

**KENTPO** ΠΟΛΙΤΙΣΜΟΥ ΣΤΑΥΡΟΣ ΝΙΑΡΧΟΣ

## 04.2017

## Celebrate April with us



SNFCC.org/events



# April at the SNFCC

For the second month of spring, the Stavros Niarchos
Foundation Cultural Center (SNFCC) invites you to take part
in public events and activities for all ages, and enjoy outdoor
activities in the Stavros Niarchos Park.

Music, as in every month, echoes across the SNFCC. The popular Music Escapades return in April, with Greek indie music performed by legendary bands from the '90s.

SNFCC has also set up exclusively for its visitors a range of Easter concerts, ranging from jazz to gospel and Holy Week hymns, designed to bring people together and reaffirm the things that unite us. Meanwhile, children and adults have fun and play together in Easter workshops.

Music inspires movement, and April's Social Ballroom pays tribute to rock & roll. New dance programs are introduced, including an African dance workshop that brings the action outdoors, to the Stavros Niarchos Park.

The Park will also host already popular as well as new sports activities, while water sports return to the Canal now that scheduled maintenance has been completed.

Meanwhile, the SNFCC Bikes came to stay! Recently introduced, SNFCC's rental bicycles offer fun and exercise for children and adults, and introduce a greener lifestyle. To celebrate the launch of this new service, a series of special activities at the SNFCC promotes urban cycling culture in April.

The opening of a major exhibition in the Lighthouse marks the month's end: The Renzo Piano Building Workshop presents Piece by Piece, conceived by the Italian architect Renzo Piano as "a journey through space."

April signals the transition of the Greek National Opera and the National Library of Greece to their new facilities, as the GNO enters its pilot season at the SNFCC and, alongside NLG's exciting events, will complement the Stavros Niarchos Park and SNFCC's own events in spanning the entire spectrum of learning, culture, wellness and entertainment that the Stavros Niarchos Foundation Cultural Center wishes to provide to all.

This month, too, admission to all SNFCC sports, educational and cultural events is free of charge thanks to the exclusive support of the Stavros Niarchos Foundation, offering visitors from Greece and all around the world the opportunity to participate.

# Focus: Panoramic Steps

Linking the Stavros Niarchos Park and the Lighthouse, the Panoramic Steps connect the base and the top of the SNFCC.

The Panoramic Steps offer spectacular views of the city, culminating with the opening of the Lighthouse towards the sea. Thanks to the ingenious design by the Renzo Piano Building Workshop, visitors follow the gently sloping artificial hill that comfortably takes them to the SNFCC Lighthouse on the 8th floor of the Greek National Opera building.

The Panoramic Steps make the best of the view to the city, while also giving visitors the opportunity to be pleasantly surprised by the sea view.

On summer nights the Panoramic Steps are at their finest. Thanks to their width and inclination, they can serve as an auditorium for concerts and screenings against the backdrop of the city and the history of Athens.

#### **April at the Panoramic Steps**

Enjoy Bokomolech on 22/4 (p.10) and Xaxakes on 29/4 (p.11) at the Panoramic Steps, as part of the SNFCC Music Escapades.

#### Did you know that...

- The architect Renzo Piano's concept was to give the Stavros Niarchos Park a primary role, calling the complex "a large park, on one side of which the buildings are hosted"?
- The volume that interrupts the continuity of the panoramic steps is the stage tower of the GNO's Stavros Niarchos Hall, rising up to 32m from the ground?
- To avoid loading the roof of the GNO building with extra weight, eco-friendly light-weight material was used in much of the Panoramic Steps' construction?



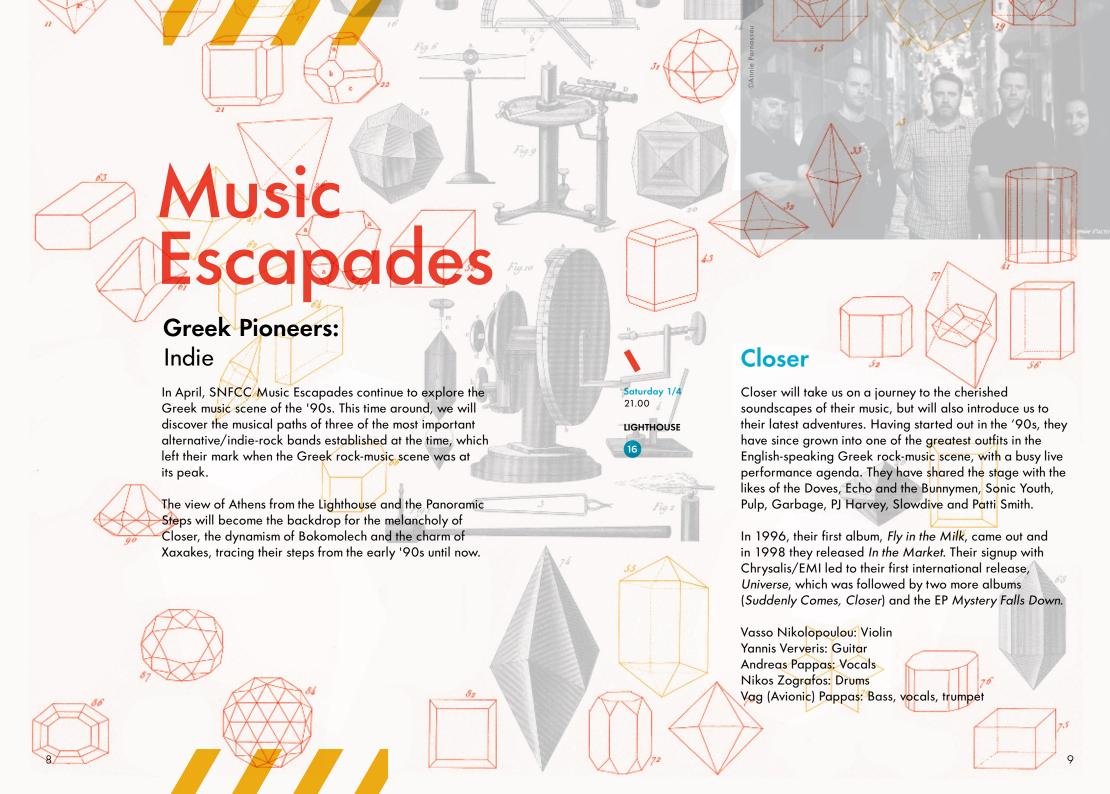
Events and activities designed to bring participants in touch with nature and sports are on offer every day both in and around the Stavros Niarchos Park. The Canal, the Running Track and the outdoor gym soon became everyday favorite spots for Athenians.

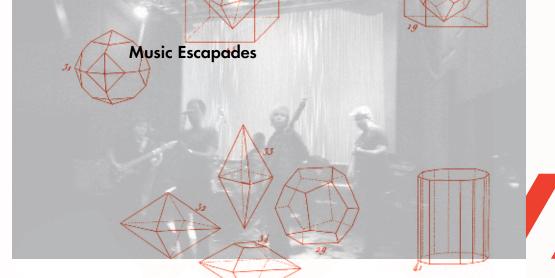
The SNFCC Bikes reflect our vision for promoting a healthy and eco-friendly lifestyle. Visitors of all ages can now cycle on the designated bike lanes around the Canal and the Stavros Niarchos Foundation Cultural Center using one of the 75 SNFCC rental bicycles!

Find out all about it at **SNFCC.org/bikes**, or scan this QR code to sign up for an account!



With the spring weather on our side, a number of bikerelated activities for people of all ages will take place. The first weekend of April (1 & 2/4), visitors will have the opportunity to learn about the benefits of exercise on a stationary bike (p.32); on Sunday 9/4, bike experts will provide free lessons and tips for proper bike maintenance (p.33). For our younger visitors (2.5–5 years old), a balance-bicycle race will be organized, with the prize of a regular bicycle (p.24)!







Saturday 22/4 21.00

PANORAMIC STEPS



Their name is a variation of the name of the Ukrainian physiologist Oleksandr Bogomoletz, who in the 1940s invented an elixir to extend life to 140 years. Established in Athens in 1991 and although their lineup has changed, Bokomolech continue to turn out distinctive music with quirky mixes of ordinary elements.

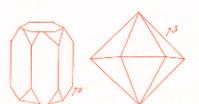
Their first album, Xero (1995–1996) was hailed by critics as one of the best Greek English-language albums, while their subsequent releases (Insect-songs, Jet Lag, Slowburner, Exit: Trance, Mass Vulture) were also very successful.

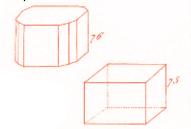
Bokomolech's live performances include Rock of Gods Festival and the first two Rockwave festivals; they also performed as a support band for dEUS, PJ Harvey, Shellac, Steve Wynn, Bonnie "Prince" Billy and Zita Swoon.

Dimitris Ioannou: Vocals Vlassis Karagiannis: Drums Christina Kassessian: Guitar Lila Katerinaki: Bass

Tassos Protopapas: Keyboards, loops

Kostas Ragkousis: Guitar





## / Xaxakes

**Saturday 29/4** 21.00

PANORAMIC STEPS



The musical vehicle of the singer, composer and lyricist Yannis Nastas, Xaxakes, are one of the most distinctive bands in the Greek music scene. Since the early '90s, their musical style remains a playful blend of new-wave and symphonic pop; Nastas' lyrics blend supremely well with their lively music style. Their new album to be released in 2017 will be their first after their 2009 release, To Valse ton Elafion.







## Edster Othe SNIFCC

The SNFCC presents a series of Easter concerts, including gospel, music from the Middle East featuring hymns in Arabic and Greek, folk songs, and sacred jazz compositions. On a journey of solemn and uplifting sounds and texts inspired by the rite of the Holy Week, the SNFCC Easter concert artists will convey messages of joy, hope and love.

Participate in the Easter workshops to take place throughout the month for all ages (pp. 23, 27, 40).

## Gospel Concert Gumbo Ya Ya feat. Esterina!

Gumbo Ya Ya present a unique gospel concert exclusively for the SNFCC audience. They were established five years ago, when the American pianist John Higgings moved to Athens. Higgings has formed an all-star band playing his favorite kind of music: New Orleans Jazz & Blues. Their music combines rhythm with funky brass, while the recipe also calls for Esterina's deep, expressive voice!

Dimitris Papadopoulos: Trumpet Kostas Vazouras: Saxophone Jim Staridas: Trombone Alex Kechris: Bass Dimitris Azorakas: Drums John Higgins: Piano/vocals

Esterina: Vocals

Greek- and Arabic-language Byzantine Hymns

for Holy Week

Holy Tuesday 11/4

A music and theatre performance that draws from the

**Give Me This Stranger** 

A music and theatre performance that draws from the culmination of the Passion and traces its common elements with the experience of being a refugee. Through hymns in Arabic and Greek, as well as poetry and prose, a pilgrimage to the Holy Passion is attempted, which highlights the parallels with the road to Golgotha that refugees follow. The tests, ignominy and jeering, the Crucifixion, and above all the Resurrection of Christ, as seen through the human experience.

An evening of communion between God and humans through an encounter between two cultures and two peoples. Chants and literary texts for the Passion and the Resurrection – of God and men. From the famous *Wa habibi* folk lament to the *Christos Anesti*, the famous hymn of victory over death.

Performed by Athina Chioti
Participants:
Stefanos Ganotis, narration and lyre /
Nikos Nikolaides, ney / Constantia Duke, oud
Introduced by the philologist and writer Konstantinos Ganotis.
Arab hymn research and curation: Roni Bou Saba



Holy Thursday 13/4 21.00

LIGHTHOUSE

21.00

LIGHTHOUSE



#### A Love Supreme

Takis Paterelis and his quartet, who states that even today learns and is constantly inspired by John Coltrane, will introduce us to the cosmos of A Love Supreme, the landmark album by the saxophone player and composer John Coltrane, exclusively for the SNFCC. A Love Supreme (1964) is an extraordinary work in four parts, with elements of atonal music, which paved new pathways for Jazz music. It is essentially a sacred hymn inspired by a supreme love for existence. For the spiritually restless Coltrane, existence was another facet of God – in any manifestation.

Takis Paterelis: Tenor saxophone Kostis Christodoulou: Piano Pericles Trivilis: Double bass Dimitris Klonis: Drums

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Sunday 9/4

LIGHTHOUSE

21.00



# Piece by Piece

### Renzo Piano Building Workshop

"It is very difficult to successfully exhibit architecture. Nothing can really substitute actually being in the building itself, the feeling of the hybrid texture of a city, the continuous stream of voices that make up the sounds of life. An architectural exhibition can, however, clearly transmit something of the complex and shared process through which the buildings we design are conceived, constructed and then inhabited. ... I like to think of this exhibition like a journey through space," writes Renzo Piano about the exhibition Piece by Piece, part of which goes on display at the SNFCC for the first time in Greece.

The exhibition by the Fondazione Renzo Piano and the Renzo Piano Building Workshop, whose projects include the SNFCC complex, comprises 18 monographic installations that trace the making of various projects using mockups, drawings, photographs and videos. Two installations are dedicated to the visionary SNFCC construction project.



#### **Exhibitions**







## Weaving Light

Monday - Sunday 06.00-00.00 **SNFCC LOBBY** 



Makis Siderakis, Construction Manager of the SNFCC Energy Canopy, enables visitors to enjoy unique images from the construction of an extraordinary engineering achievement, with its 717 pieces and 10,000m<sup>2</sup> of photovoltaic panels, and the people who made it possible.

\* The photographs are part of the exhibition Weaving Light, mounted in October 2015 at the SNFCC worksite Visitors Center, curated by Elisabeth Plessa and made possible by SNF's exclusive grant.



Monday - Sunday 06.00-00.00 SNFCC LOBBY







Games in Athens in 1896; today, it is on permanent display permanently on display at the SNFCC. Until then, over 3.5

#### **MUSIC**



#### Saturday 8/4

12.00-13.00 (for children 7-12) (No prior music training required)

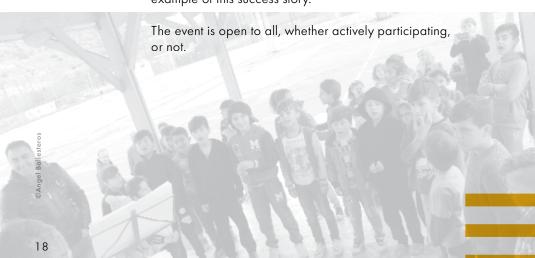
#### LIGHTHOUSE



#### **El Sistema Greece**

An innovative educational program coming to the SNFCC once again in April, El Sistema Greece is aimed at providing free music education and improving the lives of refugee children and, through them, Greek society at large. SNFCC welcomes you to a fun open music education experience involving choral singing. Engaging a small group of refugee children, the workshop will be conducted by El Sistema Greece teachers joined by the 8tetto a cappella vocal ensemble.

El Sistema was founded in Venezuela in 1975 by José Antonio Abreu, an educator, musician and activist who envisaged the symphony orchestra structure as a force for social transformation. The project was a resounding success, in terms of both artistic merit and social impact, and spread throughout the world, demonstrating the great potential of music education in promoting social integration. The 35-year-old Gustavo Dudamel, who conducted the Vienna Philharmonic New Year's Concert 2017, is himself the best example of this success story.



#### Activities for children

#### **SPORTS & WELLNESS**



Saturday 1, 8, 22/4 Sunday 2, 9, 23/4

09.00-10.00 (for children 6-9) 10.00-11.00 (for children 9-12) 12.00-13.00 (for teens 12-17)

(maximum 15 participants per session)

\*Pre-registration is required. You can book online now at www. SNFCC.org/events.

#### CANAL



Saturday 1, 8, 22, 29/4 11.00-12.30

(for children 4-9 and their parents)

(maximum 50 participants per program)

#### **GREAT LAWN**



#### Sailing in the Canal

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

Design-Implementation: Kalamaki Yacht Club



A modern, fun revival of social gaming, which still excites children! Contemporary versions of hopscotch, tug-of-war, rings and sack races that nevertheless remain true to the qualities that made the original games timeless elements of our popular culture. But fun is to be had by all - parents will be able to recall childhood memories and perhaps be tempted to join in, turning this activity into an occasion for true learning for the young ones.

**Design-Implementation:** Regeneration & Progress

#### **SPORTS & WELLNESS**

Yoga for children

**Saturday** 1, **8**, **22**, **29/4** 12.00-13.00 (for children aged 4-12)

#### **GREAT LAWN**



From an early age, children feel the pressure of school and the stress to succeed. Yoga is a fun way for children to develop important skills in a competition-free environment. There is no place for criticism in this course, and the point goes beyond achieving a perfect posture. In a supportive environment, children's physical, cognitive, emotional and social skills flourish. The approach is child-centered and, through play, children understand how to take control of their bodies, breathing and mental process, while learning how to relax. They also grow stronger, improving their flexibility and gaining confidence.

Design-Implementation: Regeneration & Progress

#### Kayak at the Canal

Based in content and structure on the Hellenic Canoe-Kayak Federation programs, 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!

**Design-Implementation:** Regeneration & Progress



14.30-17.00 (for children 12+ and adults)

(maximum 15 participants per 30)

\*Pre-registration is required. You can book online now at www. SNFCC.org/events.

#### CANAL

Saturday

1, 8, 22/4

2, 9, 23/4

Sunday



## Activities for children SPORTS & WELLNESS

## . 1

Monday 3, 10, 17, 24/4 Wednesday 5, 12, 19, 26/4 Friday 7, 14, 21, 28/4

16.30 -17.15 (for children aged 6-12)

#### **RUNNING TRACK**



#### **Kids Athletics**

This program aims to introduce children to the sport of track and field in an instructive as well as entertaining manner. According to age, children discover their hidden abilities, participating in basic athletic activities, including running, jumping and throwing. Children's fitness level improves, even as they make leaps and bounds in sociability, discipline and confidence in their own abilities. Designed by sports experts, the program is conducted by qualified and experienced physical-education teachers on the Stavros Niarchos Park Running Track.

Design-Implementation: Regeneration & Progress



Tuesday 4, 11, 18, 25/4 Thursday 6, 13, 20, 27/4 17.00-18.30 (for children 4+) (up to 20 participants)

#### **GREAT LAWN**



#### Kickboxing for children

If you thought that kickboxing is not for everyone, think again! Combining boxing and kicks, this martial-art sport is in fact aimed at both adults and children. It works out the entire body, enhances flexibility, sharpens reflexes and relieves anxiety and pressure very effectively.

#### Design-Implementation:

Eleni Gavriil, Kickboxing - Muay Thai Trainer

#### **SPORTS & WELLNESS**

## Vera the Magic Chessboard and Journey on Six Continents

The magic chess pieces were scattered, and it seemed as though they would never be able to reunite... In an adventurous quest on six continents, we learn the moves and importance of chess pawns.

Participants will enact the characters' moves while reading the story of Vera, the Magic Chessboard!

**Design-Implementation:** Marianna Stefanidi, Fide Instructor; Maria Tsoumpa, Beginners' Coach, Kallithea Chess Club



#### Holy Saturday 15/4 11.00-13.00

(for children of all ages and parents)

(maximum 10 families per 40')

**GREAT LAWN** 



## Easter Egg Hunt

Activities for children

**SPORTS & WELLNESS** 

A different kind of treasure hunt at the Stavros Niarchos Park! Following the clues, participants will move around the Park searching for Easter eggs; after passing the tests given by the chicklets, they will go looking for Mr. Rabbit! The winning team will be the one to find Mr. Rabbit, who will treat everyone to chocolate Easter eggs!

**Design-Implementation:** Regeneration & Progress



Sunday 2/4

11.30-13.30

PINE GROVE

(for children 4-10)

(up to 40 participants)

#### Subday 23/4 11.30-12.30 (for children 6-16) (up to 20 participants)

#### PINE GROVE



## Chess: Introduction to the Rules of the Game – Beginners' Training

Since its inception, chess has been regarded as a game fit for kings – over the years, it has earned the title of the king of games. It is a wonderful pursuit for children, fostering creative thinking, enhancing memory and problem-solving skills, while fostering concentration and patience.

Participants will be introduced to the basic moves and apply them in training games.

Design-Implementation: Marianna Stefanidi, Fide Instructor

#### Saturday 22/4 12.00-13.00

(for children 5+)

(up to 25 participants)
GREAT LAWN



#### Capoeira for Children

A popular and multifaceted Brazilian dance and martial-art form, Capoeira can be a comprehensive and entertaining educational tool, as it helps children to develop their motor, psychomotor, psychoemotional and psychosocial skills. Aiming at harmony in the 'battle' (luta), children attack in a controlled manner, free of any intention of hitting their partners. There are no winners or losers in capoeira, no competition; the focus is on cooperation.

Design-Implementation: Mestre Paulinho / Quilobo

# Activities for children SPORTS & WELLNESS

Sunday 23/4 11.00-13.00

(for children aged 2.5-5)

OUTDOOR PARKING LOT



#### **Walker Race**

In this race, children compete with balance bikes on a specially designed track. The winner is the first to finish, earning the prize of a standard pedal bicycle! Our little friends bring their own bikes; helmet use is mandatory.

No prior racing or athletic experience required. All participants will receive their own diploma and a surprise.

**Design-Implementation:** Mbike

#### **Hoop Dance Party**

Sunday 23/4 11.30-13.00

(for children 6-12) (up to 20 participants) MEDITERRANEAN GARDEN



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 mind and body, and having a blast in the process!

Hula hoops will be available for all participants.

Design-Implementation: Sunny Diz

#### Activities for children

#### **NATURE**



Sunday 2, 9, 23, 30/4

11.00-12.30 (for children aged 5-9)

(up to 15 participants)

#### **VEGETABLE GARDEN**



#### The Park's Little Gardeners

Everything is so fresh in the Park in April! Bees are buzzing, ants begin to plow the soil, and ladybugs add a splash of color all around.

The Park's little gardeners are once again ready to take action this month! They identify seasonal flowers, watch the newly hatched insects; they prune and pick ripe greens in the vegetable garden, in an exciting journey of exploration, fun and discovery.

**Design-Implementation:** Stavroula Katsoyanni, Agronomist - Landscape Architect Msc



#### **ARTS & CRAFTS**



Sunday 2, 9, 23, 30/4 11.30-12.30

(for children aged 3 and parents)

lmaximum 30 participants per session)

**NLG KIDS LAB** 



#### **Imaginary Lives of Artists**

A book-illustration and art-history workshop! The lives of famous contemporary artists take the form of a story without pictures, and children, alongside with their creative parents, are invited to illustrate their improvised little books.

Design-Implementation: Playroom



Sunday 2, 23, 30/4 16.30-19.30

(for children of all ages and parents)

lmaximum 30 participants per 30')

**NLG KIDS LAB** 



#### **Creative Free Time:** A Plunge into Contemporary Art!

In a free creative workshop, children of all ages explore and depict shapes, colors and styles inspired from the work of Japanese artist Yayoi Kusama.

Design-Implementation: Christina Tsinisizeli, Artist





#### **ARTS & CRAFTS**



Sunday 9/4 16.30-19.30

Holy Tuesday 11/4, Holy Thursday 13/4 11.00-14.00

(for children of all ages and parents)

(maximum 30 participants per 30')

NLG KIDS LAB



#### **Creative Free Time:** Easter!

Children of all ages explore and depict shapes, colors and forms in an Easter-themed free creative workshop!

Design-Implementation: Christina Tsinisizeli, Artist



12/4\*

## **Ladybugs on Candles!**

Join us in making Easter candles! Using clay, wood, wire and other materials, we make bunnies, eggs, ladybugs, butterflies. A creative workshop in which children discover how to make handmade candles, inspired by experimentation with materials and simple techniques.

Design-Implementation: Georgia Hatzivasiliadi, Artist-Educator

SNFCC.org/events. NLG KIDS LAB

Holy Wednesday

(for children 6-10)

\* Pre-registration is

(up to 20 participants)

required. You can book online now at www.

18.30-20.30









#### Friday 21/4

18.00-20.00 (for children aged 9-12)

(up to 15 participants)

#### **NLG KIDS LAB**



#### Camera Obscura

A dark room or box (camera obscura), with a reflective surface on one side and a tiny aperture on the opposite one, is regarded as the world's first camera. In this contraption, light rays go through the aperture to form a mirror reflection of the objects outside the room or box. The aim of this workshop is to familiarize children with the mirror-image function of this type of camera and enable them to make their very own camera obscura to take home!



#### **Engineerama**

Friday 28/4 18.00-20.00 (for children aged 9–12)

(up to 15 participants)

#### **NLG KIDS LAB**



Have you ever wondered how an electric motor works and how electricity turns into motion? In this workshop, children will not only discover how an engine works, but will have the opportunity to build a simple motor circuit of their own.

Design-Delivery: Tina Nantsou, Physicist

#### Activities for children

#### **ARCHITECTURE**

#### Playing with Architecture

The art of architecture becomes a toy in the hands of children! We explore the role of the concept and scale, the importance of orientation and the notion of form in architecture through a visual game.



#### Saturday 22/4

17.30-19.00 (for children aged 6-8)

(up to 15 participants)

#### **NLG KIDS LAB**



#### All the designs that fit on a page!

Can the entire SNFCC, my house, even my room all fit on a single sheet of paper? What is scale? We explore architecture scales and go on to produce our very own personal project.



#### Saturday 29/4

17.30-19.00 (for children aged 6-8)

(up to 15 participants)

#### **NLG KIDS LAB**



#### **Transforming the SNFCC!**

What is a floor plan and a view in architecture? The SNFCC on a sheet of paper looks like ... - well, let's find out, while exploring the importance of concept in architecture, and make our own project.

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Design-Delivery: Christina Tsinisizeli, artist

## Activities for adults SPORTS & WELLNESS



Saturday 1, 8, 22/4 Sunday 2, 9, 23/4

11.00-12.00 13.00-14.00

(for adults and teens over 17)

(maximum 15 participants per session)

\* Pre-registration is required. You can book online now at www.SNFCC.org/events

#### CANAL





#### Sailing in the Canal

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

Design-Implementation: Kalamaki Yacht Club





Saturday 1, 8, 22/4 Sunday 2, 9, 23/4

14.30-17.00 (for children 12+ and adults)

(maximum 15 participants per 30')

\* Pre-registration is required. You can book online now at www.SNFCC.org/events

#### CANAL



#### Kayak in the Canal

Based in content and structure on the Hellenic Canoe-Kayak Federation programs, 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!

**Design-Implementation:** Regeneration & Progress

## Activities for adults SPORTS & WELLNESS

#### Mat Pilates

A creative way to keep in shape developed by Joseph Pilates, this method helps us to maintain correct body posture and improves flexibility, strength, elasticity and balance. Comprising as many as 500 exercises suitable for men and women of all ages and levels, practice takes place on a mat, using props, such as rings, resistance bands and balls. Strengthening the body's core and focusing on abdominal, dorsal muscles and the back, the Pilates method helps improve mood, reduce fatigue symptoms and eliminate stress.

**Design-Implementation:** Regeneration & Progress



Monday

3, 10, 24/4

Wednesday

Thursday

5, 12, 19, 26/4

7, 14, 21, 28/4

08.00-09.00

Wednesday

Thursday

5, 12, 19, 26/4

6, 13, 20, 27/4

18.30-19.30

LABYRINTH

Monday 3, 10, 17, 24/4 Friday 7, 21, 28/4 18.00-19.30

Tuesday 18, 25/4 Thursday 20, 27/4 08.00-09.30

LABYRINTH



#### Yoga

Yoga helps coordinate physical movement and mental processes through gentle practice involving breathing and asana postures; each session ends with relaxation. Through gentle, controlled breathing, participants gain peace of mind, self-control and concentration, fostering positive thinking and bringing everyday benefits on all counts. Practitioners must wear comfortable clothing, bring their own yoga mat and a small blanket to cover their bodies during relaxation.

Design-Implementation: Regeneration & Progress

## Activities for adults SPORTS & WELLNESS

## Activities for adults SPORTS & WELLNESS



Saturday 1/4 Sunday 2/4 12.00-14.00

(maximum 25 participants per 30')

ESPLANADE – STAIRCASE



#### **Stationary Racing Bike**

Tilting and turning, simulating the movement of a street bicycle, this new kind of bike has changed the stationary-bike landscape and won over lovers of this type of training, providing a fresh work-out experience that is both fun and efficient, particularly in training the body's core muscles.

Design-Implementation: Regeneration & Progress



#### Monday - Friday 08.00-10.00 & 18.30-21.30

\* Except Easter Monday 17/4

**RUNNING TRACK** 



## On-site Fitness & Wellness Instructor

Physical education teachers with coaching experience will be available in the outdoor gym from 08.00-10.00 and from 18.30-21.30 for everyone seeking advice and wishing to acquire good training habits. You can sign up for a personal fitness evaluation program, including aerobic exercise, strength training, as well as a set of stretching and recovery exercises.

**Design-Implementation:** Regeneration & Progress



Sunday 9/4 10.00-14.00

VISITORS CENTER



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#### **Bike Clinic**

Does your bike make a creaking noise? Gears not working properly? Does the chain slip all the time? Flat tires? Wondering how to set the saddle height? No problem!

In a specially set-up area in the Visitors Center courtyard, experts inspect and tune up your bike free of charge. They will also be happy to answer technical questions and offer advice on bike maintenance.

Design-Implementation: Mbike





## Activities for adults DANCE



Saturday 1/4 12.00-14.00

(up to 25 participants)

**GREAT LAWN** 



#### **African Dance Workshop**

African dance is more than self-expression: It possesses therapeutic powers by releasing the body and connecting it with the mind, seeking to restore the link with our own inner power source of rhythm. Come dance to traditional African percussion beats.

Open to all, this workshop starts with a warm-up to prepare the muscles and loosen up the neck, sternum, pelvis and arms, familiarizing us with African dance through simple, basic moves, choreography and singing inspired by the West African tradition, and finishing up with stretching and relaxation exercises.

#### Design-Implementation:

Dauda Conteh, Dancer / Quilobo



Sunday 30/4 11.30-13.00 (up to 20 participants) LABYRINTH

Sunday 2/4

11.00, 13.00

LIGHTHOUSE



## Activities for adults DANCE

#### Social Ballroom: Rock 'n' Roll With the Rollin' Foxes and the Hirollers

The successful Social Ballroom series continues! Each month, beginner and advanced dancers of all ages gather at the SNFCC in a dance class open to all! Bringing dance and music from all around the world, Social Ballroom is a great opportunity for everyone to try them out. Classes take place under the supervision of experienced teachers; the seminar will culminate in a party, in which all dancers, regardless of level, can show off their moves.

Come in April to have fun with the '50s most popular music and dance – rock & roll! A symbol of endless summer, love and joy of life, rock & roll comes to life in this course and the party that follows. Joining us will be the Rollin' Foxes, established in 2010 by Manos and Rodi to spread the message of rock & roll throughout Greece; next up are the Hirollers, featuring the singer, bass player and composer Christos Zoes, with music inspired by the '40s and '50s; the party continues with a DJ set featuring Silvery Theodore.

#### Open Air Hoop Dance Hula Hoop Dance Workshop

Hoop dancing is one of the most popular workout methods. When practiced outdoors, there are unlimited possibilities for dancers - regardless of age and fitness level - to explore their relationship with their body, the space around them and the hoop as an extension of themselves.

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

## Activities for adults NATURE



Wednesday 5\*, 12, 19, 26/4 18.30-20.30

(up to 30 participants)

\* On 5/4, the event is taking place in the NLG Seminar Room

NLG MULTIMEDIA ROOM



#### **Gardening** (Beginners)

This four-session gardening course offers practical advice for beginners on growing vegetables, herbs for kitchen use and common ornamental plants for our garden, terrace and home

It provides an introduction to the principles of garden design, plant and material selection, and tips on how to plant and care for plants; also discussed are eco-friendly ways of dealing with common problems.

**Design-Implementation :** Andreas Barboutsis, Agronomist - Landscape architect



## Activities for adults NATURE

#### Plant Propagation Laboratory: Start new plants from a stem with just a little loving care

This workshop is a practical introduction to the techniques of taking cuttings and sowing seeds for everyone interested in easily propagating their favorite plants. Learn how to transplant rooted cuttings and seedlings using ready-to-use material. Also discussed will be: soil, watering, light and other important factors for growing and propagating happy, healthy plants. Participants can bring their own gardening shears, gloves and bags or boxes for taking their new plants home.

**Design-Implementation :** Isabel Sanders, Landscape Architect – Horticulturalist



## Organic Agriculture and Food Security... From Field to Shelf

Monday 3, 10, 24/4 18.30-20.30

**BOOK CASTLE** 



What are organic products? How are they produced? Are they safe? In these lectures, we explore the principles of organic farming; we get to know the rules of organic agriculture, the controls in place and how to distinguish organic products on the shelf. Specifications and quality agricultural produce processes will also be discussed, including how to ensure health and safety standards in our diet, getting to know the HACCP (Hazard Analysis – Critical Control Points), increasing our awareness of genetically modified food and consumer safety.

**Design-Implementation :** Panayotis Papadopoulos, MSc in Agriculture - Organic Agriculture Consultant; Yannis Konstantopoulos, Organic Agriculture Consultant



Saturday 1, 22/4

(up to 15 participants)

**VEGETABLE GARDEN** 

10.00-12.00

#### **Become a Plant Expert!**

Explore the delightful flora of the Stavros Niarchos Park and learn how to identify plants. In this crash course in horticulture and plant taxonomy, participants will learn how to recognize the main families and genera of the plants growing in the Music Garden. We will also discuss the biology behind behavior patterns developed by plants to survive in the Mediterranean climate.

**Design-Implementation :** Isabel Sanders, Landscape Architect – Horticulturalist



#### **Activities for adults**

#### **TECHNOLOGY**



Wednesday 5, 12, 19, 26/4 18.00-20.00

(up to 20 participants)

COMPUTER ROOM-NLG 2nd FLOOR



#### **Internet of Things**

The Internet of Things is an area where programming meets objects, creating an entirely new field for innovation at home, at work, in the city. Have you ever wanted to remotecontrol your home or car? This introductory SNFCC course is ideal for anyone who would like some hands-on experience in this area.

**Design-Implementation:** Microsoft, SocialInnov / Maggie Kondou, Developer - UI/UX Designer

#### **Digital CV**

In the digital era of the sharing economy and social media, the curriculum vitae is no longer just a sheet of paper. Join us to get hands-on advice on how to create a comprehensive web presence for your business identity. Social media strategies, presence and content shared in your professional environment, as well as the small dos and don'ts that make a difference will also be discussed. From LinkedIn to Instagram and from Pinterest to about.me – different platforms and communication channels for the optimal presentation of your work to the world.

**Design-Implementation:** SocialInnov / Panos Ladas, Online Marketing Expert



#### Monday, Wednesday, Friday

11.00-12.00 14.00-15.00 (beginners)

#### Tuesday

11.00-12.00 14.00-15.00 18.00-19.00 (advanced)

#### Thursday

11.00-12.00 14.00-15.00 (advanced)

#### **NLG LOBBY**



## Activities for adults

#### **TECHNOLOGY**

#### Computer Courses (for persons aged 65+)

At a time when technology has simultaneously facilitated and overwhelmed our daily lives, the SNFCC provides an introductory course in digital skills, intended for users with no prior experience who would like to become acquainted with the main uses of a computer and how to perform essential tasks, such as word processing or web browsing – knowledge that will enable them to carry out everyday tasks.

Using simple and practical learning steps, this course is geared towards novice users aged 65+ and to all those wishing to gain a basic mastery of the subject.



#### Thursday 13, 20, 27/4 18.00-20.00

(up to 20 participants)

COMPUTER ROOM-NLG 2nd FLOOR





#### Activities for adults **ARTS & CRAFTS**



#### What About Faster Candles?

Holy Monday 10/4\* 19.00-20.30

(up to 20 participants)

\*Pre-registration is required. You can book online now at www.SNFCC.org/events

SEMINAR ROOM, NLG GROUND FLOOR

Tuesday 11, 18, 25/4

18.30-20.30

**BOOK CASTLE** 



13

#### The Universe of Contemporary Art

A series of lectures aiming to answer the question, What is contemporary art? We talk about contemporary art every day, yet how is it different from earlier art?

In an age like ours, it is highly unlikely that anyone could produce something that goes on display in an art gallery and still lie comfortably outside the limits of the art system. Quite simply because whatever that is, once it goes on display in a more or less institutional venue, it is automatically received, experienced, discussed and perhaps 'transformed' into art. This premise has been established in the philosophy and modus operandi of art (market, museums, academia) since Marcel Duchamp's notorious urinal, with a constant flow of new examples, often increasingly eccentric and merely repeating the same old mantra: What goes on display in an exhibition venue can only be art. Having exhausted the range of trivial objects - urinals, stools, chairs, charcoal, stones, straw, soil, sharks, sheep - it was time to explore every possible surviving taboo in aesthetics, morality, or religion.

Lecturer: Thanassis Moutsopoulos, Associate Professor of History of Art and Cultural Theory, University of Crete; MDesS, GSD, Harvard University; PhD, NTUA

We make our very own Easter candles! We learn simple rules for harmonious compositions, make small ornaments using a variety of materials and simple handicraft techniques (clay, aluminum, wood, decoupage, ribbons) and create imaginatively unique handmade candles for our loved ones.

Design-Delivery: Georgia Hatzivasiliadi, Artist-Educator

#### Workshops for Those Who Forget a Little (Or a Lot)

Activities for adults

**IDEA LAB** 

Boost your memory and other cognitive functions while having fun and enjoying good company! The purpose of these activities is to mobilize our cognitive skills and physical well-being, to boost confidence and socialization. In groups of 25 to 30, under the guidance of experienced instructors, we join in games that combine mental and physical exercise, and mental activation. This course is aimed at men and women over 65 who want to keep active and healthy! Don't forget (no pun intended) that the combination of mental and physical activity strongly contributes to the prevention of dementia and Alzheimer's disease.

Scientific Advice: Athens Association of Alzheimer Disease and Related Disorders

Design-Implementation: Regeneration & Progress

Tuesday 4, 11, 18, 25/4

17.30-19.30

(up to 20 participants) (for people aged 65+))

**NLG LOBBY** (Multimedia Room)









The relocation of the Greek National Opera (GNO) to its new facilities at the Stavros Niarchos Foundation Cultural Center marks a new period in its operation. In the second half of the 2016–2017 season, the GNO enters its pilot season at the SNFCC, with opera and ballet performances at the Main Stage – Stavros Niarchos Hall, as well as with productions and festivals at the Alternative Stage, aiming to become a creative hub dedicated to contemporary performance arts, education and society.

For detailed information on performances, ticket sales and presale dates, please visit www.nationalopera.gr



31/3 1, 2, 4, 5/4 5, 6, 10/5 20.00

MAIN STAGE / STAVROS NIARCHOS HALL







23, 25, 27, 29/4 3/5 20.00

MAIN STAGE / STAVROS NIARCHOS HALL



#### DANCE

#### Landscapes

The first GNO performance during its pilot season at the Main Stage – Stavros Niarchos Hall is the three-part *Landscapes*, which marks a new turn in the artistic identity of GNO's Ballet, bringing different styles of neoclassical ballet into creative dialogue.

Choreography:

Andonis Foniadakis / Douglas Lee / Benjamin Millepied
Performed by GNO's principal dancers, soloists, demi-soloists and
Corps de Ballet

Featuring principals from the GNO Orchestra

#### **OPERA**

#### Macbeth / Giuseppe Verdi

Giuseppe Verdi's riveting opera *Macbeth* will be the first opera production, staged on the Main Stage – Stavros Niarchos Hall, during the GNO pilot season at the SNFCC. Based on the play by William Shakespeare, Verdi's greatest masterpiece as a young opera composer provides rare insight into the main characters' souls through intensely dramatic music.

Conducted by Lukas Karytinos - Ilias Voudouris

Directed by Lorenzo Mariani

With the GNO Orchestra, Choir and Soloists



**23/3** - **9/4** 20.30

GNO ALTERNATIVE STAGE



SACRED MUSIC DAYS 2017

#### **Human and Divine Passion**

The GNO Alternative Stage has programmed a series entirely dedicated to one of the most essential elements of world music history - sacred music. The series offers examples of devotional music from different traditions and historical periods. The first cycle is dedicated to Human and Divine Passion.

The program has been curated by Markellos Chryssikopoulos - Giorgos Koumendakis



#### Manos Hadjidakis

"The world began with a song, and with a song it will end"

The Greek National Opera and Sirius music label present four iconic song cycles by Manos Hadjidakis in a recital by Maria Kostraki (soprano) and Lefteris Michalopoulos (piano) on Holy Tuesday 11 April at 20.30 at the GNO Alternative Stage, Stavros Niarchos Foundation Cultural Center. The recital contains *The C.N.S. Cycle* (1952), *Magnus Eroticus* (1972), *Blood Wedding* (1947) and *Captain Mihalis* (1966).



GNO ALTERNATIVE STAGE



#### EDUCATIONAL PROGRAM

#### Opera Buffs in the Park

Experiential workshops for the arts and sustainable development

The environmental education workshop Sound Universes brings the Opera to the SNFCC Park, highlighting the functional and spatial links of the Park and the Greek National Opera's new home. This experiential workshop for participants of all ages – children and adults – develops associations between classical and contemporary opera selections and elements of the natural surroundings.

Delivery: Christina Karababa, Vasia Valkanioti

Participation in the workshops is free-of-charge, on a first-come-first-served basis.

To register, please call (+30) 213 0885742.





11.00-13.00 (for children 8-12)

#### 29-30/4

11.00-13.00 (for adults)

(up to 20 participants per session)

GNO ALTERNATIVE STAGE



## The National Library of Greece

In April, the National Library of Greece will host three major international academic meetings in its new home In preparation for the big move of its collections, the NLG is developing strategic partnerships with Greek and international universities and research institutions. The National Library of Greece's vision is to become an international center of excellence for the study and promotion of Greek culture as well as to foster experimentation and innovation in library services in the digital age.

#### **IFLA International Congress:** President's Meeting & Global Vision Workshops

The International Federation of Library Associations and Institutions (IFLA) organizes the annual meeting of Committee Chairs in Athens. How can libraries safeguard their shared values in a volatile environment, and what are the challenges they are facing? What will be the role of libraries in 2030 and how can they contribute towards a literate, informed, engaged society? 150 Chairs from 36 countries will meet to help shape a global strategy for the sector. Distinguished speakers will share their experience and recommendations, and participants will determine the next steps of IFLA's Global Vision project in intensive participatory workshops.

Partners: IFLA, National Library of Greece, Association of Greek Librarians and Information Scientists, Goethe Institut Athen

Website: president2017.ifla.org

#### 5-7/4 20.00 NLG

LENDING **DEPARTMENT** 



24-28/4

LENDING

NLG

09.00 - 17.00

DEPARTMENT

#### LIB(e)RO Working Group Meeting

The National Library welcomes into a closed working group meeting the project partners of LIB(e)RO. The project is being implemented in Austria under the European program Erasmus+ and aims to develop an e-learning resource platform to facilitate social inclusion and intercultural learning in municipal libraries.

Partners: Danube University Krems; komm.bib; Jean Monnet Chair for European Politics, Passau University; WIFO (Economic Forum of the region of Passau eV); National Library of Greece; Action Synergy S.A.

#### **DiXiT Seminar:** Digital Publishing and Modern-Greek Studies

This intensive five-day seminar aims to bring the Greek research community up-to-date with international developments in the burgeoning field of digital publishing. It is aimed at graduate students, doctoral students and young researchers from the Humanities area as well as archive, library and publishing professionals. The event is organized under DiXiT (Digital Scholarly Editions Initial Training Network), which is supported by the Marie Curie Actions of the 7th European Community Framework Program.

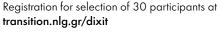
Partners: DiXiT; National Library of Greece; National Bank of Greece Cultural Foundation; Institute of Historical Research, National Research Foundation; Modern-Greek Philology Department, University of Ioannina; Computational Intelligence Laboratory, Institute of Informatics and Telecommunications, Demokritos National Center for Scientific Research

transition.nlg.gr/dixit

#### 3, 4, 5, 6/4

LIGHTHOUSE / **BOOK CASTLE** (ground floor)





#### Monday - Sunday

Exhibitions

27/4-23/7 | 06.00-00.00 Piece by Piece: Renzo Piano Building Workshop

LIGHTHOUSE (p. 14)

06.00-00.00

Spyros Louis Cup LOBBY (p. 17)

06.00-00.00

Weaving Light LOBBY (p. 16)

— Monday - Sunday

#### **Guided Tours\***

Information (p.52)

#### Saturday & Sunday\*

09.00-10.00 (for children aged 6-9) 10.00-11.00 (for children aged 9-12) 12.00-13.00 (for teenagers aged 12-17) | Health & Wellness

Sailing in the Canal\* CANAL (p. 19)

\*The activity will not take place on Weekends 15-16/4 and 29-30/4.

#### Saturday & Sunday\*

11.00-12.00 13.00-14.00 (for adults and teenagers aged 17+) Health & Wellness

Sailing in the Canal\* CANAL (p.30)

\* The activity will not take place on Weekends 15-16/4 and 29-30/4.

#### Saturday & Sunday\*

14.30-17.00 | Health & Wellness

Kayak at the Canal

(for children aged 12+ and adults)\*

CANAL (p.20, 30)

\*The activity will not take place on Weekends 15-16/4 and 29-30/4.

#### Monday, Wednesday & Friday

16.30-17.15 | Health & Wellness **Kids Athletics** (for children aged 6-12) **RUNNING TRACK** (p.21)

#### Saturday

12.00-13.00 | Health & Wellness Yoga for Kids (for children aged 4-12) GREAT LAWN (p.20)

11.00-12.30 | Health & Wellness Family Games (for children aged 4-12 and their parents) GREAT LAWN (p. 19)

#### Tuesday & Thursday

17.00-18.30 | Health & Wellness **Kickboxing for children** (for children aged 4+) **GREAT LAWN** (p.21)

Monday & Friday 18.00-19.30

Tuesday & Thursday

#### Yoga

LABYRINTH (p.31)

Monday, Wednesday & Friday

Wednesday & Thursday

#### **Mat Pilates**

LABYRINTH (p.31)

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#### Monday - Friday

08.00-10.00 & 18.30-21.30

On-site Fitness & Wellness Instructor
RUNNING TRACK (p.33)

#### Saturday 1/4

10.00-12.00 | Nature

Plant Propagation Laboratory: Start new plants from a stem with just a little loving care
VEGETABLE GARDEN (p.37)

12.00-14.00 | Dance

## African Dance Workshop for adults

GREAT LAWN (p.34)

12.00-14.00 | Sports & Wellness Stationary Racing Bike ESPLANADE-STAIRCASE (p.32)

21.00 | Music Escapades Closer LIGHTHOUSE (p.9)

#### Sunday 2/4

11.00-12.30 | Nature
The Park's Little
Gardeners
(for children aged 5-9)
VEGETABLE GARDEN (p.25)

11.30-13.30 | Health & Wellness Vera the Magic Chessboard and Journey on Six Continents for children aged 4-10) PINE GROVE (p.22)

11.30-12.30 | Arts & Crafts
Imaginary Lives
of Artists (for children
aged 3 and their parents)
NLG KIDS LAB (p.26)

16.30-19.30 | Arts & Crafts Creative Free Time: A Plunge into Contemporary Art! NLG KIDS LAB (p.26)

#### Sunday 2/4

11.00, 13.00 | Dance

Social Ballroom: Rock'n'Roll LIGHTHOUSE (p.35)

12.00-14.00 | Sports & Wellness
Stationary Racing Bike
ESPLANADE-STAIRCASE (p.32)

#### Monday 3/4

11.00-12.00 14.00-15.00 | Technology

Computer Courses for Persons 65+ / beginners NLG (p.39)

18.30-20.30 | Nature

Organic Agriculture and Food Security... From Field to Shelf BOOK CASTLE (p.36)

#### Tuesday 4/4

11.00-12.00 14.00-15.00 18.00-19.00| Technology Computer Courses for Persons 65+ / advanced NLG (p.39)

17.30-19.30 | Idea Lab
Workshops for Those
Who Forget a Little
(Or a Lot)
NLG MULTIMEDIA ROOM (p.41)

#### Wednesday 5/4

11.00-12.00 14.00-15.00| Technology Computer Courses for Persons 65+ / beginners

**NLG** (p.39)

18.00-20.00 | Technology Internet of Things

NLG - 2nd FLOOR (p.38) 18.30 - 20.30 | Nature

Gardening for adults (beginners group) NLG (p.36)

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#### Thursday 6/4

11.00-12.00 14.00-15.00| Technology Computer Courses for Persons 65+ / advanced NLG (p.39)

#### Friday 7/4

11.00-12.00 14.00-15.00 | Technology Computer Courses for Persons 65+ / beginners NLG (p.39)

#### Saturday 8/4

12.00-13.00 | Music **El Sistema Greece** (for children aged 7-12) **LIGHTHOUSE** (p.18)



10.00-14.00 | Sports & Wellness Bike Clinic

VISITORS CENTER (p.32)

11.00-12.30 | Nature

#### The Park's Little Gardeners

(for children aged 5-9) **VEGETABLE GARDEN** (p.25)

11.30-12.30 | Arts & Crafts
Imaginary Lives
of Artists (for children
aged 3 and their parents)
NLG KIDS LAB (p.26)

16.30-19.30 | Arts & Crafts
Creative Free Time:
Easter!

NLG KIDS LAB (p.27)

21.00 | Easter at the SNFCC Gumbo Ya Ya feat. Esterina!

LIGHTHOUSE (p. 12)

#### Holy Monday 10/4

11.00-12.00 14.00-15.00| Technology Computer Courses for Persons 65+ / beginners NLG (p.39)

19.00-20.30 | Arts & Crafts
What About
Easter Candles?\*

**NLG** (p.40)

18.30-20.30 | Nature

Organic Agriculture and Food Security... From Field to Shelf BOOK CASTLE (p.36)

#### Holy Tuesday 11/4

11.00-14.00 | Arts & Crafts
Creative Free Time:
Easter!

NLG KIDS LAB (p.27) 11.00-12.00 14.00-15.00

18.00-19.00 | Technology

Computer Courses for Persons 65+ / advanced NLG (p.39)

17.30-19.30 | Idea Lab

Workshops for Those Who Forget a Little (Or a Lot)

NLG MULTIMEDIA ROOM (p.41)

18.30-20.30 | Arts & Crafts

The Universe of Contemporary Art BOOK CASTLE (p.40)

21.00 | Easter at the SNFCC **Give Me This Stranger LIGHTHOUSE** (p.13)

#### Holy Wednesday 12/4

11.00-12.00 14.00-15.00| Technology Computer Courses for Persons 65+ / beginners NLG (p.39)

18.00-20.00 | Technology Internet of Things NLG - 2nd FLOOR (p.38)

#### Holy Wednesday 12/4

18.30-20.30 | Arts & Crafts

Ladybugs on Candles!\*
(for children aged 6-10)
NLG KIDS LAB (p.27)

18.30 - 20.30 | Nature **Gardening for adults**(beginners group)

NLG MULTIMEDIA ROOM (p.36)

#### Holy Thursday 13/4

11.00-14.00 | Arts & Crafts
Creative Free Time:
Easter!
NLG KIDS LAB (p.27)

11.00-12.00 14.00-15.00 | Technology

Computer Courses for Persons 65+ / advanced NLG (p.39)

18.00-20.00 | Technology **Digital CV** 

NLG - 2nd FLOOR (p.38)

21.00 | Easter at the SNFCC A Love Supreme LIGHTHOUSE (p. 13)

#### Holy Saturday 15/4

11.00-13.00 | Health & Wellness

Easter Egg Hunt
(for children of all ages and
their parents)

GREAT LAWN (p.23)

#### Tuesday 18/4

11.00-12.00 14.00-15.00 18.00-19.00| Technology Computer Courses for Persons 65+ / advanced NLG (p.39)

17.30-19.30 | Idea Lab

#### Workshops for Those Who Forget a Little (Or a Lot)

NLG MULTIMEDIA ROOM (p.41)

18.30-20.30 | Arts & Crafts
The Universe of
Contemporary Art
BOOK CASTLE (p.40)

#### Wednesday 19/4

11.00-12.00 14.00-15.00 | Technology Computer Courses for Persons 65+ / beginners NLG (p.39)

18.00-20.00 | Technology Internet of Things NLG - 2nd FLOOR (p.38)

18.30 - 20.30 | Nature

Gardening for adults
(beginners group)

MULTIMEDIA ROOM EBE (p.36)

#### Thursday 20/4

11.00-12.00 14.00-15.00| Technology Computer Courses for Persons 65+ / advanced NLG (p.39)

18.00-20.00 | Technology Digital CV NLG - 2nd FLOOR (p.38)

#### Friday 21/4

11.00-12.00 14.00-15.00| Technology Computer Courses for Persons 65+ / beginners NLG (p.39)

18.00-20.00 | Tech Freaks Lab **Camera Obscura** (for children aged 9-12) **NLG KIDS LAB** (p.28)

#### Saturday 22/4

10.00-12.00 | Nature
Plant Propagation Laboratory: Start new plants
from a stem with just a
little loving care
VEGETABLE GARDEN (p.37)

12.00-13.00 | Health & Wellness Capoeira for Children (for children aged 5+) GREAT LAWN (p.23)

13.00-14.30 | Nature

Become a Plant Expert!

SOUND GARDEN (p.37)

17.30-19.00 | Architecture

All the designs that's fit
on a page! (for children
aged 6-8)

NLG KIDS LAB (p.29) 21.00 | Music Escapades Bokomolech PANORAMIC STEPS (p.10)

#### Sunday 23/4

11.00-12.30 | Nature
The Park's Little
Gardeners
(for children aged 5-9)
VEGETABLE GARDEN (p.25)

#### Sunday 23/4

11.00-13.00 | Health & Wellness

Walker Race
(for children aged 2,5-5)
OUTDOORS PARKING LOT (p.24)

11.30-12.30 | Arts & Crafts
Imaginary Lives of Artists
(for children aged 3 and
their parents)
NLG KIDS LAB (p.26)

11.30-13.00 | Health & Wellness Hoop Dance Party (for children aged 6-12) MEDITERRANEAN GARDEN (p.24)

11.30-12.30 | Health & Wellness
Chess: Introduction to
the Rules of the Game
- Beginners' Training
(for children and teenagers
aged 6-16)
PINE GROVE (p.22)

16.30-19.30 | Arts & Crafts
Creative Free Time:
A Plunge into
Contemporary Art!
NLG KIDS LAB (p.26)

#### Monday 24/4

11.00-12.00 14.00-15.00| Technology Computer Courses for

Persons 65+ / beginners NLG (p.39)

18.30-20.30 | Nature

Organic Agriculture and Food Security... From Field to Shelf BOOK CASTLE (p.36)

#### Tuesday 25/4

11.00-12.00 14.00-15.00 18.00-19.00 | Technology **Computer Courses for** Persons 65+ / advanced **NLG** (p.39)

#### Tuesday 25/4

17.30-19.30 | Idea Lab

#### **Workshops for Those** Who Forget a Little (Or a Lot)

NLG MULTIMEDIA ROOM (p.41)

18.30-20.30 | Arts & Crafts

#### The Universe of **Contemporary Art**

BOOK CASTLE (p.40)

#### Wednesday 26/4

11.00-12.00 14.00-15.00 | Technology **Computer Courses for** 

Persons 65+ / beginners **NLG** (p.39)

18.00-20.00 | Technology **Internet of Things** 

NLG - 2nd FLOOR (p.38)

18.30 - 20.30 | Nature

Gardening for adults (beginners group)

NLG MULTIMEDIA ROOM (p.36)

#### Thursday 27/4

11.00-12.00 14.00-15.00 | Technology

**Computer Courses for** Persons 65+ / advanced **NLG** (p.39)

18.00-20.00 | Technology **Digital CV** NLG - 2nd FLOOR (p.38)

#### Friday 28/4

11.00-12.00 14.00-15.00 | Technology

**Computer Courses for** Persons 65+ / beginners **NLG** (p.39)

18.00-20.00 | Tech Freaks Lab **Engineerama** 

(for children aged 9-12) NLG KIDS LAB (p.28)

#### Saturday 29/4

10.00-11.30 | Nature

**Become a Plant Expert!** SOUND GARDEN (p. 37)

17.30-19.00 | Architecture **Transforming the SNFCC!** (for children aged 6-8)

NLG KIDS LAB (p.29) 21.00 | Music Escapades

#### **Xaxakes**

PANORAMIC STEPS (p.11)

#### Sunday 30/4

11.00-12.30 | Nature The Park's Little Gardeners

(for children aged 5-9) **VEGETABLE GARDEN** (p. 25)

11.30-13.00 | Dance

**Hula Hoop Dance Workshop for Adults** LABYRINTH (p.35)

11.30-12.30 | Arts & Crafts

**Imaginary Lives** of Artists (for children aged 3 and their parents) NLG KIDS LAB (p.26)

16.30-19.30 | Arts & Crafts **Creative Free Time:** A Plunge into **Contemporary Art!** NLG KIDS LAB (p.26)

- The event program is subject to change. Outdoor events may be postponed or cancelled due to weather conditions or construction activity in the Park. Please visit SNFCC.org/events for the latest updates.
- If you are taking part in an outdoor activity during the day, it is strongly suggested that you wear a hat.
- For Greek National Opera and National Library of Greece events, please visit their official websites, www.nationalopera.gr and www.nlg.gr respectively.

### **Guided Tours**

- \* To find out more information, see the guided tours schedule and pre-register, please visit 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. Want to know more about the SNFCC? The SNFCC offers 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. We will explore the public areas, but also go backstage in the two buildings, 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 contemporary 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 on a daily basis.



## Guided Tours for Groups

For 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**

The SNFCC welcomes primary and secondary school groups to its educational events. Visits are possible Monday to Friday 09.00–10.30 and 11.00–12.30. To book your group in a SNFCC's educational event, please call (+30) 216 8091005, or email schools@snfcc.org.

Guided tours are available for groups up to 25 children. The educational program has been designed by Kalliopi Koutroumpi, Museum Educator. The sports program has been designed by Regeneration & Progress.





#### **Opening Hours**

Summer opening hours (1 April to 31 October): Stavros Niarchos Park, Running Track, Agora, Lighthouse 06.00–00.00, Visitors Center

**Admission** 

Admission to all events is free of charge thanks to exclusive support from the Stavros Niarchos Foundation. For events with limited seating, pre-registration is required.

#### **Accessibility**

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The Stavros Niarchos Foundation Cultural Center is fully accessible to all and aims for all its events and services to meet visitors' requirements.

Services available for people with disabilities:

**Practical Information** 

09.00-22.00.

- All entrances are accessible to people with disabilities.
- The SNFCC provides wheelchairs for people with disabilities, available on a first-come, first-serve basis upon presentation of an identification card at the Visitors Center or the SNFCC Lobby. For information, please call (+30) 216 809100.
- Parking spaces for people with disabilities are available on the ground floor of the SNFCC parking lot. The parking lot entrance is on 1, Pisistratou Street.
- The Running Track area is accessible to people with disabilities.
- Wheelchair-accessible restrooms are located at the Visitors Center, the Park Kiosk and the Agora.
- SNFCC building elevators are accessible to all visitors.
- Guiding paths are available at all pathways leading to the SNFCC premises and the Stavros Niarchos Park. Guide dogs and hearing dogs are welcome at the SNFCC.
- Guided tours to the GNO and the NLG buildings are accessible to visitors with disabilities. For more information and to arrange your visit, please contact us at (+30) 216 8091000.
- If you have comments, complaints, or suggestions related to SNFCC services for people with disabilities, please email us at info@snfcc.org.
- For further information, please call (+30) 216 8091000, or visit SNFCC.org.

Pets

Pets are admitted to all SNFCC's outdoor areas except the Great Lawn, the Labyrinth and the Playgrounds. Pets must be accompanied at all times and kept under direct and constant supervision by their owner, who must clean up after them.

Wi-Fi

Free Wi-Fi is available in all areas of the SNFCC: SNFCC-FRFF-WIFI

**Digital Services** 

Computers with internet access are provided by the SNFCC to use free of charge at the NLG Ground Floor. Over 5,000 newspapers and magazines from over 100 countries in 60 different languages can be accessed online at www.pressreader.com, using either the SNFCC-provided computers or the visitors' own devices. It is hoped that this platform will become a popular service for our visitors as a source of daily news, entertainment and inspiration.

Food and Drink

Outdoor food carts are available at the SNFCC on a temporary basis. Permanent food & beverage facilities will be opening soon.

**Smoking** 

Based on the requirements of the Leadership in Energy and Environmental Design (LEED) certification program earned by the SNFCC, smoking is prohibited in all SNFCC indoor areas and within an 8-meter distance of any building entrance. In all other SNFCC outdoor areas, smoking is not prohibited. However, respect for the environment and the promotion of a healthy lifestyle remain key SNFCC values. In this context, we encourage visitors to enjoy the Park while refraining from smoking during their stay. Should visitors wish to smoke, we kindly ask that they respectfully use the floor ashtrays available in the area.

**Environmental Management** 

The SNFCC won the Platinum LEED certification as a green building, the highest distinction for environmental and sustainable buildings. The certification was awarded by the U.S. Green Building Council (USGBC), the organization that has developed the leading international certification system for green buildings. LEED certification verifies that a building was designed and constructed following rigorous principles of sustainable construction and environmentally innovative practices that focus, among other metrics, on water and energy efficiency, reduction of CO2 emissions, indoor environmental quality and the rational management of resources. Platinum LEED certification is a unique and challenging distinction to achieve. The SNFCC is the first cultural project of such scale to earn the LEED Platinum Certification in Europe.

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## POSIDONOS AVE 22 **(**2) PISISTRATOU j 20 wc 3 **₫**⊘ 13 Municipal Kallithea Park 00 SYGGROU AVE (Underpass) EVRIPIDOU LYSIKRATOUS

## Map

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

- Great Lawn
- 2 Pine Grove
- Southern Walks
- 4 Labyrinth
- Outdoor Gym
- 6 Running Track
- Western Walks
- 8 Playground
- 9 Park Kiosk
- 10 Water Jets
- Sound Garden
- 12 Mediterranean Garden
- National Library of Greece

- 4 Agora
- Greek National Opera
- Lighthouse
- Panoramic Steps
- 18 Canal
- 19 Esplanade
- 20 SNFCC Lobby
- 21 Outdoors Parking Lot
- South Wall GNO
- 23 Vegetable Garden
- Visitors Center
- Food trucks
- SNFCC Bike Rental
- Shuttle Bus Stop





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For convenient access to and from the SNFCC, a shuttle bus service is provided for our visitors free of charge several times per day. 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 south side of the SNFCC Canal (near the GNO building) and back. The timetable is subject to change. Please visit SNFCC.org for the latest updates.

From Syntagma to SNFCC

#### From SNFCC to Syntagma

MONDAY-THURSDAY	FRIDAY	WEEKENDS	MONDAY-THURSDAY	FRIDAY	WEEKENDS
07.30	07.30	09.30 - 23.00	12.30	12.30	09.30 - 00.00
10.00	10.00	every 30 minutes	14.00	14.00 - 00.00	every 30 minutes
11.00	11.00		15.30	every 30 minutes	
16.00	14.30 - 23.00		18.00		
17.00	every 30 minutes		20.00		
17.30			21.00		



Public Transport



From the center of Athens: B2, 550 (Onassio Stop)
From Glyfada: A1 (Delta Stop), A3 (Agii Anargyri Stop), B2 (Evgenidio Stop), T3-tram (Tzitzifies Stop)

From Piraeus: A1, B1 (Tzitzifies Stop), 229 (Onassio Stop)

**Parking** 



The 1.000-space onsite parking lot is currently free of charge; fees will be introduced at a later date.

Opening hours: 06.00-00.00

\* Not all parking spaces may be available on all days due to work in progress in the parking lot.





# I am an SNFCC Member, I belong to its family, I support its activities!

The SNFCC Membership Program aims to engage the public in supporting the operation of the SNFCC and contribute to its sustainability. Member subscriptions go towards the development of the SNFCC program of events and activities that further our mission to be open and accessible to all. In recognition of their contributions, our Members enjoy exclusive benefits related to the SNFCC's three main pillars: the Greek National Opera, the National Library of Greece and the Stavros Niarchos Park.

You can register to become an SNFCC member online at **SNFCC.org/members** or in person during your visit at the SNFCC.

Gift subscriptions are available for purchase.

Need help? Call the dedicated SNFCC Member helpline (+30) 216 8091010, or email us at members@snfcc.org.

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Stavros Nigrchos Foundation **Cultural Center** 

364, Syggrou Avenue 17674 Kallithea

Tel: (+30) 216 8091000 Email: info@snfcc.org





(10) (1) (10) /SNFCC

**#SNFCC** 

#### **Organization:**



KENTPO ΠΟΛΙΤΙΣΜΟΥ ΣΤΑΥΡΟΣ ΝΙΑΡΧΟΣ







