premiere this year, together with a film that was inspired by it – the timeless romantic comedy *A Great Love* by Leo McCarey, starring Cary Grant and Deborah Kerr. Two evenings lying on the grass under the Attic sky – something to remember fondly, for sure.

Park Your Cinema Kids also features an anniversary screening of animated film *Finding Nemo*, Pixar's record-breaking box-office hit, which in May this year celebrates its 15th anniversary from its theater premiere. And could there be a better pairing than its 2016 sequel, *Finding Dory* – a perfect opportunity to get to meet the adorable forgetful fish. One thing's for certain: Pop culture will never forget it.

Program curated by: **Elias Frangoulis**

Visitors are advised to bring insect repellent and a mat, blanket, or other similar item for sitting on the ground.

Park Your Cinema open-air screening series at the Stavros Niarchos Cultural Center, returns for the third consecutive summer season, offering viewers opportunities to discover, or enjoy on a big screen, films that have offered indelible moments of fun around the world for decades.



An Affair to Remember (1957)

Monday 28/05 | 21.00 → GREAT LAWN 1

He is on the cusp of getting married; she is committed to a relationship, but not in love. Fate brings them together aboard a transatlantic ocean liner. They vow to reunite six months later on a date at the top of the Empire State Building. Is their love meant to be? Although a remake of 1939 film *Love Affair* (by the same director!), this version became a huge hit and remains in collective memory as one of Hollywood's most iconic romantic comedies. It is ranked by the American Film Institute as the fifth Best American Film in the category, just below *Casablanca*, *Gone with the Wind*, *West Side Story* and *Holiday in Rome*. Nominated for 4 Oscars

Directed by: Leo McCarey



PARK YOUR CINEMA KIDS

Finding Nemo (2003)

Sunday 27/05 | 21.00 → GREAT LAWN 1

Little Nemo has lost his mom but lives happily with his dad and friends in their home in the Great Barrier Reef. Captured by a scuba diver, he ends up in a fish tank in a dentist's office in Sidney, Australia! Academy Award winner for Best Animated Feature in 2004, the film struck a chord with audiences of all ages, becoming the biggest box-office hit of all time (until then) in the category. Now ranking in the Top 10 of best animated films by the American Film Institute. Let's not forget, of course, that this is where we first met Dory.

Directed by: Andrew Stanton, Lee Unkrich



Sleepless in Seattle (1993)

Friday 01/06 | 21.00 → GREAT LAWN 1

After Chicago-based architect Sam Baldwin loses his wife, he and his eight-year-old son start a new life in Seattle. Seeing his father still grieving, the boy makes him go to a national radio talk show and voice his pain. He is immediately besieged by hundreds of women listeners reaching out to meet him. One of them, a Baltimore journalist who is engaged to marry another man, sends him a letter proposing they meet atop the Empire State Building, inspired by the movie *An Affair to Remember*. An instant classic, a landmark romantic comedy, nominated for two Oscars.

Directed by: Nora Ephron

Finding Dory (2016)

Saturday 02/06 | 21.00 → GREAT LAWN 1

Little Dory gets separated from her parents as a child, but she has trouble remembering even her own name as she suffers from short-term memory loss. Her quest to find her parents (where they might have been one year before), takes her to meet with old friends and make new ones, who swear never to give up trying to get Dory's family reunited. Focusing on the memorable supporting character from the original 2003 film, *Finding Nemo's* sequel became an even bigger box-office hit for Pixar Studios, which had to count upwards of one billion dollars for a second time, after *Toy Story 3* (2010).

Directed by: Andrew Stanton, Angus MacLane

Activities for Adults and Children



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Kayaking the Canal p.20



Computer courses for people 65+ p.23



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SPORTS & WELNESS

Monday-Friday (except Tuesday 01/05 and 17-26 June)
08.00-10.00
18.00-21.00

RUNNING TRACK 6

Fitness for everyone

Experienced physical education instructors are available at the outdoor gym to offer advice and training recommendations, and provide your personal fitness evaluation. You can sign up for a personalized program including aerobic exercise, muscle enhancement, flexibility exercises and rehabilitation.

Design-Implementation: Regeneration & Progress

Saturday 05, 12, 19, 26/05 & 02, 09/06
08.30-10.00

RUNNING TRACK 6

For people aged 15-70 (up to 50 participants)

Teenagers aged 15-18 must have written parental/guardian consent to participate

SNFCC Running Team

The running's friends join forces in a team that trains every Sunday under the guidance of experienced endurance coaches. The goal is to improve individual performance through group training and group support.

Design-Implementation: Regeneration & Progress

Monday 07, 14, 21, 28/05
18.00-19.30
Tuesday 08, 15, 22, 29/05
08.00-09.30
Thursday 03, 10, 17, 24, 31/05
08.00-09.30
Friday 04, 11, 18, 25/05
18.00-19.30

GREAT LAWN 1

(up to 30 participants)

Yoga in the Park

Yoga helps coordinate physical movement and mental processes through gentle practice involving breathing, asana postures and relaxation, in order to gain self-control and concentration, peace of mind, and develop positive thinking.

Design-Implementation: Regeneration & Progress

Saturday 05, 12, 19, 26/05 & 02, 09/06
Sunday 06, 13, 20, 27/05 & 03, 10/06

CANAL 16

(up to 15 participants per 60' by pre-registration at snfcc.org/events)

09.00-10.00 | ages 6-9 & 6-14 mentally impaired*
10.00-11.00 | ages 9-12
11.00-12.00 | ages 17+ and adults
12.00-13.00 | ages 12-17 and adults & 14+ mentally impaired*
13.00-14.00 | ages 17+ and adults & 14+ mentally impaired*
*They must be accompanied by an adult

Sailing the Canal

The Kalamaki Yacht Club presents a series of interactive sailing events on different types of boats, both in the Canal and on shore, featuring innovative educational activities for children and adults.

In co-operation with: Kalamaki Yacht Club

Monday 07, 14, 21, 28/05
07.45-09.00
Wednesday 02, 09, 16, 23, 30/05
07.45-09.00, 18.00-19.00
Thursday 03, 10, 17, 24, 31/05
18.00-19.00, 19.00-20.00
Friday 04, 11, 18, 25/05
07.45-09.00

GREAT LAWN 1

(up to 30 participants)

Mat Pilates

A creative way to keep in shape focusing on strengthening the body's core, which helps us to maintain correct body posture and improves flexibility and balance. Pilates exercises help improve mood and eliminate stress. Suitable for men and women of all ages and levels, Pilates takes place on a mat, using props.

Practitioners must wear comfortable clothing and bring their own pilates mat.

Design-Implementation: Regeneration & Progress

Saturday 05, 12, 19, 26/05 & 02, 09, 30/06
17.30-20.00
Sunday 06, 13, 27/05 & 03, 10/06
17.30-20.00

CANAL 16

For children aged 10+ and adults

(up to 20 participants per 30' by pre-registration at snfcc.org/events)

*Children under 15 years old must be accompanied by an adult

Kayaking the Canal

This course aims to familiarize children and adults with kayaking. Enjoying water sports in the Canal is a great way to get to know the SNFCC!

Participants are advised to bring a second pair of clothes with them.

Design-Implementation: Regeneration & Progress

If you are taking part in an outdoor activity during the day, we encourage you to wear a hat and bring an insect repellent with you.



Wednesday 02, 09, 16, 23, 30/5
09.00-10.15
Thursday 03, 10, 17, 24, 31/05
18.00-19.15

LABYRINTH 4

Qigong 50+

Age-old Chinese practice suitable for all fitness levels, in a program designed specifically for people over 50. Qigong combines mild, slow, repetitive movement with kinesthetic concentration, meditation, and breathing control.

Design-Implementation: Regeneration & Progress

Wednesday 06, 27/06
09.00-10.15
Thursday 07, 28/06
19.00-20.15

MEDITERRANEAN GARDEN 10

For ages 50+ (up to 30 participants)

Pétanque

A sport for fun, wellness and socializing, the game of petanque promotes accuracy, coordination and concentration. Competitors, one-on-one or team against team, try to get as close as possible to a target, by throwing boules.

Design-Implementation: Regeneration & Progress

Sunday 06, 13, 20, 27/05 & 03, 10/06
12.00-14.00

ESPLANADE 17

Check your bike

Cyclists are invited to ride their bikes to SNFCC for a free bicycle clinic and tune-up by qualified pros in a suitably equipped area. Learn how to look after your bike, how to get the best seating position, how to fine-tune the bike to your body - last but not least, get advice on any cycling equipment and accessories you may need.

Design-Implementation: MBike

SPORTS & WELNESS

Tuesday 08, 15, 22, 29/05
18.00-19.15
Saturday 05, 12, 19, 26/05
08.30-09.45

GREAT LAWN 1

Tuesday 05/06
19.00-20.15
Saturday 02, 09/06
08.30-09.45

MEDITERRANEAN GARDEN 10

Tai Chi

An ancient Chinese martial art evolved into a pleasant and low-intensity form of exercise. Slow, focused movement and deep breathing help to reduce stress and anxiety, while increasing flexibility and balance. Tai Chi is suitable for all ages and all fitness levels.

Design-Implementation: Regeneration & Progress

Wednesday 09/05
18.30-21.30

VISITOR CENTER 23

Wednesday 06/06
18.30-21.30

SPORTS & WELNESS

Wednesday 23/05
17.30-19.00
19.00-20.30

(up to 20 participants on a priority basis)

NLG MULTIFUNCTIONAL ROOM 11

Sunday 20/05
18.30-20.00

MEDITERRANEAN GARDEN 10

Sunday 10/06
18.30-20.00

SOUTHERN WALKS 3

(up to 20 participants on a priority basis)

Sunday 27/05
09.00-11.00

RUNNING TRACK 6

Start and Finish Line

Teams of two persons
(up to 30 teams over 15 years of age, by pre-registration at snfcc.org/events)

First-aid course

Learn how to give first aid and find out about immediate and effective treatment of health problems and symptoms that can threaten human life. A non-certified training is offered for heart attack and drowning incidences, as well as the use of an Automated External Defibrillator. Lastly, participants will have a hands-on experience with the use of specifically designed models/ preforms.

Design-Implementation: Regeneration & Progress

Open Air Hoop Dance

Hoop dance is one of the most popular workout methods. In the Open-Air Hoop Dance lab, we will learn hoop tricks and flow essentials, and enjoy the Stavros Niarchos Park facilities by expressing ourselves through colorful hoops!

Hoops will be available for all participants.

Design-Implementation: Sunny Diz

Hot Triathlon III

Hot Triathlon returns to SNFCC once again to impress both participants and Stavros Niarchos Park visitors. Running, rowing, steps – new challenges await the teams.

Design-Implementation: Regeneration & Progress

Sunday 20/05
09.00-14.00

CANAL 16

SUP & Kayak Demos

The Hellenic Canoe-Kayak Federation co-organizes Canoe-Kayak and SUP demos with Federation athletes, aiming to acquaint SNFCC visitors with these sports.

Design-Implementation: Regeneration & Progress, Hellenic Canoe-Kayak Federation

NATURE

Saturday 12/05
11.00-14.00

PINE GROVE 2

(up to 30 participants on a priority basis)

Saturday 02/06
17.00-20.00

MEDITERRANEAN GARDEN 10

Talking about the Park's plants:

The Park's Summer Vegetable Garden I & II

Mediterranean summer vegetables and wild vegetables are delicious and tasty, come in a wide variety, and can be enjoyed either raw or cooked, adding color and boosting flavor in our salads and other recipes. We learn about their history, high nutritional value, as well as about the soil and microcosm in our garden, and get tips for growing them.

Design-Implementation: Panagiotis Papadopoulos, Agronomist MSc

Sunday 06, 13, 20, 27/05
13.00-14.30
Sunday 03, 10/06
13.00-14.30

(up to 30 participants on a priority basis)

VEGETABLE GARDEN 20

The Greenfingers

In this activity, adult participants learn everything they need to take good care of their plants.

May topics: Plant identification, vegetable growing, pruning, fertilizing

June topics: Plant health care, watering, weed control, sustainability in the garden

Design-Implementation: Stamatias Kavassilis, Agronomist – Soil Specialist
Stavroula Katsoyanni, Agronomist – Landscape Architect

Saturday 19/05
12.00-13.30
Monday 04/06
19.00-20.30

MEDITERRANEAN GARDEN 10

Healing Gardens

Participants will discover the Park's Mediterranean plants through touch, learning to identify their distinctive characteristics. They will also identify many aromatic species through taste and smell, associating them with personal memories.

Design-Implementation: Stamatias Kavassilis, Agronomist – Soil Specialist
Stavroula Katsoyanni, Agronomist – Landscape Architect

TECHNOLOGY

Monday-Friday
11.00-12.00
12.30-13.30
14.00-15.00

(except from Tuesday 01/05 and 17-24/06)

(up to 16 participants on a priority basis)

NLG PC LAB 11

Computer courses for people 65+

Courses intended for users with no previous experience who seek to familiarize themselves with using a computer and learn how to perform basic tasks and web browsing – skills that will enable them to carry out everyday tasks.

*This course is geared towards novice users aged 65+ as well as everyone wishing to gain a basic mastery of the subject.

Monday 07, 14, 21, 28/05
18.30-20.30
Monday 04/06
18.30-20.30

(up to 16 participants by pre-registration at snfcc.org)

(self-contained sessions)

NLG PC LAB 11

Introduction to mobile photography

Familiarize yourself with the basics of composing a photo as well as using a mobile phone to shoot professional-quality photos.

Design-Implementation: Foundation

*Familiarity with a mobile phone and basic familiarity with the camera app required

Thursday 03, 10, 17, 24, 31/05
18.30-20.30
Thursday 07/06
18.30-20.30

(up to 16 participants by pre-registration at snfcc.org)

(self-contained sessions)

NLG PC LAB 11

Making smart graphics for the social media

Online graphic creation and editing using original effects and contemporary styles for personal or commercial use on social media, using free software.

Design-Implementation: Foundation

*Familiarity with a web browser and the internet required

ARTS & CRAFTS

Friday 04/05 & Monday 14/05
18.00-21.00

For future and new parents and their babies up to 8 months old

NLG BOOK CASTLE 11 (up to 25 participants by pre-registration at snfcc.org/events)

Knitted Sculpture: Union

This series is inspired by artistic practices reviving traditional handicrafts, inviting new and future parents to discover the relaxing craft of knitting during the first year of parenthood as a medium to tell their personal stories. In this workshop, participants knit together in pairs and then join their knits into a common knit – a wreath of colorful yarns.

Design-Implementation: Very Young Contemporary Art (VYCA)

Wednesday 16, 23/05
18.00-20.00

PINE GROVE 2

The seminar is addressed to people aged 65+, with or without motor disabilities, and their companions

Percussion circle for ages 65+

A musical encounter to unite and unleash the creative energy of a powerful group. In a playful mood, the group comes into contact with rhythm, singing and movement through relaxation exercises, breathing techniques and music movement games.

Design-Implementation: QUILOMBO LAB

Friday 08/06
18.00-21.00

MEDITERRANEAN GARDEN 10

For future and new parents and their babies up to 8 months old

(up to 25 participants by pre-registration at snfcc.org/events)

Knitted Sculpture: Male-Female

Contrary to the belief that knitting is women's business, this craft is believed to have been developed by fishermen around 200BC and remained a male occupation for hundreds of years. Contemporary artist Orly Genger makes handcrafted sculpture by knitting, using overly "male" materials, such as boat rope and fishing net. In this farewell lab, we knit men's and women's summer hats, using cotton yarns and rattan in different colors.

Design-Implementation: Very Young Contemporary Art (VYCA)

Wednesday 02, 09, 16, 23, 30/05
18.00-19.30
19.30-21.00

NLG KIDS LAB 11

Wednesday 06/06
18.00-19.30
19.30-21.00

(up to 15 participants per workshop on a priority basis)

Trial labs: Bookmarks in Art History

This month, we open the book on the page of the Dada movement, exploring the work of the French-German sculptor Hans Arp. Inspired by this artist's organic forms, we discover plasticity in art, making our own sculptures using clay and recyclable materials.

* Participants can bring their own recyclable/common materials to incorporate into their sculptures.

Design-Implementation: Christina Tsinisizeli, Artist

IDEAS LAB

Tuesday 08, 15, 22, 29/05
18.00-20.00

NLG MULTIFUNCTIONAL ROOM 11

For adults aged 50+ (up to 20 participants on a priority basis)

Workshop for those who forget a little or a lot

Under the guidance of experienced instructors, we join in games that combine mental and physical exercise with mental activation. This course is aimed at men and women over 50 who want to keep active and stay healthy!

Design-Implementation: Regeneration & Progress
Scientific Supervision: Athens Association of Alzheimer Disease and Related Disorders



SPORTS & WELLNESS

Sunday 06, 13, 20, 27/05
11.00-12.00
Sunday 03, 10/06
19.00-20.00

LABYRINTH 4

Yoga Kids

A child-centered, play-based approach, focusing, not on perfect execution, but on teaching children how to control their bodies, breathing and thinking, and how to relax even as they gain strength, flexibility and self-confidence.

Design-Implementation: Regeneration & Progress

Saturday 05, 12, 19, 26/05
Sunday 06, 13, 20, 27/05
12.00-13.15
Saturday 02, 09, 30/06
Sunday 03, 10/06
10:30-11:45

RUNNING TRACK 6

Artistic gymnastics

Children get to know their bodies and abilities through artistic gymnastics coupled with games and fun!

Design-Implementation: Regeneration & Progress

Sunday 06, 13, 20, 27/05
18.00-19.15
Sunday 03, 10/06
18.00-19.15

GREAT LAWN 1

Sports games

Action, interactive and musical movement games in the form of team sports provide opportunities to collaborate, communicate and stimulate physical well-being.

Design-Implementation: Regeneration & Progress

Saturday 05, 12, 19, 26/05
Saturday 02, 09/06
17.30-18.45

VISITORS CENTER 23

Learning to play as a team

Children learn the value of co-operation by creating teams that aim to complete a unique mission. To achieve this, they need to show trust and harness each team member's capabilities. Through non-competitive games, communication, and team exploration, kids will realize that joy lies not only in the victory itself.

Design-Implementation: Regeneration & Progress

Saturday 05, 12, 19, 26/05
19.00-20.30
Saturday 02, 09/06
19.00-20.30

GREAT LAWN 1

Family games

An entertaining activity that's all the rage, with games specially designed for both young and old. Parents are encouraged to play and collaborate with their children in the Park, sharing their educational stimuli and developing their imagination.

Design-Implementation: Regeneration & Progress

Saturday 05, 12, 19, 26/05
Saturday 02, 09, 30/06
18.00-19.15

RUNNING TRACK 6

Sporting duels

Action games for fun and fitness in the Park. Put on your running shoes and join the fun!

Design-Implementation: Regeneration & Progress

SPORTS & WELLNESS

Saturday 05, 12, 19, 26/05 & 02, 09, 30/06 17.30-20.00
Sunday 06, 13, 27/05 & 03, 10/06 17.30-20.00

For children aged 10+ and adults
 (up to 20 participants per 30' by pre-registration at snfcc.org/events)

CANAL 16

*Children under 15 years old must be accompanied by an adult

Saturday 05, 12, 19, 26/05 & 02, 09/06 09.00-10.00
Sunday 06, 13, 20, 27/05 & 03, 10/06 10.00-11.00

09.00-10.00 | ages 6-9 & 6-14 mentally impaired*
 10.00-11.00 | ages 9-12 and adults
 11.00-12.00 | ages 17+ and adults
 12.00-13.00 | ages 12-17 and adults & 14+ mentally impaired*
 13.00-14.00 | ages 17+ and adults & 14+ mentally impaired*
 *They must be accompanied by an adult

CANAL 16

(up to 15 participants per 60' by pre-registration at snfcc.org/events)

Kayaking the Canal

This course aims to familiarize children and adults with kayaking. Enjoying water sports in the Canal is a great way to get to know the SNFCC!

Participants are advised to bring a second pair of clothes with them.

Design-Implementation: Regeneration & Progress

Sailing the Canal

The Kalamaki Yacht Club presents a series of interactive sailing events on different types of boats, both in the Canal and on shore, featuring innovative educational activities for children and adults.

In co-operation with: Kalamaki Yacht Club

Saturday 05, 12, 19, 26/05 & 02, 09/06 08.30-10.00

For people aged 15-70 (up to 50 participants)

RUNNING TRACK 6

Teenagers aged 15-18 must have written parental/guardian consent to participate

SNFCC Running Team

The Park's running friends join forces in a team that trains every Sunday under the guidance of experienced endurance coaches. The goal is to improve individual performance through group training and group support.

Design-Implementation: Regeneration & Progress

If you are taking part in an outdoor activity during the day, we encourage you to wear a hat and bring an insect repellent with you.

Sunday 13/05 10.30-11.30

GREAT LAWN 1

For children with or without mental disability

(up to 15 participants)

Sunday 27/05 10.30-11.30

VISITORS CENTER 23

For children with or without physical disability

(up to 15 participants)

Playing Sports Together

Given that movement plays a key role in the lives of all children, this program aims to actively engage children, especially those with physical disabilities, in adapted sports to improve their fitness and increase their motor activity. Boccia, sitting volleyball, athletics, wheelchair basketball, dance are some of the sports waiting for you!

Design-Implementation: Regeneration & Progress

Sunday 27/05 18.00-19.30
Sunday 03/06 18.00-19.30

GREAT LAWN 1

For children aged 9-12 (up to 25 participants)

Capoeira Kids

A popular art form from Brazil, capoeira can be a self-complete, fun pedagogical tool able to help children develop their motor, social and psycho-emotional skills. Aiming for harmony, practitioners use controlled movement, avoiding to strike the opponent. There are no winners or losers in capoeira: Rather than competition, the goal is cooperation.

Design-Implementation: QUILOMBO LAB

SCIENCE

Friday 11/05 18.30-19.30

NLG KIDS LAB 11

STEM in action

Equipped with appropriate skills, young engineers are ready to transition from mechanical to electric power, as well as examine energy conversion. They learn how to use electric motors and sensors so they can program their constructions and build their first automation.

Design-Implementation: STEM

For children aged 8-10 (up to 20 participants)

Equipped with appropriate skills, young engineers are ready to transition from mechanical to electric power, as well as examine energy conversion. They learn how to use electric motors and sensors so they can program their constructions and build their first automation.

Design-Implementation: STEM

Friday 04/05 18.00-19.00

NLG KIDS LAB 11

STEMath

STEMath Training Program is a groundbreaking system for the interactive and experiential understanding of mathematics. Pupils become researchers, formulating their own questions and seeking solutions, with discreet guidance by specially trained instructors, discovering key mathematical concepts appropriate to their age.

Design-Implementation: STEM

For children aged 4-6 (up to 20 participants by pre-registration at snfcc.org/events)

STEMath Training Program is a groundbreaking system for the interactive and experiential understanding of mathematics. Pupils become researchers, formulating their own questions and seeking solutions, with discreet guidance by specially trained instructors, discovering key mathematical concepts appropriate to their age.

Design-Implementation: STEM

Sunday 27/05 10.00-14.00
Sunday 10/06 17.00-21.00

For children aged 10+ and families

Children must be accompanied by an adult

VISITORS CENTER 23

Bike safety

Tips for kids and adults to move safely when riding a bicycle. Before every ride, specialized bicycle mechanics inspect bicycles for any minor repairs required. Participants can bring their own bicycles or rent an SNFCC bike.

Design-Implementation: MBike

Saturday 19/05 18.30-20.00

MEDITERRANEAN GARDEN 10

For children aged 6-12 (up to 20 participants)

Hoop Dance Party

Hula hoop is a perennial kids' favorite. Good for them, too, as it enhances physical coordination, balance and alertness of mind. In this workshop, children will have the opportunity to learn new tricks playing their beloved game, while exercising their minds and bodies, and having a blast in the process!

Hula hoops will be available for all participants.

Design-Implementation: Sunny Diz

Sunday 03/06 18.30-20.00

SOUTHERN WALKS 3

For children aged 6-12 (up to 20 participants)

Friday 25/05, 18.30-20.30
Saturday 30/06, 18.30-20.30

WATER JETS 8

For children aged 5-12, (up to 20 participants per workshop)
 Participation is free-of-charge, on a first come, first served basis

Safe Water Sports Education Program

Now that summer is approaching, join us for Safe Water Sports to learn how to enjoy water and have fun safely. Take a virtual swim at the gorgeous Safe Water Sports Beach, along with your favorite Playmobil sets, and learn how to stay safe on the beach and in the water. Identify the dangers lurking on our model beach, along with Octopus Safe, and tell your stories using Story Cubes.

Design-Implementation: Safe Water Sports



SCIENCE

Friday 18/05
17:00-17:30
17:40-18:10 | ages 3-4
18:30-19:00
19:10-19:40 | ages 5-6

(up to 10 children and 10 parents per session by pre-registration at snfcc.org/events)

NLG KIDS LAB 11

Mechanical Garden

Kids and adults collaborate to build a colorful garden of manual or motorized constructions made of straw, in an experiential workshop that enhances fine mobility skills and problem solving, and kindles the imagination! The constructions are made using Strawbees in combination with worksheets.

Design-Implementation: GAMELY

Friday 01/06
17:00-17:30
17:40-18:10 | ages 3-4
18:30-19:00
19:10-19:40 | ages 5-6

(up to 10 children and 10 parents per session by pre-registration at snfcc.org/events)

MEDITERRANEAN GARDEN 10

Magnet Fishing

After making their own magnetic fish and fishing rods, young and old fish together in the revolving water tank, in an improvised version of the popular game. Making their own toy tools and developing their own rules, children hone both their technical skills and intellectual capacities in an activity that promotes cooperation and teamwork.

Design-Implementation: GAMELY

NATURE

Sunday 06, 13, 20, 27/05
10.30-12.00

For children aged 5-9
(up to 25 participants)

VEGETABLE GARDEN 20

The Park's Little Gardeners

In May, the scents and colors of nature enchant us into an exciting journey of discovery and exploration in the Park. The Park's Little Gardeners are ready to take action this month, too, exploring the Park, identifying seasonal flowers, watching the insects, learning all about bees and planting vegetables.

Design-Implementation:
Stavroula Katsoyanni, Agronomist-Landscape Architect
Stamatis Kavassilis, Agronomist-Soil Specialist

Saturday 05/05
12.00-14.00

For children aged 10-14
(up to 20 participants)

NLG KIDS LAB 11

Plan the Green City

Traveling to cities - imaginary and real, old, modern and futuristic - we discover how a city is organized, and what makes it sustainable. Drawing inspiration from the world around us, children turn their ideas into reality and plan their own city.

Design-Implementation: architecture4kids



Sunday 03, 10/06
10.30-12.00

For children aged 5-9
(up to 25 participants)

VEGETABLE GARDEN 20

The Park's Little Gardeners

In the Park in June, we get carried away by colors, scents and sounds! The Park's Little Gardeners are ready to take action this month, too, exploring the Park, identifying seasonal flowers, watching the new fruits grow, tasting ripe vegetables straight from the garden, weeding, planting, watering, taking care of the vegetable garden.

Design-Implementation:
Stavroula Katsoyanni, Agronomist-Landscape Architect
Stamatis Kavassilis, Agronomist-Soil Specialist

ARTS & CRAFTS

Saturday 05, 12/05 & Saturday 02/06
17.30-18.30 | ages 6-9
19.00-20.00 | ages 9-12

(up to 30 participants per workshop)

SOUTHERN WALKS 3

Making music with our bodies

An experiential music workshop for children focusing on the possibilities of the human voice, without using musical instruments or recorded sound. Unique combinations of singing and human beatbox (making music with your mouth) encourage children to explore the basic concepts of music, discover their own voice and appreciate the value of cooperation, all while becoming creative music artists.

Design-Implementation:
Vocals: Mata Kourtii, Beatbox: El Pap Chico

Sunday 06/05
12.00-14.00

For families with children aged 6-12, with or without disabilities

NLG KIDS LAB 11

(up to 20 participants)

Soundscapes at SNFCC

Following along the lines of Renzo Piano's architectural designs for SNFCC, we embark on a journey of experimentation and discovery, identifying human-made and natural sounds, and linking them to ideas, feelings, experiences and images. If SNFCC's architectural design was a music score, what would it sound like?

Design-Implementation: Kalliopi Koutroumbi, Museologist -Museum Educator
Assistant: Katerina Fotopoulou, Entertainer

Saturday 05, 12, 19, 26/05
Saturday 02, 09/06
17.30-18.30
18.30-19.30
19.30-20.30

For children of all ages and their parents
(up to 15 participants per workshop)

NLG KIDS LAB 11

*Registration for any of the three workshops is available at the event location starting at 17.00.

Mistake Labs: Journeys in Art History

This month, we open the book on the page of Orphism, exploring this art movement through works by the French artist Robert Delaunay. Drawing inspiration from harmoniously combining colors in abstract images, we discover that painting has its own rhythmic and harmonic qualities while making colorful painted vortexes.

Design-Implementation: Christina Tsinisizeli, Artist

Thursday 03, 10, 17, 24 31/05
17.30-18.15
18.45-19.30

For children aged 1-3 and their parents

NLG KIDS LAB 11

(up to 10 children and 10 parents per session by pre-registration at snfcc.org/events)

Ready! Steady! Go! Spring has come!

Seeking little explorers aged 1-3, alongside their parents, to help usher in spring in Stavros Niarchos Park! Plants and flowers, May crowns with colorful ribbons, butterflies and bees, fresh flowing water are all part of a spring-scented multisensory workshop for children.

Design-Implementation: Irene Persidou, Art Historian, Educational Entertainer
Assistant: Christina Meimaridi, Museum Educator

Sunday 06/05
17.30-20.00

For teenagers aged 13-18
(up to 25 participants)

NLG KIDS LAB 11

Talking Covers: A series of visual poetry workshops

Teenagers create covers for their own music albums, personal portfolios, or poetry collections, using a series of artistic practices linking word and image (calligram, surrealist typography, plastic poetry, selfie poetry, ready-made poetry). Exploring the process of composing a found or ready-made poem, the participants will try their hand in creating a meme and draw it on paper as well as on a pin.

Design-Implementation: Very Young Contemporary Art (VYCA) and the visual artist and professor Alexandros Psychoulis, University of Thessaly

Saturday 19/05
11.30-12.30, 12.30-13.30
13.30-14.30

NLG KIDS LAB 11

For children aged 7+, young people and families, with or without disabilities

(up to 25 participants per hour)

Priority registration starts at 11.00 for the first two workshops and at 13.00 for the third workshop.

Sunday 20/05
12.00-14.00

PINE GROVE 2

For people with or without disabilities

(up to 40 participants)

Tuesday 05/06
18.00-20.00

MEDITERRANEAN GARDEN 10

For families of at least two members.

Tuesday 08/05
10.00-11.00 ;
11.30-12.30 ;
for 6-12 months old babies
for 12-24 months old babies

Tuesday 05/06
Thursday 07/06
10.00-11.00 ;
11.30-12.30 ;
for 6-12 months old babies
for 12-24 months old babies

Sunday 13/05
11.00-12.00 ;
12.30-13.30 ;
for 6-12 months old babies
for 12-24 months old babies

(up to 10 children and 10 parents per session by pre-registration at snfcc.org/events)

NLG KIDS LAB 11

Sunday 13/05
Sunday 10/06
17.00-19.00

For ages 12-18
(up to 25 participants)

NLG BOOK CASTLE 11

Thursday 07/06
17.30-18.15
18.45-19.30

For children aged 1-3 and their parents
(up to 10 children and 10 parents per session by pre-registration at snfcc.org/events)

NLG KIDS LAB 11

Saturday 09/06
11.30-12.30, 12.30-13.30
13.30-14.30

NLG KIDS LAB 11

For children aged 7+, young people and families, with or without disabilities

Registration for the first two workshops starts at 11.00; registration for the third workshop starts at 13.00, on a first come, first served basis.

We create art all Together: The magic of puppets

Puppetry emerged in Greece sometime around 5th century BC. This workshop begins with a video presentation of highlights from the long history of puppetry around the world to inspire the participants to come up with ideas for puppets. Imaginatively using paper-cutting and sewing applications, as well as collage and assemblage, we will populate an imaginary world and become puppet masters in the most exciting story.

Design-Implementation:
Theodore Zafeiropoulos, Artist
Elisavet Chelidoni, Artist, Special Education Teacher

Home-made Percussion Circle Bring your own improvised drum from home

Parents, grandparents and children bring together their imagination to a creative musical partnership for a fresh look at how they communicate. Families bring objects, cherished or ordinary, to tell a common story through rhythm and get to know each other anew in an environment of familiar or original sounds.

Design-Implementation: QUILOMBO LAB

I've got a great idea!

Natural materials, colors, fabrics and multifunctional objects become invaluable companions in early childhood travels. Exciting music, sounds and light that stimulate abstract thinking, games that improve coarse and fine motor skills, and exploratory play are some of the ways we will experiment in a workshop aimed at infant interaction and socialization.

Design-Implementation: abariza

I slam therefore I am Talking Poetry lab

The performing poet twists lyrics and plays games with words. Into the microphone, his voice becomes expressive and powerful. The aim of this workshop is for participants to come into contact with the origins of oral poetry, discover lyric-writing techniques, compose rap poetry and perform lyrics using different approaches.

Participants produce a stage prop; they can bring their own songs.

Design-Implementation: Very Young Contemporary Art (VYCA) in collaboration with Mc Yinka, Music Artist-Performer

Ready! Steady! Go! Sail!

A boat is docked at Stavros Niarchos Park and is waiting for children to embark on the most exciting journey! Sailors, mermaids, pirates, fish and octopuses, shells, crabs, dolphins and more invite us to sail off to adventures!

Design-Implementation:
Irene Persidou, Art Historian, Educational Entertainer
Assistant: Christina Meimaridi, Museum Educator

We create art all together: Oriental Geometry

The Arabesque is a decorative form of art that displays rhythmic patterns of interwoven lines, foliage, spirals, or other simple geometric patterns. Using air-dry clay, which does not need to be fired, each participant will produce a 15X15cm tile, with patterns, geometric forms and abstract shapes, inspired by the long tradition of arabesque. Each composition will be colored using multicolored miniature tesserae, ultimately forming colorful mosaics featuring checkerboard patterns and complex colorful images. Finally, we will work as a group to join all the mosaics together to form a large-scale multidimensional assemblage.

Design-Implementation:
Theodore Zafeiropoulos, Artist
Elisavet Chelidoni, Artist - Special Education Teacher



Sunday 13/05
Sunday 03/06
17.30-18.30
18.30-19.30

For children aged 6-10
(up to 15 participants per game)

SOUND GARDEN 9

Music and Games in the Park

Rhythm and music games introduce children to the sounds and history of the pentatonic scale (from Pythagoras to Epirus polyphonic singing and from gospel to music in remote regions of the world). Learning about rhythm and melody, they practice based on familiar tunes.

Design-Implementation: Challedu

Saturday 26/05
17.30-18.00
18.00-18.30 ; ages 7-9
18.30-19.00
19.00-19.30 ; ages 10-12

(up to 32 participants per game)

PINE GROVE 2

Checkmate in the Park

Playing in two groups, children are introduced to the most popular strategy game in the world - chess. Taking on the role of one piece each, they become a living part of the game and have fun learning how each piece moves and how pieces are captured or defended.

Design-Implementation: Challedu



Fonidakis / Ekman Équilibre / Cacti

Dance

03, 04, 05, 06/05

Starts at:
20.00

GNO STAVROS
NIARCHOS HALL 13

Aided by the evocative, nostalgic, cathartic, almost prayer-like sounds of Philip Glass, Andonis Fonidakis presents a choreography on the discipline and iron will of classical dancers, as well as the strict form and hermetic hierarchy of dance. At the same time, Alexander Ekman in *Cacti* turns his gaze on the scene that birthed him: modern dance itself. The performance endeavors to hilariously deconstruct the great excesses of the art of dance. Sixteen dancers stand trapped in oversized Scrabble tiles. As the string quartet plays and texts are read out, the dancers run, fall, writhe and try to escape their invisible prisons.

Équilibre

Music: **Philip Glass**, *Koyaanisqatsi* (Koyaanisqatsi, Vessels, Cloudscape, Prophecies by Philip Glass, copyright 1983, Duvagen Music Publishers INC. Used by Permission) – **Julien Tarride**

Choreography: **Andonis Fonidakis, Alexander Ekman**
Music: **Joseph Haydn, Ludwig van Beethoven, Franz Schubert**

With the **Principal dancers, Soloists, Demi-Soloists** and **Corps de Ballet** of the **Greek National Opera**

Leoš Janáček The Makropulos Affair

Opera

20, 23, 25/05

Starts at:
20.00

GNO STAVROS
NIARCHOS HALL 13

20th Century Cycle / Janáček Cycle

Leoš Janáček's masterful opera that combines existentialist drama with elements of fantasy, directed by Yannis Houvardas, is being staged for the first time ever by the Greek National Opera. Emilia Marty, a famous singer, is in fact a 300-year-old woman. The secret of her eternal youth is an elixir made in the 16th century by the Cretan alchemist Hieronymus Makropulos, who was also her father. Emilia Marty comes to realize the cynicism and indifference that her eternal youth has created and grasps how many things, like the sense of a life's purpose, are determined by the fact that one knows one's life has a clear end. And so, she decides to let death take her.

Conductor: **Ondrej Olos**
Director: **Yannis Houvardas**

With the **Orchestra** and **Soloists** of the **Greek National Opera**

Henry Purcell The Fairy Queen

Baroque opera

04, 05, 06, 11, 12/05

Starts at:
20:30

GNO ALTERNATIVE
STAGE 13

* The performance
contains nudity

The prominent baroque opera by the great English baroque composer Henry Purcell is the new big production of the GNO's Alternative Stage. *The Fairy Queen*, directed by Markellos Chrysikopoulos, takes us to a fairy Arcadia of the unfulfilled desires, through the artistic and subversive look of Yannis Skourletis and the bijoux de kant group. Through a new narration, the creators attempt an excursion to Arcadia of old and modern elves and sing for love. A dreamy tale with old sounds and new garments that unfolds in a forest, where the bizarre and the unfamiliar dominate.

Conductor: **Markellos Chryssicos**
Director: **Giannis Skourletis / bijoux de kant**

With the participation of the **Baroque Music Ensemble Latinitas Nostra** and of the **Athens Municipal Choir**



Manos Hadjidakis 15 Vespers / Mythology

Concert

10, 16, 18, 19/05

Starts at:
20:30

GNO ALTERNATIVE
STAGE 13

The Manos Hadjidakis Cycle of the Greek National Opera continues at the GNO's Alternative Stage with the presentation of the works *15 Vespers / Mythology* by the great Greek composer. In the *15 Vespers* (1964), Manos Hadjidakis remakes fifteen of his popular songs and orchestral themes for a small set of instruments. *Mythology* (1966) is one of the most important cycles of songs by Manos Hadjidakis. Innovative back then and still fresh today, he bears the stamp of one of the most efficient and creative collaborations of a composer/songwriter, as in the case of the poet Nikos Gatsos.

Art direction: **George Hadjidakis**
Mythology song by: **Dimitra Selemidou**

The return of Karagiozis to his Homeland

Operatic Shadow Theater

20, 26, 27/05

Starts at:
11:00

GNO ALTERNATIVE
STAGE 13

The successful performance *The Return of Karagiozis to his Homeland* continues its tour in the 2017-2018 artistic season after a series of performances in squares, schools and healthcare facilities in Attica and the regions last year. This innovative shadow theater production brings two unexpected characters together on stage: Greece's very own Karagiozis and Harlequin from the Commedia dell'Arte. The performance is based on Claudio Monteverdi's opera *Il ritorno d'Ulisse in patria* (*The Return of Ulysses to his Homeland*) and seeks to showcase the commonalities between Greek shadow theatre and Italian puppet theatre. The marionettes and figures are supported by a group of performers who are leading lights in the world of baroque music, and who also have a deep knowledge of traditional Greek music.

Concept – Dramaturgy – Performance:
Puppelmaster: **Alexandros Melissinos**
Song: **Elena Krasaki**

A tribute to Cretan music The sound of Anogeia

Festival

26, 27/05

Starts at:
20.30

GNO ALTERNATIVE
STAGE 13

26 May

Michalis Kontaxakis
Christos Tzifakis

27 May

Xylouris White

From the top of Psiloritis (Mount Ida) to the GNO Alternative Stage, renowned musicians and experienced instrument makers present Crete's rich tradition in a two-day festival-tribute to the legendary Anogeia. The tribute *The sound of Anogeia* includes concerts and an exhibition by the instrument makers of Crete, which will take place both days at the Greek National Opera Foyer and VIP Lounge, and will also exhibit organs of the Thirathen Museum of Musical Instruments. The first day of the festival there will be a concert by the master of mandolin Michalis Kontaxakis, accompanied by Antonis Voumvoulakis (electro-classical guitar), Konstantinos Kalatzis (percussion), and by the guitar virtuoso Christos Tzifakis. The second day will bring to stage the dynamic duo Xylouris White: George Xylouris (Psarogiorgis) and Australian drummer of the Dirty Three, Jim White, already established in discography and in the most important festivals abroad.

Aliki Kayaloglou Fernando Pessoa's naval ode and the fados of my adolescence

Concert

03/06

Starts at:
13.00

GNO ALTERNATIVE
STAGE 13

Part of the *Sunday Mornings Cycle* of the GNO Alternative Stage

Established singer and performer Aliki Kayaloglou invites us to travel with her with Fernando Pessoa's *Naval Ode* and the fados of her adolescence a Sunday morning of June. The performance, based on Pessoa's opus (signed by his alter ego, Álvaro de Campos), wrapped around favorite old Lisbon fados, brings into life a text originally meant only for reading and turns it into a big song. An endless song that awakes thoughts, senses and the long forgotten tenderness that one feels when listening to children's stories and songs.

Idea-text composition-song selection
and revision- interpretation: **Aliki Kayaloglou**
Text interpretation teaching-director:

Dimos Avdeliodis

Piano: **Alexandros Avdeliodis**

Production: **A.K.** - ("Move your hand along with Athena")

Music Theater Days At the limits of human voice

Festival

07, 08, 09/06

Tribute to Demetrio Stratos

Starts at:
20.30

GNO ALTERNATIVE
STAGE 13

The Music Theater Days return to the Greek National Opera Alternative Stage. This year's cycle is focused on the human voice and its limits, the voice that surpasses its natural limitations. The festival opens with a big tribute to one of 20th century's most important vocal acrobats, Demetrio Stratos (1945-1979), who in his short life evolved the human voice and inspired important successors, such as Diamanda Galás and Meredith Monk. The programme includes concerts, documentary screenings, a photography exhibition, workshops, lectures, sound installations and performances.

Greek Youth Symphony Orchestra

Concert

29, 30/06

Starts at:
20:30

GNO ALTERNATIVE
STAGE 13

The Greek Youth Symphony Orchestra, founded and directed by Dionysis Grammenos, aims to showcase and educate young talented Greek musicians in the symphonic and operatic repertory. The programme consists of parts from two of Mozart's most popular operas: *Don Giovanni* and *The Marriage of Figaro* and of works by Haydn.

With the participation of the **Youth Opera**
Conductor: **Dionysis Grammenos**



GNO LEARNING & PARTICIPATION

06/05

Starts at: 18.00

Music and arts workshop
for children and teenagers
aged 7 to 17.

GNO FOYER 13

Information / Registration:
213 0885742 (Monday -
Friday 09.00-15.00)

Getting to know opera and ballet: The Fairy Queen

Final presentation of the music and visual arts workshop for children and young people from 7 to 17 years old. Taking the idea of recycling musical materials as a starting point, the workshop seeks to create a new version of Henry Purcell's *The Fairy Queen*. The aim is to create an original tale, whose music will come from crowd- will be created through group improvisation and composition. The costumes and props of the final performance will be designed and created by the participants themselves.

Music group

Designed / implemented by: Ann-Kristin Sofroniou
(musician/music teacher/researcher),
Antis Skordis (musician/composer)

Visual Arts Group

Design-Implementation: The Soil Orchestra

Every Monday

18.00-20.00

Information-registration:

education@nationalopera.gr
Thalia Marie Papadopoulou
+306970885692

No prior music knowledge/
experience is required.

Intercultural Choir

Refugees, immigrants, Greek and non-Greek temporary and permanent citizens of Athens come together on a weekly basis to sing traditional songs from their homeland.

The project is supported by the UNHRC.

Choirmaster: Vasoula Delli

All GNO Learning and Participation
programmes are free of charge.

02-09/06

GREEK NATIONAL
OPERA ALTERNATIVE
STAGE

Final concert and workshops
for the audience, Saturday 9
June 2018, 5.30-10.30pm, at
Dionysiou Areopagitou street.

Drumming workshops for
children, young adults and
adults, in collaboration
with: the British Council,
OKANA Atrapos, Dromoi
Zois, Polyphonica, Shedia
street paper, Korydallos
male prison.

Drum Works at GNO

For a second consecutive year, Drum Works, artist associates of the Barbican Centre (London, UK), are visiting the Greek National Opera to present their extensive work and share their expertise in music education, with diverse community groups of Athens and the audience. The GNO Learning and Participation Department alongside with Drum Works aim to create an all-inclusive drumming music community in Athens. Within their short visit, Drum Works will, deliver intensive drumming workshops and training for professional musicians, as well as one-off workshops and open-air concerts for the audience.

24, 25/05

Starts at: 20:30

GREEK NATIONAL
OPERA ALTERNATIVE
STAGE

The Twin Mothers

The Twin Mothers is a contemporary music work based upon a true story of 19th century in the area of Magazia, in Paxoi. In this story, two women unify their fates in a difficult life journey and the narrative is turned into a parallel theatrical monologue. The work embodies contemporary mixings of Greek traditional songs, coming from various districts all over Greece, as well as new pieces written for a polyphonic group, drums and a small chamber music group. The performance *The Twin Mothers* will be presented as the result of an intense workshop procedure, with the participation of musicians of different age and professional groups.

Composer, sets, organisation:

Dimitra Tripani

Rehearsal assistant: Dimitra Papastavrou

Script: Fay Lichnou, Spiros Bogdanos

GNO Learning & Participation Major donor:

ΙΣΝ / SNF ΙΔΡΥΜΑ ΣΤΑΥΡΟΣ ΝΙΑΡΧΟΣ
STAVROS NIARCHOS FOUNDATION

10, 11, 12, 13/05

Starts at: 17:30

GNO PREMISES AT
THE SNFCC & MELISSA

Maximum number of
participants: 20 women,
16+ years old

Information / Registration:
213 088 5752

Experiential music workshop
for women 16+ years old

OPERA

GNO Learning & Participation is initializing an experiential workshop dedicated to the female sex's representation in opera titles and the artistic work of women composers from baroque to modern creation. The workshop invites 20 women of 16+ years old to form different groups, one of them putting emphasis on group singing and the other one on instrumental music. The workshop will be completed by a concert of innovative music performed by the workshop's participants and an open discussion at Melissa, Immigrant Network in Greece, at Feron 18, the morning of Sunday 13 May, at 12.

Designed / Implemented by: Delta Danford, Rhia Parker,
Natasha Zielazinski, Evi Nakou

02, 03/06

10.00-12.00

Maximum number of
participants: 20

Information - Registration:

213 0885742 (Monday -
Friday 09.00-15.00)

The Opera-Trees Park: The Park Explorers

GNO's new environmental programs are inspired by the indoors and outdoors sound world - the sounds of nature and sounds inspired by nature. With the vehicles of hearing, observation, free play, fairytales and drawing we will discover our own connections to the art of opera and the natural environment.

Design-Implementation:

Orchistra Ion Chomatou

Guided Tours



Want to know more about SNFCC? We offer daily guided tours of its award-winning building complex, home to the new premises of the Greek National Opera (GNO) and the National Library of Greece (NLG), designed by the Renzo Piano Building Workshop. Discover public areas and go backstage in the two buildings. We will visit the rehearsal spaces, the Stavros Niarchos Hall and the Greek National Opera's Alternative Stage, and stroll through the Library's Public Section, Reading Rooms and Vaults.

Guided tours of the Stavros Niarchos Park are also conducted daily. An example of state-of-the-art landscape architecture, the city's new Park is designed according to sustainability principles, with respect for the ecosystem and the challenges of an ever-changing environment. A welcoming, open space, whose vegetation and overall design capture the essence of the Mediterranean landscape, it is open for visits daily.

• **To find out more information, see the guided tours schedule and pre-register, please visit [SNFCC.org/events](https://snfcc.org/events).**

• The guided tours follow a continuous walking route on the SNFCC premises, including the use of stairs and elevators.

• Please note that the Stavros Niarchos Park guided tours are subject to weather conditions.

• Park Tours for May and June start at 18:30.

• Also due to SNFestival, the Park Tours will not be held on 11-26/06, while on 01-10/06 and 27/06 - 02/07, will be available with limited access.

Guided Tours for groups, associations, organizations and NGOs

Guided tours for groups are available for educational associations, cultural organizations, NGOs and other entities.

To book a guided tour for your group, please call **+30 216 8091004**, or email **tours@snfcc.org**. Guided tours are available for groups between 12-25 persons.

School Visits

SNFCC welcomes primary and secondary school groups to its educational events.

Visits are held Monday through Friday 09.00-10.30 and 11.00-12.30.

Reserve your group online at **[SNFCC.org](https://snfcc.org)**. For more information, please call **+30 216 8091005** or email **schools@snfcc.org**.

Useful Info

> Opening hours

Summer opening hours (1 April to 31 October):

- Stavros Niarchos Park. Running Track, Agora, Lighthouse: 06.00-00.00
- Visitors Center: 09.00-22.00

> Admission

Admission to all events is free of charge thanks to an exclusive grant from the Stavros Niarchos Foundation. For participation in workshops, 30' waiting time is necessary, while for the most of the events, due to limited seating, a preregistration at snfcc.org/events is required.

> Accessibility

- The Stavros Niarchos Foundation Cultural Center is fully accessible to all.
- All entrances, lifts and the Running Track area are accessible to mobility-impaired persons.
- SNFCC provides parking spaces for mobility-impaired persons on the ground floor of the car park building, as well as wheelchairs for moving inside buildings.
- Wheelchair-accessible restrooms are located at the Visitors Center, the Park Kiosk and the Agora.
- Guide strips are available on all pathways leading to SNFCC premises and Stavros Niarchos Park.
- Guide dogs and hearing dogs are welcome in all SNFCC areas.

> Pets

Pets are welcome at all SNFCC's outdoor areas except the Great Lawn, the Labyrinth, and the playgrounds. They should always be accompanied by their guardian, who must keep them under direct and constant supervision and clean up after them.

> Wi-fi

Free Wi-Fi is offered at SNFCC. Computers for public use are available on the premises of the National Library of Greece.

> Free digital access to newspapers

Visitors can enjoy free access to over 5,000 newspapers and magazines in 60 different languages in digital form on pressreader.com.

> Photography

Photography on SNFCC premises is permitted exclusively for private use. For any commercial/promotional photo request, please email us at info@snfcc.org. Use of drones is prohibited for any purpose.

> ATMs

Piraeus Bank and National Bank of Greece ATMs operate in SNFCC reception area.

> First-Aid

First-Aid and medical facilities staffed by health professionals are available for use by visitors on the premises.

> Food & Drink

Four food & drink service points are in operation in SNFCC:

Agora Bistro (Agora)
Monday-Sunday 08.00-00.00

Canal Café (Visitors Center)
Monday-Sunday 09.00-01.00

Pharos Café (Lighthouse)
Monday-Sunday 09.00-00.00
**Operating hours subject to change when the Lighthouse is hosting events*

Park Kiosk (Park)
Monday-Sunday 08.00-20.00

Mobile food carts are also available in outdoor areas alongside the Canal:

Coffee Van on tour: 09.00-21.00
Juice Van on tour: 09.00-21.00

SNFCF members have a 10% discount on food & drink

> Smoking

Based on the requirements of the LEED certification program earned by SNFCC, smoking is prohibited in all SNFCC indoor areas and within 8 meters of any building opening. In all other SNFCC outdoor areas, smoking is not prohibited; visitors are asked to use the floor ashtrays available in the area. We encourage visitors to refrain from smoking while enjoying the Park.

> Environmental Management

SNFCC earned the Platinum LEED certification as a green building – the highest distinction for environmental and sustainable buildings. LEED certification is regarded as the highest possible distinction for environmentally friendly, sustainable buildings. It certifies that a building has been designed and constructed following rigorous principles of sustainable construction and environmentally innovative practices that focus on water and energy efficiency, reduction of CO₂ emissions, indoor environment quality, the rational management of resources. SNFCC is the first cultural project of this scale to earn the LEED Platinum Certification in Europe.

> Maintenance works

Visitors are informed that maintenance and setup work for SNFestival will be conducted in the Stavros Niarchos Park and other areas, in May and June, and may affect their visit.

Exhibitions

Monday-Sunday
06.00-00.00

SNFCC LOBBY 18

Spyros Louis Cup

Conceived and designed by Michel Breal for the champion of the first Marathon race – the Greek runner Spyros Louis – the Silver Cup was awarded at the first modern Olympic Games in Athens in 1896; today, it is on permanent display at the SNFCC.

Monday-Sunday (until 31/05)
09.30-21.00

NLG BUILDING
(4TH FLOOR) 11

Stefanos Lazaridis: Cynical romantic

The first global solo exhibition of the artistic work of renowned Greek set designer, director and former Artistic Director of the Greek National Opera.

The exhibition unfolds a visual timeline starting from the beginning of his career and continues with works of mixed techniques, collages and models, as well as videos from performances and interviews.

Curator: **Adonis Volanakis**

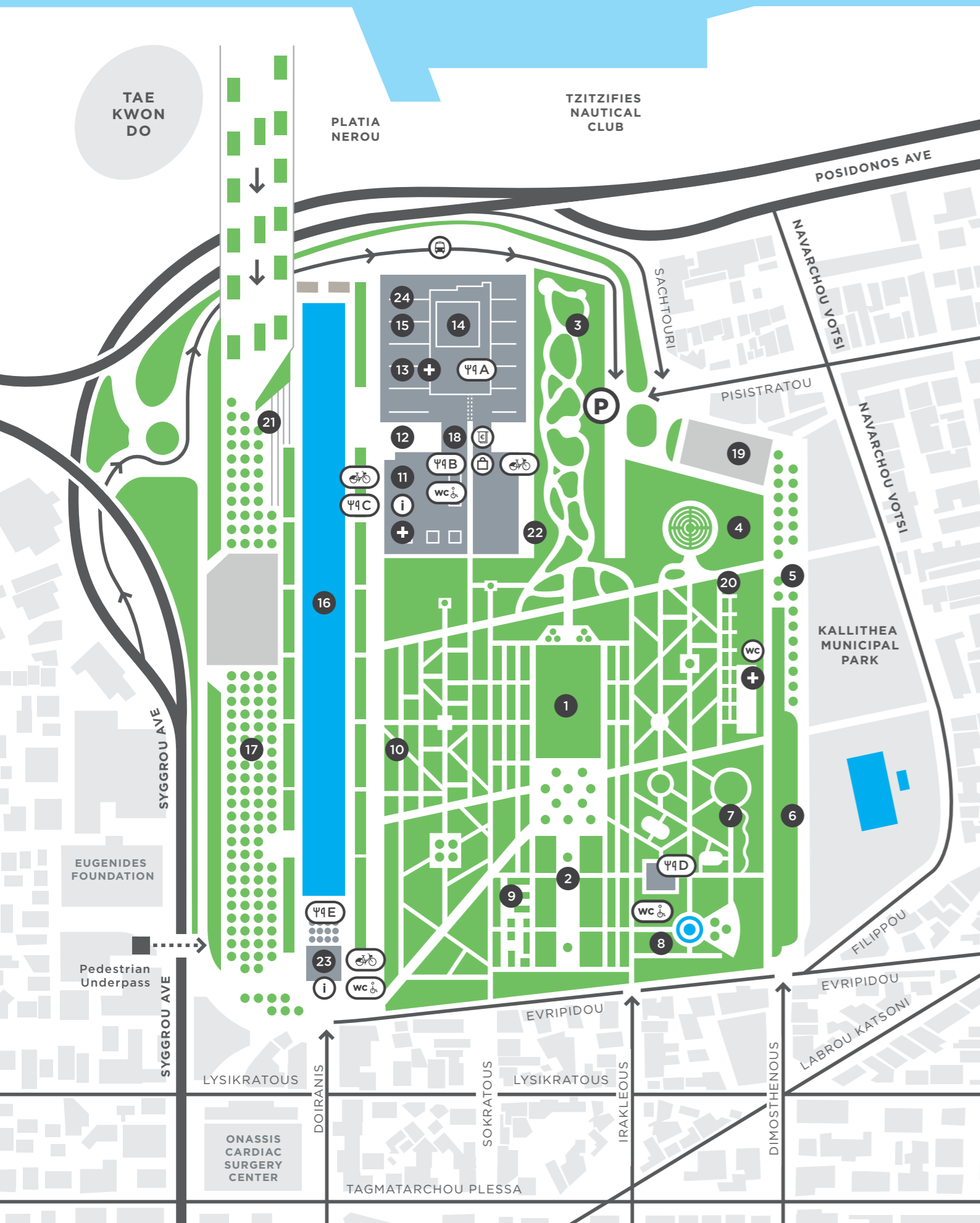
Production:

Greek National Opera, in collaboration with the National Bank of Greece Cultural Foundation (MIET), Stavros Niarchos Foundation Cultural Center and the National Library of Greece.

Reservations:

+ 30 213 0885700





Map

Use the corresponding numbers on the map to locate a venue.

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> 1 Great Lawn 2 Pine Grove 3 Southern Walks 4 Labyrinth 5 Outdoor Gym 6 Running Track 7 Playground 8 Water Jets 9 Sound Garden 10 Mediterranean Garden | <ul style="list-style-type: none"> 11 National Library of Greece 12 Agora 13 Greek National Opera 14 Lighthouse 15 Panoramic Steps 16 Canal 17 Esplanade 18 SNFCC Lobby 19 Bus Parking Lot | <ul style="list-style-type: none"> 20 Vegetable Garden 21 Canal Steps 22 Buffer Zone 23 Visitors Center 24 GNO Level 5A |
|--|---|--|
-
- | |
|--|
| <ul style="list-style-type: none"> ☺ SNFCC Bike Rental 🏠 SNFCC Store 🚌 Shuttle Bus Stop ⚕ First Aid 🏧 ATM ℹ Info Point ☕ Coffee & Juice Van on tour |
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-
- | | |
|---|--|
| <ul style="list-style-type: none"> ☺A Pharos Café ☺B Agora Bistro | <ul style="list-style-type: none"> ☺D Park Kiosk ☺E Canal Café |
|---|--|

Getting to SNFCC using public transportation

- Buses**
- **130: Piraeus – Nea Smyrni**
(Tzitzifies Stop from Piraeus; Delta Stop to Piraeus)
 - **217: Piraeus – Dafni Station**
(Tzitzifies Stop from Piraeus; Delta Stop to Piraeus)
 - **550: Kifissia – Faliro**
(Evgenideio Stop, Syggrou Avenue northbound, Onassio Stop southbound)
 - **860: Palaio Faliro – Schisto**
(Tzitzifies Stop from Piraeus; Delta Stop to Piraeus)
 - **A1: Piraeus – Voula**
(Tzitzifies Stop from Piraeus; Delta Stop to Piraeus)
- **B1: Piraeus - Ano Glyfada**
(Tzitzifies Stop from Piraeus; Delta Stop to Piraeus)
- **B2: Academia – Agios Kosmas**
(Evgenideio Stop, Syggrou Avenue northbound, Onasseio Stop southbound)
- Trolleybus**
- **10: Chalandri - Tzitzifies**
(Epaminonda Stop)
- Tram**
- **Tzitzifies Stop**
- Metro**
- **Faliro Station**

SNFCC is not responsible for any modifications on the public transportation's routes.

Shuttle Bus Syntagma - Syggrou Fix Metro Station - SNFCC

For convenient access to and from SNFCC, daily transportation by shuttle bus is available to visitors free of charge. A shuttle bus bearing the SNFCC logo departs from Syntagma Square (intersection with Ermou Street), with a stopover at the Syggrou-Fix Metro station (Syggrou Avenue), and arrives at the SNFCC.

In case of special traffic regulations the timetable may change.

For time and route information please visit our website.

Parking

The SNFCC has a 1000 car parking garage

Pricelist:

Cars
00.00-19.00: €1,50/ hour
19.00-00.00: €1,50/ hour
hour with maximum charge of €5

Motorcycles
€0,70/hour

SNFCC members enjoy a 10% discount

More information: SNFCC.org

During SNFestival, parking will operate with limited number of parking spaces. For the visitor facilitation free parking will be provided nearby SNFCC. For more information visit SNFestival.org

During SNFestival, the shuttle bus time table will change.

Please visit www.SNFestival.org for more information

The scheduled program might change, in the event of weather conditions or Park maintenance works.

DAILY

Table with 3 columns: Time, Activity, Page. Includes Spyros Louis Cup, Stefanos Lazaridis Exhibition, Guided Tours at Park & SNFCC, School Visits.

* For workshops with electronic reservations note that these are automatically being canceled 15' prior to the start of the event, if the reservation holders have not checked in and their ticket hasn't been scanned.

* For events with priority booking, we kindly ask you to be on site 30' prior to starting time, excluding the events: Mistake Labs & We create art all together

Table for Day 01 (T) with activities: Looking for May, May Flower Wreaths, May Facepaint, My Wind Spinner is Blooming!, Animated May Day Flowers!, Circus Dayz, The Swingin' Cats.

* Events with * require pre-registration at SNFCC.org/events

Table for Day 02 (W) with activities: Mat Pilates, Fitness for everyone, Qigong, Computer courses for people 65+, Mat Pilates, Trial Labs: Bookmarks in Art History, Fitness for everyone, Rue Lepsius by Nikos Xydakis.

Table for Day 03 (T) with activities: Yoga in the Park, Fitness for everyone, Computer courses for people 65+, Ready! Steady! Go! Spring has come!, Qigong, Mat Pilates, Fitness for everyone, Making smart graphics for the social media, Rue Lepsius by Nikos Xydakis.

Table for Day 04 (F) with activities: Mat Pilates, Fitness for everyone, Computer courses for people 65+, Yoga in the Park, Fitness for everyone, StemAth, Knitted Sculpture.

Table for Day 05 (S) with activities: Tai-Chi, SNFCC Running Team, Sailing the Canal, Artistic gymnastics, Plan the Green City, Learning to play as a team, Kayaking the Canal, Making music with our bodies, Mistake Labs: Journeys in Art History, Sporting duels, Family games, Music Escapades: Thee Holy Strangers.

Table for Day 06 (S) with activities: Sailing the Canal, The Park's Little Gardeners, Yoga Kids, Soundscapes at SNFCC, Artistic gymnastics, Pétanque, The Greenfingers, Talking Covers: A series of visual poetry workshops, Kayaking the Canal, Sports games, Rehearsed Readings: The Good Soldier Švejk by Jaroslav Hašek.

Table for Day 07 (M) with activities: Mat Pilates, Fitness for everyone, Computer courses for people 65+, Yoga in the Park, Fitness for everyone, Introduction to mobile photography.

Table for Day 08 (T) with activities: Yoga in the Park, Fitness for everyone, I've got a great idea!, Computer courses for people 65+, Tai-Chi, Workshop for those who forget a little or a lot, Fitness for everyone.

Table for Day 09 (W) with activities: Mat Pilates, Fitness for everyone, Qigong, Computer courses for people 65+, Mat Pilates, Trial Labs: Bookmarks in Art History, Fitness for everyone, Check your Bike.

Table for Day 10 (T) with activities: Yoga in the Park, Fitness for everyone, Computer courses for people 65+, Ready! Steady! Go! Spring has come!, Qigong, Mat Pilates, Fitness for everyone, Making smart graphics for the social media.

Table for Day 11 (F) with activities: Mat Pilates, Fitness for everyone, Computer courses for people 65+, Yoga in the Park, Fitness for everyone, Stem in Action, Music Escapades: George Gaudy & Irene Skylakaki.

Table for Day 12 (S) with activities: Tai-Chi, SNFCC Running Team, Sailing the Canal, Talking about the Park's plants, Artistic gymnastics, Learning to play as a team, Making music with our bodies, Kayaking the Canal, Mistake Labs: Journeys in Art History, Sporting duels, Family games.

Table for Day 13 (S) with activities: Sailing the Canal, Playing Sports Together, The Park's Little Gardeners, Yoga Kids, I've got a great idea!, Artistic gymnastics, Pétanque, The Greenfingers, I slam therefore I am, Music and Games in the Park, Kayaking the Canal, Sports games.

Table for Day 14 (M) with activities: Mat Pilates, Fitness for everyone, Computer courses for people 65+, Yoga in the Park, Fitness for everyone, Introduction to mobile photography, Knitted Sculpture.

Table for Day 15 (T) with activities: Yoga in the Park, Fitness for everyone, Computer courses for people 65+, Tai-Chi, Workshop for those who forget a little or a lot, Fitness for everyone.

Table for Day 16 (W) with activities: Mat Pilates, Fitness for everyone, Qigong, Computer courses for people 65+, Mat Pilates, Trial Labs: Bookmarks in Art History, Fitness for everyone, Percussion circle for ages 65+.

Table for Day 17 (T) with activities: Yoga in the Park, Fitness for everyone, Computer courses for people 65+, Ready! Steady! Go! Spring has come!, Qigong, Mat Pilates, Fitness for everyone, Making smart graphics for the social media.

Table for Day 18 (F) with activities: Mat Pilates, Fitness for everyone, Computer courses for people 65+, Yoga in the Park, Fitness for everyone, Mechanical Garden.

Table for Day 19 (S) with activities: Tai-Chi, SNFCC Running Team, Sailing the Canal, We create art all together: The magic of puppets, Artistic gymnastics, Healing Gardens, Learning to play as a team, Kayaking the Canal, Mistake Labs: Journeys in Art History, Sporting duels, Family games, Hoop Dance Party, Social Ballroom.

Table for Day 20 (S) with activities: Sailing the Canal, The Park's Little Gardeners, Yoga Kids, Artistic gymnastics, Home-made Percussion Circle, Pétanque, The Greenfingers, SUP & Kayak Demos, Open Air Hoop Dance, Sports games.

Table for Day 21 (M) with activities: Mat Pilates, Fitness for everyone, Computer courses for people 65+, Yoga in the Park, Fitness for everyone, Introduction to mobile photography.

Table for Day 22 (T) with activities: Yoga in the Park, Fitness for everyone, Computer courses for people 65+, Tai-Chi, Workshop for those who forget a little or a lot, Fitness for everyone.

Table for Day 23 (W) with activities: Mat Pilates, Fitness for everyone, Qigong, Computer courses for people 65+, First-Aid Course, DIALOGUES, Mat Pilates, Percussion circle for ages 65+, Trial Labs: Bookmarks in Art History, Fitness for everyone.

Table for Day 24 (T) with activities: Yoga in the Park, Fitness for everyone, Computer courses for people 65+, Ready! Steady! Go! Spring has come!, Qigong, Mat Pilates, Fitness for everyone, Making smart graphics for the social media.

Table for Day 25 (F) with activities: Mat Pilates, Fitness for everyone, Computer courses for people 65+, Yoga in the Park, Fitness for everyone, Safe Water Sports Education Program.

Table for Day 26 (S) with activities: Tai-Chi, SNFCC Running Team, Sailing the Canal, Learning to play as a team, Checkmate in the Park, Kayaking the Canal, Mistake Labs: Journeys in Art History, Sporting duels, Family games, ParkLife: Locomondo.

Table for Day 27 (S) with activities: Hot Triathlon III, Sailing the Canal, Playing Sports Together, The Park's Little Gardeners, Bike safety, Yoga Kids, Artistic gymnastics, Pétanque, The Greenfingers, Kayaking the Canal, Sports games, Capoeira Kids, Park Your Cinema Kids: Finding Nemo.

Table for Day 28 (M) with activities: Mat Pilates, Fitness for everyone, Computer courses for people 65+, Yoga in the Park, Fitness for everyone, Introduction to mobile photography, Park Your Cinema: An Affair to Remember.

Table for Day 29 (T) with activities: Yoga in the Park, Fitness for everyone, Computer courses for people 65+, Tai-Chi, Workshop for those who forget a little or a lot, Fitness for everyone, Music Escapades: Alex Dante: F.Chopin's Nocturnes.

Table for Day 30 (W) with activities: Mat Pilates, Fitness for everyone, Qigong, Computer courses for people 65+, Mat Pilates, Trial Labs: Bookmarks in Art History, Fitness for everyone.

Table for Day 31 (T) with activities: Yoga in the Park, Fitness for everyone, Computer courses for people 65+, Ready! Steady! Go! Spring has come!, Qigong, Mat Pilates, Fitness for everyone, Making smart graphics for the social media.

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* Events with * require pre-registration at SNFCC.org/events
 * Electronic reservations are automatically being canceled 15' prior to the start of the event, if the reservation holders have not checked in and their ticket hasn't been scanned.
 * Events with priority booking, we kindly ask you to be on site 30' prior to starting time, excluding the events: Mistake Labs & We create art all together.



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May-June Events for Members

In May and June, our Members have the opportunity to enjoy these exclusive events:

Digital CV:

LinkedIn as a tool to land your next job

Friday 04, 11, 18, 25/05

18.30 | NLG PC LAB 2nd FLOOR

Event for Members only - for adults | Pre-registration starts on: 02/05

Talking Covers:

A Series of Visual Poetry Workshops

Sunday 06/05

14.30 | NLG KIDS LAB

Events for Members aged 13-18 + Guest | Pre-registration starts on: 02/05

Introduction to Beekeeping

Sunday 20/05

11.00 | PINE GROVE

Event for Members only - for adults | Pre-registration starts on: 16/05

Talking about the Park's Plants:

The summer vegetable garden of the Park I

Saturday 26/05

11.00 | PINE GROVE

Event for Members only - for adults | Pre-registration starts on: 16/05

Are you a Member?



Share with us your photos from your visit at the SNFCC, using the hashtag **#SNFCCMembers**

Lullaby Project

In collaboration with Carnegie Hall

Friday 01/06

21.00 | GNO STAVROS NIARCHOS HALL

Reserved seats for Members + Guest | With pre-registration

Introduction to mobile photography

Friday 01/06 & 08/06

18.30 | NLG PC LAB - 2nd Floor

Event for Members only - for adults | Pre-registration starts on: 30/05

Introduction to Soap Production

Saturday 09/06

17.30 | MEDITERRANEAN GARDEN

Event for Members only - for adults | Pre-registration starts on: 30/05

Talking Covers:

A Series of Visual Poetry Workshops

Sunday 10/06

17.30 | NLG KIDS LAB

Events for Members aged 13-18 + Guest | Pre-registration starts on: 30/05

Talking about the Park's Plants:

The summer vegetable garden of the Park II

Saturday 30/06

11.00 | MEDITERRANEAN GARDEN

Event for Members only - for adults | Pre-registration starts on: 30/05

Practical Information:

Limited seating - pre-registration is required.

Reservation links are sent to Members via the SNFCC Members Newsletter.



To participate in events designed for the whole family

That's the Membership Program experience

Join the experience!

Register at the Members Help Desk at SNFCC or online at [SNFCC.org/members](https://snfcc.org/members). To find out more about member benefits, please call +30 216 809 1010 or email members@snfcc.org

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MAY-JUNE AT SNFCC

*I'll bring you a branch of May, to share, I'll bring you a branch of May and when I come back home again I will bring you a branch of May. **May Day at Stavros Niarchos Park with flower crowns, games and loads of music.** Rue Cavafy شارع شرم الشيخ **Rue Lepsius.** A journey into the universe of C.P. Cavafy by Nikos Xydakis on 02 and 03/05. Three live concerts by Greek alternative music acts. **Music Escapades** on 05, 11 and 29/05. *The Good Soldier Svejk - Osudy dobrého vojáka Svejka za světové války* by Jaroslav Hašek at SNFCC's Readers Theater on 06/05. *I want you to be there at **Locomondo's** concert-party at the Great Lawn. **Parklife** on 26/05. "I can't wait to meet you" The universal language of lullabies in **Lullaby Project**, jointly organized with **Carnegie Hall**. Twin simultaneous concerts in Athens and New York on 01/06. Summer cinema returns to SNFCC. **Park Your Cinema** for kids and grownups. And of course, **SUMMER NOSTOS FESTIV☆L** by SNF 17-24/06!**

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