

ΚΕΝΤΡΟ ΠΟΛΙΤΙΣΜΟΥ ΙΔΡΥΜΑ ΣΤΑΥΡΟΣ ΝΙΑΡΧΟΣ



SNFCC.org

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SNFCC: Sustainability Hub

When the Stavros Niarchos Foundation Cultural Center was still in the design phase, one of the key requirements set by the Stavros Niarchos Foundation and architect Renzo Piano was sustainability – both in the construction and operation stages. Having now been in operation for one and a half years, and having received more than three million visitors, we are now able to draw some early conclusions as well as ask questions and set goals for the future: How can we set a new sustainable public space paradigm? How can we ensure that our impact is replicated? How does a 21-hectare metropolitan park, with such intense activity and traffic, not only maintain but enhance its sustainable nature?

There are no easy answers, but our resolve and commitment are given: While being a cultural, educational, sporting and recreational destination, SNFCC strives to be – in addition to a place for celebration and meeting – an environmental model and a hub of sustainability. This means that all our functions are governed by the principles of sustainable development: From the production and consumption of energy and resources such as water, to the practices we, as well as the partners we select, follow. From the specifications of this booklet to the way the Canal will be cleaned this month – without the use of chemicals, as its water flows back to the sea. From training our people to providing learning opportunities to our visitors, regardless of age, and raising environmental awareness.

In March, many of our activities return to Stavros Niarchos Park and SNFCC's outdoor areas, while we are also doing our spring cleaning: Cleaning and maintenance of the Canal, seasonal care of the Park and its plants, improvement works on some of the paths. As some of these works may affect your visit, we thank you for your understanding. We also invite you to check out SNFCC's Sustainability Report, which will soon be available at our service points and online at SNFCC.org.

The Park is waiting!

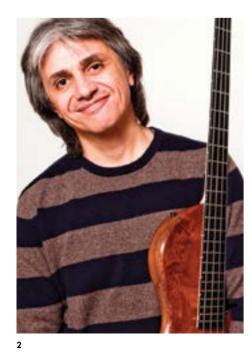
Highlights

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Parklife Thrax Punks p.05

> Presentation of Safe Water Sport 's educational program promoting children's safety in the water. p.09





Pharos Wind Ensemble

Cosmos
 Mozart in C major:
 Atenea Armonia
 Friends of Music
 Orchestra
 p.07



Parklife concert series returns on the Great Lawn at Stavros Niarchos Park, inviting us where nature blends with music



Big Band Military Band of Athens

Sunday 04/03 | 12.00 -

On the first Sunday of March, at noontime, the Big Band of the Military Band of Athens arrives at SNFCC's Great Lawn with buoyant performances of well-known numbers and covers of jazz, Latin and soul music.

🔶 GREAT LAWN 🚺

The Big Band will present swing and salsa rhythms, well-known Greek and foreign tunes in scores that showcase male and female voices, and solos, conducted by Major Michael Hassouris.

Since 2011, the Big Band, with its jazz and Latin repertoire, as well as cover versions of Greek music in a similar vein, has been performing in Greece and abroad, and has participated in festivals such as GNO's Retromania and Jazz Technopolis Festival.



Jazz Chronicles



In March, Jazz Chronicles, the concert series dedicated to Greek Jazz, features a special collaboration between bassist/composer Yiorgos Fakanas and Tim Garland, one of the world's most famous saxophonists.

Yiorgos Fakanas Group featuring Tim Garland

Sunday 18/03 | 21.00 -

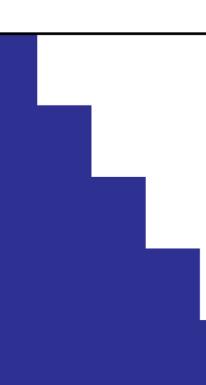
Established 20 years ago, Yiorgos Fakanas Group seeks to include in its ranks the best Greek jazz improvisers and perform the music written and arranged by Yiorgos Fakanas with virtuosity, highlighting its key qualities – **mercurial rhythms, bold melodic lines and impressive orchestration.**

Yiorgos Fakanas started his music career at an early age, being awarded as Best Young European Bass Player. Since then, he has performed in a great number of concerts in Greece, including at Herodes Atticus Odeon, Athens Concert Hall, Lycabettus Theater, Pallas Theater, with big bands, symphony orchestras and string ensembles, the Greek State Orchestra for Greek Music, and international ensembles. Over the last decade, his fame has spread around the world, with sold-out concerts in Europe, Asia and America; his album *Interspirit* was included in the Prenomination List for a Grammy Award for Best Contemporary Jazz Album.

Tim Garland is a leading saxophonist and member of Chick Corea's Origin sextet, with collaborations with artists such as Ronnie Scott, Ralph Towner, Avishai Cohen, John Patitucci; he is a fellow of Newcastle University and has collaborated with the Northern Sinfonia on two albums.

Tim Garland (saxophone) Mihail lossifov (trumpet) Takis Paterelis (saxophone) Dimitris Sevdalis (keyboards) Yiorgos Fakanas (bass) Menios Passialis (drums)







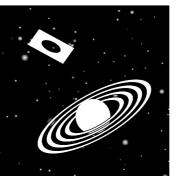
The musicians of Atenea Armonia - Friends of Music Orchestra return to the period instruments that made them famous throughout the world, in the context of SNFCC's Cosmos concert series.

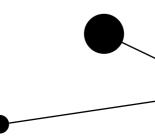
Leading Greek music conductor George Petrou directs a program dedicated to God's beloved Mozart, with three masterpieces that share the purest musical key – C major. Camerata members and outstanding soloists take us on a journey to enchanting 18th-century sounds through instrumental textures similar to what was available to Mozart: An authentic Érard harp and a Walter-style fortepiano, similar to Mozart's own historical instrument.

Program:

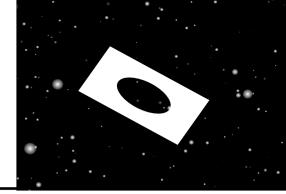
- Concert for flute, harp and orchestra in C major, K. 299/297c
- Concerto for fortepiano No. 13 in C major, K. 415/387b
- Symphony No. 36 in C major, K. 425 (Linz)

Late seating is only possible during intermission or in the event of a pause. Pre-registration at snfcc.org is required.

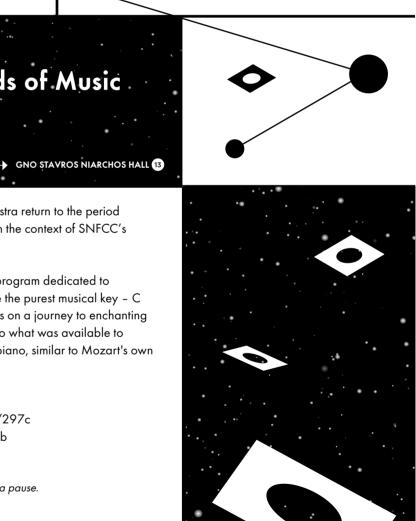




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SNFCC's Cosmos concert series explores different musical universes, inspired by Susumu Shingu's eponymous sculpture, which adorns the ceiling of GNO's Stavros Niarchos Hall.





Greek Independence Day

Marina Lambraki-Plaka: Art and Ideology in the Modern Greece

Saturday 24/03 | 18.30-20.30 -----

To mark Greek Independence Day on March 25, Marina Lambraki-Plaka, Professor Emeritus of Art History and Director of the National Gallery – Alexandros Soutsos Museum, will discuss Modern Greek art, covering the following topics:

The foundation of the new state:

- The London Protocol (1832)
- The New Kingdom of Greece and king Otto
- The Quest for a Past
- Neoclassicism
- School of Arts
- The role of fine arts in the new state
- The role of history painting
- The School of Munich
- Bourgeois Society and the Arts
- The National Ideology of the "Great Idea"

20th Century:

- Toward a Greek Modernism
- 1900-1922: Greek Light and Color
- "Omas Techni" (Art Group)
- Interwar period
- 1922: The Asia Minor Catastrophe
- "Trauma" and Response
- The Thirties Generation: Tradition and Modernism





Local costumes at the turn of 19th century

Sunday 25/03 | 18.00-19.30 -

Little information is known regarding early dress elements identified in 18th century women's and men's costumes in Greece. These elements formed the basis for what was to follow in the mid-19th century, when, influenced by the romantic movement, the form of local costumes was crystallized in Greece, Europe and elsewhere.

Ioanna Papantoniou Set and costume designer; President, Peloponnesian Folklore Foundation



Presentation of Safe Water Spo educational program on water safety for children.

Friday 16/03 | 19.00

How well-informed are children and young people about how to enjoy the sea and water sports safely? How can we help prevent drowning accidents and other incidents?

Safe Water Sport's training program informs parents and children about key safety rules, helping them discover how to respect, rather than be afraid of, the sea, and be mindful in their enjoyment of the water.

Safe Water Sports is a non-profit initiative set up with the main objective of raising social awareness on issues related to sea sports and recreational activities.

	SALE SALE
orts	The event is under the auspices of the President of the Hellenic Republic.
	Speakers: His Excellence the President of the Hellenic Republic Prokopios Pavlopoulos Dr Panagiotis Paschalakis,
	President, Safe Water Sports Panagiotis Paraskevas , 2nd Deputy Chief, Coast Guard – Vice Admiral Nikos Kaklamanakis ,
	Windsurfing Olympic Gold Medalist Eleni Soultanaki, PhD, Associate Professor of Water Sports, School of Physical Education and Sport Science, University of Athens
	Velissarios Christodoulou , High school student
	The event is moderated by Panos Karvounis , former Head of the Representation of the European Commission in Greece.
	The event is introduced by actor Yorgos Kentros .



El Sistema Greece & Ron Davis Alvarez (El Sistema Sweden/Il Pomo d'oro)

Class / open rehearsal - for all children, with or without music training

Saturday 10/03 | 12.00 -

El Sistema Greece continues its open program at SNFCC and invites all children to sing and musicians of all ages to join in the class/open rehearsal!

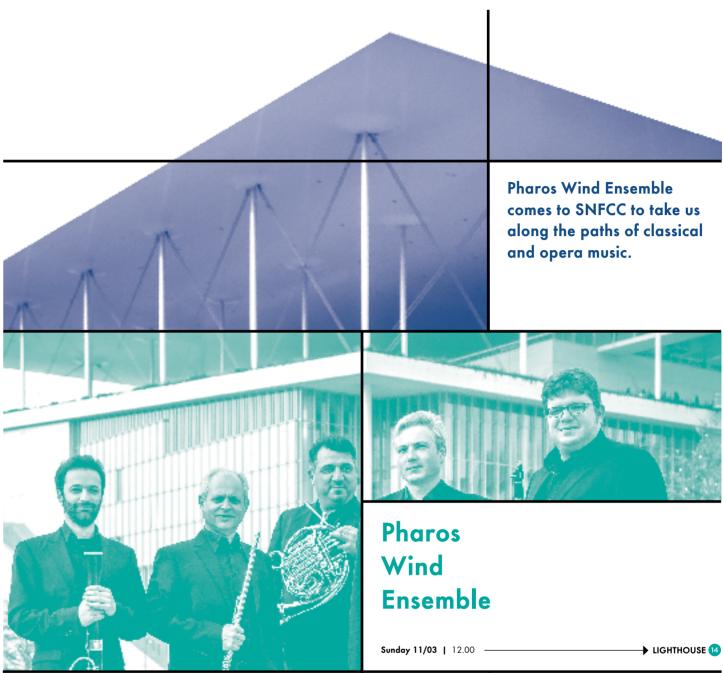
All children are invited to participate along with the children of El Sistema Greece, in a comprehensive class that will give everyone the opportunity to go on stage as a performing artist.

On 28 January, Sofi Jeannin, Director, Radio France in Paris and BBC Singers in London, gave a class at SNFCC on choral music, also featuring 8tetto ensemble, while Ronnie Morales, from Simon Bolivar Orchestra, contributed as well.

On 10 March, Ron Davis Alvarez, artistic director of El Sistema, Sweden, and Il Pomo d'oro ensemble and cultural ambassador of El Sistema Greece, is conducting the class. The class will focus on the orchestra, with the participation of El Sistema Greece and Il Pomo d'oro music performers. Audience and musicians will explore how to put music pieces together, harmony, structure, contrast, orchestra dynamics, with a repertoire combining classical, world and Greek music.







Five principal musicians of GNO's participate in a newly established chamber music ensemble that seeks to educate and disseminate classical and contemporary music to children, young persons and social groups without access to large concert venues.

Thodoris Mavrommatis, flute, Dimitris Safaridis, oboe, Yannis Karagiannidis, clarinet, Dimitris Dakovanos, bassoon, and Christos Kaloudis, horn, make up an agile ensemble that lends itself naturally for performances in churches, schools, charities, prisons, museums, small concert halls, outdoor venues, as well as in smaller cities, for audiences that don't often have the opportunity to attend professional classical music concerts.

March

Activities for Adults



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First-aid course

The Green Fingers p. 16





Workshops for those who forget a little or a lot p.18



Activities for Adults

In March, due to the annual cleaning of the Canal, the sailing and kayak lessons will not take place. Also, due to maintenance works at Stavros Niarchos Park, the locations of the various activities may change. Please visit www.SNFCC.org for the most updated program

SPORTS & WELNESS

Monday-Friday 08.00-10.00 18.00-21.00

RUNNING TRACK

Fitness for everyone

On a daily basis, 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



Monday 05, 12*, 19, 26/03 Thursday 01, 08*, 15 , 22, 07.45-09.00 29/03 Wednesday 07*, 14*, 21, 18 00-19 00 28/03 19.00-20.00 07.45-09.00 Friday 02, 09*, 16, 23, 18.00-19.00 30/03 19.00-20.00 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, such as rings, resistance bands and balls.

* the program is transported to

the Labyrinth at the same time

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

Design-Implementation: Regeneration & Progress

Monday 05, 12*, 19, 26/03 Thursday 01, 08*, 15, 22, 18.00-19.30 29/03 Tuesday 06*, 13*, 20, 27/03 08.00-09.30 08.00-09.30 Friday 02, 09*, 16, 23, 30/03 GREAT LAWN 18.00-19.30

(up to 30 participants) * the program is transported to

the Labyrinth at the same time

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. Practitioners must wear comfortable clothing and bring their own yoga mat as well as a small blanket to cover up during relaxation.

Design-Implementation: Regeneration & Progress

SPORTS & WELNESS

Saturday 03, 10, 17, 24, 31/03 08.30-10.00

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

RUNNING TRACK

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.

Sunday 25/03

13.00-15.00

Design-Implementation: Regeneration & Progress

Wednesday 07, 14*, 21*, 28/03 09.00-10.15 Thursday 01, 08, 15*, 22*, 29/03 17.00-18.15

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 concentra-

tion, meditation, and breathing control.

Design-Implementation: Regeneration & Progress

LABYRINTH 4

Qigong 50+

For ages 50+ (up to 30 participants) * the program will take place at the Great Lawn at the same time

Tuesday 06*, 13*, 20, 1700-1815 Saturday 03, 10*, 17, 24, 31/03

27/03

08 30-09 45

GREAT LAWN

Tai Chi

* the program will take place at the Labyrinth at the same time

Sunday 04, 11, 18/03 12.00-14.00

ESPLANADE 17

Petanque

boules.

A sport for fun, wellness and socializing,

a game of petangue 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

Design-Implementation: Regeneration & Progress

Sunday 11/03 09.00-11.30 Free admission, with pre-registration at

RUNNING TRACK (start & finish)

Urban Trail Run II & Relay

A 2,5K race with a 100m positive altitude change challenges you to move on SNFCC's highest points. Uphill, downhill, stairs, ramps, dirt, and water all await you to tackle the most demanding route in the Park as fast as you can!

*Registration at the Running Track will open at 08:00 and will remain open for the duration of the event for new entries.

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

14

SNFCC.org/events



Up to 300 participants aged 15+, the 150 entries are individual and the 150 individual or group for pairs of two athletes (75 teams of 2 athletes)

Thursday 15/03 17.30-19.00 19 00-20 30

NLG MULTIFUNCTIONAL ROOM 1

(up to 20 participants on a priority basis)

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

Activities for Adults

NATURE

Saturday 03/03 11.00-14.00

PINE GROVE

Sunday 04, 11, 18, 25/03 (up to 30 participants 13.00-14.30

on a priority basis) VEGETABLE GARDEN 20

be even more in tune with nature.

Topics: plant protection, watering,

Stamatis Kavassilis, Agronomist - Soil Specialist

Design-Implementation:

weed management, sustainable garden

Stavroula Katsoyanni, Agronomist - Landscape Architect

Wednesday 21,28/03 (up to 30 participants 18.30-21.30 NLG BOOK CASTLE

(up to 25 participants on a priority basis)

How to make your

The soil, along with climate, are the two most important factors in choosing the kind and variety of plants to arow in our aarden. The purpose of this workshop is to help amateur gardeners make informed decisions in selecting the right soil for each plant, how to improve it easily and at a low cost, and how to

Design-Implementation:

Stamatis Kavassilis, Agronomist - Soil Specialist Stavroula Katsoyanni, Agronomist - Landscape Architect

TECHNOLOGY

NLG PC LAB

a computer.

Online Marketina

Introduction to

Programming II:

Our First Commands

Custom workshops to learn what program-

improved our everyday life. We will see how

the code works by making a simple program

through an interactive game. The game will

help us understand in more detail what we

Design-Implementation: Found.ation / Apostolis Lianos,

*Participants do not need to have knowledge on programming

need to write our first commands to program

ming is and how the use of the code has

Thursday 01, 08, 15, 22, (up to 16 participants 29/03 on a priority basis) 18.30-20.30

Monday 05, 12, 19, 26/03 18.30-20.30

NLG PC LAB 🕕

Online photo editing

A workshop to learn how to edit our photos online with free software to use them in social media and on our personal blogs.

Design-Implementation: Found.ation / Elisavet Notoglou, Graphic Designer - photographer

*No prior experience with this software is required. *Basic computer knowledge is required. *Participants may bring their own laptops if they wish

Saturday 24/03 12.00-13.30

This workshop is for blind or vision-impaired persons

MEDITERRANEAN GARDEN 10

(up to 30 participants on a priority basis)

Healing Gardens

Participants will discover the Park's Mediterranean plants through touch and become familiar with their distinctive characteristics. Moreover, they will identify many aromatic species through taste and smell, associating them with personal memories.

Design-Implementation:

Stamatis Kavassilis, Agronomist - Soil Specialist Stavroula Katsoyanni, Agronomist - Landscape Architect



The Green Fingers own compost Caring for plants offers pleasure and contributes to mental balance and wellbeing, while also contributing to raising

use home-made compost.



on a priority basis)

We learn about medicinal and aromatic plants, their role in biodiversity and history as herbal remedies, their properties and uses, the importance of the soil, their enemies and environmental awareness. In this activity, friends, and get growing tips. adult participants learn everything they need to take good care of their plants and

Design-Implementation: Panagiotis Papadopoulos, Agronomist MSc, MedCulture, Agricultural University of Athens (up to 16 adults pre-registration at snfcc.org) Monday-Friday 11.00-12.00 12.30-13.30 14.00-15.00

NLG PC LAB

(up to 16 participants on a priority basis)

Computer courses for persons 65+

In a time when technology has become an integral part of our daily lives, SNFCC provides an introductory course in diaital skills. intended for users with no previous experience who seek to familiarize themselves with using a computer and learn how to perform basic tasks, such as word processing or web browsing - skills that will enable them to carry out everyday tasks. Using simple and practical learning steps, this course is geared towards novice users aged 65+ as well as everyone wishing to gain a basic mastery of the subject.

*Computer skills not required.

Activities for Adults

ARTS & CRAFTS

Sunday 11/03 11.00-14.00 Monday 26/03 18.30-21.30

NLG BOOK CASTLE

Knitted Sculpture:

Who are you knitting for?

This series is inspired by artistic practices involving reviving traditional handicrafts, inviting new and future parents to discover the relaxing craft of knitting as a way to tell personal stories during the first year of parenthood.

For future and new parents

and their babies up to

(up to 25 participants

by pre-registration at

8 months old

snfcc.ora)

Knitivism, knitting as a form of activism, isn't something new. From 18th-century knitters to today's yarn bombing, knitting as activism has a great story to tell.

Design-Implementation: Very Young Contemporary Art (VYCA)

Wednesday 07, 14, 21/03 18.00-19.30 19.30-21.00

NLG KIDS LAB 🕕

Trial Labs:

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

Bookmarks in Art History

This month, we open the book on the page

of Constructivism, exploring this art movement

through works by the Russian artist Vladimir

explore the link between constructivism and

"constructed" - by producing a 3D artwork.

architecture, and put to practice one of the key

Tatlin. Using abstract geometric forms, we

assertions of the movement - that art is

Design-Implementation: Christina Tsinisizeli, Artist

Tuesday 06, 13, 20, 27/03 For ages 50+ 18.00-20.00 (up to 20 participants on a priority basis)

NLG MULTIFUNCTIONAL ROOM 1

IDEAS LAB

Workshop for those who forget a little or a lot

Improve your memory and other mental functions through play and fun. The aim of these activities is mental mobilisation. physical wellbeing, increase in self-confidence and socialisation. With the guidance of experienced educators, you take part in games which combine mental and physical exercise as well as psychological mobilisation. The program is designed for men and women who want to remain healthy and active! Not to forget that the combination of mental and physical activity contributes decisively to the prevention of dementia and Alzheimer's disease.

Design-Implementation: Regeneration & Progress Scientific Supervision: Greek Association of Alzheimer's disease and Related Disorders (Alzheimer Hellas)

EASTER

Friday 02/03 18.30-20.30

(up to 30 adults pre-registration at snfcc.org)

NLG KIDS LAB

Mosaic Lab

This workshop will start by giving a brief historical overview of the art and craft of mosaic. After picking our themes and familiarizing ourselves with the materials and tools we need, we will learn how to design works, cut and apply tesserae. Finally, we will clean up our works and make them presentable.

Design-Implementation: Krystalia Kefallinou, Artist

Monday 26/03 19.00-21.30

NLG KIDS LAB

lup to 30 adults pre-registration at snfcc.org)

Wednesday 28/ 03 18 00-19 30 19.30-21.00

NLG KIDS LAB

Easter Candle Lab

Participants make their own Easter candles using their favorite materials and exploring various techniques that will enable them to realize their ideas, creating a unique, handmade Easter candle to take home with them.

Design-Implementation: Margarita Myrogianni, Artist

Trial Labs:

Drawing angels

In Easter Trial Labs, we draw inspiration from works by Greek and international artists from the Byzantine period to date, focusing on angel figures.

Design-Implementation: Christina Tsinisizeli, Artist





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

Saturday 31/03 11.30-14.30

NLG KIDS LAB

Workshops in a continuous stream, for children aged 7+, young people and families, with or without disabilities (up to 75 participations)

We Create Art All Together:

Easter Candles

The Easter candle is a custom intimately associated with our childhood. In this workshop, each participant makes their own candle to bring to church on Holy Saturday or give to loved ones. Using natural materials and a lot of imagination, we create colorful decoration inspired by the natural environment and transform a plain candle into a miniature landscape of dried plants and other materials.

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



Dali's Moustache Ran Away! p.25



Mistake Labs



Sporting duels











Ready! Steady! Go! p.24

4

Sports games p.23

Little Park's Gardeners p.24





Young Engineers p.24

SNFCC KNDS

In March, due to the annual cleaning of the Canal, the sailing and kayak lessons will not take place. Also, due to maintenance works at Stavros Niarchos Park, the locations of the various activities may change. Please visit www.SNFCC.org for the most updated program

SPORTS & WELLNESS

Saturday 03, 10, 17,
24, 31/03
08.30-10.00

RUNNING TRACK

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

auardian consent to par-

ticipate

13.00-14.15 Teenagers aged 15-18 must have written parental/

24, 31/03

VISITORS CENTER

Saturday 03, 10, 17,

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

Saturday 03, 10, 17, 24, 31/03 1700-1815

For children aged 5-10 (up to 20 participants)

RUNNING TRACK

Sporting duels

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

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

Learning to play as a team

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

Design-Implementation: Regeneration & Progress



SPORTS & WELLNESS

Sunday 11/03	Up to 300 participants	Sunday 11/03
09.00-11.30	aged 15+, the 150 entries are individual and the 150	10.30-11.30
Free admission, with pre-registration	individual or group for pairs of two athletes (75 teams of	LABYRINTH 4
at SNFCC.org/events	2 athletes)	For ages 6–15, with or without disabilities
RUNNING TRACK 6 (starting & ending)		(up to 15 participants)

Urban Trail Run II & Relay

A 2.5K race with a 100m positive altitude change challenges you to move on SNFCC's highest points. Uphill, downhill, stairs, ramps, dirt, and water all await you to tackle the most demanding route in the Park as fast as you can!

*The secretariat at the Running Track will open at 08:00 and will remain open for the duration of the event for new entries.

Design-Implementation: Regeneration & Progress

Playing Sports Together Given that physical activity is paramount for all children, this program aims to actively engage children in adapted sports to improve their fitness and increase their motor activity. Boccia, Sitting Volleyball, Athletics, Wheelchair Basketball, Dance, are only some of the sports through which children will have fun and get a boost of self-confidence and self-esteem through teamwork!

Design-Implementation: Regeneration & Progress

Saturday 03, 10*, 17, 24, 31/03 10.30-12.00

GREAT LAWN 1

For children aged 4-9 and parents (up to 50 participants)

*the program will take place at the Running Track at the

24, 31/03 Sunday 04, 11, 18/03 12.00-13.15

RUNNING TRACK

13.30-14.45

For children aged 3-6 (up to 20 participants)

(up to 30 participants) LABYRINTH 4

*the program will take place at the Great Lawn at the same time

17.00-18.15 GREAT LAWN 1 For children aged 5-10 (up to 20 participants)

*the program will take place

at the Running Track at the

same time

Sunday 18/03 10.00-14.00 VISITORS CENTER KE

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

Artistic gymnastics

Doing somersaults, running, and turning all help the body to develop properly, and improve flexibility and motor coordination. Through artistic gymnastics, coupled with play and fun, the Park's youngest friends get to know their bodies and their potential!

Design-Implementation: Regeneration & Progress

Yoga Kids

Yoga is a fun way for children to develop important skills in a competition-free environment. 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.

*Participants should bring their own yoga mat.

Design-Implementation: Regeneration & Progress

Sports games

Sunday 04, 11*, 18, 25/03

A recreational activity for children and teenagers in the Park, aimed at fostering sporting spirit. Action, interactive and musical movement games take the form of team sports, providing opportunities to collaborate, communicate and stimulate physical well-being.

Design-Implementation: Regeneration & Progress

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 SNFCC rental bikes (more information at the Visitors Center).

Design-Implementation: Mbike



Sunday 25/03 12.00-13.00

OUTDOOR PARKING LOT

For ages 6–15, with or without disabilities (up to 15 participants)

Saturday 17/03 Sunday 18/03 12.00-13.30

MEDITERRANEAN GARDEN 10

For children aged 5-12 (up to 20 participants per session)

Safe Water Sports **Education Proaram**

Now that summer is approaching, join us in the Mediterranean Garden, for Safe Water Sports, an opportunity to learn how to be safe while enjoying water and having fun. Swim in your imagination at the gorgeous Safe Water Sports Beach, along with your favorite Playmobil sets, and discover how to stay safe on the beach and in the water. Identify the dangers lurking on our imaginary beach, along with Octopus Safe, and tell your stories using Story Cubes.

Design - Implementation: Safe Water Sports

For children aged 10+ and families Children must be

accompanied by an adult.

Saturday 24/03 11.00-12.15 12.30-13.45

GREAT LAWN (up to 80 participants) For children aged 5-12 and parents

Please register at the Secretariat on the Great Lawn 30 before the start of each session

The Wonder Park

Through games, activities, movement and interaction, children aged 5-12 and their parents will have the opportunity to discover their abilities, as well as how the body works in teams deployed in different areas of the Park. Each area will be an opportunity to explore how the body works. Children will learn through play and work together towards the common goal - discovering the magic body.

Design-Implementation: Regeneration & Progress

SNFCC KNDS

SCIENCE

Friday 09/03 18.30-19.30

NLG KIDS LAB

For children aged 6-8 Saturday 17/03 (up to 20 participants on a priority basis)

18.00-19.00 MAKER SPACE

Discover physics

ARTS & CRAFTS

Thursday 01, 08, 15, 22, 29/ 03 1730-1815 18.45-19.30 NLG KIDS LAB

snfcc.org/events)

A series of musical-kinesthetical workshops

such as rhythm, intensity, tempo, singing,

Irene Persidou, Art Historian, Educational Entertainer

Assistant: Christina Meimaridi, Museum educator

where children discover basic musical concepts

For children aged 1-3

(up to 10 children and 10

and their parents

parents per session

by pre-registration at

Ready! Steady! Go!

Shall we dance?

dancing and movement!

Design-Implementation:

An educational program on simple machines, designed for pupils in Elementary School Grade 1-3. Sprouting engineers learn to experiment, using sprockets, pulleys, levers, wheels, and axles, and familiarize themselves with the operation of common, everyday mechanisms to solve a specific problem.

Constructions are made using LEGO Education materials, as well as worksheets.

Design-Implementation: STEM

Young Engineers

Physics, Applied Mathematics, and Engineering are the disciplines involved in the production of any technical construction. This workshop brings children into contact with all three fields at the same time, examining alternative energy sources, electromagnetism, mechanics, and transmission in an experiential way helping participants to fully grasp the theoretical background and apply it to everyday constructions and mechanisms.

For children aged 12-15

(up to 20 participants)

Design-Implementation: STEM

Friday 30/03

18.00-19.00

NLG KIDS LAB

Little Engineers

Our young scientists make their first steps in the world of science, technology, and engineering, cultivating skills such as their power of observation, imagination, and ingenuity. Participating in the construction of a spinning top, children explore concepts and phenomena, building constructions, observing, making inferences about the world, and finding solutions to specific problems.

Design-Implementation: STEM

For children aged 4-5 lup to 20 entries. pre-registation at snfcc.org/events)

NATURE

Sunday 04, 11, 18, 25/03 For children aged 5-9 10.30-12.00 (up to 25 participants)

VEGETABLE GARDEN 20

Little Park's Gardeners

March is the harbinger of spring, with swallows, insects, colorful flowers and fresh scents making their appearance in the Park. The Park's Little Gardeners are ready to take action this month, too, exploring the Park, identifying seasonal flowers, watching the newborn insects, doing the last pruning, planting strawberries, loosening up the soil, taking care of the vegetable garden. All of these, and more, will be happening during an exciting journey of discovery and exploration in the Park.

Design-Implementation

Stamatis Kavassilis, Agronomist - Soil Specialist Stavroula Katsoyanni, Agronomist - Landscape Architect

Saturday 03, 10, 17, 24/ 03 17.00-18.00 18.00-19.00 19.00-20.00	For children of all ages with their parents (up to 15 participants per session) * Registration for all three workshops starts at 16.30 at
NLG KIDS LAB 🕕	the event location

Mistake Labs:

Journey in Art History

Sunday 04, 11, 18/03 11.00-12.00 ¦ aged 4-6 12.00-13.00 | aged 7-10 13.00-14.00 | aged 11-14

NLG KIDS LAB

Dali's Moustache Ran Away!

This month, we open the book on the page of Synthetic Cubism, exploring this art movement through works by the French artist Georges Braque. Drawing inspiration from Braque's human figure and still life with musical instruments, we will create our own artwork, assembling painted musical instruments using collage.

Design-Implementation: Christina Tsinisizeli, Artist

Dali's mustache ran away from his face! Rumor has it that it met Mona Lisa's smile, and they went to live together in another painting! Eyes, noses and ears, earrings, gloves, circles and lines from celebrated artworks mix and match into the most diverse and weird painting in the history of art! An observation exercise that focuses on all the elements that make a painting unique in children's eyes, as well as an opportunity for children to make their own collages and intervene in well-known works by great artists, expressing themselves freely and creatively.

Design-Implementation: Playroom

EASTER

for display.

Mosaic Kids Lab

In this workshop, we will give a brief historical

overview of the art and craft of mosaic. After

with the materials and tools we need, we

Design-Implementation: Krystalia Kefallinou, Artist

picking our themes and familiarizing ourselves

will learn how to design works, cut and apply

tesserae. Finally, we will prepare our works

NLG KIDS LAB 🕕		NLG KIDS LAB 1	
Saturday 03/03 12.00-14.00	For children aged 8-10 (up to 30 participants)	Saturday 31/03 11.30-14.30	

We Create Art All Together:

Easter Candles

The Easter candle is a custom intimately associated with our childhood. In this workshop, each participant makes their own candle, whether to bring to church on Holy Saturday or as a gift to loved ones. Using natural materials and a lot of imagination, we will create colorful decoration inspired by the natural environment, transforming a plain candle into a miniature habitat of dried plants and other materials.

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





Sunday 25/03

12.30-13.30 | aged 4-6 13.30-14.30 ¦ aged 7-10 14.30-15.30 | aged 11-14

(up to 20 participants per workshop on a priority basis)

Saturday 10/03 12.00-14.30

NLG KIDS LAB

For ages 13-18 (up to 25 participants)

Talkina 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. According to the Japanese poet Kitasono Katue (1966), in "plastic poetry" the camera is intended for the poet, as through it the poet can transform an ordinary image into an extraordinary poem. Participants compose photo-poems using their smartphone cameras.

You can bring your favorite song lyrics or poems – whether your own, or of your favorite artists or poets.

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

Workshops in a continuous stream, for children 7+. young people, and families, with or without disabilities (up to 75 participants)

Saturday 31/03 17.00-18.00 18.00-19.00 19.00-20.00

NLG KIDS LAB

For children of all ages with their parents (up to 15 participants per session)

*Registration for all three workshops starts at 16.30 at the event location.

Mistake Labs:

Painting Angels

In Easter Trial Labs, we will paint angels, drawing inspiration from masterful depictions of Resurrection angels by celebrated Greek and international artists.

Design-Implementation: Christina Tsinisizeli, Artist





Charles Gounod Roméo et Juliette Opera - French Opera Cycle

02, 04, 07, 11/03

Starts at: 19.30

26

(Sundays at 18.30) GNO STAVROS NIARCHOS HALL 13

Charles Gounod's 5-act opera *Roméo et Juliette* is being staged for the very first time in the GNO's history. Four long duets for the lovers from Verona and their famous arias garner the most interest but also help push the story forward from the innocent first meeting between these two young people right to their tragic end; from Juliet's light-hearted waltz to her "Poison Aria", from Romeo's ecstatic song to his inconsolable monologue dedicated to the memory of Juliet. The opera's crowd scenes with their impressive choral pieces, and the dance scenes too, bring a certain radiance and flare

to the work, adding a phantasmagorical aspect

to it which has contributed to its popularity.

Conductor: Lukas Karytinos **Director:** Nikos Mastorakis

With the Orchestra, Chorus and Soloists of the Greek National Opera

14, 16, 17, 18, 21, 23, 24, 28/03 Starts at: 20.00

GNO STAVROS NIARCHOS HALL

Gaetano Donizetti Lucia di Lammermoor Opera - Italian Opera Cycle

A co-production with the Royal Opera House

The romantic Bel Canto period masterpiece, Donizetti's *Lucia di Lammermoor* returns to the GNO after an absence of 37 years, in a co-production with the Royal Opera House. The famous British director Katie Mitchell endeavors to penetrate the world of 19th century women and view the plot from the perspective of the main heroine. As a counterpoint to the dark male-dominated world of the north, Mitchell brings the female viewpoint to the fore and places the work in the overall context of literature from that time, such as works by the Brontë Sisters. The theatre stage is divided in two allowing the spectator to view the plot and the proposed reading of it in parallel.

Conductor: Giorgos Petrou – Zoi Tsokanou Director: Katie Mitchell

With the Orchestra, Chorus and Soloists of the Greek National Opera



31/03 &

Starts at:

19.30

01, 11, 13, 14, 15, 18, 20,

22, 25, 27, 29/04

(Sundays at 18.30)

GNO STAVROS

NIARCHOS HALL

Wolfgang Amadeus Mozart **The Magic Flute** Opera

A Komische Oper Berlin production

Mozart's much loved opera returns to the GNO in an impressive, innovative production which launched in Berlin and has already become famous worldwide. Wherever *The Magic Flute* directed by Barrie Kosky, the Australian artistic director of the Komische Oper Berlin, has been staged, crowds have been awed by the production's sheer imagination and by the precision with which the artists perform the 'dance-like' directions, which merge animation with 'live' spectacle and a sense of cabaret, music hall and Weimar Republic era shows as well as dabs of British humor and opera.

Conductor: Zoi Tsokanou - Giorgos Balatsinos Director: Suzanne Andrade - Barrie Kosky

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

07 St 20 G S1 Fr





Minas Borboudakis **Z**

Opera

02, 03, 08, 10, 11, 15, 17, 18/03 & 14, 15, 17, 18/04

Starts at: 20.30

GNO ALTERNATIVE

Premiere/ Based on the same name novel by **Vassilis Vassilikos**

Commissioned by the GNO Alternative Stage

One of the most important moments in Greece's modern political history, which marked the decline into a long period of political turmoil that eventually culminated in the 7-year military regime period, was the murder of EDA (Left wing party) parliamentary deputy, Grigoris Lambrakis; that story now enters the opera repertoire with the dual aim of rekindling the public's relationship with opera, and opera's relationship with issues still unresolved in society's collective conscience.

Libretto: Vangelis Hatziyiannidis Conductor: Minas Borboudakis - Nikos Vasileiou Director: Katerina Evangelatos



Greek Youth Symphony Orchestra Concert

The Greek Youth Symphony Orchestra, founded and directed by Dionysis Grammenos, aiming to showcase and educate young talented Greek musicians in the symphonic and operatic repertory, presents a concert including the following works: Ottorino Respighi's Ancient Airs and Dances, Suite No. 3, Pyotr Ilyich Tchaikovsky's Variations on a Rococo Theme for Cello and Orchestra, Op. 33, and Ludwig van Beethoven's Symphony No. 7 in A major, Op. 92.

Conductor: Dionysis Grammenos Cello: Alexey Stadler



Starts at: 20.30

GNO ALTERNATIVE STAGE 13

Free admission upon priority vouchers



GNO EDUCATIONAL & SOCIAL ACTIVITIES

GNO BALLET

STUDIO B 13

10, 11, 17, 18/03 11 00-14 00

Participation in the GNO Learning & Participation activities is free of charge.

Saturday 03/03	Ν
for 7-10 year olds	2
11.00-14.00	(0
Sunday 04/03	
for 11-15 year olds	
11.00-14.00	h
	2
GNO BALLET	F
STUDIO B 13	

Getting to know opera and ballet: The Magic Flute

A hands-on workshop for children and teenagers taking them on a journey into the enchanting world of Mozart's opera, the Magic Flute. The aim is for children and teenagers to get to know all the art forms involved in the artistic genre 'opera' and who they function equally to re-imagine and perform snapshots of the opera.

Designed / Implemented by: Zoe Lymberopoulou (theatrologist/educator)

Venetia Nasi (set designer/theatrologist/educator)

Th	e R	etu	rn d	of K	ara	gioz	is
to	his	Ho	me	an	d		
			-				

innovative shadow theater performance brings

two unexpected characters together on stage:

Greece's very own Karagiozis and Harlequin

from the Commedia del'Arte. The performance

ritorno d'Ulisse in patria (The Return of Ulysses

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:

Music: Theodoros Kitsos (theorbo - bouzouki)

lasonas Ioannou (baroque cello – folk guitar)

Puppetmaster: Alexandros Melissinos Song: Elena Krasaki (soprano)

Dimitris Tingas (violone - baglamas)

to his Homeland) and seeks to showcase the

is based on Claudio Monteverdi's opera *II*

Operatic shadow theater

11/03, 15, 22/04 & 20, 26, 27/05

Starts at: 11.00

GNO ALTERNATIVE STAGE 13

The successful performance The Return of 22, 23, 24, 27, 28, 30, 31/03 Karagiozis to his Homeland continues its tour in the 2017-2018 artistic season after a series of Starts at: performances in squares, schools and healthcare 20.30 facilities in Attica and the regions last year. This

GNO ALTERNATIVE STAGE 13

Free admission upon priority vouchers

27 March 2018: I HAD ENOUGH

Sacred Music Days

22 March 2018: PIANO TRANCE

23, 24 March 2018: WHO?

Idea-music: Thymios Atzakas

Countertenor: Nikos Spanos

Baritone: Spyros Sakkas

Whirling Derviash: Ziya Azazi

Piano duets on works of Messiaen, Kurtág, Ten Holt

Performing: Stephanos Thomopoulos / Prodromos Symeonidis

A contemporary modal oratorium of two singers, a little byzantine

choir, an ensemble of mine musicians and a whirling dervish.

and Piano for two (Beata Pinceti / Christos Sakellaridis)

Trance

Festival

A project based on J.S. Bach's cantata Ich habe genug Singing-dance: Lenia Safiropoulou Dance: Tasos Karahalios Piano: Zoe Zeniodi Flute: Dimitris Kountouras

28 March 2018: ECSTATIC REJOICING

Baroque virtuosos and avant-aarde trailblazers in an unprecedented "Baroque-Doom" Dissenso Duo (Giorgos Samoilis & Alexis Mastihiadis) ка MMMD (Nikos Veliotis & ILIOS)

30, 31 March 2018: THE UNFORGETTABLE GARDEN

A music performance where instruments, rhythmic schemes, melodic forms and idioms from the East and the West coexist in harmony

Lyrics: Vassiliki Nevrokopli

Getting to know opera and ballet: **Experiencing Z**

Educational workshop on narrative and image/photography for adolescents aged 12 to 17 inspired by the GNO Alternative Stage production Z.

Inspired by the Alternative Stage's production of Z, the storytelling and photography workshop will focus on how leading heroes of the play are formed through space and time, as time unfolds on stage through narration.

Designed / Implemented by:

Marilena Stafilidou (photography teacher/photographer), Maria Topali (poet/translator/literary critic)

Every Monday 18.00-20.00

For immigrants and Greeks who reside in Athens

Information/registration: No prior musical knowledge education@nationalopera.gr is required. Thaleia-Mari Papadopoulou 6970885692

Intercultural Choir

Every Tuesday & Wednesday 11.00-13.00 GNO ENSEMBLE

STUDIO 13

SUNDAY MORNINGS

GNO BALLET STUDIO C 13

04/03

Starts at: 11.00

Information/registration: 213 088 5742 (Monday - Friday 9am-3pm)

GNO ALTERNATIVE STAGE 13

213 088 5742

What we have

My voice – Your voice

A singing workshop for parents and children

Karaoke with popular songs

(Monday - Friday 9am-3pm)

is just one voice

Immigrants and Greeks unite their voices in a repertoire combining traditional songs from the participants' countries of origin with the choral repertoire.

With the involvement and support of the GNO's Learning and Participation department. This action is being implemented with the support of the UNHCR.

Choirmaster: Vasoula Delli

28

18/03 Starts at: 12.00

Information/registration:

Kyriakos Kalaitzidis - En Chordes

Guitar Express

GNO Alternative Stage in collaboration with GNO Learning & Participation.

An alternative approach to playing the guitar that aims to entertain participants through the art of music and singing.

Designed / Implemented by: Kiki Kerzeli

Aax. No. of participants: 20 participants on a priority basis)

nformation/reaistration 213 088 5742 (Monday riday 9am-3pm)

Saturday 31/03 & Sunday 01/04 11.00-13.00

Information/registration: 213 088 5742 (Monday -Friday 9am-3pm)

Max. No. of participants: 20 participants (on a priority basis)

2-Day workshop with 2 sessions (on Saturday and Sunday)

The Opera-Trees Park: Winged Prima donnas

GNO's new environmental programmes are inspired by the indoors and outdoors sound world - the sounds of nature and sounds inspired by nature. Three cycles of environmental educational activities that focus on listening, observation, free play, fairy tales and the visual arts will help participants rediscover the links between opera and the natural environment.

Designed / Implemented by:

Dora Basdeki (environmental scientist/facilitator of hands-on environmental training courses), Eleni Michailou (music instructor).

Duration: February 2018 - June 2018

Information/registration: education@ opera.a Thaleia-Mari Papadopoulou 6970885692

Every Thursday at 18.00

GNO BALLET REHEARSAL STUDIOS 13

Movement workshop

No prior knowledge or engagement with dance is required

Information/registration: 213 088 5753, 6972 101140 & ekarterov@nationalopera.gr

Dancing my own dance

The workshops are aimed at individuals with motor-sensory disabilities and the non-disabled.

The aim of the workshop is to explore the relationship between the individual and physicality, and the boundaries of the two, through the art of Spanish flamenco.

Designed / Implemented by: Bulerinas dance group. (Christan Karababa, Seda Karayilan, Eva Karterou and Vicky Skordali)



Want to know more about SNFCC? We offer daily auided 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.

- 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

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. For more information, please call (+30) 216 8091005 or email schools@snfcc.org.

Useful Info

> Opening hours

- Winter opening hours (1 November to 31 March):
- Stavros Niarchos Park: 06.00-20.00
- 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 mobilityimpaired persons on the ground floor of the car park building, as well as wheelchairs for moving inside buildinas.

• 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 can enter all SNFCC's outdoor areas except the Great Lawn, the Labyrinth, and the playarounds. 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 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.

> Bank 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 (Liahthouse)

Monday-Sunday 09.00-00.00 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 Members enjoy a 10% discount.

> 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 CO, 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

We would like to inform our visitors that on March the Canal and the Stavros Niarchos Park will be under maintenance.

*Operating hours subject to change when

Monday-Sunday 06.00-00.00

Exhibitions

SNFCC LOBBY

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 09.30-21.00

NLG BUILDING (4TH FLOOR) 1

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 21 30 885 700





Map

 Great Lawn Pine Grove Southern Walks Labyrinth Outdoor Gym Running Track Playground Water Jets Sound Garden Mediterranean Garden Pharos Café Agora Bistro 	 National Library of Greece Agora Greek National Opera Lighthouse Panoramic Steps Canal Esplanade SNFCC Lobby Bus Parking Lot Park Kiosk Canal Café 	 2 Vegetable Garden 2 Canal Steps 2 Buffer Zone 2 Visitors Center 3 SNFCC Bike Rental SNFCC Store Shuttle Bus Stop First Aid ATM Info Point
Getting to SNFCC using public transport Buses • 130: Piraeus – Nea Smyrni (Tzitzifies Stop from Piraeus; Delta Stop	ation • B1: Piraeus - Ano Glyfada (Tzitzifies Stop from Piraeus; Delta Stop to Piraeus)	Parking SNFCC has a 1000-car parking garage. Pricelist:
 to Piraeus) 217: Piraeus – Dafni Station (Tzitzifies Stop from Piraeus; Delta Stop to Piraeus) 	 B2: Academia – Agios Kosmas (Evgenideio Stop, Syggrou Avenue northbound, Onasseio Stop southbound) 	Cars 00.00-19.00: € 1.50 / hour 19.00-00.00: € 1.50 / hour with a maximum charge of € 5
 550: Kifissia – Palaio Faliro (Evgenideio Stop, Syggrou Avenue northbound, Onassio Stop southbound) 	Trolleybus • 10: Chalandri - Tzitzifies (Epaminonda Stop)	Monthly offer: Monday-Friday 07.00-19.00: € 100 / month
 860: Palaio Faliro – Schisto (Tzitzifies Stop from Piraeus; Delta Stop to Piraeus) 	Tram • Tzitzifies Stop	Motorcycles €0.70/hour SNFCC members

G U

Bus

• A1: Piraeus - Voula (Tzitzifies Stop from Piraeus; Delta Stop to Piraeus)

Metro Faliro Station

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

Free SNFCC Shuttle Bus

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.

For time and route information please visit our website.

07.30 07.30 10.00 10.00 11.00 11.00 15.15 14.30 - 21.30 16.15 every 30 min. 17.15 18.00-20.00 every hour

Every Sunday, between 10.30-13.00, the shuttle bus rides only between SNFCC and the Syggrou-Fix Metro Station since Syntagma is not accessible because of the Change of Guard ceremony. enjoy a 10% discount

More info at SNFCC.org

From SYNTAGMA to SNFCC From SNFCC to SYNTAGMA 09.30-21.30 12.00 12.30 11.00-00.00 every 30 min. 13.00 14.00 - 00.00 every 30 min. 14.00 every 30 min. 15.00 15.45 16.45 17.30-22.30 every hour

The shuttle bus operates daily as scheduled unless special traffic regulations apply.

March 2018

*Pre-registration at snfcc.org/events

13.00-14.00 Yoga Kids 13.00-14.30 The Green Fingers

17.00-18.15 Sports games

DAILY	©1 T	02 F	03 S	04	S	©5 M
06.00-00.00 Spyros Louis Cup	08.00-09.30 Yoga in the Park	07.45-09.00 Mat Pilates p. 14 08.00-10.00 Fitness for everyone p. 14	08.30-09.45 Tai Chi p. 14 08.30-10.00 SNFCC Running Team p. 15	10.30-12.00 Little Park's Gardeners 12.00-14.00 Petangue	р. 24 р. 15	07.45-09.00 Mat Pilates p. 14 08.00-10.00 Fitness for everyone p. 14
Exhibition p. 31 10.00-19.30 Guided Tours at Park & SNFCC p. 30	11.00-15.00 Computer Courses for persons 65+	11.00-15.00 Computer Courses for persons 65+ p. 17 18.00-19.30 Yogg in the Park p. 14	10.30-12.00 Family games p. 22 11.00-14.00 Talking about the Park's plants p. 16	11.00-14.00 Dali's Moustache Ran Away! 12.00-13.15 Artistic gymnastics	р. 25 р. 22	11.00-15.00 Computer Courses for persons 65+ p. 17 18.00-19.30 Yoga in the Park p. 14
09.00-12.30 School Visits p. 30	17.30-19.30 Ready! Steady! Go!* p. 14 18.00-20.00 Mat Pilates p. 14	18.00-21.00 Fitness for everyone p. 14 18.30-20.30 Mosaic Lab* p. 17	12.00-14.00 Mosaic Kids Lab p. 25 12.00-13.15 Artistic gymnastics p. 22	12.00 Big Band 13.00-14.00 Yoga Kids	р. 22 р. 04 р. 22	18.00-21.00 Fitness for everyone p. 14 18.30-20.30 Online Photo editing* p. 17

18.00-21.00	Fitness for everyone	p. 14
18.30-20.30	Online Photo editing*	p. 17

08		Т	09
	Yoga in the Park Fitness for everyone	р. 14 р. 14	07.45-09.00 08.00-10.00
11.00-15.00	Computer Courses for persons 65+	p. 17	11.00-15.00
17.00-18.15	Qigong	p. 14	18.00-19.30
17.30-19.30	Ready! Steady! Go!*	p. 24	18.00-21.00
18.00-20.00	Mat Pilates	p. 14	18.30-19.30
18.00-21.00	Fitness for everyone	p. 14	
18.30-20.30	Introduction to Programming II	p. 17	

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18.30-20.30 Introduction to Programming II

18.00-21.00 Fitness for everyone p. 14

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Mat Pilates	p. 14	08.30-09.45
Fitness for everyone	p. 14	08.30-10.00
Computer Courses for persons 65+	p. 17	10.30-12.00 12.00
Yoga in the Park	р. 14	12.00-13.15
Fitness for everyone	p. 14	12.00-14.30
Young Engineers	p. 24	13.00-14.15
		17 00 10 10

10		S
08.30-09.45	Tai Chi	p. 14
08.30-10.00	SNFCC Running Team	p. 15
10.30-12.00	Family games	p. 22
12.00	El Sistema Greece	р. 10
12.00-13.15	Artistic gymnastics	p. 22
12.00-14.30	Talking Covers	p. 25
13.00-14.15	Learning to play	
	as a team	p. 22
17.00-18.15	Sporting duels	p. 22
17.00-20.00	Mistake Labs	p. 25

p. 17

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09.00-11.30	Urban Trail Run II & Relay*	p. 15
10.30-12.00	Little Park's Gardeners	p. 24
10.30-11.30	Playing Sports Together	р. 23
11.00-14.00	Knitted Sculpture*	p. 18
11.00-14.00	Dali's Moustache Ran Away!	p. 25
12.00	Pharos Wind Ensemble	p. 11
12.00-14.00	Petanque	p. 15
12.00-13.15	Artistic gymnastics	p. 22
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13.00-14.30	The Green Fingers	p. 16
17.00-18.15	Sports games	p. 23

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13.00-14.15 Learning to play as a team

17.00-18.15 Sporting duels

17.00-20.00 Mistake Labs

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07.45-09.00	Mat Pilates	p. 14	08.00-09.30	Yoga in the Park	σ. 14
08.00-10.00	Fitness for everyone	p. 14	08.00-10.00	Fitness for everyone	σ. 14
11.00-15.00	Computer Courses for persons 65+	p. 17	11.00-15.00	Computer Courses for persons 65+	σ. 17
18.00-19.30	Yoga in the Park	p. 14	17.00-18.15	Tai-Chi	σ. 14
	Fitness for everyone Online Photo editing*	p. 14 p. 17		Workshop for those who forget a little or a lot Fitness for everyone	σ. 18 σ. 14

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p. 23

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07.45-09.00	Mat Pilates	p. 14
08.00-10.00	Fitness for everyone	p. 14
11.00-15.00	Computer Courses for	
	persons 65+	p. 17
18.00-19.30	Yoga in the Park	p. 14
18.00-21.00	Fitness for everyone	p. 14
19.00	Presentation of Safe Water Sports educational program	- 00
	for children's safety	p. 09

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08.30-09.45	Tai Chi	p. 14
08.30-10.00	SNFCC Running Team	p. 15
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12.00-13.15	Artistic gymnastics	p. 22
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12.00-14.00	Petanque	p. 15
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12.00-13.15	Artistic gymnastics	p. 22
13.00-14.00	Yoga Kids	p. 22
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21.00	Jazz Chronicles: Yiorgos Fakanas Group	р. 06

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07.45-09.00	Mat Pilates	p. 14
08.00-10.00	Fitness for everyone	p. 14
11.00-15.00	Computer Courses for persons 65+	p. 17
18.00-19.30	Yoga in the Park	p. 14
18.00-21.00	Fitness for everyone	p. 14
18.30-20.30	Online Photo editing*	p. 17
20.30	Cosmos: Atenea Armonia - Friends of Music Orchestra *	p. 07

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	Fitness for everyone	p. 14
11.00-15.00	Computer Courses for persons 65+	p. 17
17.00-18.15	Tai-Chi	p. 14
18.00-20.00	Workshop for those who forget a little or a lot	p. 18
18.00-21.00	Fitness for everyone	p. 14

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p. 14 p. 14 p. 17	08.00-10.00 09.00-10.15	Mat Pilates Fitness for everyone Qigong Computer Courses for	p. 14 p. 14 p. 14
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18.30-20.30	Online Photo editing*	p. 17
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SNFCC Membership Program





YOUNG

FAMILY



March Events for members

In March, our Members enjoy these specially curated events:

Online photo editing Friday 02, 09, 16, 23, 30/03 18.30 | NLG PC LAB, 2nd floor For adults / Event for Members only | Pre-registration start: 26/02

Youth and Work:

Business Goal Lab Tuesday 13/03 18.30 | NLG BOOK CASTLE For adults / Event for Members only ¦ Pre-registration starts: 26/02

Easter Candle Lab Friday 23/03 & Tuesday 27/03 19:00 | NLG KIDS LAB For adults / Event for Members only ¦ Pre-registration start: 19/03

Talking about the Park's plants: Pharmaceutical & Aromatic Plants II

Saturday 31/03 11.00 | PINE GROVE For adults / Event for Members only ¦ Pre-registration start: 19/03

Practical Information: *Limited seating – pre-registration required Reservation links are sent to Members via the SNFCC Members Newsletter.

Are you a Member?

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



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Register at the Members Help Desk at SNFCC or online at SNFCC.org/members. To find out more about member benefits, please call **216 809 1010** or email **members@snfcc.org**

MARCH AT SNFCC

Concerts on the Great Lawn of Stavros Niarchos Park return with a bang. Parklife Big Band on 04/03. Jazz improvisations at the Lighthouse by Yiorgos Fakanas Group on 18/03. { Yiorgos Fakanas Group on 19/03. Punkfolkpsychedelic Thrax Punks on the Great Lawn on 25/03. To mark Greek Independence Day two lectures are hosted at the Lighthouse: On 24/03, Marina Lambraki-Plaka illustrates how art and ideology reflected each other in the newly established Greek State; on 25/03, Ioanna Papantoniou discusses the history and symbolisms of local costumes in the 19th century. The Cynical Romantic Stefanos Lazaridis exhibition continues at NL

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