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.

Three works by Mozart in C major. The Atenea Armonia at the Stavros Niarchos Hall, GNO 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 NLG.

Exclusive donor: Stavros Niarchos Foundation Cultural Center

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SNFCC.org
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!
March

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Parklife

Cosmos

Parklife

Cosmos

El Sistema Greece & Ron Davis Alvarez (El Sistema Sweden/Ill Pomo d’oro)
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. 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.

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What do traditional carols from Thrace and punk have in common? This question sprang up when Giorgos Stavridis and Vaitis Harakopidis met in 2008 and began to fuse songs from their favorite genres. Guided by their passion for music, they met Panaas Ginis, with his guitar, on an improvised jam session, and since then Thrax Punks have been growing stronger. The davul (davul) and Thracian lyre meet the bagpipe, kaval and zurna at weddings, fairs, streets, festivals and everywhere.

Mixing ingredients from world music and cultures, Thrax Punks create a unique style that’s impossible to tag although they have coined the term Punkopaneypotyipsoymphalio! The inexhaustible energy and humor of these three Thracians make all inhibitions vanish in an irresistible celebration of tradition mixed with hard-core sounds!
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

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 Pattucci; he is a fellow of Newcastle University and has collaborated with the Northern Sinfonia on two albums.

Mozart in C major

Atenea Armonia - Friends of Music Orchestra

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.
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

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

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.

General Information:
- **Greek Independence Day**
- **Local costumes at the turn of 19th century**
- **Marina Lambraki-Plaka: Art and Ideology in the Modern Greece**
- **Presentation of Safe Water Sports educational program on water safety for children.**

Speakers:
- His Excellency the President of the Hellenic Republic Prokopios Pavlopoulos
- Dr Panagiota 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 under the auspices of the President of the Hellenic Republic.

The event is moderated by Panas Karvounis, former Head of the Representation of the European Commission in Greece.

The event is introduced by actor Yorgos Kentros.
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 Stotto 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.
Activities for Adults

March

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Activities for Adults

**SPORTS & WELLNESS**

**Monday-Friday**
- **08.00-10.00**
- **10.00-12.00**
- **12.00-14.00**
- **14.00-16.00**
- **16.00-18.00**
- **18.00-20.00**
- **20.00-22.00**
- **22.00-00.00**

**RUNNING TRACK**
- **08.30-10.00**
- **10.00-12.00**
- **12.00-14.00**
- **14.00-16.00**
- **16.00-18.00**
- **18.00-20.00**
- **20.00-22.00**
- **22.00-00.00**

**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

**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.

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

**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.

**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

**Qigong 50+**

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

**Design-Implementation:** Regeneration & Progress

**Tai Chi**

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

**Design-Implementation:** Regeneration & Progress

**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 entrants.*

**Design-Implementation:** Regeneration & Progress

**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

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**STATION HOOD**

**Petanque**

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

**Design-Implementation:** Regeneration & Progress

**ESPLANADE**

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**Design-Implementation:** Regeneration & Progress
Activities for Adults

NATURE

Saturday 24/03
12.00 - 13.30
MEDITERRANEAN GARDEN
This workshop is for blind or vision-impaired persons (up to 20 participants on a priority basis).

Wednesday 21, 28/03
18.30 - 21.30
VEGETABLE GARDEN
Activities for Adults

Activities for Adults

Saturday 03/03
11.00 - 14.00
FINE GROVE

Sunday 04, 11, 18, 25/03
13.00 - 14.30
VEGETABLE GARDEN

Sunday 04, 11, 18, 25/03
13.00 - 14.30
VEGETABLE GARDEN

Talking about the Park’s plants:
Medicinal and Aromatic Plants II

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 friends, and get growing tips.

Design-Implementation: Pasquitas Papadopoulou, Agronomist, MedCulture, Agricultural University of Athens

The Green Fingers
Caring for plants offers pleasure and contributes to mental balance and well-being, while also contributing to raising environmental awareness. In this activity, adult participants learn everything they need to take good care of their plants and be even more in tune with nature.

Topics: plant protection, watering, weed management, sustainable garden

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

How to make your own compost
The soil, along with climate, are the two most important factors in choosing the kind and variety of plants to grow in our garden. 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 use home-made compost

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

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:
Stavroula Katsayani, Agronomist – Landscape Architect
Stamatis Kavassilis, Agronomist – Soil Specialist

TECHNOLOGY

Thursday 01, 08, 15, 22, 29/03
18.30 - 21.30
NLG BOOK CASTLE
Introduction to Programming II: Our First Commands

Custom workshops to learn what programming is and how the use of the code has 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 need to write our first commands to program a computer.

Design-Implementation:
Found.ation / Apostolis Lianos, Online Marketing

*Participants do not need to have knowledge on programming

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 / Eléanor Notoglu, 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

*Computer skills not required.

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 digital 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.

*Participants may bring their own laptops if they wish

Monday 05, 12, 19, 26/03
18.30 - 21.00
NLG PC LAB

Monday 05, 12, 19, 26/03
18.30 - 21.30
NLG PC LAB

Monday-Friday
11.00 - 12.00
12.30 - 13.30
14.00 - 15.00
NLG PC LAB

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

Computer courses for persons 65+

Activities for Adults

How to make your own compost
The soil, along with climate, are the two most important factors in choosing the kind and variety of plants to grow in our garden. 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 use home-made compost

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Activities for Adults

ARTS & CRAFTS

Knitted Sculpture: Who are you knitting for?
This series is inspired by artistic practices involving reviving traditional handicrafts, involving new and future parents to discover the re-loving craft of knitting as a way to tell personal stories during the first year of parenthood.
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: 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 Tatlin. Using abstract geometric forms, we explore the link between constructivism and architecture, and put to practice one of the key assertions of the movement – that art is “constructed” – by producing a 3D artwork.

Design-Implementation: Christina Tsinisizeli, Artist

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)

Tuesday 06, 13, 20, 27/03
18:00-20:00
NLG MULTIFUNCTIONAL ROOM

Trials Labs:
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
Elios Chelidoni, Artist, Special Education Teacher

Monday 26/03
18:00-21:30
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

Wednesday 28/03
18:00-19:30
19:30-21:00
NLG KIDS LAB

IDEAS 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 familiarising 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

Tuesday 04, 13, 20, 27/03
18:00-20:00
NLG MULTIFUNCTIONAL ROOM

EASTER

Friday 02/03
18:30-20:30
NLG KIDS LAB

Saturday 31/03
11:30-14.30
NLG KIDS LAB

We Create Art All Together: Easter Candles

Trials 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

Monday 26/03
18:00-19:30
19:30-21:00
NLG KIDS LAB

For future and new parents and their babies up to 8 months old
(up to 25 participants by pre-registration at snfcc.org)

Wednesday 24/03
18:30-21:30
NLG BOOK CASTLE

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

Wednesday 07, 14, 21/03
18:00-19:30
19:30-21:00
NLG KIDS LAB

For up to 15 adults per workshop on a priority basis

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

Trial Labs:
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 Tatlin. Using abstract geometric forms, we explore the link between constructivism and architecture, and put to practice one of the key assertions of the movement – that art is “constructed” – by producing a 3D artwork.

Design-Implementation: Christina Tsinisizeli, Artist

For up to 15 adults, pre-registration at snfcc.org

For up to 30 adults, pre-registration at snfcc.org
Dali’s Moustache Ran Away!  p.23

Mistake Labs  p.25

Sporting duels  p.22

Bike Safety  p.21

Sports games  p.23

Little Park’s Gardeners  p.24

Young Engineers  p.24

Ready! Steady! Go!  p.26
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**

### SNFCC Kids

SNFCC Kids is an educational program for children aged 3–12, with extracurricular activities designed to develop their imagination.

#### 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 team support.

**Design-Implementation:** Regeneration & Progress

#### Learning to play as a team

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

**Design-Implementation:** Regeneration & Progress

#### Sporting games

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

**Design-Implementation:** Regeneration & Progress

#### Sports games

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

### Safe Water Sports Education Program

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

#### Playmobil Beach

With Playmobil, an opportunity to learn how to be 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

#### Safe Water Sports

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

#### 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:** Bike Safe

#### The Wonder Park

Through games, activities, movement and interaction, children aged 3–12 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 learn how to explore the body works. Children will learn through play and work together towards the common goal – discovering the magic body.

**Design-Implementation:** Regeneration & Progress

### 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

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

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**Design-Implementation:** Regeneration & Progress

### Saturday 03, 10, 17, 24, 31/03 08:30-10:00

#### SNFCC Running Team

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

#### VISITORS CENTER

- For children aged 4-9 (up to 20 participants)

#### GREAT LAWN

- For children aged 4–9 and parents (up to 20 participants)

#### RUNNING TRACK

- For children aged 4–9 and parents (up to 20 participants)

#### Visitor Center

- For children aged 10+ and families

#### LABYRINTH

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

#### GREAT LAWN

- For children aged 4–9 and parents (up to 20 participants)

#### RUNNING TRACK

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

#### GREAT LAWN

- For children aged 4–9 and parents (up to 20 participants)

#### VISITORS CENTER

- For children aged 10+ and families
**Young Engineers**

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 tools, 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.

**Discover physics**

Physics, Applied Mathematics, and Engineering are the disciplines involved in the production and operation 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.

**Ready! Steady! Go! Shall we dance?**

A series of musical-theatrical workshops where children discover basic musical concepts such as rhythm, intensity, tempo, singing, dancing and movement!

**Mistake Labs: Journey in Art History**

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.

**Dalí’s Moustache Ran Away!**

Dalí’s moustache 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 ever! 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.

**Talkin’ 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 Kitazawa Kiyoshi (1965), “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.

**Mosaic Kids Lab**

In this workshop, we will give 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 prepare our works for display.

**We Create Art All Together:**

The Easter candle is a custom intimately associated with our childhood. In this workshop, each participant makes his 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.

**Mistake Labs: Painting Angels**

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

**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.

**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 Little Park’s Gardeners are ready to take action this month, too, exploring the Park, identifying seasonal flowers, watching the newborn insects, loosing 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.

**EASTER**

**We Create Art All Together: Easter Candles**

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**NATURE**

**Vegetable Garden**

**EASTER**

**We Create Art All Together: Easter Candles**

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**Mistake Labs: Painting Angels**

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Charles Gounod
Roméo et Juliette
Opera - French 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
With the Orchestra, Chorus and Soloists of the Greek National Opera

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, with the famous British director Katie Mitchell. This production, staged, has 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 entertainment and Weimar Republic era shows as well as dabs of British humor and opera.

Conductor: Zoi Tsokanou – Zoi Toolikas
With the Orchestra, Chorus and Soloists of the Greek National Opera

Wolfgang Amadeus Mozart
The Magic Flute
Opera

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 – Zoi Toolikas
With the Orchestra, Chorus and Soloists of the Greek National Opera

Minas Barboudakis
Z
Opera

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: Vassilis Vassilikos
Conductor: Minas Barboudakis - Nikos Vasileiou
Director: Kostas Varlaginas

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 repertoire, 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

Greek Youth Symphony Orchestra
Concert
The Return of Karagiozis to his Homeland
Operatic shadow theater

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

Concept – Dramaturgy – Performance: Panagiotis Tzakos
Song: Thanos Kassidi (composer)
Music: Theodora Kitsi (saxophone)
Accompaniment: Konstantinos Iliadis (saxophone – banjo)
Innervision Ensemble (baroque cello – folk guitar)
Dimitris Tingas (violone – baglamas)

22 March 2018: PIANO TRANCE
Piano duo on works of Messiaen, Krimal, Wax Milt
Performing: Stelios Theodorou / Prokroma Synarmadia and Piano for two (Stefanos Papadopoulos / Chrisante Sakellarides)

23, 24 March 2018: HIP HOP
A contemporary musical exploration of two genres, a little bit hip-hop, a little bit choral, an ensemble of nine musicians and an uplifting dance.
Identities: Thytios Atakalis
Wrecking Demis VH: Zoe A扎c
Counterparts: Nikos Sypnis
Baritone: Sopia Sakkou

27 March 2018: I HAD ENOUGH
A project based on J.S. Bach’s cantata 140: Habe Mir auf
Singing-dance: Leonis Safipoulou
Piano: Zoe Zanoulis
Flute: Dimitra Koutsouva

28 March 2018: ESTATIC REJOINING
Babaroمت ناس و اولومت ولاد مسيحی
Dance: Tassos Karolidis
Piano: Zoe Zanoulis
Flute: Dimitra Koutsouva

31 March 2018: THE UNFORGETTABLE DAY
A music performance where instruments, rhythmic schemes, melodic forms and idioms from the East and the West coexist and seek to showcase the commonalities between Greek shadow theatre and Italian puppet theatre. The marionettes and figures are supported by a group of performers who are leading lights in the world of baroque music, and who also have a deep knowledge of traditional Greek music.

Concept – Dramaturgy – Performance: Panagiotis Tzakos
Song: Thanos Kassidi (composer)
Music: Theodora Kitsi (saxophone)
Accompaniment: Konstantinos Iliadis (saxophone – banjo)
Innervision Ensemble (baroque cello – folk guitar)
Dimitris Tingas (violone – baglamas)

Sacred Music Days
Trance Festival

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.

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/heatlogist/educator)

McDonald’s (photography teacher/photographer), Marilena Stafilidou (educational workshop on narrative and photography for adolescents aged 12 to 17), Thaleia-Mari Papadopoulou (photography teacher/photographer), Maria Topali (poet/translator/literary critic)

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 education 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 Bratsas (environmental scientist/facilitator) of hands-on environmental training courses), Elias Michailov (music instructor).

Intercultural Choir
Immigrants and Greeks unite their voices in a repertoire combining traditional songs from the participants’ countries of origin with the chroma repertoire.
With the involvement and support of the GNO’s Learning and Participation department, this workshop is being implemented with the support of the UNHCR.

Choirmaster: Vassiliki Dalli

Gitar 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 Kerzali

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, (Christos Kanabou, Seda Karayian, Eva Karatsou and Vicky Skordali)
Guided Tours

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

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

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
  - SNFCC provides parking spaces for mobility-impaired persons.
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  - Wheelchair-accessible resting areas are housed on the ground floor of the car park building, as well as wheelchair access into buildings.
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  - Guide dogs and hearing dogs are welcomed on all pathways leading to SNFCC premises and Stavros Niarchos Park.
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> Pets
  - Pets can enter all SNFCC’s outdoor areas except the Great Lawn, the Labyrinth, and the playgrounds. They should always be accompanied by their guardian, who must keep them under direct and constant supervision and clean up after them.

> Wi-Fi
  - Free WiFi 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
  Foreign 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
  Food and drink service points are in operation in SNFCC.

> Smoke
  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
  The Stavros Niarchos Foundation Cultural Center is fully accessible to all.

Exhibitions

Monday-Sunday 09.00-21.00
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.

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

Reservations: +30 2130 885 700

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Reservations: +30 2130 885 700
Getting to SNFCC using public transportation

**Buses**
- 130: Piraeus – Nea Smyrni (Tzitzifies Stop from Piraeus; Delta Stop to Piraeus)
- 217: Piraeus – Dafni Station (Tzitzifies Stop from Piraeus; Delta Stop to Piraeus)
- 550: Kifissia – Palaio Faliro (Evgenideio Stop, Syggrou Avenue northbound, Onassio Stop southbound)
- 860: Palaio Faliro – Schisto (Tzitzifies Stop from Piraeus; Delta Stop to Piraeus)
- A1: Piraeus – Voula (Tzitzifies Stop from Piraeus; Delta Stop to Piraeus)

- 81: Piraeus – Aghia Sofia (Tzitzifies Stop from Piraeus, Delta Stop to Piraeus)
- 82: Acropolis – Agios Kosmas (Evgenideio Stop, Syggrou Avenue northbound, Onassio Stop southbound)

**Trolleybus**
- 10: Chalandri - Tzitzifies (Epaminonda Stop)

**Tram**
- Tzitzifies Stop

**Metro**
- Faliro Station

**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.

**Parking**
SNFCC has a 1000-car parking garage.

**Pricelist:**
- Cars: 00.00-19.00: € 1.50 / hour 19.00-00.00: € 1.50 / hour with a maximum charge of € 5
- Monthly offer: Monday-Friday 07.00-19.00: € 100 / month

**SNFCC members enjoy a 10% discount**

More info at SNFCC.org

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<thead>
<tr>
<th>From SYNTAGMA to SNFCC</th>
<th>MONDAY-TUESDAY</th>
<th>THURSDAY</th>
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<table>
<thead>
<tr>
<th>From SNFCC to SYNTAGMA</th>
<th>MONDAY-TUESDAY</th>
<th>FRIDAY</th>
<th>WEEKEND</th>
</tr>
</thead>
<tbody>
<tr>
<td>07:30</td>
<td>12:00</td>
<td>12:00</td>
<td>11:00-00.00</td>
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<td>10:00</td>
<td>14:00</td>
<td>14:00</td>
<td>every 30 min.</td>
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<td>11:00</td>
<td>14:00-00.00</td>
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<tr>
<td>12:15</td>
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<td>15:00</td>
<td>17:15</td>
<td>17:15</td>
<td>every 30 min.</td>
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<tr>
<td>17:15</td>
<td>17:30-22.30</td>
<td>every hour</td>
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Every Sunday, between 10:30-13:00, the shuttle bus runs only between SNFCC and the Syggrou-Fix Metro station since Syntagma is not accessible because of the Change of Guard ceremony.

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

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**Are you a Member?**
Share with us your photos from your visit at the SNFCC, using the hashtag #SNFCCMembers

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**Discovering how a production is born, straight from its creators**

That’s the Membership Program experience

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**Join the experience!**
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. Three works by Mozart in C major. The Atenea Armonia at the Stavros Niarchos Hall, GNO 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 NLG.