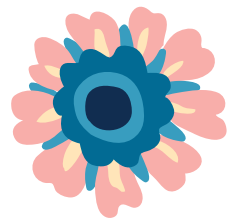
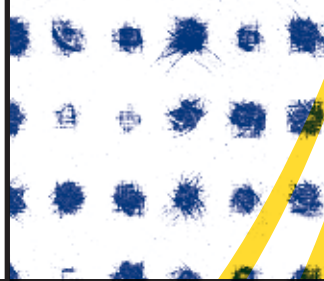




May
2019



05.





May at the Stavros Niarchos Park!

May is here, and the Stavros Niarchos Foundation Cultural Center welcomes it for yet another year at the Stavros Niarchos Park. After scheduled maintenance in April, the park is ready to celebrate May Day with The Burger Project and The Jaguar Bombs – and these are just two of the events and activities planned for the day (more on p02–05).

Manolis Famellos electrifies the Great Lawn on 24/05 (p06); while during the 25-26/05 weekend, Park Your Cinema, SNFCC's outdoor screening series, is back with *The Wizard of Oz* and *Sleeping Beauty* (p14-15).

The rest of the Park is also busy with events throughout the month. The Sundays in the Park series continues, with music, education, athletic and environmental activities (more on p16–17).

Dance classes are being offered in different areas of the Park (p18); in collaboration with Regeneration & Progress NGO, popular and new sports programs for all ages and all fitness levels fill the Great Lawn, the Pine Grove, the new Outdoor Games Area and of course the Running Track (p23–27).

Finally, on 19/05 in the Mediterranean Garden, we celebrate the European Natura 2000 Day and learn about protected areas in Greece (p22).

Admission to all these events is free thanks to an exclusive grant by the Stavros Niarchos Foundation.

May Day at the Stavros Niarchos Park

Wednesday 01/05 → STAVROS NIARCHOS PARK 1

The Stavros Niarchos Park awaits you all on May Day to celebrate spring with music, dancing and other activities!



A Seed Travels

A treasure game filled with surprises, twists and turns. A travelling seed finds fertile soil to take root in the Stavros Niarchos Park. Come join us to explore the Park, capture the color palette of the flowers and make our own flower wreaths of May.

Wednesday 01/05, 10.30-12.00

MEDITERRANEAN GARDEN 10

For children aged 4-9 and their adult chaperones

(up to 30 participants, 15 children and 15 chaperones, preregistration at SNFCC.org)

Design-Implementation:
Urban Point Landscape Programs



The Burger Project

11.30 → GREAT LAWN 1

The Burger Project are back at the SNFCCI. Let's welcome springtime together, in a blistering live concert for children young and old.

Performing children's songs and funny stories in a highly interactive show, The Burger Project invite the audience to join in music and movement games, and dance their hearts out.

Line-up:

Al Malapolas-Kalabokis (guitar, vocals)
Professor Cosmic (keyboards, vocals)
Mister Finger (bass, vocals)
Elen Trelen (drums, vocals)



The Jaguar Bombs

13.00 → GREAT LAWN 1

What do The Sonics and Sive, Elvis and The Offspring have in common? The Jaguar Bombs mix dynamic rock 'n' roll rhythms and pop oldies on Stavros Niarchos Park's Great Lawn.

In a program inspired by the aesthetics of rockabilly, surf and garage, and paying homage to pop hymns of adolescence and other guilty music pleasures, The Jaguar Bombs cover timeless tunes that have been on everyone's lips, augmented by songs that make up the soundtrack of our teenage parties.

Line-up:

Angelos Aivazis | Vasilis Nissopoulos | Giannis Rallis
| Dimitris Konstandakopoulos | Stefanos Sakellariou



The Wonder Park

A series of specially designed team activities in the blooming Stavros Niarchos Park, including athletics, dance and music, and aiming to cultivate the quality of empathy in children, helping them understand how partners and opponents feel, encouraging cooperation and a spirit of fair play.

Wednesday 01/05, 11.00-12.15 | 12.30-13.45

PINE GROVE 2

For children aged 4-8 and their families

(up to 40 families per hour on a first come, first served basis)

Design-Implementation: Regeneration & Progress



A Picnic for Cartographers

A fun activity for children and parents: By flipping arrows on a tabletop map designed especially for you, you pinpoint destinations and monuments, find out their stories and learn more about the city. Join a May Day picnic like you've never experienced before!

Wednesday 01/05, 11.00-15.00

LABYRINTH 4

(up to 60 participants per 30' session on a first come, first served basis)

(more information at SNFCC.org)

Design-Implementation: Playground

Face Painting

Our beloved face painters are back at the Stavros Niarchos Park for May Day, to put color and joy on the faces of children!

Wednesday 01/05
11.30-16.30

PINE GROVE 2

For children of all ages

Design-Implementation: Moutzoures



May Day Paper Flower Wreath

After an inspiring walk in the Stavros Niarchos Park, join us to make your own scented paper flower wreath of May, with materials from the fragrant gardens of botanical books and essential oils.

Wednesday 01/05,
10.30-12.30 | 13.00-15.00 | 15.30-17.30

SOUTH PATHS 3

For adults

(up to 30 participants per session, preregistration at SNFCC.org)

Design-Implementation: Angelos Mentis



May Day at the Stavros Niarchos Park

Wednesday 01/05 → STAVROS NIARCHOS PARK 1

Bubble Parade: The Garden of Wishes

Starting off from the SNFCC Agora, two wandering peacemakers invite the audience to a bubblicious parade, in a joyous and festive mood, blurring the lines between dream, fantasy and reality.

Wednesday 01/05
14.30-15.30

AGORA 12

For children and adults

Design-Implementation:
La Petite Marguerite

Afro-Brazilian Dance

An explosive dance lab is coming to the SNFCC to liberate your self-expression and lift your spirits through the rich traditions of Brazilian culture. Featuring a live percussion band, the event is an introduction to basic and more advanced techniques and choreographies of Brazilian living traditions (Orixas, Samba Batucada, Samba Reggae, Maracatu, and more).

Wednesday 01/05
17.00-18.30

PINE GROVE 2

For adults

(up to 40 participants on
a first come, first served
basis)

Design-Implementation:
Neli Pouloupoulou,
performer, director,
choreographer

Capoeira for Families

Is it a sport? A dance style? A martial art? Capoeira is all of these things and more! The SNFCC invites you to discover the popular Afro-Brazilian art form, which encourages the development of the kinetic, social, psychological and emotional functions of everyone, young and old, while ensuring they have the fun of their lives.

Wednesday 01/05
18.30-19.30

PINE GROVE 2

For children aged
3-10 and their adult
chaperones

(up to 20 children and
20 chaperones on a first
come, first served basis)

Design-Implementation:
Professor Dudu



A Walk in the Park

Director: Georgina Kakoudaki
Guide: Michalis Syriopoulos

Wednesday 01/05
11.30, 12.30, 14.30, 15.30

Meeting point:
VISITORS CENTER 23

Whether you are already familiar with the Stavros Niarchos Park or not, this new series of guided tours will make you see the landscape in a different way. Guided by artists, visitors will enjoy a walk in which nature, history, poetry and personal storytelling make for a different experience each time, under the guidance of director Georgina Kakoudaki.

In May, our tour guide will be Michalis Syriopoulos. A graduate of Vasilis Diamantopoulos Drama School, he made his stage acting debut in 2008. For his acting during the 2017/18 season, he received the Dimitris Horn Drama Award in March 2019.



(up to 20 participants
per guided tour)

Free admission,
preregistration
at SNFCC.org





Manolis Famellos

Friday 24/05 | 21.00 → GREAT LAWN 1

With a great electric live performance, an "electric sound construction" to quote the artist, Manolis Famellos goes onstage at the Great Lawn of the Stavros Niarchos Park for this season's first big Parklife concert.

Starting off with his latest album, *I Epohi ton Skoupidion*, a large ensemble joins Manolis Famellos on the Great Lawn; its core members have been part of the group that has been working on Famellos' releases for over a decade now.

At the SNFCC, they will perform songs spanning his entire music career, foregrounding the electric-sound element.

Having developed a shared music language, all the band members on this performance have been his constant companions in his musical adventure – from the earliest glimpse of a composition to the completion of each album for release and to the last note in each concert.

Line-up:

- Alekos Voulgarakis, guitars
- Stefanos Daniilidis, keyboards, accordion, vocals
- Vangelis Katsarelis, trumpet
- Vangelis Markantonis, bass, vocals
- Thanos Michailidis, drums

Free admission

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

Ólafur Arnalds

Monday 20/05 | 20.30 → STAVROS NIARCHOS HALL 13

SNFCC's Cosmos concert series presents, for the first time in Greece, Ólafur Arnalds, a multi-instrumentalist, composer and producer, in a unique performance at the Stavros Niarchos Hall.

One of the most gifted contemporary classical music artists and composers of his generation, Ólafur Arnalds combines strings and piano with electronic sounds in striking manner, creating ambient symphonic compositions that evoke journeys to Icelandic landscapes. His experimental compositions introduce classical music to a wide audience, broadening our musical horizons.

Since 2007, Ólafur Arnalds has released four solo albums; he has also collaborated with preeminent music, dance and film artists, including Sigur Rós and Nils Frahm. In 2014, his inspired music for films and television series earned him a BAFTA Award for Original Television Music for the soundtrack of the popular British series *Broadchurch*.

His latest album, *Re:Member* (2018), which he will perform in his SNFCC concert, builds upon a mosaic of influences by many different music genres, translated into the artist's own idiom and keeping listeners on their toes by evoking new and exciting feelings.

Free admission by preregistration at SNFCC.org

Preregistration starts on 14/05 at 12.00



Jazz Chronicles: Sokratis Sinopoulos Quartet: *Metamodal*

Sunday 05/05 | 21.00 → LIGHTHOUSE 14

Nurtured by Greek traditional and Byzantine music, enriched by elements of classical music and improvisation, steeped in jazz and contemporary music, the unmistakable sound of Sokratis Sinopoulos Quartet combines the primeval sound of the lyra and the piano trio.

Formed in 2011, the quartet first began by performing its own versions of music from the Greek traditions before focusing on original compositions. This material was released in *Eight Winds*, in 2015, followed by the quartet's sophomore release, *Metamodal*, in March 2019.

For their SNFCC concert, Sokratis Sinopoulos Quartet will present their latest release along with numbers from their first album, in a spirit of improvisation and strong interplay.

Line-up:

Sokratis Sinopoulos, lyra
Yiannis Kyrimkyridis, piano
Dimitris Tsekouras, double bass
Dimitris Emmanouil, drums

Featuring:

Kyriakos Tapakis, oud



Jazz Chronicles: The 3rd Man Element feat. David Lynch & Takis Paterelis

Sunday 12/05 | 21.00 → LIGHTHOUSE 14

Exploring spontaneous composition and free improvisation, The 3rd Man Element is going onstage at the SNFCC, in an open-ended music collaboration.

The band's core members are Christos Alexopoulos (composer, Puzzlemusik founder) on piano and keyboards and Vassilis Podaras (aka Billy Pod, member of Next Step and other bands) on drums. A different artist each time joins them as the "3rd man" to ignite fresh, exciting music-making along with the two core members.

Three distinctive musicians join each other onstage to give a single, unique, unrepeatable live performance of spontaneous composition and free improvisation.

For the SNFCC live concert, David Lynch (tenor and soprano saxophone, flute) and Takis Paterelis (tenor saxophone) will be taking turns as the "3rd man."

Line-up:

Christos Alexopoulos, piano - keyboards
Vasilis Podaras, drums
David Lynch, tenor - soprano saxophone - flute
Takis Paterelis, tenor saxophone

Music Escapades: Prins Obi & The Dream Warriors

Saturday 18/05 | 21.00 → PANORAMIC STEPS 15

Music Escapades presents Prins Obi & The Dream Warriors, who perform their self-titled album released in 2018, at the SNFCC, as well as tracks from Prins Obi's earlier two releases.

The Dream Warriors accompany Prins Obi on an inner voyage of high expressive power, in a psychedelic audiovisual stage set. The sensual textures, the resonating presence of instruments, the musicians' expressions and movements, the evocative lighting – the unique atmosphere of their live appearances – are all elements that contribute to the band's unmistakable identity. With their strong personal presence, they take us along on a journey to music that seems to come from another era, in a retro style imbued with postmodern and contemporary elements.

The album to be performed at the SNFCC, *Prins Obi & The Dream Warriors*, is the debut of the Athenian underground supergroup and Prins Obi's third release after *The Age of Tourlou*.

Line-up:

Georgios Dimakis (Prins Obi), Sérgios Voúdris, Pantelis Karasevdas, Kwstas Red Hood, Chris Bkrs and Christina Koziraki



Music Escapades: Nalyssa Green

Friday 31/05 | 21.00 → PANORAMIC STEPS 15

On the last evening of May, along with Nalyssa Green, we sing goodbye to spring while getting ready for the arrival of summer, with a concert at the Panoramic Steps.

Self-taught on keyboards, guitar, accordion and theremin, Nalyssa Green is a composer, songwriter and singer active in the Greek indie music scene since the late 2000s. She has released three albums and since 2014 she has composed original music for the theater. Spanning a wide range of pop styles, Nalyssa Green's musical identity is characterized by evocative vocals and prominent electronic sounds.

In autumn 2018, her first Greek-language album, *Bloom*, was released, playing on the contrasting concepts of sinking and blooming. At the SNFCC, Nalyssa Green and her band will unravel the singer-songwriter's musical universe, reminding us that summer will be back to take us by the hand.

Line-up:

Miss Trichromi, keyboards, vocals
Katerina Papachristou, bass, keyboards, vocals
Evangelos Aslanidis, drums, drum pad
Eleftherios Volanis, guitar, bass



George Zongolopoulos: The Vision of Public Sculpture

28/01-31/05 | 09.00-22.00 → AGORA - REAR AGORA 12
→ 4TH FLOOR ATRIUM NLG 11

Exhibition

In May, the first exhibition exclusively dedicated to public sculptures by iconic artist George Zongolopoulos, organized by the Stavros Niarchos Foundation Cultural Center in collaboration with the George Zongolopoulos Foundation, concludes.

The exhibition traces how Zongolopoulos' public sculpture charges and converses with installation sites, locations in which it enters into communication with the public on a daily basis; it moreover highlights the importance of public art – all the more relevant in view of the fact that this exhibition is held at the SNFCC, which aspires to redefine the citizens' relationship with public space.

More information on the exhibition is available at SNFCC.org and in the exhibition leaflet.

Moreover, the exhibition is accompanied by educational programs and lectures inspired by the artist's work.

Guided Tours

In May, visitors will be able to join two more guided tours of the exhibition, given by the George Zongolopoulos Foundation's Director, Angelos Moretis.

Meeting point: NLG LOBBY 11

(up to 20 participants by preregistration at SNFCC.org)

Saturday 11/05, 19.00-20.00

Preregistration starts on 06/05 at 13.00

Friday 31/05, 14.00-15.00

Preregistration starts on 24/05 at 13.00

Scan the QR code with your smartphone to enjoy a free audio tour of George Zongolopoulos' world of sculpture.



Educational Programs

Architecture Lab: Equilibrists in Space!

Exploring urban space becomes an exciting journey guided by George Zongolopoulos' sculptures. Children become familiar with key concepts related to space, the city, architecture, habitation, materials, and learn about floating, movement and balance.

Is it balanced, or not? Does it fly or stay still? Taking the *T.I.T.F. Sculpture* as a starting point, children make multiplane sculptures in different materials and explore scale and movement in space in the city.

Sunday 12/05, 17.00-18.30

MAKER SPACE 11

For children 6-10 years old

(up to 20 participants per workshop by preregistration at SNFCC.org)

Design-Implementation: Athens Super Script

Sculpture? Child's Play!

Contemporary art and George Zongolopoulos' multifaceted work becomes child's play at the SNFCC, in an experiential educational program based on *Umbrellas*, *Alexander*, *Five Circles* and *Zalongos Monument*. Starting off with these artworks, children discover the performing and visual arts while enjoying a first-hand experience. Participants engage with sculptures by Zongolopoulos using a different technique each time, inspired by theater, music, dance, storytelling and the visual arts. Moreover, the great sculptor's life and work provides material for storytelling, encouraging children to associate art with aspects of their own personal experience and to contemplate on the significance of art in public space by installing their own sculptures on SNFCC grounds.

Saturday 04 & 18/05, 17.00-18.30

KIDS LAB 11

For children 6-11 years old

(up to 25 participants by preregistration at SNFCC.org)

Design-Implementation: Arts in the Mixer

We Create Art All Together: Sculptures Touch the Sky

Inspired by studying the anatomy and form of George Zongolopoulos' sculptures *T.I.T.F.*, *Poseidon* and *Five Circles* to appreciate their balance of structure, delicacy of connection and ethereal composition, workshop participants will each build a towering sculpture of their own.

Taking the great sculptor's work as our starting point, we will produce our own sculptural complex, using cut-outs, microsculpture, origami, collage and assemblage, as well as 3D wire construction in a wide variety of materials to construct art objects with reference to George Zongolopoulos' artistic investigation and practice, so as to realize the dynamics of these public art installations.

Saturday 18/05, 11.30-12.30, 12.30-13.30, 13.30-14.30

KIDS LAB 11

For children 7+, young persons and families, with our without disabilities

(up to 25 participants per hour, on a first come, first served basis)

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

Lectures

Thanassis Moutsopoulos: From Monumental Sculpture to Street Art

Wednesday 15/05, 19.00-21.00

Immaterial Sculpture

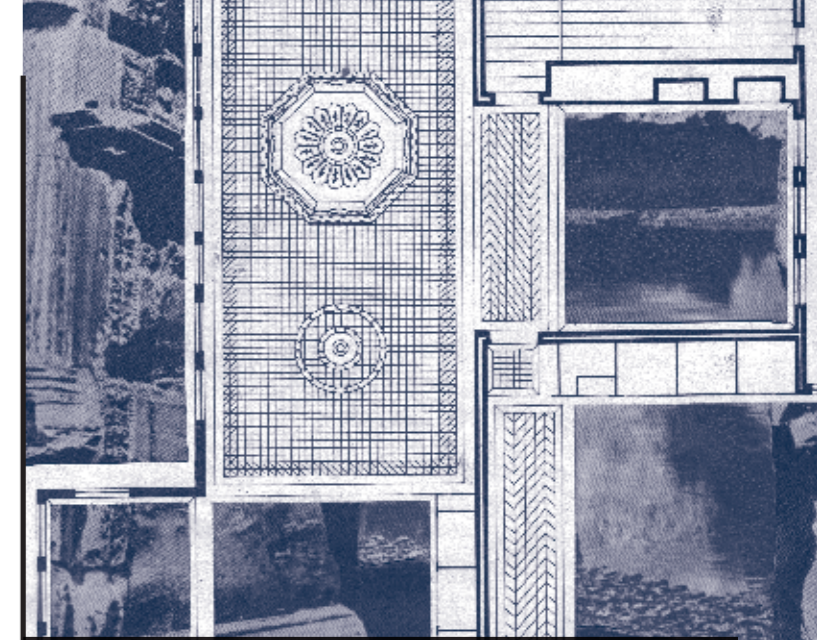
In May, the series of lectures by Thanassis Moutsopoulos, Associate Professor of Art History and Theory of Culture, Technical University of Crete, on the evolution of art in public space in Greece, taking as their starting point the George Zongolopoulos exhibition, conclude, with the sixth lecture.

Public art in Athens seems an impossible affair, compressed in a Procrustean bed between the eternal marble busts and uncontrollable inscriptions on the walls of its apartment blocks. Together with its neoclassical design, Athens inherited a few dozen statues and busts of the warriors of the Greek Revolution of 1821, members of the Society of Friends (Filiki Eteria) and Philhellenes. Later on the new heroes were (inevitably) the politicians but, next to them, one could find memorial statues of young military men together with mayors, poets, actors.

The 20th century's Modernism would add new dimensions in sculpture. The experiments appeared from France to the Soviet Union but, at some point, the problem seemed not to be limited to the artistic form, but it was mainly focused on the ever more peculiar role of monumental art in a metropolis and a society that changed drastically during the last century. The frenzied rhythms of contemporary urban life, the growing cocooning, the eclipses of public life and the new aesthetic standards make any bust seem incongruous.

BOOK CASTLE 11

Simultaneous translation into the Greek Sign Language will be provided.



Tassis Papaioannou: Thoughts on Architecture and the City

Tuesday 21/05, 19.00-21.00

The Physical and Spiritual World of Architectural Space

In May, the architecture lecture series by Tassis Papaioannou, Professor of Architecture, continues, discussing Greek and international architecture in contribution to the debate on the quality of architectural space.

Architecture and the city remain in constant interplay over time. Their relationship is fluid and dynamic, mercurial and unpredictable. The contemporary Greek city changes rapidly, expanding out of control, with barely any planning, reflecting, in space, the mode of operation of postwar Greek society. We live at a time when the explosive growth in information dissemination has blurred the boundaries and created new realities. Dominant images and views impose new models in everyday life. Today, more than ever, a debate on architecture and urbanism is indispensable.

Tassis Papaioannou is professor in Section 1, Compositions, School of Architecture, NTUA; his joint architectural practice with architect Dimitris Isaias produces studies for private and public projects, and has earned a large number of architectural competition awards. His architectural designs have been extensively published in the Greek and international bibliography, and featured in major architectural exhibitions. He has published articles and commentaries in books, periodicals and newspapers, as well as books.

BOOK CASTLE 11

Simultaneous translation into the Greek Sign Language will be provided.

Day Conference Exploring the Human Brain

Monday 27/05 | 16.00-22.00 → BOOK CASTLE, MULTIFUNCTIONAL ROOM 11

In collaboration with the Academy of Neurosciences and the Hellenic Society of Neurosciences, the Stavros Niarchos Foundation Cultural Center is holding the day conference Exploring the Human Brain. The conference will present, in an accessible manner, scientific findings of recent years about the function of the brain, the perception of the world around us, the decision-making process, emotions and memory.

The event includes workshops for children, adolescents and adults, in which participants will have the opportunity to learn from experienced neuroscientists about the fundamental operating principles of the brain and neural networks. A screening will also take place, of the documentary film *Exploring the Brain - From the First Steps to Twenty First Century Neuroscience*. The film presents an overview of the landmarks in the history of neuroscience and traces the shifts in the perception of brain function from prehistoric times to the present day. The conference will conclude with a series of talks by prominent scientists highlighting the latest neuroscience research and future research directions, as well as the impact of neuroscience on our lives, other sciences and technology.

16.00 - 19.00
Workshops

20.00 - 20.30
Film screening:
Exploring the Brain - From the First Steps to Twenty First Century Neuroscience

20.30 - 22.00
Talks and public discussion

Organizer:
Konstantinos Tsamis, MD, PhD, Neurologist - Military Health Care

For the full program, please visit SNFCC.org.

Preregistration at SNFCC.org is required for workshop participation.



John Lignades: A Topography of Plato's *Symposium*

Friday 10 & 24/05 | 19.00-20.30 → BOOK CASTLE 11

Two Lectures on Plato's *Symposium*. After an introduction to the treatise and its main themes, there will be a reading of excerpts (in Modern Greek translation), followed by a highly accessible discussion and a Q&A session with the audience.

The lectures will focus on the speeches by Aristophanes, Socrates and Alcibiades, attempting to highlight different approaches to Eros, such as the mythical-allegorical, the philosophical and the pragmatic. The main objective of these lectures is to familiarize the public with a supreme achievement in ancient Greek literature and to explore the problematique arising from the projection of ideas of the past to contemporary men and women.

John Lignades holds a PhD in Classical Philology.

Simultaneous translation into the Greek Sign Language will be provided.

Handwritten mathematical notes in Greek, including the binomial theorem expansion of $(d+r)^n - d^n - r^n$ and the formula for the sum of divisors of n .

A Lecture by Simon Singh: The popular science guru is coming to the SNFCC.

Tuesday 28/05 | 19.00 → LIGHTHOUSE 14

Handwritten mathematical notes in Greek, including the binomial theorem expansion of $(p+d+r)^n = 0$ and the formula for the sum of divisors of n .

The famous theoretical physicist, journalist, BAFTA awarded documentary filmmaker, and best-selling author, Simon Singh is coming to the SNFCC to give a lecture in which he will introduce the audience to the universe of his award-winning books.

His first book, *Fermat's Last Theorem*, was translated into 32 languages and familiarized millions of readers around the world with the wonders of mathematics. In his second book, *The Code Book*, he revealed the secrets of cryptography while in the third, *Big Bang*, he dealt with the theory of the universe. His book *Trick or Treatment?* has raised inconvenient questions about alternative medicine. His latest, *The Simpsons and Their Mathematical Secrets*, illustrates how the creators of the long-running animated comedy *The Simpsons* seek to pique viewer interest in mathematics and science.

Simon Singh studied physics at Imperial College and completed his doctoral thesis on experimental particle physics at Cambridge University and CERN. In 1996, he directed for BBC series *Horizon* one of the most successful documentaries ever screened on British TV, about the mathematician Andrew Wiles' proof of Fermat's notorious last theorem, for which Singh won a BAFTA for best documentary. He went on to write popular-science books that became international best-sellers. Currently living in London, Singh is a regular contributor to *The Guardian* and lectures all over the world.

Simultaneous interpretation to Greek will be provided.

Design-Implementation: Hub Science, Elli Davaki, Konstantinos Politis, Nikolas Protonotarios



PARK YOUR CINEMA

The World of Fairy Tale



The Emergence of Life: Lectures on Early Human Life Motherhood

Sunday 12/05 | 17.00-18.30 → BOOK CASTLE 11

On International Mother's Day, Sunday 12/05, the concluding lecture in the series *The Emergence of Life* examines the transition to motherhood. Early on in their lives, women learn that their bodies are able to host new life. Whether or not they bear children, all women have to come to terms with motherhood as a possibility, as desire, as reality.

What questions do women who choose to become mothers ask themselves? What is it like for modern-day women to experience the transition to motherhood? How does a woman think and feel during pregnancy, as well as following childbirth, about her body, her relationship with her child, her partner, her career - her life in general? What does adaptation to life with a child involve and how can women best prepare for this transition? What are the mental challenges faced during pregnancy and after childbirth, and how to deal with them? What kind of support is required so that modern-day mothers may enjoy motherhood and their personal lives?

Speakers:
Yannis Zervas, Professor of Psychiatry and Psychosomatic Medicine, Medical School, University of Athens

Eleni Rigoutsou, Clinical Psychologist - Psychoanalyst, Fainareti Non-Profit Organization

Design-Implementation: Fainareti

Fainareti non-profit organization was founded in 2006 to promote perinatal health care services in Greece, including the health of pregnant women, newborns and babies, parents and the family through specialized intervention in perinatal care and support.



Park Your Cinema is back, for the fourth consecutive summer season. The open-air film screening series at the Stavros Niarchos Foundation Cultural Center offers great opportunities to discover timeless classic movies for the first time, or enjoy again on a big screen unforgettable films loved by successive generations of cinema-goers, which never fail to provide us with a fresh dose of film magic.

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

The perfect start for the new season, two legendary films that celebrate decades of popularity! The 80th anniversary of the premiere of *The Wizard of Oz* and the 60th anniversary of the premiere of the animated *Sleeping Beauty* meet in their shared homeland - the world of fairy tale - to entertain young and old.

Programming: Elias Fragoulis

Sleeping Beauty (1959)

Saturday 25/05 | 21.00 → GREAT LAWN 1

The evil witch Maleficent curses Princess Aurora to die on her 16th birthday. The spell can only be broken by the arrival of a prince, but no one knows when or how. The 16th Disney animated feature film, it is an adaptation of the classic tale by French author Charles Perrault. The lush and stylized designs (particularly in the background) alienated the audience of the time, and the film flopped at the box office, forcing the studio to stop productions based on fairy tales (the next was *Little Mermaid*, only in 1989!). The music score includes mainly covers and arrangements of Pyotr Ilyich Tchaikovsky's music for the ballet of the same title - another bold, high-quality choice by the pioneer Walt Disney.

Director: Clyde Geronimi

The film is dubbed in Greek

The Wizard of Oz (1939)

Sunday 26/05 | 21.00 → GREAT LAWN 1

A terrible tornado sends Dorothy and her family farm spinning in the air. Will she find happiness "over the rainbow" by following the yellow brick road to the Emerald City, where she can ask the Wizard to help her get back home? Based on L. Frank Baum's children's book *The Wonderful Wizard of Oz* (1900), this beloved classic was MGM's most expensive production at that time and failed to make a profit for the studios until the 1949 re-release. Justly regarded as one of the greatest films of all time, according to the Library of Congress it is the most watched film in the history of cinema. The film won the Academy Award for Best Original Song (for "Over the Rainbow," of course); it was only due to the refusal of 20th Century Fox to give Shirley Temple as a loan to MGM that Judy Garland was cast as Dorothy. As Victor Fleming hastily replaced Cukor in directing *Gone with the Wind*, it was King Vidor that finished the filming (mainly the sepia-toned Kansas sequences). *The Wizard of Oz* was among the first 25 films that inaugurated the American National Film Registry list in 1989.

Director: Victor Fleming

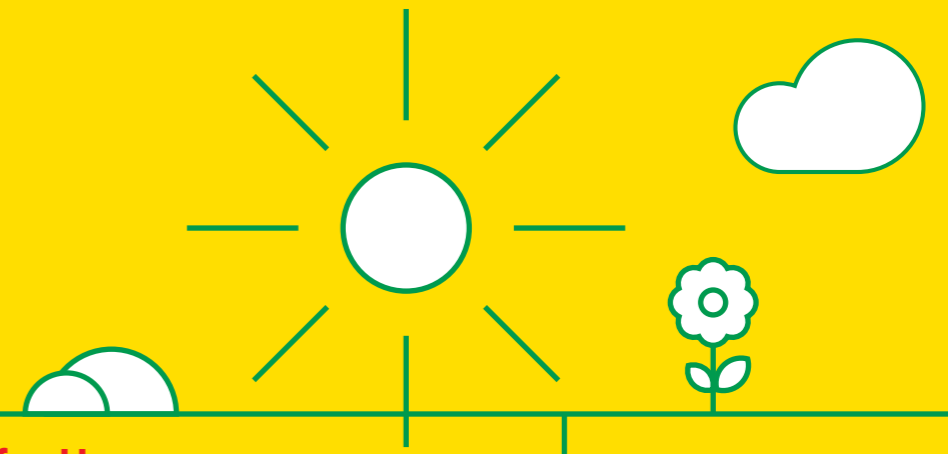
In English with Greek subtitles



Sundays in the Park

Stavros Niarchos Park is an ideal destination for all every day. Yet, Sundays are special: There are cycling events, roller-skating classes, environmental and music events for children and adults. It all happens in the friendly Vegetable Garden, the Visitors Center courtyard, the Pine Grove, the Water Jets and the Sound Garden.

More information on our regular Sunday events on p. 23-27



A Picnic for Cartographers

Young and old gather around a map tablecloth for a picnic and become cartographers exploring the city. Led by Playroom's trainers, children and their adult chaperones flip arrows on a map tablecloth and go on a fun illustrated tour of the city. Each monument marked as a destination on the map will come alive in stories of the past and present. Through the sculptures and monuments they collect, our little cartographers will learn all about the city. The magic basket opens and the adventure begins at the Water Jets.

Sunday 05, 12, 19, 26/05
11.30-14.00

Design-Implementation:
Playroom

WATER JETS 8

(up to 60 participants per 30' session, on a first come, first served basis)

(for more information, please visit SNFCC.org)



A Seed Travels: In Search of Spring

A treasure game with many surprises, twists and turns. Children and their adult chaperones explore the Park in a quest of discovery of its secrets, hidden within the foliage. Starting from the Vegetable Garden, they follow paths into the heady garden. They fly like bees from flower to flower, document the flowers in the park, watch insects, learn to identify scents, taste fruits from the edible garden, and plant their own plant in the vegetable garden, giving it time to grow.

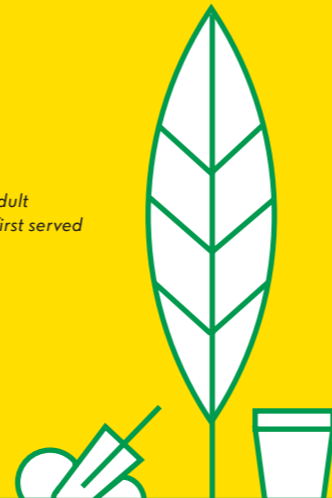
Sunday 05, 12, 19, 26/05
10.30-12.00

VEGETABLE GARDEN 20

For children 4-9 years old, and their adult chaperones

(up to 30 participants, 15 children & 15 adult chaperones per session, on a first come, first served basis)

Design-Implementation:
Urban Point_Landscape Programs



The Plants that Care for Us: Spring Vegetables and Herbs

05/05: How to Plant and Care for Spring Vegetables

We examine the growth of the spring vegetables we planted in a garden bed, giving tips on crop rotation and co-planting, and explaining how plants interact with each other and with other organisms. Eco-friendly gardening: weeding, watering, transplanting. The garden bed of heirloom varieties.

Sunday 05, 19/05
11.00-13.00

VEGETABLE GARDEN 20

For adults

(up to 30 participants, on a first come, first served basis)



19/05: Protecting Spring Vegetables from Enemies and Pests

Prevention practices and eco-friendly plant protection. In this workshop, we bring the microcosm of the garden under the microscope, learning how to identify diseases and pests, and how to apply eco-friendly plant protection tactics in the urban garden.

Design-Implementation:
Panagiotis Papadopoulos, Agronomist
MSc - Med culture



Roller Skates for kids

Recreation, exercise, or transport? Skates are all of these at the same time! Children see for themselves and practice their balance in these self-contained introductory classes.

No prior experience is required.

Participants must bring their own equipment (skate, helmet, knee pads).

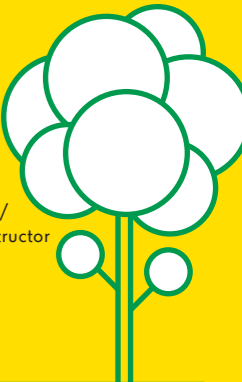
Sunday 12/05
12.00-14.00

VISITORS CENTER 23

For children 6-12 years old

(up to 15 participants on a first come, first served basis)

Design-Implementation:
powerskate.eu skate academy/
Yannis Kousparis, certified instructor



Cycling Lessons for Children and Adults

Trainers introduce children to simple techniques that enable them to enjoy cycling without training wheels and help those who already know how to ride to improve their skills.

Participants are advised to bring their own bicycles.

Sunday 19/05
11.00-15.00

(on a first come, first served basis)

Design-Implementation: MBike

VISITORS CENTER 23

For children 3-10 years old, their adult chaperones and for adults

Family Biathlon at the Esplanade

A fun biathlon relay race on balance bikes for children aged 2.5-5 years and their adult chaperones. Children start first and, after finishing the first round on their bikes, pass the baton to their companions, who are welcome to either run or walk the race. The young runners cross the finish line.

Participants must bring their own bicycles and helmets; training wheels are not permitted.

A lucky draw for a fantastic prize will be held after the finish.

Sunday 26/05
12.00-14.00

(up to 30 pairs per age group 2-3/3-4/4-5 by preregistration at SNFCC.org)

VISITORS CENTER 23

Design-Implementation: MBike

For children aged 2.5-5

Percussion Circle for Families

Rhythm toys accompany metal-plate musical instruments, producing kinetic melodies, sounds and songs. Join the circle and learn how to make music on pentatonic scales while dancing to percussive rhythms.

Sunday 12, 26/05
12.00-14.00

(up to 40 participants on a first come, first served basis)

SOUND GARDEN 9

For children 5+ years old and their families, with or without disabilities

Design-Implementation:
QUILOMBO LAB

Percussion Circle for Adults

A session filled with music, rhythm and motion, blending the Afro-Brazilian and samba tradition with pentatonic sounds, and making us dance to the powerful drum beats.

Sunday 05, 19/05
12.00-14.00

PINE GROVE 2

For adults, with or without disabilities

(up to 30 participants on a first come, first served basis)

Design-Implementation:
QUILOMBO LAB



Dance, Dance, Dance!

In May, SNFCC offers new and exciting dance events for families, children and adults! Move your body to rich Afro-Brazilian rhythms and treat yourself to a fun introduction to Capoeira in these new SNFCC Labs! The new and exciting program Meeting Point: Music and Dance for Teens also continues in May – it's a great opportunity for teens to spend a weekend full of creativity, fun and loads of dancing!

Meeting Point: Music and Dance for Teens

SNFCC's Meeting Point continues in May, filled with dance and music for teenagers! The second edition, titled Choose and Follow, invites participants to assess their skills as team leaders and team players. While they're at it, they develop essential music and dance skills – how to fit into a team, or an ensemble, how to become team leaders, depending on what the situation demands. The methodology of this skill-building activity is based on a physical and auditory exploration of the notions of predictability and unpredictability.

Implementation: Kinitiras
Designed by: Katerina Skiada
Teachers: Antigoni Gyra, Katerina Skiada, Dimitris Tasenas, Anastasis Gouliaris

Saturday 11/05
Sunday 12/05
 11.00-14.00

MEDITERRANEAN GARDEN 10

*For teenagers 13-17 years old**

(up to 30 participants, on a first come, first served basis)

** Previous experience and class participation in dance, music and the performing arts is required. Teens who can play a musical instrument are welcome to bring it along.*

Capoeira for Families

Is it a sport, a dance style, a martial art? Capoeira is all of these things and more! You are invited by SNFCC to experience this popular Afro-Brazilian practice and learn how to perform offensive and defensive moves while maintaining control. Coordinated, rhythmic, non-aggressive motion promotes concentration and energizes body and mind. There are no winners or losers in Capoeira. Competitiveness gives way to cooperation, creating an exciting game of interaction among participants

Design-Implementation: Professor Dudu

Wednesday 01/05
 18.30-19.30

PINE GROVE 2

For children 3-10 years old and their adult chaperones

(up to 20 children and 20 adult chaperones, on a first come, first served basis)

Monday 13 & 27/05
 18.00-19.00

PINE GROVE 2

For children 3-6 years old and their adult chaperones

(up to 10 children and 10 adult chaperones, on a first come, first served basis)

Afro-Brazilian Dance

An explosive dance lab is coming to the SNFCC to lift your spirits through the rich tradition of Brazilian music and dance – a tradition that celebrates the primeval human urge for expression of feelings and emotions, and for connection with nature. This session is an introduction to basic and more advanced techniques and choreographic styles of the vibrant Brazilian traditions (Orixás, samba batucada, samba reggae, maracatu, and more). Participants will have the opportunity to explore how body axes and directions in space function according to Afro-Brazilian tradition.

Design-Implementation: Neli Pouloupoulou, performer, stage director, choreographer

Wednesday 01/05
 17.00-18.30
Monday 06, 20/05
 18.00-19.30

PINE GROVE 2

For adults

(up to 40 participants, on a first come, first served basis)



Playtime!

On Mondays and Thursdays, young parents bring their babies in their prams for a walk at the SNFCC. Specially designed for parents with children up to 3 years old, two spring-themed programs encourage extroversion and interactive play. Our moto is: It's playtime!

Baby's Arts & Crafts: Our First Spring

In a calm, fun environment, babies acquire their earliest gross motor skills, discover colors, develop their observation skills, explore their bodies and the world. Through inspired sensory play, together with parents, they create works of art to cherish and have experiences of smooth socialization. We play with hand and foot prints, and make decorative garlands, frames, art on canvas and baby's first sensory toys using original materials.

In May's sessions, we continue to participate in the big celebration of nature, capturing the beauty of the season's scents, colors and flowers!

Design-Implementation: Anna Konstantinou, Animateur of non-competitive game Katerina Momitsa, Artist

Monday 06, 13, 20, 27/05
 18.00-19.00

KIDS LAB 11

For babies aged 3 to 9 months and their chaperones

(up to 30 participants, 10 babies and 20 chaperones, by preregistration at SNFCC.org)



My First Studio: The Spring According to Van Gogh and Matisse

Celebrated artworks provide the opportunity for children and parents to take a journey through art! Children create their own unique artworks inspired by different styles, sitters and topics, and experiment with a variety of materials. It's a fun way to express themselves, interact and socialize, introducing themselves to the colorful world of art history.

In May, we celebrate the most fragrant month of spring, taking a walk alongside Van Gogh and Matisse in green fields and scented gardens, which inspired these artists to paint the most celebrated masterpieces of all time.

Guided by these artists and their lush springtime palette, children embark on a journey through the world of art, in the most multisensory manner possible; they learn about the plant life cycle, become gardeners and paint using

an abundance of flowers. They make May Day wreaths using recyclable materials, chrysanthemum prints and evoke colorful gardens using collage and mixed media.

Vincent van Gogh: 02, 09 & 16/05
Henri Matisse: 23 & 30/05

Thursday 02, 09, 16, 23, 30/05
 18.00-19.00

KIDS LAB 11

For children 1-3 years old and their adult chaperones

(up to 20 participants, 10 children and 10 adult chaperones by preregistration at SNFCC.org)

Design-Implementation: Irene Persidou, Art Historian, Educational Entertainer Theodora Valsami, Music Educator

Arts & Crafts

Lab programs focusing on developing new techniques and practicing your skills invite you to enjoy our fun creative meetings.

Mistake Labs: Dots

In May's Mistake Labs, the journey through the world of dots continues, with participants exploring Pop art. American artist Roy Lichtenstein's Ben Day dot paintings and Japanese artist Yayoi Kusama's dot installations will spark inspiration for us to capture a moment in SNFCC's life. Focusing on communicating personal experience through image, participants will make their own comic storyboards featuring themselves as characters and adding exclamations in the form of huge dots.

Sunday 05, 12, 19, 26/05
17.30-18.30, 18.30-19.30, 19.30-20.30

Design-Implementation:
Christina Tsinisizeli, Artist

KIDS LAB 11

For children of all ages and their chaperones

(up to a total of 30 children and chaperones per workshop, on a first come, first served basis)

Silk Screen Printing Lab: History and Basic Principles

In May, we trace the evolution of silk screen printing from early uses to the contemporary fashion industry and the DIY movement.

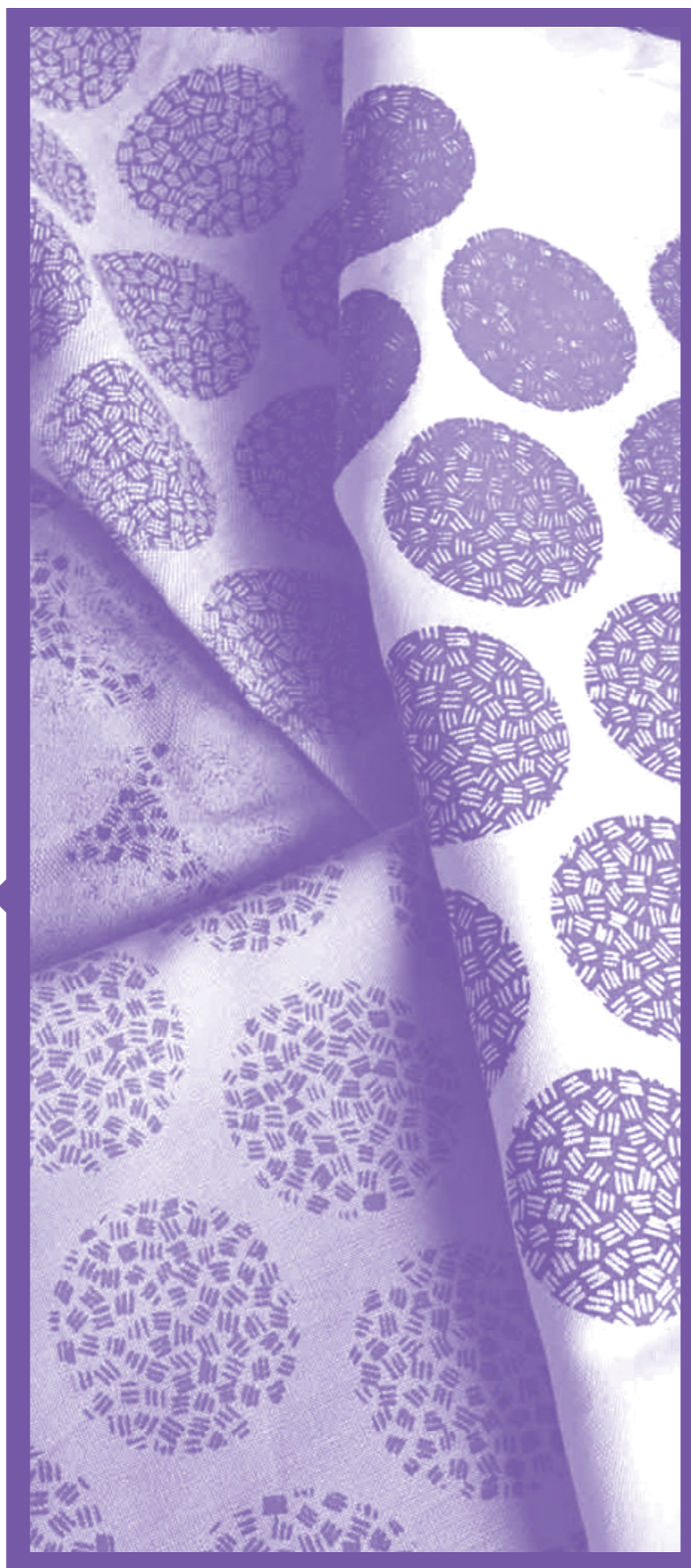
Wednesday 08, 15, 22, 29/05
18.00-21.00

Design-Implementation:
Manolis Angelakis/Tind

KIDS LAB 11

For adults

(up to 20 participants per workshop, by preregistration at SNFCC.org)



Theater Design: The Tools of Transformation

A workshop by set and costume designer Angelos Mentis

Theater – the reflection of life in the mirror of imagination – conjures through its magic filters figures of mortals, gods and demons, in a wonderful, inexhaustible variety. Recognizable everyday beings, creatures deformed by extreme emotions – tragic, majestic, terrifying, dangerous, idiosyncratic, eccentric, funny, ridiculous, cute, fantastical. Deities, titans, heroes, tyrants, elves, spirits, satyrs, beauties, monsters, birds, frogs, dragons, witches, jesters, cunning servants, arrogant masters, loving couples, perpetrators and victims.

What is our own visual understanding of a play? How do we approach and flesh out a part? What do we imagine it to look like? How do we nurture imagination and harness its transformative power creatively? How can art and nature help in this? How do we encourage sensitivity and freedom, which children naturally display during playtime? What would our imaginary stage set, our imaginary actors, our own theater production look like?

By mixing up images, materials and props, we will develop our own vision for characters that are very different in style and personality, in space and time from each other.

Saturday 11, 25/05
17.00-20.00

KIDS LAB 11

For adults

(up to 20 participants by preregistration at SNFCC.org)

Design-Implementation: Angelos Mentis



New Technologies: Introduction to Social Media

A workshop for everyone who wishes to know more about the five most popular social media (Facebook, Instagram, LinkedIn, Twitter, YouTube) as well as how to use the tools they provide and harness their power. Moreover, participants will learn how to use the internet and social media safely.

Monday 06, 13, 20, 27/05
18.30-20.30

Design-Implementation:
Foundation

PC LAB 11

For teenagers 17+ years old and adults

(up to 18 participants per workshop by preregistration at SNFCC.org)

Computer Courses for persons aged 65+

Introductory courses 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.*

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

PC LAB 11

(up to 16 participants on a first come, first served basis)

**On May Day there will be no classes*

Celebrating European Natura 2000 Day and the Conservation of the Natural Environment

Protecting the most beautiful and fragile nature in Greece, Natura 2000 network is coming alive at the SNFCC's Mediterranean Garden.

Using finger paints, we will create a giant mosaic communicating our support for the conservation of natural ecosystems. Inspired by the wealth of biodiversity in Greece, we will create animals and plants that reflect the unique heritage of Greek nature. Through our mosaic, we will voice our support for the largest network of protected areas in the world. Finally, we will embark on an amazing virtual-reality tour to a Natura 2000 protected area.

Sunday 19/05
10.30-13.30, 14.00-17.00

MEDITERRANEAN GARDEN 4

For children 4+, young persons and families

(up to 25 participants per 30' session, on a first come, first served basis)

Design-Implementation:
LIFE-IP 4 NATURA

(Ministry of Environment and Energy, University of Patras, Democritus University of Thrace, WWF Greece, Hellenic Ornithological Society, Region of Crete, Region of East Macedonia & Thrace, Region of Attica, Decentralized Administration of Epirus and Western Macedonia, Green Fund)



An ideal location for sports, Stavros Niarchos Park invites everyone to join our Sports & Wellness programs.

Cross training in the Park

Would you like to see your body change in a holistic way? In May, too, our cross-training exercise program continues to help you develop physical fitness.

Thursday 02, 09, 16, 23, 30/05
Friday 03, 10, 17, 24, 31/05
Monday 06, 13, 20, 27/05
Tuesday 07, 14, 21, 28/05
Wednesday 08, 15, 22, 29/05
08.00-10.00

RUNNING TRACK 6

For adults

(on a first come, first served basis)

Design-Implementation:
Regeneration & Progress

A variety of exercises using belts, bars, resistance bands, free weights and kettlebells engage different muscle groups, reduce imbalance and maximize total strength, flexibility and speed.

Fitness for everyone

Experienced physical education instructors are available at the outdoor gym and the running track to offer advice and training recommendations, and provide your personal fitness evaluation.

Thursday 02, 09, 16, 23, 30/05
Friday 03, 10, 17, 24, 31/05
Monday 06, 13, 20, 27/05
Tuesday 07, 14, 21, 28/05
Wednesday 08, 15, 22, 29/05
18.00-21.00

RUNNING TRACK 6

For adults

(on a first come, first served basis)

Design-Implementation:
Regeneration & Progress

Mat Pilates

A creative way to keep in shape, Pilates helps us to strengthen our core and improves flexibility and balance. Performed on a mat, the workout is suitable for men and women of all ages and levels.

Thursday 02, 09, 16, 23, 30/05
19.00-20.00
Friday 03, 10, 17, 24, 31/05
Monday 06, 13, 20, 27/05
Wednesday 08, 15, 22, 29/05
07.45-09.00
Tuesday 07, 14, 21, 28/05
18.00-19.00

PINE GROVE 2

For adults

(up to 30 participants on a first come, first served basis)

Design-Implementation:
Regeneration & Progress

Participants should bring their own pilates mat and wear comfortable clothes.



Yoga in the Park

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

Participants should bring their own yoga mat and wear comfortable clothes.

Thursday 02, 09, 16, 23, 30/05
Tuesday 07, 14, 21, 28/05
08.00-09.30
Friday 03, 10, 17, 24, 31/05
Monday 06, 13, 20, 27/05
19.00-20.30

PINE GROVE 2

For adults

(up to 30 participants on a first come, first served basis)

Design-Implementation:
Regeneration & Progress

Mat Pilates - Advanced

A dynamic pilates course for advanced students that emphasizes on flow and rapid change of positions. Changing positions is done in a way that strengthens the muscles, enhancing the body's resilience.

Thursday 02, 09, 16, 23, 30/05
18.00-19.00
Tuesday 07, 14, 21, 28/05
19.00-20.00

PINE GROVE 2

For adults

(up to 30 participants on a first come, first served basis)

Design-Implementation:
Regeneration & Progress

Participants should bring their own pilates mat and wear comfortable clothes.

Fitness and Memory

A cognitive and physical exercise program aimed at people aged 60+ who experience mild to moderate memory impairment and/or other cognitive decline, as well as people in the same age group who wish to engage in activities for prevention.

Thursday 02, 09, 16, 23, 30/05
 Tuesday 07, 14, 21, 28/05
 18.00-19.00

MAKER SPACE 11

For ages 60+

(on a first come, first served basis)

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.

Thursday 02, 09, 16, 23, 30/05
 Wednesday 08, 15, 22, 29/05
 18.00-19.15

PINE GROVE 2

For ages 50+

(up to 30 participants on a first come, first served basis)

Design-Implementation:
 Regeneration & Progress

Sports for Seniors

Exercise is the most powerful tool for preventing and treating chronic conditions, including diabetes, heart disease and obesity. This new program benefits adults over 65 as well as younger persons who suffer from chronic ailments. Sports Excellence staff (physical education teachers, physiotherapists, cardiologists) design and implement custom-tailored programs featuring walking, yoga, resistance bands, dumbbells and ground exercises; psychological support will be offered regularly. Each participant's weekly activity will be recorded, and their physical condition will be evaluated every three months.

A certificate of fitness issued by a pathologist or cardiologist is required.

Friday 03, 10, 17, 24, 31/05
 Monday 06, 13, 20, 27/05
 Wednesday 08, 15, 22, 29/05
 10.00-10.50

MAKER SPACE 11

For ages 65+

(up to 8 participants on a first come, first served basis)

Design-Implementation:
 Regeneration & Progress

SNFCC Running Team

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

Saturday 04, 11, 18, 25/05
 08.30-10.00
 Tuesday 07, 14, 21, 28/05
 18.30-20.00

RUNNING TRACK 6

For ages 15 +

(up to 50 participants on a first come, first served basis)

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

Design-Implementation:
 Regeneration & Progress

Family Games

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

Saturday 04, 11, 18, 25/05
 18.00-19.30

RUNNING TRACK 6

For children 5+ years old and their adult chaperones

(up to 50 participants on a first come, first served basis)

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.

Beginners
 Saturday 04, 11, 18, 25/05
 08.30-09.45
PINE GROVE 2

Tuesday 07, 14, 21, 28/05
 18.00-19.15
RUNNING TRACK 6

Advanced
 Friday 03, 10, 17, 24, 31/05
 19.00-20.15
RUNNING TRACK 6

For adults

(up to 30 participants on a first come, first served basis)

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.

Wednesday 15/05
 17.30-19.00
 19.00-20.30

MULTIFUNCTIONAL ROOM 11

For adults

(up to 20 participants on a first come, first served basis)

Design-Implementation:
 Regeneration & Progress

Pétanque

Relatively unknown, pétanque is a sport that combines aiming accuracy, coordination and concentration. Competitors, playing either one on one or in teams, try to get as close as possible to a target, by throwing boules.

Sunday 05, 12, 19, 26/05
 12.00-14.00

ESPLANADE 17

For children aged 9+ and adults*
 (on a first come, first served basis)

Design-Implementation:
 Regeneration & Progress

*Children must be accompanied by an adult

Mini Volley

Invented in 1895 in Massachusetts, U.S.A., volleyball is a major Olympic sport, mainly characterized by three features on which children will practice: the overhand pass, the forearm pass, and the underhand serve.

Thursday 02, 09, 16, 23, 30/05
Tuesday 07, 14, 21, 28/05
18:00-20:00

ages 5-7: 18.00-18.30
ages 5-7: 18.30-19.00
ages 8-12: 19.00-19.30
ages 8-12: 19.30-20.00

OUTDOOR GAMES AREA 25

For children 5-12 years old

(up to 10 participants per 30' session by preregistration at SNFCC.org)

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 exercise.

Saturday 04, 11, 18, 25/05
17.00-18.15

RUNNING TRACK 6

For children 5-10 years old

(up to 10 participants per 30' session by preregistration at SNFCC.org)

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, kids get to know their bodies and their potential!

Saturday 04, 11, 18, 25/05
11.45-13.00

RUNNING TRACK 6

For children 3-6 years old

(up to 20 participants on a first come, first served basis)

Design-Implementation: Regeneration & Progress

Handball

Children will have a great opportunity for a hands-on experience of handball – a men's and women's Olympic sport.

Saturday 04, 11, 18, 25/05
Sunday 05, 12, 19, 26/05
13.00-15.00

ages 6-9: 13.00-13.30
ages 6-9: 13.30-14.00
ages 10-13: 14.00-14.30
ages 10-13: 14.30-15.00

OUTDOOR GAMES AREA 25

For children 6-13 years old

(up to 12 participants by preregistration at SNFCC.org)

Design-Implementation: Regeneration & Progress

Street Soccer 5X5

Football match events suitable for schoolage children (5-13 years old) in five-member teams.

Saturday 04, 11, 18, 25/05
Sunday 05, 12, 19, 26/05
10.00-13.00

ages 5-7: 10.00-10.30
ages 5-7: 10.30-11.00
ages 8-10: 11.00-11.30
ages 8-10: 11.30-12.00
ages 11-13: 12.00-12.30
ages 11-13: 12.30-13.00

OUTDOOR GAMES AREA 25

For children 5-13 years old

(up to 10 children per 30' session on a first come, first served basis)

Design-Implementation: Regeneration & Progress

Mini Tennis

Children learn to love tennis through a fresh, fun method based on playing and suitable activities.

Saturday 04, 11, 18, 25/05
Sunday* 05, 12, 19, 26/05
17.00-20.00

OUTDOOR GAMES AREA 25

For children 4-10 years old (age group categories 4-7 & 8-10)

(up to 8 children per 30' session by preregistration at SNFCC.org)

*On Sundays Mini Tennis turns to Blind Tennis for vision-impaired and blind persons

Design-Implementation: Regeneration & Progress

Team Playing (Football Skills)

Fun ball sports activities that foster team building and sportsmanship, while developing skills without grading, through the guidance of experienced trainers.

Friday 03, 10, 17, 24, 31/05
Monday 06, 13, 20, 27/05
Wednesday 08, 15, 22, 29/05
17.00-20.00

ages 5-7: 17.00-17.30
ages 5-7: 17.30-18.00
ages 8-10: 18.00-18.30
ages 8-10: 18.30-19.00
ages 11-13: 19.00-19.30
ages 11-13: 19.30-20.00

OUTDOOR GAMES AREA 25

For children 5-13 years old

(up to 12 children per 30' session by preregistration at SNFCC.org)

Design-Implementation: Regeneration & Progress



Experience Archery

Archery is one of the earliest sports to be featured in the modern Olympics.

In collaboration with the Hellenic Archery Federation, SNFCC's visitors will have the opportunity for a hands-on experience of this sport using training bows.

Saturday 11/05
10.00-13.00

(on a first come, first served basis)

ESPLANADE 17

For children aged 6+

Design-Implementation: Regeneration & Progress



Dmitri Shostakovich Lady Macbeth of Mtsensk Opera

12, 15, 17, 19, 22/05

20th Century Cycle

Starts at:
19.30
(Sundays: 18.30)

GNO STAVROS
NIARCHOS HALL 13

One of the most famous operas of the 20th century comes back to the Greek National Opera after almost 25 years. Based on a novel by Nikolai Leskov, *Lady Macbeth of Mtsensk* treats the subject of woman's position in the provincial society. At the same time, Shostakovich outlines exceptionally critical portraits of institutions such as the church and the police. The GNO has commissioned the production of Shostakovich's masterpiece to Fanny Ardant, a prominent figure of the French cinema and theatre. The Ardant introduces a great creative team to the Greek audience: Tobias Hoheisel in sets, Milena Canonero and Petra Reinhardt in costumes, Luca Bigazzi in lighting and (LA) HORDE collective in movement coaching.

Conductor: Vassilis Christopoulos
Director: Fanny Ardant

With the **GNO Orchestra, Chorus** and **Soloists**

Francis Poulenc La voix humaine Opera

02, 05/05

Starts at:
20.30

GNO ALTERNATIVE
STAGE 13

The great one-act opera *La Voix humaine* by Francis Poulenc, based on Jean Cocteau's monologue of the same title, returns to GNO Alternative Stage for two final performances. In the role of Woman Elena Kelessidi, a famous singer and an equally stunning actor. A monologue about betrayed love and the absolute loneliness beyond gender, age and time.

Director: Panaghis Pagoulatos
In the role of Woman Elena Kelessidi

Musical Theatre Days 2019 Treasures of the Greek light musical theatre

17, 18, 19/05

Starts at:
20.30

GNO ALTERNATIVE
STAGE 13

Theofrastos Sakellaridis Satanerie

"Satyric phantasmagoria" in a prologue and two acts

Theofrastos Sakellaridis, on top form and adapting his own original idea, mixes romantic arias with folksongs, "rembetiko" songs, blues and foxtrots, satirizing the timeless impunity rampant in Greek society through the story of Andreas, a miserable and honest "everyman", who chooses vice over virtue after receiving a personal guided tour to the hereafter by... Satan himself!

Conductor - Arrangement: Kharálampos Goyós
Director: Alexandros Efkliadis, Dimitris Dimopoulos

Opera Chaotique & Merlin Puppet Theatre Frogs Music theatre

03, 04/05

Starts at:
20.30

GNO ALTERNATIVE
STAGE 13

The subversive reworking of Aristophanes' comedy *Frogs* returns to the Alternative Stage of the Greek National Opera for two last performances. The eccentric duo Opera Chaotique and the renowned Berlin-based Merlin Puppet Theatre, unite their forces, set *Frogs* in the modern age and present a thrilling story with musical alchemies, dark ballads, surreal imagination, hefty doses of black humour, impressive puppets and masks.

With the participation of: Opera Chaotique, Merlin Puppet Theatre, Stavros Parginos (violin/cello), Lito Messini (soprano)

Nikos Chatziapostolou The first love

23, 24, 29, 30/05

Starts at:
20.30

GNO ALTERNATIVE
STAGE 13

The GNO Alternative Stage, following the great success of Gilbert and Sullivan's production *The Mikado*, cooperates anew with the musical theatre company Rafi to revive Nikos Chatziapostolou's legendary and rarely performed operetta *The first love* (1928). It is the first time that this particular work is mounted at the Greek National Opera, ninety years after its first staging. *The First love* tells the love story between two youths, their separation and re-union fifteen years later. A spicy and humorous story that sheds light upon unexpected aspects of post-war Greece: behind the extremely popular nostalgic melodies and tender lyrics of the songs, a bold and modern era emerges.

Director: Promitheas Aleiferopoulos
A co-production with the Rafi music theatre company

Ιδρυτικός δωρητής Εναλλακτικής Σκηνής / Founding donor of the Alternative Stage: ΙΣΝ/SNF ΙΔΡΥΜΑ ΣΤΑΥΡΟΣ ΝΙΑΡΧΟΣ STAVROS NIARCHOS FOUNDATION

GNO LEARNING & PARTICIPATION ACTIVITIES

All GNO Learning and participation programmes are free of charge. Registration is required.

ATH - GOT: Vocal Postcards Concert

08/05

Starts at:
21.00

GNO ALTERNATIVE
STAGE 13

Free admission upon
priority vouchers

**Two choruses, two cities,
one live streaming concert!**

The Intercultural Chorus of the Greek National Opera's Alternative Stage collaborates for the first time with the International Chorus of the Göteborg Opera, giving the opportunity to the audiences of both cities to watch each other's chorus via a live stream. The members of the two choruses build a bridge between the two cities through musical post cards and share traditional songs from around the world.

Maestro of the Greek National Opera's Intercultural Chorus: Vasoula Delli
Maestro of the Göteborg Opera's International Chorus: Bosse Wannefors

In collaboration with the **International Chorus of the Göteborg Opera**

Every Monday
18.00-20.00

GNO FACILITIES 13

Information-Registration:
213 088 5752
education@nationalopera.gr

Intercultural Choir

GNO Alternative Stage's Intercultural Choir continues its multicultural journey through the world's neighbourhoods. In the third year since its creation, the Intercultural Choir continues to offer unique moments and intense feelings to the audiences, and at the same time a unique experience to its members.

Choir leader: Vasoula Delli

Intercultural Orchestra

The Alternative Stage in collaboration with the GNO's Learning and Participation create a new Intercultural Orchestra. Permanent or temporary residents of Athens, professional and amateur musicians from all the communities of the city are called upon to participate and live a unique musical experience.

Choir leader: Harris Lambrakis

Guided Tours



Want to know more about the 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, which recently won the first prize at the European Garden Awards and is the largest public Mediterranean garden in the world, are 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, is open for visits daily.

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

Group tours

For more information on group tours please contact us at tours@SNFCC.org

Permanent Exhibit

Monday-Sunday
06.00-00.00

SNFCC LOBBY

Spyros Louis Cup

Conceived and designed by Michel Bréal 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.

This historic item was acquired by the Stavros Niarchos Foundation when it became available for sale by the runner's grandson at Christie's. As soon as the Cup was acquired, the SNF committed to making it accessible to the public, keeping it permanently on display at the SNFCC. Until then, over 3.5 million visitors had already admired the Cup when it was displayed at the Acropolis Museum in Athens and at the Olympic Museum in Lausanne.



Useful Info

May opening hours

- **Stavros Niarchos Park, Agora, Lighthouse:** 06.00–00.00
- **Visitors Center:** 09.00–22.00

Event attendance

For some events, preregistration is required due to limited seating.

Accessibility

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

Pets

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

Wi-Fi

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

Free digital access to newspapers

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

Photography

Photography on SNFCC premises is permitted exclusively for private use.

For any commercial/promotional photo request, please email us at info@snfcc.org.

Use of drones is prohibited.

ATM

Piraeus Bank and National Bank of Greece ATMs are located at the SNFCC Lobby.

First-Aid

First-aid and medical facilities staffed by health professionals are available.

Please refer to the map on the next page.

Food & Drink

The following food & drink service points operate:

- **Agora Bistro** (at the Agora) Monday-Sunday 08.00-00.00
- **Canal Café** (at the Visitors Center by the Canal) Monday-Sunday 09.00-00.00
- **Pharos Café** (at the Lighthouse) Monday-Sunday 09.00-00.00
Pharos Café's operating hours may change depending on events taking place at the Lighthouse.
- **Park Kiosk** (in the Park) Monday-Sunday 8:00-00:00
- **Park Kiosk - Souvlaki** (by the Great Lawn) Monday-Sunday 12:00-22:00
- **Coffee & Juice Vans on Tour** (at the Agora) Monday-Sunday 09.00-21.00
- **Ice Cream Van on Tour** (at the Agora) Monday-Friday 10.00-22.00 Saturday-Sunday 11.00-23.00
- **Hot-dog Van on Tour:** Saturday – Sunday 13.00-00.00

SNFCC members have a 10% discount at all F&B points.

SNFCC Store

The SNFCC Store offers a broad and constantly evolving collection of design objects.

SNFCC Members enjoy a 10% discount.

Environmental Management

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

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.

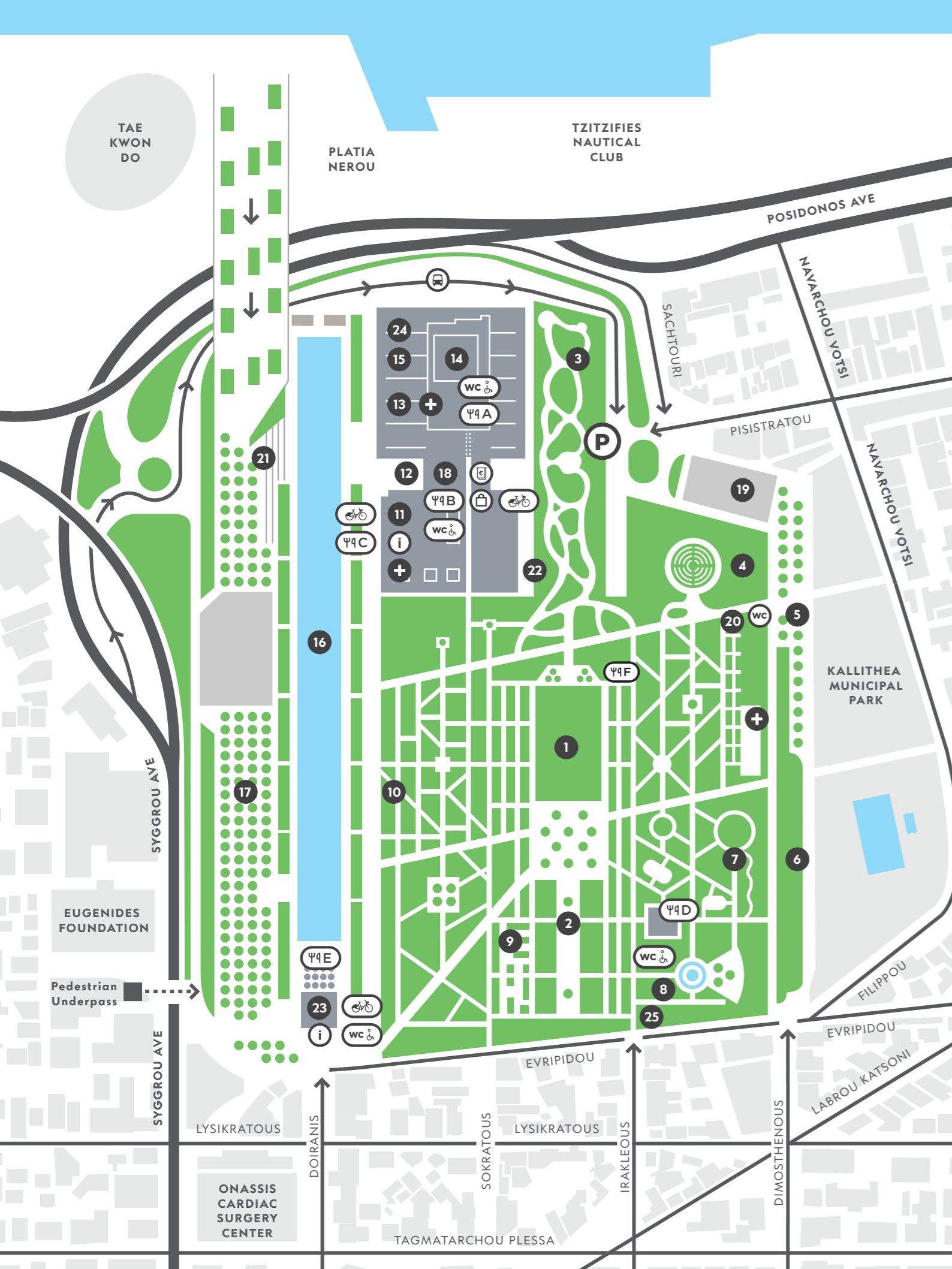
Bicycles

SNFCC offers a bike rental system for children and adults. Please visit [SNFCC.org/bikes](https://snfcc.org/bikes) for additional information, or inquire at the Visitors Center.

Furthermore, in collaboration with BP as its Mobility Partner, the SNFCC has installed bicycle repair stations by the Canal and the Visitors Center, where you can tune up your bike and find out more about its maintenance.

Mobility Partner





Map

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

- 1 Great Lawn
- 2 Pine Grove
- 3 Southern Walks
- 4 Labyrinth
- 5 Outdoor Gym
- 6 Running Track
- 7 Playground
- 8 Water Jets
- 9 Sound Garden
- 10 Mediterranean Garden
- 11 National Library of Greece
- 12 Agora
- 13 Greek National Opera
- 14 Lighthouse
- 15 Panoramic Steps
- 16 Canal
- 17 Esplanade
- 18 SNFCC Lobby
- 19 Bus Parking Lot
- 20 Vegetable Garden
- 21 Canal Steps
- 22 Buffer Zone
- 23 Visitors Center
- 24 GNO Level 5A
- 25 Outdoor Games Area
- SNFCC Bike Rental
- SNFCC Store
- Shuttle Bus Stop
- First Aid
- ATM
- Info Point
- Ψ4A** Pharos Café
- Ψ4B** Agora Bistro
- Ψ4C** Coffee & Juice Vans on tour
- Ψ4D** Park Kiosk
- Ψ4E** Canal Café
- Ψ4F** Park Kiosk - Souvlaki

Access

Public Transport

Buses

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

Trolleybus

- **10: Chalandri - Tzitzifis**
(Epaminonda Stop)

Tram

- Tzitzifis Stop

Metro

- Faliro Station

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

Parking

The SNFCC offers parking facilities for cars, motorbikes and bicycles, including dedicated spots for persons with disabilities.

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

Motorcycles
€0,70/ hour

SNFCC members enjoy a 10% discount

Free 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.

Every Sunday, between 10.30-12.30, 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.

In case of special traffic regulations the timetable may change.

The shuttle bus is accessible to people in wheelchairs, following prior scheduling via phone.

For further information and timetables visit SNFCC.org or call at 216 8091000.

BP, as SNFCC's Mobility Partner, supports the operation of the shuttle bus.

Mobility Partner



More information:
SNFCC.org

You can now make payments quickly and easily using major debits and credit cards, at the parking payment stations. Contactless payments are also accepted.

De Differentia exhibition at the SNFCC continues through 10 May.

Every Day

- 06.00-08.00 Spyros Louis Cup p. 30
- 10.00-19.30 Guided tours of the Stavros Niarchos Park and the SNFCC p. 30
- 09.00-22.00 George Zongolopoulos: The Vision of Public Sculpture p. 10

*For events marked with *, preregistration at SNFCC.org is required.

*Online reservations for workshops or sports events will be cancelled if you have not arrived at the venue 15 minutes before starting time.

*For events on a first come, first served basis, please arrive at the event venue 30 minutes before starting time.

Monday

06

- 07.45-09.00 Mat Pilates p. 23
- 08.00-10.00 Cross training in the Park p. 23
- 10.00-10.50 Sports for Seniors p. 24
- 11.00-15.00 Computer Courses for persons aged 65+ p. 21
- 17.00-20.00 Team Playing (Football Skills)* p. 26
- 18.00-19.30 Afro-Brazilian Dance p. 18
- 18.00-19.00 Baby's Arts & Crafts: Our First Spring* p. 19
- 18.00-21.00 Fitness for everyone p. 23
- 18.30-20.30 New Technologies: Introduction to Social Media* p. 21
- 19.00-20.30 Yoga in the Park p. 23

13

- 07.45-09.00 Mat Pilates p. 23
- 08.00-10.00 Cross training in the Park p. 23
- 10.00-10.50 Sports for Seniors p. 24
- 11.00-15.00 Computer Courses for persons aged 65+ p. 21
- 17.00-20.00 Team Playing (Football Skills)* p. 26
- 18.00-19.00 Baby's Arts & Crafts: Our First Spring* p. 19
- 18.00-21.00 Fitness for everyone p. 23
- 18.00-19.00 Capoeira for Families p. 18
- 18.30-20.30 New Technologies: Introduction to Social Media* p. 21
- 19.00-20.30 Yoga in the Park p. 23

Tuesday

07

- 08.00-10.00 Cross training in the Park p. 23
- 08.00-09.30 Yoga in the Park p. 23
- 11.00-15.00 Computer Courses for persons aged 65+ p. 21
- 18.00-19.00 Fitness and Memory p. 24
- 18.00-20.00 Mini Volley* p. 26
- 18.00-19.15 Tai Chi p. 24
- 18.00-19.00 Mat Pilates p. 23
- 18.00-21.00 Fitness for everyone p. 23
- 18.30-20.00 SNFCC Running Team p. 25
- 19.00-20.00 Mat Pilates-Advanced p. 23

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- 08.00-10.00 Cross training in the Park p. 23
- 08.00-09.30 Yoga in the Park p. 23
- 11.00-15.00 Computer Courses for persons aged 65+ p. 21
- 18.00-19.00 Fitness and Memory p. 24
- 18.00-19.15 Mini Volley* p. 26
- 18.00-19.15 Tai Chi p. 24
- 18.00-19.00 Mat Pilates p. 23
- 18.00-21.00 Fitness for everyone p. 23
- 18.30-20.00 SNFCC Running Team p. 25
- 19.00-20.00 Mat Pilates-Advanced p. 23

Wednesday

01 May Day

- 10.30-12.00 A Seed Travels* p. 03
- 11.00-13.45 The Wonder Park p. 03
- 10.30-17.30 May Day Paper Flower Wreath* p. 03
- 11.00-15.00 A Picnic for Cartographers p. 03
- 11.30 The Burger Project p. 02
- 11.30-16.30 Face Painting p. 03
- 11.30-15.30 A Walk in the Park* p. 05
- 13.00 The Jaguar Bombs p. 02
- 14.30-15.30 Bubble Parade: The Garden of Wishes p. 04
- 17.00-18.30 Afro-Brazilian Dance p. 04
- 18.30-19.30 Capoeira for Families p. 04

08

- 07.45-09.00 Mat Pilates p. 23
- 08.00-10.00 Cross training in the Park p. 23
- 10.00-10.50 Sports for Seniors p. 24
- 11.00-15.00 Computer Courses for persons aged 65+ p. 21
- 17.00-20.00 Team Playing (Football Skills)* p. 26
- 18.00-19.15 Qigong 50+ p. 24
- 18.00-21.00 Fitness for everyone p. 23
- 18.00-21.00 Silk Screen Lab: History and Basic Principles* p. 20

15

- 07.45-09.00 Mat Pilates p. 23
- 08.00-10.00 Cross training in the Park p. 23
- 10.00-10.50 Sports for Seniors p. 24
- 11.00-15.00 Computer Courses for persons aged 65+ p. 21
- 17.00-20.00 Team Playing (Football Skills)* p. 26
- 17.30-20.30 First-Aid Course p. 25
- 18.00-19.15 Qigong 50+ p. 24
- 18.00-21.00 Fitness for everyone p. 23
- 18.00-21.00 Silk Screen Lab: History and Basic Principles* p. 20
- 19.00-21.00 Thanassis Moutsopoulos: From Monumental Sculpture to Street Art p. 11

Thursday

02

- 08.00-10.00 Cross training in the Park p. 23
- 08.00-09.30 Yoga in the Park p. 23
- 11.00-15.00 Computer Courses for persons aged 65+ p. 21
- 18.00-19.00 Fitness and Memory p. 24
- 18.00-20.00 Mini Volley* p. 26
- 18.00-19.15 Qigong 50+ p. 24
- 18.00-19.00 Mat Pilates-Advanced p. 23
- 18.00-21.00 Fitness for everyone p. 23
- 18.00-19.00 My First Studio: The Spring According to Van Gogh and Matisse* p. 19
- 19.00-20.00 Mat Pilates p. 23

09

- 08.00-10.00 Cross training in the Park p. 23
- 08.00-09.30 Yoga in the Park p. 23
- 11.00-15.00 Computer Courses for persons aged 65+ p. 21
- 18.00-19.00 Fitness and Memory p. 24
- 18.00-20.00 Mini Volley* p. 26
- 18.00-19.15 Qigong 50+ p. 24
- 18.00-19.00 Mat Pilates-Advanced p. 23
- 18.00-21.00 Fitness for everyone p. 23
- 18.00-19.00 My First Studio: The Spring According to Van Gogh and Matisse* p. 19
- 19.00-20.00 Mat Pilates p. 23

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- 08.00-10.00 Cross training in the Park p. 23
- 08.00-09.30 Yoga in the Park p. 23
- 11.00-15.00 Computer Courses for persons aged 65+ p. 21
- 18.00-19.00 Fitness and Memory p. 24
- 18.00-20.00 Mini Volley* p. 26
- 18.00-19.15 Qigong 50+ p. 24
- 18.00-19.00 Mat Pilates-Advanced p. 23
- 18.00-21.00 Fitness for everyone p. 23
- 18.00-19.00 My First Studio: The Spring According to Van Gogh and Matisse* p. 19
- 19.00-20.00 Mat Pilates p. 23

Friday

03

- 07.45-09.00 Mat Pilates p. 23
- 08.00-10.00 Cross training in the Park p. 23
- 10.00-10.50 Sports for Seniors p. 24
- 11.00-15.00 Computer Courses for persons aged 65+ p. 21
- 17.00-20.00 Team Playing (Football Skills)* p. 26
- 18.00-21.00 Fitness for everyone p. 23
- 19.00-20.15 Tai Chi-Advanced p. 24
- 19.00-20.30 Yoga in the Park p. 23

10

- 07.45-09.00 Mat Pilates p. 23
- 08.00-10.00 Cross training in the Park p. 23
- 10.00-10.50 Sports for Seniors p. 24
- 11.00-15.00 Computer Courses for persons aged 65+ p. 21
- 17.00-20.00 Team Playing (Football Skills)* p. 26
- 18.00-21.00 Fitness for everyone p. 23
- 19.00-20.30 Yoga in the Park p. 23
- 19.00-20.15 Tai Chi-Advanced p. 24
- 19.00-20.30 John Lignades: A Topography of Plato's Symposium p. 12

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- 07.45-09.00 Mat Pilates p. 23
- 08.00-10.00 Cross training in the Park p. 23
- 10.00-10.50 Sports for Seniors p. 24
- 11.00-15.00 Computer Courses for persons aged 65+ p. 21
- 17.00-20.00 Team Playing (Football Skills)* p. 26
- 18.00-21.00 Fitness for everyone p. 23
- 19.00-20.15 Tai Chi-Advanced p. 24
- 19.00-20.30 Yoga in the Park p. 23

Saturday

04

- 08.30-09.45 Tai Chi p. 24
- 08.30-10.00 SNFCC Running Team p. 25
- 10.00-13.00 Street Soccer 5x5 p. 27
- 11.45-13.00 Artistic Gymnastics p. 26
- 13.00-15.00 Handball* p. 26
- 17.00-18.15 Sports Games p. 26
- 17.00-20.00 Mini Tennis* p. 27
- 17.00-18.30 Sculpture? Child's Play!* p. 10
- 18.00-19.30 Family Games p. 25

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- 08.30-09.45 Tai Chi p. 24
- 08.30-10.00 SNFCC Running Team p. 25
- 10.00-13.00 Street Soccer 5x5 p. 27
- 10.00-13.00 Experience Archery p. 27
- 11.00-14.00 Meeting Point: Music and Dance for Teens p. 18
- 11.45-13.00 Artistic Gymnastics p. 26
- 13.00-15.00 Handball* p. 26
- 17.00-18.15 Sports Games p. 26
- 17.00-20.00 Mini Tennis* p. 27
- 17.00-20.00 Theater Design: The Tools of Transformation* p. 21
- 18.00-19.30 Family Games p. 25
- 19.00-20.00 Guided tours of George Zongolopoulos exhibition* p. 10

18

- 08.30-09.45 Tai Chi p. 24
- 08.30-10.00 SNFCC Running Team p. 25
- 10.00-13.00 Street Soccer 5x5 p. 27
- 11.30-14.30 We Create Art All Together: Sculptures Touch the Sky p. 11
- 11.45-13.00 Artistic Gymnastics p. 26
- 13.00-15.00 Handball* p. 26
- 17.00-18.15 Sports Games p. 26
- 17.00-20.00 Mini Tennis* p. 27
- 17.00-18.30 Sculpture? Child's Play!* p. 10
- 18.00-19.30 Family Games p. 25
- 21.00 Music Escapades: Prins Obi & The Dream Warriors p. 09

Sunday

05

- 10.00-13.00 Street Soccer 5x5 p. 27
- 10.30-12.00 A Seed Travels: In Search of Spring p. 16
- 11.00-13.00 The Plants that Care for Us: Spring Vegetables and Herbs p. 17
- 11.30-14.00 A Picnic for Cartographers p. 16
- 12.00-14.00 Pétanque p. 25
- 12.00-14.00 Percussion Circle for Adults p. 17
- 13.00-15.00 Handball* p. 26
- 17.00-20.00 Mini Tennis* p. 27
- 17.00-18.15 Sporting Duels p. 27
- 17.30-20.30 Mistake Labs: Dots p. 20
- 21.00 Jazz Chronicles: Sokratis Sinopoulos Quartet p. 08

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- 10.00-13.00 Street Soccer 5x5 p. 27
- 10.30-12.00 A Seed Travels: In Search of Spring p. 16
- 11.00-14.00 Meeting Point: Music and Dance for Teens p. 18
- 11.30-14.00 A Picnic for Cartographers p. 16
- 12.00-14.00 Pétanque p. 25
- 12.00-14.00 Roller Skates for kids p. 17
- 12.00-14.00 Percussion Circle for Families p. 17
- 13.00-15.00 Handball* p. 26
- 17.00-18.15 Sporting Duels p. 27
- 17.00-18.30 Architecture Lab: Equilibrists in Space* p. 10
- 17.00-20.00 Mini Tennis* p. 27
- 17.30-20.30 Mistake Labs: Dots p. 20
- 17.00-18.30 The Emergence of Life: Lectures on Early Human Life p. 14
- 21.00 Jazz Chronicles: The 3rd Man Element p. 08

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- 10.00-13.00 Street Soccer 5x5 p. 27
- 10.30-17.00 European Natura 2000 Day p. 22
- 10.30-12.00 A Seed Travels: In Search of Spring p. 16
- 11.00-13.00 The Plants that Care for Us: Spring Vegetables and Herbs p. 17
- 11.00-15.00 Cycling lessons for children and adults p. 16
- 11.30-14.00 A Picnic for Cartographers p. 16
- 12.00-14.00 Pétanque p. 25
- 12.00-14.00 Percussion Circle for Adults p. 17
- 13.00-15.00 Handball* p. 26
- 17.00-20.00 Mini Tennis* p. 27
- 17.00-18.15 Sporting Duels p. 27
- 17.30-20.30 Mistake Labs: Dots p. 20

Monday

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07.45-09.00	Mat Pilates	p. 23
08.00-10.00	Cross training in the Park	p. 23
10.00-10.50	Sports for Seniors	p. 24
11.00-15.00	Computer Courses for persons aged 65+	p. 21
17.00-20.00	Team Playing (Football Skills)*	p. 26
18.00-19.00	Baby's Arts & Crafts: Our First Spring*	p. 19
18.00-19.30	Afro-Brazilian Dance	p. 18
18.00-21.00	Fitness for everyone	p. 23
18.30-20.30	New Technologies: Introduction to Social Media*	p. 21
19.00-20.30	Yoga in the Park	p. 23
20.30	Cosmos: Ólafur Arnalds*	p. 07

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07.45-09.00	Mat Pilates	p. 23
08.00-10.00	Cross training in the Park	p. 23
10.00-10.50	Sports for Seniors	p. 24
11.00-15.00	Computer Courses for persons aged 65+	p. 21
16.00-22.00	Day Conference: Exploring the Human Brain*	p. 12
17.00-20.00	Team Playing (Football Skills)*	p. 26
18.00-21.00	Fitness for everyone	p. 23
18.00-19.00	Capoeira for Families	p. 18
18.00-19.00	Baby's Arts & Crafts: Our First Spring*	p. 19
18.30-20.30	New Technologies: Introduction to Social Media*	p. 21
19.00-20.30	Yoga in the Park	p. 23

Tuesday

21

08.00-10.00	Cross training in the Park	p. 23
08.00-09.30	Yoga in the Park	p. 23
11.00-15.00	Computer Courses for persons aged 65+	p. 21
18.00-19.00	Fitness and Memory	p. 24
18.00-20.00	Mini Volley*	p. 26
18.00-19.15	Tai Chi	p. 24
18.00-19.00	Mat Pilates	p. 23
18.00-21.00	Fitness for everyone	p. 23
18.30-20.00	SNFCC Running Team	p. 25
19.00-20.00	Mat Pilates-Advanced	p. 23
19.00-21.00	Tassis Papaioannou: Thoughts on Architecture and the City	p. 11

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08.00-10.00	Cross training in the Park	p. 23
08.00-09.30	Yoga in the Park	p. 23
11.00-15.00	Computer Courses for persons aged 65+	p. 21
18.00-19.00	Fitness and Memory	p. 24
18.00-20.00	Mini Volley*	p. 26
18.00-19.15	Tai Chi	p. 24
18.00-19.00	Mat Pilates	p. 23
18.00-21.00	Fitness for everyone	p. 23
18.30-20.00	SNFCC Running Team	p. 25
19.00-20.00	Mat Pilates-Advanced	p. 23
19.00	A Lecture by Simon Singh	p. 13

Wednesday

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07.45-09.00	Mat Pilates	p. 23
08.00-10.00	Cross training in the Park	p. 23
10.00-10.50	Sports for Seniors	p. 24
11.00-15.00	Computer Courses for persons aged 65+	p. 21
17.00-20.00	Team Playing (Football Skills)*	p. 26
18.00-19.15	Qigong 50+	p. 24
18.00-21.00	Fitness for everyone	p. 23
18.00-21.00	Silk Screen Lab: History and Basic Principles*	p. 20

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07.45-09.00	Mat Pilates	p. 23
08.00-10.00	Cross training in the Park	p. 23
10.00-10.50	Sports for Seniors	p. 24
11.00-15.00	Computer Courses for persons aged 65+	p. 21
17.00-20.00	Team Playing (Football Skills)*	p. 26
18.00-19.15	Qigong 50+	p. 24
18.00-21.00	Fitness for everyone	p. 23
18.00-21.00	Silk Screen Lab: History and Basic Principles*	p. 20

Thursday

23

08.00-10.00	Cross training in the Park	p. 23
08.00-09.30	Yoga in the Park	p. 23
11.00-15.00	Computer Courses for persons aged 65+	p. 21
18.00-19.00	Fitness and Memory	p. 24
18.00-20.00	Mini Volley*	p. 26
18.00-19.15	Qigong 50+	p. 24
18.00-19.00	Mat Pilates-Advanced	p. 23
18.00-21.00	Fitness for everyone	p. 23
18.00-19.00	My First Studio: The Spring According to Van Gogh and Matisse*	p. 19
19.00-20.00	Mat Pilates	p. 23

30

08.00-10.00	Cross training in the Park	p. 23
08.00-09.30	Yoga in the Park	p. 23
11.00-15.00	Computer Courses for persons aged 65+	p. 21
18.00-19.00	Fitness and Memory	p. 24
18.00-20.00	Mini Volley*	p. 26
18.00-19.15	Qigong 50+	p. 24
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18.00-21.00	Fitness for everyone	p. 23
18.00-19.00	My First Studio: The Spring According to Van Gogh and Matisse*	p. 19
19.00-20.00	Mat Pilates	p. 23

Friday

24

07.45-09.00	Mat Pilates	p. 23
08.00-10.00	Cross training in the Park	p. 23
10.00-10.50	Sports for Seniors	p. 24
11.00-15.00	Computer Courses for persons aged 65+	p. 21
17.00-20.00	Team Playing (Football Skills)*	p. 26
18.00-21.00	Fitness for everyone	p. 23
19.00-20.15	Tai Chi-Advanced	p. 24
19.00-20.30	Yoga in the Park	p. 23
19.00-20.30	John Lignades: A Topography of Plato's Symposium	p. 12
21.00	Parklife: Manolis Fanellos	p. 06

31

07.45-09.00	Mat Pilates	p. 23
08.00-10.00	Cross training in the Park	p. 23
10.00-10.50	Sports for Seniors	p. 24
11.00-15.00	Computer Courses for persons aged 65+	p. 21
14.00-15.00	Guided tours of George Zongolopoulos exhibition*	p. 10
17.00-20.00	Team Playing (Football Skills)*	p. 26
18.00-21.00	Fitness for everyone	p. 23
19.00-20.15	Tai Chi-Advanced	p. 24
19.00-20.30	Yoga in the Park	p. 23
21.00	Music Escapades: Nalyssa Green	p. 09

Saturday

25

08.30-09.45	Tai Chi	p. 24
08.30-10.00	SNFCC Running Team	p. 25
10.00-13.00	Street Soccer 5x5	p. 27
11.45-13.00	Artistic Gymnastics	p. 26
13.00-15.00	Handball*	p. 26
17.00-18.15	Sports Games	p. 26
17.00-20.00	Mini Tennis*	p. 27
17.00-20.00	Theater Design: The Tools of Transformation*	p. 21
18.00-19.30	Family Games	p. 25
21.00	Park your Cinema: Sleeping Beauty	p. 15

Sunday

26

10.00-13.00	Street Soccer 5x5	p. 27
10.30-12.00	A Seed Travels: In Search of Spring	p. 16
11.30-14.00	A Picnic for Cartographers	p. 16
12.00-14.00	Family Biathlon at the Esplanade*	p. 16
12.00-14.00	Pétanque	p. 25
12.00-14.00	Percussion Circle for Families	p. 17
13.00-15.00	Handball*	p. 26
17.00-18.15	Sporting Duels	p. 27
17.00-20.00	Mini Tennis*	p. 27
17.30-20.30	Mistake Labs: Dots	p. 20
21.00	Park your Cinema: The Wizard of Oz	p. 15

Every Day

06.00-00.00	Spyros Louis Cup	p. 30
10.00-19.30	Guided tours of the Stavros Niarchos Park and the SNFCC	p. 30
09.00-22.00	George Zongolopoulos: The Vision of Public Sculpture	p. 10

•For events marked with *, preregistration at SNFCC.org is required.

•Online reservations for workshops or sports events will be cancelled if you have not arrived at the venue 15 minutes before starting time.

•For events on a first come, first served basis, please arrive at the event venue 30 minutes before starting time.

Photo credits:

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Events exclusively for SNFCC Members

SNFCC Members enjoy exclusive access to specially curated events, as a token of SNFCC's appreciation towards Members.

Priority reservation for Members:

Cosmos: Ólafur Arnalds

Monday 20/05

20.30 | STAVROS NIARCHOS HALL 

Reserved for Members + Guest: up to 300 seats; information on p. 07

Practical Info

All Member events require preregistration.

Preregistration for Member events starts every Monday.

Preregistration links are provided to Members via the SNFCC Members newsletter.

Telephone support line for Members only: +30 216 809 1010
SNFCC.org/members

Tours:

Guided tour for Members only of the exhibition "George Zongolopoulos: The Vision of Public Sculpture" given by Angelos Moretis, Director, George Zongolopoulos Foundation.

Saturday 11/05

17:00-18:00 | BOOK CASTLE 

Up to 20 participants

Are you a Member?

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



Using your SNFCC Member card you enjoy 10% discount at:

- the F&B outlets
- parking
- SNFCC Store

Lectures:

From Monumental Sculpture to Street Art

Thanassis Moutsopoulos, Associate Professor of Art History and Theory of Culture, University of Crete

Wednesday 15/05: Immaterial Sculpture

19.00-21.00 | BOOK CASTLE 

Reserved seats for Members only - up to 30 seats | More information on p. 11

Thoughts on Architecture and the City

Tassis Papaioannou, professor in Section 1, Compositions, School of Architecture, NTUA

Tuesday 21/05: The Physical and Spiritual World of Architectural Space

19.00-21.00 | BOOK CASTLE 

Reserved seats for Members only - up to 30 seats | More information on p. 11

The Membership Program is supported by:

In collaboration with:

Members' Tuesdays



A day dedicated to our Members! Programs specially curated for SNFCC Members take place each Tuesday afternoon.


Workshops for Adults:

Springtime Jewelry in Liquid Glass

A new workshop starts in May for designing and producing springtime jewelry in liquid glass; the workshop will provide participants with both a theoretical background on jewelry and a practical, hands-on experience of making and appreciating jewelry.

We will start off the creative process with a walk in Stavros Niarchos Park, where participants will pick a leaf or a fruit, which they will cover with transparent wrap to preserve. In a process of experimentation and successive steps, simple materials from the park will be transformed into unique handmade jewelry for participants to take home as a reminder of the skills acquired and inspiration drawn from the flowering park at this lovely time of year.

Tuesday 14 & 21/05

18.00-20.00 | KIDS LAB 

Members-only event - up to 30 participants per workshop

Design-Implementation: Margarita Myrogianni, Artist


Theater Design: The Tools of Transformation

Theater - the reflection of life in the mirror of imagination - conjures through its magic filters figures of mortals, gods and demons, in a wonderful, inexhaustible variety. Recognizable everyday beings, creatures deformed by extreme emotions - tragic, majestic, terrifying, dangerous, idiosyncratic, eccentric, funny, ridiculous, cute, fantastical. Deities, titans, heroes, tyrants, elves, spirits, satyrs, beauties, monsters, birds, frogs, dragons, witches, jesters, cunning servants, arrogant masters, loving couples, perpetrators and victims.

What is our own visual understanding of a play? How do we approach and flesh out a part? What do we imagine it to look like? How do we nurture imagination and harness its transformative power creatively? How can art and nature help in this? How do we encourage sensitivity and freedom, which children naturally display during playtime? What would our imaginary stage set, our imaginary actors, our own theater production look like?

By mixing up images, materials and props, we will develop our own vision for characters that are very different in style and personality, in space and time from each other.

Tuesday 07/05

17.00-20.00 | KIDS LAB 

Members-only event - up to 20 participants

Design-Implementation: Angelos Mentis

Gardens and Their Secrets: The Countryside Garden

There are gardens that bring us back to our childhood, gardens in which we find ourselves in dreams, gardens we have admired in paintings or films, and gardens in which we live and love.

Every garden has its own needs, which vary depending on its environment. The aim of this workshop is to familiarize participants with different microclimates, to enable them to choose the appropriate plants, compose foliage, and learn how to manage a garden, respecting the natural resources and ensuring sustainability.

Tuesday 28/05

17.00-19.00 | VEGETABLE GARDEN 

Members-only event - up to 30 participants per workshop

Design-Implementation: Urban Point_Landscape architecture



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Practical Info

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SNFCC.org/members

In collaboration with GNO:

Opera: *La Voix Humaine*, Francis Poulenc

Thursday 02/05

20% discount on admission

20.30 | GNO ALTERNATIVE STAGE 13

For Members only: up to 60 seats available to purchase at GNO Box Office upon presentation of a valid Member Card

Sunday Mornings: *Lies – A Kosmic Utopia Distortion*, MeQ (Modern e-Quartet)

Sunday 12/05

12.00 | GNO ALTERNATIVE STAGE 13

For Members + Guest only: up to 40 seats

GNO Backstage Tour: *Lady Macbeth of Mtsensk*, Dmitri Shostakovich, Director: Fanny Ardant

Sunday 19/05

14.30 & 16.15 | MEETING POINT: GNO LOBBY 13

For Members only: up to 25 participants per tour

Are you a Member?

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



Using your **SNFCC Member** card you enjoy **10% discount** at:

- the F&B outlets
- parking
- SNFCC Store

Morning sports activities for Members every Wednesday!

Fit Members

A dynamic interval training workout, designed in stations, based on strength training, balance, and aerobic fitness training. The activity emphasizes flow and rapid rotation of exercises, aiming at strengthening the muscles and enhancing stamina and endurance through a fun workout.

Wednesday 08, 15, 22, 29/05

08.30-09.45 | RUNNING TRACK 6

Members-only event - up to 30 participants per activity | For ages 18 - 65
Design-Implementation: Regeneration & Progress



Find out more about the SNFCC Membership Program and register at www.SNFCC.org/members or at the members-only service point at SNFCC!

May at the SNFCC

05.

01/05: On May Day, we celebrate the arrival of spring in Stavros Niarchos Park, with plenty of music, dancing, games and springtime activities for all! Jazz Chronicles welcome the Socratis Sinopoulos Quartet on 05/05, as well as spontaneous compositions and free improvisations with The 3rd Man Element on 12/05. **In two lectures on 10 and 24/05, the classical philologist, translator and playwright John Lignadis guides us through the topography of Plato's *Symposium*.** SNFCC Cosmos on 20/05 presents, for the first time in Greece, the multi-instrumentalist, composer and producer Ólafur Arnalds, in an evocative live concert at the Stavros Niarchos Hall. **On 24/05, Manolis Famellos arrives at the Great Lawn, with a large "electric sound construction" for the season's first big Parklife concert.** An ideal start to this year's Park Your Cinema, *Sleeping Beauty* on 25/05 and *The Wizard of Oz* on 26/05 meet in their common place of origin: the world of fairy tale. **27/05: SNFCC presents the day conference *Exploring the Human Brain*, featuring panel discussions, workshops and screenings that illustrate the workings of the brain.** 28/05: The popular science guru Simon Singh is coming to the SNFCC. **Music Escapades: In May, the concert series that covers the latest developments in the Greek indie music scene returns to the outdoors, featuring Obi Prins & The Dream Warriors on 18/05 and singer-songwriter Nalyssa Green on 31/05 at the Panoramic Steps.**

The De Differentia - Hate and Otherness exhibition continues through 10/05.

The George Zonglopoulos - The Vision of Public Sculpture exhibition continues through 31/05, accompanied by workshops, lectures and guided tours.

Exclusive donor: