



STAVROS
NIARCHOS
FOUNDATION
CULTURAL
CENTER

ΚΕΝΤΡΟ
ΠΟΛΙΤΙΣΜΟΥ
ΙΔΡΥΜΑ
ΣΤΑΥΡΟΣ
ΝΙΑΡΧΟΣ

11.2017

Explore new worlds
with us!



SNFCC.org

Social Ballroom

When, in January 2017, the Stavros Niarchos Foundation Cultural Center took its first dance steps, organizing the first Social Ballroom, little could we imagine that this was the beginning of a new, monthly city appointment. Social Ballroom enables everyone, regardless of age or prior experience, to explore their dancing skills; yet, it turned out to be a lot more than that.

Classes for dance styles from all around the world under the guidance of experienced teachers are on offer each month. After each class, there is a live-music party, where all participants are encouraged to practice the steps and figures they have just learned and – what’s more important – dance, express themselves, and have loads of fun!

To date, Social Ballrooms have been devoted to Tango, Swing, Salsa, Disco, Samba, and Boogie Woogie, seeking to provide experience of different dance styles and, by extension, different cultures and lifestyles. In addition to the Social Ballroom’s educational and entertaining value, there is a strong element of open participation, reflecting one of the guiding principles of the Stavros Niarchos Foundation Cultural Center. Young and old meet in a joint music and dance experience, discovering all that unites them.

This month, Social Ballroom surrenders to the magic of Lindy Hop (p. 24).



November at SNFCC

In November, the Stavros Niarchos Foundation Cultural Center (SNFCC) proposes many new events and activities, from cosmology for children and an introduction to pre-Socratic philosophers through to Parabases, a new readers theater series.

All these activities take place alongside our well-established number of concert series. In Jazz Chronicles, Human Touch capture the spontaneity of the moment, while Music Escapades presents the atmospheric Keep Shelly in Athens.

November brings a new readers theater series, Parabases. The first SNFCC's production, Report in Hand, presents excerpts from Nikos Kazantzakis's *Report to Greco*, curated by Efi Theodorou. In addition, a series of five lectures introduces us to pre-Socratic philosophy; the first two meetings are dedicated to Anaximander and Heraclitus.

In November, too, outdoor activities, including sailing, kayaking, and family-friendly games, continue, and many new ones are being added. We look forward to dancing swing at the Social Ballroom, have a picnic with Paul Klee and company, and learn how to code. Also, a series of events promoting running keep us in sync with the city's pulse and prepare us for the Athens Classic Marathon.

Finally, in the context of *Playing with Protons*, an education initiative led by the CMS experiment at CERN, children learn to experiment with simple materials in two cosmology courses.

As always, admission to all SNFCC sports, educational, and cultural events is free of charge thanks to the exclusive grant of the Stavros Niarchos Foundation, offering visitors from Greece and all around the world the opportunity to be actively involved in our daily activity.

DISCOVERING SNFCC

Focus on SNFCC's Running Track and Outdoor Gym

Stavros Niarchos Park is a vital green space for Athens, the city with the fewest per capita green spaces in Europe. It moreover provides everyone with opportunities for learning, relaxation, recreation, and sports, serving as a respite from the city's hectic pace, with a variety of activities that take place on its premises every month.

Comprising the Running Track and Outdoor Gym, the west part of the Park is dedicated to sports and wellness. The Running Track tartan is designed to absorb impact while jogging or jumping; recently, part of the floor surface was replaced with poured-in-place safety flooring, which is regarded as an ideal surface for sports use. In addition, the natural shading offered by the Park's plane trees at the Outdoor Gym creates an ideal microclimate for working out.

A section of the bike lane around the Stavros Niarchos Foundation Cultural Center passes through the Running Track.

A daily meeting point for visitors seeking to improve their physical condition, the west part of the Park also hosts SNFCC's sports activities, most popular among them being running-based events – the archetypal classic sport. In response to heightened visitor interest in running, we have established the SNFCC Running Team, which trains every Sunday under the guidance of experienced endurance coaches.

Did you know that:

- Experienced physical education teachers are available at the Running Track daily to advise you on training (p. 20)?
- Many independent running teams are hosted at SNFCC, using the Running Track and Outdoor Gym for stretching and resting?
- Twice a week, Sports Paths, a module within SNFCC's training program specifically designed for school students, is hosted at the Running Track?
- The Running Track and Outdoor Gym area is adjacent to the Kallithea Municipal Sports and Recreation Park, created thanks to a donation from the Stavros Niarchos Foundation?





Music Escapades

Music Escapades, a survey of current trends in the Greek alternative scene, continues its journey at SNFCC. Next stop, Keep Shelly in Athens.

Saturday 25/11
21.00

LIGHTHOUSE

14

Keep Shelly in Athens


With their downtempo electronic music, ambient elements, and unmistakable dreamy vocals, Keep Shelly in Athens – RΠЯ and Jessica Bell – are inspired by urban experiences, the fleeting emotions born in the city, and the inevitable passing of time.

To date, they have released three albums, three EPs, and three 7-inch singles. They have performed on 4 headline tours in North America and 2 in Europe, having played live in 57 cities, featured in some of the largest festivals in the world, including Coachella Festival in California, Fun Fun Fun Festival in Austin, Texas, and The Great Escape Festival in Brighton, U.K.

They have collaborated with many international artists, including Tycho (Ghostly International), Blood Diamonds (4AD), Steve Mason (Domino Recordings), Disclosure (PMR Records).




Jazz Chronicles



A tribute to the contemporary Greek jazz scene, **Jazz Chronicles** concert series outlines the different manifestations of this free musical language in Greece, proposing old and new sounds, funk and classic rhythms, orchestral and vocal ensembles.



Human Touch



Sunday 19/11
21.00

LIGHTHOUSE

14

David Lynch, Stavros Lantsias, Yiotis Kiourtsoglou, aka Human Touch. One of the most important and long-lasting music acts, inspiring and provoking us for 20 years now with their undeniably authentic music.


Focusing on the journey, not the destination, their sonic approach and musical sensibility have opened new horizons for enthusiastic audiences.

Having carved out a distinct identity in the music world, Human Touch evolve through a wide range of sounds and styles. Immediate and communicative, their multi-instrumental music moves the listener, evoking images and emotions, exploring earthy and dreamlike uncharted soundscapes.

David Lynch: Tenor & Soprano Saxophone, Cajon, Flute, Vocals, Percussion

Stavros Lantsias: Acoustic Piano, Keyboards, Drums, Melodica

Yiotis Kiourtsoglou: Electric Bass, Fretless & Double Bass, Vocals, Percussion



SNFCC'S READERS THEATER

Parabases

parabasis

parabasis | pə'rabəsis | noun (plural parabases | pə'rabəsi:z|)
(in ancient Greek comedy) a direct address to the audience, sung
or chanted by the chorus on behalf of the author.

ORIGIN early 19th century: from Greek, from parabainein 'go aside'.

With its characteristic immediacy and diversity, readers theater (readings of plays and other texts) has won over audiences and enabled both playwrights and performers to explore new versions of classical and modern dramatic works. Parabases, the new SNFCC readers theater series, adapts this genre to the requirements of modern audiences, introducing innovative elements and experimental approaches.



Sunday 12/11
17.00

LIGHTHOUSE

14

Report in Hand

A rehearsed reading of excerpts from Nikos Kazantzakis's monumental *Report to Greco*, in which the author, shortly before his death, recounts the turning points in his journey among people, passions, and ideas. The narrative focuses on the author's early life, before he wrote his first piece, *Septent and Lily*. The production is directed by director and teatrologist Efi Theodorou, who has collaborated with the National Theater of Greece, the National Theater of Northern Greece, Athens Festival, Cyprus Theater Organization, Teatro Technis, Amore Theater, and more. She also teaches acting at the Delos Drama School; in 2007-2013, she was Deputy Artistic Director of the National Theater of Greece under Yannis Houvardas. In October 2013, she was made a Knight of Arts and Letters of the French Republic.

Dramaturg-Director: Efi Theodorou
With: Maria Skoula, Giorgis Tsambourakis
Cello: Sofia Efkleidou

Report in Hand was first staged at the Historical Museum of Crete in summer 2017.

Excerpts from Nikos Kazantzakis's *Report to Greco* were kindly provided by Kazantzakis Publications ©Niki Stavrou



Running at the SNFCC!

The promotion of an athletic and healthy lifestyle is an integral part of SNFCC's mission, reflected in our monthly program of sports and wellness activities available for children and adults.

Many of our activities focus on running, as it makes for outdoor sports without special requirements, is suitable for all ages, and contributes to mental and physical wellness. Since October, every Sunday the SNFCC Running Team welcomes running fans to improve their individual performance under the guidance of experienced endurance coaches; many of our visitors train individually or join SNFCC activities on the Running Track, located on the west side of the Stavros Niarchos Park.

Ahead of the popular Athens Classic Marathon, on 08/11 SNFCC is hosting the lecture All about the Marathon, inviting beginner and advanced runners to get acquainted with the country's largest running event and discover how to participate safely in endurance competitions and achieve their personal goals. For the most intrepid among us, on 19/11 there is the demanding 2K Urban Trail Run race, which invites you to explore Stavros Niarchos Park.

Finally, on Sunday 26/11, Kids Sprint, a short-distance race, awaits children and teenagers to experience running and discover their times.



Five Pages of Pre-Socratic Philosophy

Tuesday 21, 28 /11
19.00-21.00

NLG BOOK CASTLE

11

A series of five lectures in which philosophy professor at the Aristotle University of Thessaloniki, Vassilis Kalfas, discusses five landmarks of pre-Socratic philosophy, based on excerpts from the earliest philosophers' writings.

A short original passage becomes a starting point for an introduction into a prominent pre-Socratic philosopher's thought, thought for tracing the developments that led to today's modes of thinking.

21/11 Anaximander – The Earliest Philosophical Text
28/11 Heraclitus – What is Logos?

The course will be completed in December, with sessions dedicated to Parmenides, Democritus, and Gorgias.

Vassilis Kalfas is an academic, author, scientific editor of philosophy book series for various publishing houses and co-author of the translation into Modern-Greek of Aristotle's Oeuvres; he was awarded the 2015 State Prize for Literary Translation of Ancient Greek Literature into Modern Greek.



ISN/SNF

Dialogues

Wednesday 08/11
11.30-13.00

Preregistration at
SNFCC.org/events
or www.SNF.org

GNO STAVROS
NIARCHOS HALL

13

What do basketball legend Panagiotis Giannakis, the head of the 401 General Military Hospital in Athens, the Artistic Director of the Alternative Stage at the Greek National Opera, a former intern at New York's Museum of Modern Art (MoMA), a journalist, a teacher and a farmer have in common?

The SNF inaugurates its **new monthly series of events Dialogues.**

Through the new series Dialogues, the SNF **seeks to present, among others, individuals who inspire with their work and vision and aspires to catalyze conversations around critical issues in today's society.**

Dialogues will shed light on various aspects of the SNF's key pillars: **Arts and Culture, Education, Health and Sports, and Social Welfare.** The *Dialogues* series will be open to the public, with pre-registration required, and will be available to watch live or on demand online at www.SNF.org. The inaugural event of the new series will showcase the work of individuals and organizations from the SNF's new cycle of grants.

In addition, during the event, the SNF, in co-operation with the Greek Ministry of Health, will present its new grant initiative, totaling over 200€ million, to enhance the Health sector in Greece.

The event will be livestreamed and recorded, available at www.SNF.org



ISN/SNF

Activities for Adults

SPORTS & WELLNESS



Saturday 04, 11, 18, 25/11
Sunday 05, 12, 19, 26/11
 09.00-10.00 (aged 6-9)
 10.00-11.00 (aged 9-12)
 12.00-13.00 (aged 12-17)
 11.00-12.00 &
 13.00-14.00 (17+ and adults)

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

CANAL

16

Sailing the Canal

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

Design-Implementation: Kalamaki Yacht Club



Kayaking the Canal

This course aims to familiarize children and adults with kayaking, under the coaching of experienced instructors. At the same time, it is a great way to get to know the SNFCC, enjoying water sports in the Canal!

Design-Implementation: Regeneration & Progress

*In November Kayaking the Canal will take place on the Visitors Center side

Saturday 04, 11, 18, 25/11
Sunday 05, 12, 19, 26/11
 14.30-17.00

For children aged 12+ and adults

(up to 15 participants per 30' by pre-registration at snfcc.org/events)

CANAL

16

18



Activities for Adults

SPORTS & WELLNESS

SNFCC Running Team

Sunday 05, 19, 26/11
 08.30-10.00

For ages 15-70

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

(up to 50 participants)

RUNNING TRACK

6

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

Design-Implementation: Regeneration & Progress

Petanque

Sunday 05, 12, 19, 26/11
 11.00-13.00

ESPLANADE

17

A fun, social sport promoting wellness, a game of boules enhances accuracy, coordination, concentration, self-confidence, and is a great opportunity to be outdoors. Competitors, one-on-one, or team against team, try to get as close as possible to a target by throwing metal balls.

Design-Implementation: Regeneration & Progress



19

Activities for Adults

SPORTS & WELLNESS

Monday-Friday
18.30-21.30

RUNNING TRACK

6

Fitness for everyone

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

Design-Implementation: Regeneration & Progress

Monday 06, 13, 20,
27/11
07.45-09.00

Wednesday 01/11
07.45-09.00

Wednesday 08, 15,
22, 29/11
07.45-09.00
18.00-19.00

Thursday 02, 09, 16,
23, 30/11
18.00-19.00

Friday 03, 10, 17,
24/11
07.45-09.00

(up to 30 participants)

GREAT LAWN

1

Mat Pilates

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

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

Design-Implementation: Regeneration & Progress



Activities for Adults

SPORTS & WELLNESS

Wednesday 01, 08,
15, 22, 29/11
09.00-10.15

LABYRINTH

2

Thursday 02, 09, 16,
23, 30/11
17.00-18.15

For adults 50+

(up to 30 participants)

PINE GROVE

4

Qigong

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

Design-Implementation: Regeneration & Progress

Wednesday 01, 15/11
19.00-21.00

(up to 15 participants)

AGORA

12

Roller Skates

Recreation, exercise, or transport? Skates are all of these at the same time! See for yourself and practice your balance in these self-contained introductory classes.

No prior experience is required. Participants must bring their own equipment (skate, helmet, knee pads).

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



Activities for Adults

SPORTS & WELLNESS

Monday 06, 13, 20, 27/11
18.00-19.30

Tuesday 07, 14, 21, 28/11
08.00-09.30

Thursday 02, 09, 16, 23, 30/11
08.00-09.30

Friday 03, 10, 17, 24/11
18.00-19.30

(up to 30 participants)

GREAT LAWN

1

Wednesday 08/11
19.00-21.00

NLG BOOK CASTLE

11

Yoga in the Park

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

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

Design-Implementation: Regeneration & Progress

All about the Marathon

On the occasion of the Athens Classic Marathon – one of Greece’s largest sporting events – Sports Science professor at Brighton University and sub2hrs project leader, Yannis Pitsiladis, discusses Olympic ideals, the unlimited human potential, and how to maximize athletic performance while maintaining health. Sub2hrs is an international multidisciplinary study on how to complete a Marathon in less than two hours. Since 2014, the world record is 2:02:57.

Design-Implementation: Regeneration & Progress

Activities for Adults

SPORTS & WELLNESS

Tuesday 07, 14, 21, 28/11
17.00-18.15

PINE GROVE

2

Saturday 04, 11, 18, 25/11
08.30-09.45

GREAT LAWN

1

Tai Chi

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

Design-Implementation: Regeneration & Progress

Sunday 19/11
09.00-12.00

For children aged 15+

(up to 300 participants by pre-registration at snfcc.org/events)

RUNNING TRACK
(beginning-end)

6

Wednesday 22/11
17.30-19.00
19.00-20.30

(up to 20 participants)

NLG MULTIFUNCTIONAL ROOM

11

Urban Trail Run

A 2K race with a 150m positive altitude change challenges you to move on SNFCC’s highest points. Uphill, downhill, stairs, ramps, dirt, and water all await you to tackle the most demanding route in the Park as fast as you can!

Design-Implementation: Regeneration & Progress

First-Aid Course

Learn how to give first aid and find out about immediate and effective treatment of health problems and symptoms that can threaten human life.

A non-certified training is offered for heart attack and drowning incidences, as well as the use of an Automated External Defibrillator. Lastly, participants will have a hands-on experience with the use of specifically designed models/preforms.

Design-Implementation: Regeneration & Progress

Activities for Adults

DANCING

Open Air Hoop Dance: Hula Hoop Dance Workshop

Sunday 26/11
12.30-14.00

(up to 20 participants)

LABYRINTH

4

At Open Air Hoop Dance, we use colorful hoops to learn the basic moves and techniques of hoop dance, one of the hottest fitness trends. Participants regardless of age and fitness explore their bodies and improve their coordination and awareness while having a great time at Stavros Niarchos Park.

Hula hoops will be available for the participants.

Design-Implementation: Sunny Diz



Social Ballroom: Lindy Hop Class and Swing Party

Sunday 26/11
11.00-12.00 (class)
12.30 (party)

LIGHTHOUSE

12

We love dancing at SNFCC, and Social Ballroom gives us the opportunity to discover dances from all over the world in a series that has become a regular meeting point for many! In this introductory dance lesson, experienced dance teachers introduce us to Lindy Hop steps and techniques. After class, people of all ages and dance levels will have fun together at the party.

This month, Social Ballroom is dedicated to Lindy Hop, a Swing-era style - the dance of motion and aerals! Established in Athens in 2011 and inspired by the 1920s-1950s, Athens Boogie dance company aims to promote Rock 'n' Roll and Swing. A Swing party follows the dance class!

Activities for Adults

NATURE

Gardening for beginners

Monday 06, 13, 20,
27/11
18.30-20.30

NLG BOOK CASTLE

11

Practical advice for easily and economically growing vegetables, herbs for kitchen use, and ornamental plants for gardens, terraces as well as indoors. Participants also learn about plant selection criteria, receive installation and maintenance instructions, find out how to deal with common problems and how to manage them in eco-friendly ways, and are introduced to concepts related to consumer product safety, such as organic farming, integrated management, and traceability of agricultural products.

Design-Implementation:

Andreas Barboutsis, Agronomist - Landscape artist

Talking about the Park's plants: The Olive Tree and Olive Oil

Sunday 12/11
12.00-14.00

Wednesday 29/11
11.00-13.00

(up to 25 participants)

PINE GROVE

2

Introductory workshop on the olive tree, one of the plants of the Greek and Mediterranean flora that are hosted in the Stavros Niarchos Park. We learn about the history, uses, and nutritional value of the olive tree and olive oil, as well as about the soil and microcosm that surrounds it, and also get tips on cultivation.

Design-Implementation:

Panagiotis Papadopoulos, Agronomist MSc, Agricultural University of Athens



Activities for Adults

NATURE

Tuesday 07, 14, 21,
28/11
11.00-12.30

Saturday 04, 11, 18
25/11
10.30-12.00

(up to 25 participants)

VEGETABLE GARDEN

20

The Green Fingers

Engaging with plants offers pleasure and contributes to mental balance and well-being, providing relaxation in our hectic everyday life while raising environmental awareness. In this activity, participants will familiarize themselves with the world of plants and learn what they need and how to care for them.

Design-Implementation:

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



Thursday 16/11
11.00-14.00

(up to 25 participants)

MEDITERRANEAN
GARDEN

10

Introduction to Soap Making

The workshop covers the main principles and steps in the preparation of natural, handmade soap, the use of essential oils and other additives, and presents the basic equipment and safety measures. Participants make their own soap and learn how to deal with common problems.

Design-Implementation:

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

Activities for Adults

IDEAS LABS

Workshops for those who forget a little or a lot!

Tuesday 07, 14, 21,
28/11
18.00-20.00

For adults 50+

(up to 20 participants)

NLG
MULTIFUNCTIONAL
ROOM

11

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

Design-Implementation: Regeneration & Progress

Activities for Adults

ARTS & CRAFTS

Trial Labs: Replicating objects

This month we are inspired by works made by Greek ceramic artists. We discover the secrets of sculpture and use molds to make plaster casts of everyday objects.

Design-Implementation: Christina Tsinisizeli, Artist

Wednesday 01, 08,
15, 22, 29/11
18.00-19.30
19.30-21.00

(up to 30 participants
per session)

NLG KIDS LAB

11





Activities for Adults ARTS & CRAFTS

We create art all together: A walk in the Park Güell Workshops for children aged 7+, young people and families, with or without disabilities

The decoration of the famous Park Güell in Barcelona, designed by Gaudi, inspires us into making our own clay sculptures and decorating them with tiny colorful tesserae. In the end, all our works will make up a collaborative mosaic!

Design-Implementation:

Thodoris Zafeiropoulos, Artist
Elissavet Chelidoni, Artist – Special Education Teacher

Saturday 25/11
11.00-14.00

(up to 75 participants,
workshops are offered
on an ongoing basis)

NLG KIDS LAB

11



Activities for Adults TECHNOLOGY

Introduction to Programming: Playing with the Code

A workshop about programming and how coding has improved our everyday life. Through hands-on practice, we explore how software works by creating a simple algorithm. This game will help us understand in more detail how we can go about writing a program ourselves, expanding our skills and teaching us how to think methodically in dealing with everyday problems.

Computer skills not required.

Design-Implementation:

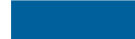
Apostolis Lianos, Online Marketing / Foundation

Thursday 02, 09, 16,
23, 30/11
18.00-20.00

(up to 20 participants)

NLG COMPUTER
ROOM

11



Monday 06, 13, 20,
27/11
18.00-20.00

(up to 20 participants)

NLG COMPUTER
ROOM

11



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

Tuesday
11.00-12.00
14.00-15.00
18.00-19.00

Thursday
11.00-12.00
14.00-15.00

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

*new classes begin
regularly

NLG COMPUTER
ROOM

11

Activities for Adults TECHNOLOGY

Introduction to Digital Marketing

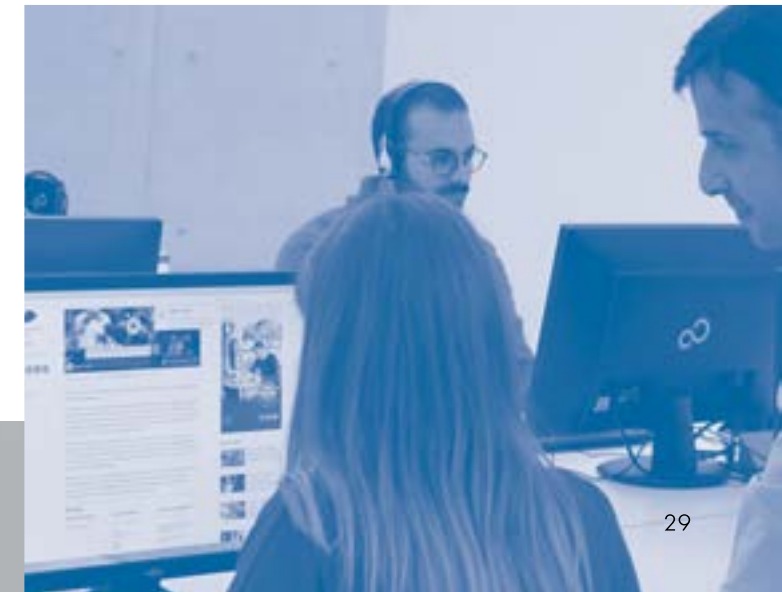
An opportunity to learn how to use popular social-media tools, how to measure the effectiveness of Digital Marketing, and to explore best practices from leading brands.

Design-Implementation:

Eleni Hoida, Online Marketing / Foundation

Computer Courses for persons 65+

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





Wednesday 01, 08, 15, 22, 29/11
Friday 03, 10, 17, 24/11
16.30-17.30
For children aged 5-15
(up to 40 participants)
GREAT LAWN

1

Sports Games

This program aims to introduce children to the sport of track and field in an instructive as well as entertaining manner. Depending on their age, children discover their hidden abilities by participating in basic motor activities. Along with improving fitness, children’s sociability, discipline, and self-confidence increase. The program, designed by sports scientists, is facilitated by trained and experienced physical education teachers.

Design-Implementation: Regeneration & Progress

Friday 03, 10/11
17.30-20.30
For children aged 5-12
(up to 15 participants)
AGORA

12

Roller Skates Kids

Recreation, exercise, or transport? Skates are all of these at the same time! See for yourself and practice your balance in these self-contained introductory classes. No prior experience is required. Participants must bring their own equipment (skate, helmet, knee pads).

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



Saturday 04, 11, 18, 25/11
Sunday 05, 12, 19, 26/11
09.00-10.00 (aged 6-9)
10.00-11.00 (aged 9-12)
12.00-13.00 (aged 12-17)
11.00-12.00 &
13.00-14.00 (17+ and adults)
(up to 15 participants per 60' by pre-registration at snfcc.org/events)

CANAL

16

Sailing the Canal

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

Design-Implementation: Kalamaki Yacht Club



Saturday 04, 11, 18, 25/11
Sunday 05, 12, 19, 26/11
14.30-17.00
For children aged 12+ and adults
(up to 15 participants per 30' by pre-registration at snfcc.org/events)

CANAL

16

Kayaking the Canal

This course aims to familiarize children and adults with kayaking, under the coaching of experienced instructors. At the same time, it is a great way to get to know the SNFCC, enjoying water sports in the Canal!

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

Design-Implementation: Regeneration & Progress

*In November Kayaking the Canal will take place on the Visitors Center side.



SNFCC KIDS

SPORTS & WELLNESS

Sunday 05, 19, 26/11
08.30-10.00

For ages 15-70

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

(up to 50 participants)

RUNNING TRACK

6

Saturday 04, 11, 18 25/11
11.30-12.30

LABYRINTH

4

Saturday 04, 11, 18 25/11
10.30-12.00

For children aged 4-9 and their parents

(up to 50 participants)

GREAT LAWN

1

SNFCC Running Team

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

Design-Implementation: Regeneration & Progress

Yoga Kids

Yoga is a fun way for children to develop important skills in a competition-free environment. A child-centered, play-based approach, focusing, not on perfect execution, but on teaching children how to control their bodies, breathing and thinking, and how to relax even as they gain strength, flexibility and self-confidence.

Design-Implementation: Regeneration & Progress

Family Games

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

Design-Implementation: Regeneration & Progress

Saturday 04, 18/11
12.30-14.30

For children aged 3-5

(up to 30 participants)

LABYRINTH

4

Sunday 12/11
10.00-14.00

For children aged 5-8

VISITORS CENTER

VC

Sunday 19/11
09.00-12.00

For children aged 15+

(up to 300 participants by pre-registration at snfcc.org/events)

RUNNING TRACK

(beginning-end)

6

SNFCC KIDS

SPORTS & WELLNESS

Discovering the World

Through fun games encouraging teamwork and imagination, our very young friends will experience basic body movements and learn how to balance and socialize. Discovering their bodies and feelings, they will gradually discover the world around them.

Design-Implementation: Regeneration & Progress

Bike Park Kids

The SNFCC and MBike train the Young Bicyclists! On an especially outfitted platform, under the supervision of experienced trainers, children learn about bicycles: they become acquainted with the parts of a bike, learn to cycle safely, get to know basic techniques, and, above all, do what they love - bike riding!

Design-Implementation: Mbike

Urban Trail Run

A 2K race with a 150m positive altitude change challenges you to move on SNFCC's highest points. Uphill, downhill, stairs, ramps, dirt, and water all await you to tackle the most demanding route in the Park as fast as you can!

Design-Implementation: Regeneration & Progress



SNFCC KIDS SPORTS & WELLNESS



Sunday 26/11
10.00-13.00

For children aged 6-15

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

RUNNING TRACK

6

Kids Sprint

We all run together at SNFCC's Running Track! A short-distance race for children and teens in a straight line of 217 meters. Distances depend on participants' age; the race will be timed.

Categories in detail:

Super mini:

boys (2010-2011) 40m
girls (2010-2011) 40m

Pro mini:

boys (2008-2009) 40m
girls (2008-2009) 40m

Mini:

boys (2006-2007) 50m
girls (2006-2007) 50m

Pampedes B:

boys (2004-2005) 60m

Pagkorasides B:

girls (2004-2005) 60m

Pampedes A:

boys (2002-2003) 150m

Pagkorasides A':

girls (2002-2003) 150m

Design-Implementation: Regeneration & Progress



SNFCC KIDS DANCING



Sunday 19/11
12.30-14.00

For children aged 6-12

(up to 20 participants)

LABYRINTH

4

Hoop Dance Party

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

Hula hoops will be available for all participants.

Design-Implementation: Sunny Diz



SNFCC KIDS NATURE



Saturday 04, 11, 18, 25/11
11.30-13.00

For children aged 6-12

(up to 30 participants)

SOUTHERN WALKS

3



Saturday 04/11
12.00-13.00

For adolescents aged 12-15

(up to 20 participants)

PINE GROVE

2



Sunday 05, 12, 19, 26/11
10.30-12.00

For children aged 5-9

(up to 20 participants)

VEGETABLE GARDEN

20

Art Land: Discover the Seasons through Art!

A children's workshop inspired by the works of Greek and international artists. This month, participants draw inspiration from the paintings of Alekos Fasianos. After discussing this great artist's works, children receive gardening materials and leaves and set off to create their own artworks! When artworks are completed, participants are photographed with their creations, which remain out there in nature!

Design-Implementation: M-art

Escape Park

Can you escape from the Park? An exciting and challenging program full of action and adventure unfolds at Stavros Niarchos Park. Bring your friends, meet other children of your own age, play in a team, solve puzzles, discover hidden secrets, risk, and experience moments of endless play and laughter.

Design-Implementation:

Irene Persidou, Art Historian, Educational Entertainer

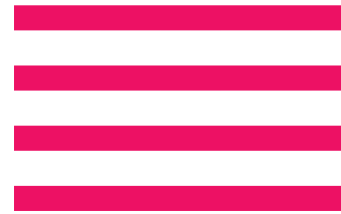
The Park's Little Gardeners

In November, fruits are ripe, foliage is colorful, scents are pleasant, and the soil is ready to receive new seeds. The Park's Little Gardeners spring into action – they learn how to prepare the soil, plant seeds, and transplant seedlings; they collect and taste vegetables of the season, and care for the vegetable garden. An exciting discovery journey begins!

Design-Implementation:

Stavroula Katsoyanni, Agronomist – Landscape Architect Msc
Stamatis Kavassilis, Agronomist – Soil Specialist





Friday 03, 17/11
18.00-19.00

For children aged 4-5

*(up to 20 participants
by preregistration at
snfcc.org/events)*

NLG KIDS LAB

11

Little Engineers

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

Design-Implementation: Stem



Friday 10/11
18.00-19.00
19.00-20.00

For children aged
10-12 years old

*(up to 15 participants
per slot)*

NLG KIDS LAB

11

Everyday Cosmology: Astronomy using evaporated milk!

Astronomy using evaporated milk! Why is the sky blue; Why does every sunrise and every sunset turn into a red and orange sky? What is a spectrum? what secrets of the universe can be revealed by light? More to be discovered in a cosmology workshop for kids.

In collaboration with Playing with Protons educational program by the CMS experiment at CERN.

Workshop leader:

Tina Nantsou, physics teacher, educational coordinator for Playing with Protons for Greece.

Workshop assistant:

Olympia Triantafyllou, preschool teacher



Friday 24/11
18.00-19.00
19.00-20.00

For children aged
10-12 years old

*(up to 15 participants
per slot)*

NLG KIDS LAB

11

Everyday Cosmology: Big Bang

What signifies the Big Bang? Is the universe expanding? What will be the universe's course? Learn more in a cosmology hands- on workshop

In collaboration with Playing with Protons educational program by the CMS experiment at CERN.

Workshop leader:

Tina Nantsou, physics teacher, educational coordinator for Playing with Protons for Greece.

Workshop assistant:

Olympia Triantafyllou, preschool teacher





SNFCC KIDS ARTS & CRAFTS



**Thursday 02, 09, 16,
23, 30/11**
17.30-18.15

For children aged
1-3 and their parents

*(up to 20 children
by pre-registration
at snfcc.org/events)*

NLG KIDS LAB

11

Ready! Steady! Go!

A series of independent sensory training workshops for up-and-coming young artists and their parents. This time, infants familiarize themselves with building architecture by constructing their own version of the new SNFCC; other topics include pedestrian safety, a park's ground plan, making a handcrafted fairy tale, and observing the natural environment.

Design-Implementation:

Irene Persidou, Art Historian, Educational Entertainer

Implementation: Christina Meimaridi, Museum Educator

**Saturday 04, 11, 18,
25/11**

17.00-18.00
18.00-19.00
19.00-20.00

For children of all
ages and their parents

*(up to 30 participants
per session)*

NLG KIDS LAB

11

Mistakes Labs: Erecting earth sculptures

An opportunity for creative mistakes! Encounters with art, where mistakes are allowed, the eraser is gone, lines do not restrict, and imagination is the name of the game!

This month we explore the element of earth, discovering the art of sculpture. Swiss artist Alberto Giacometti's sculptures awaken our connection with the earth, inspiring us to make our very own sculptures of human figures in clay.

Design-Implementation: Christina Tsinisizeli, Artist




SNFCC KIDS ARTS & CRAFTS

A picnic with Paul Klee and friends!

A colorful picnic at the Great Lawn in the Park! Instead of fruit and vegetables, we fill our baskets with colored papers, markers, scissors, paper tapes, and many other materials. The game starts when everyone is seated on the lawn - the magic basket will open and help us discover the worlds of Paul Klee, Henri Matisse, and Piet Mondrian. We look forward to seeing you at the Great Lawn for a unique opportunity of entertainment and creativity!

The Playroom team will be welcoming 15 persons (children and parents) every 30 minutes. Our meeting point is at the Pine Grove, in the Great Lawn. We'll be wearing purple aprons!

Design-Implementation: Playroom

We create art all together:

A walk in the Park Güell

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

The decoration of the famous Park Güell in Barcelona, designed by Gaudi, inspires us into making our own clay sculptures and decorating them with tiny colorful tesserae. In the end, all our works will make up a collaborative mosaic!

Design-Implementation:

Thodoris Zafeiropoulos, Artist

Elissavet Chelidoni, Artist - Special Education Teacher

**Sunday 05, 12, 19,
26/11**
11.00-13.30

For children aged
4-9 and their parents

GREAT LAWN

1

Saturday 25/11
11.00-14.00

*(up to 75 participants,
workshops are offered
on an ongoing basis)*

NLG KIDS LAB

11



MANOS HADJIDAKIS TRIBUTE

Manos Hadjidakis

The Era of Melissanthi

Musical Director: **Lukas Karytinis**

Art Direction: **Giorgos Hadjidakis**

Art Installation: **Jannis Kounellis** (*Sipario – Uscite*)

With the **GNO Orchestra, Choir and Children's Choir,**
and the **Hellenic Navy Band**

The Greek National Opera's three-year-long Manos Hadjidakis Cycle, with an iconic song cycle, *The Age of Melissanthi* – a musical autobiography based on poems by the composer. GNO and Giorgos Hadjidakis present a new reading of the piece, conducted by Lukas Karytinis and featuring as soloists the mezzo-soprano Theodora Baka as well as George Perris and Stavros Niforatos.

During the *Melissanthi* performances, world-renowned Greek artist Jannis Kounellis's installation *Sipario – Uscite* (Curtain – Exits) will be set on stage in the Stavros Niarchos Hall. With this work, the National Opera pays tribute to the great Greek artist of the diaspora. This work was produced in 1981, a few months after the premiere of *The Age of Melissanthi*, and connects the viewer with the fragile memory of the "glass woman", in this case Melissanthi.

04, 05/11
20.00

GNO STAVROS
NIARCHOS HALL

13

Pontus Lidberg / Pyotr Ilyich Tchaikovsky

The Sleeping Beauty

Musical Directors: **Andreas Tselikas – Ilias Voudouris**

Choreography: **Pontus Lidberg**

Performed by **GNO's orchestra, principal dancers, soloists,**
demi-soloists, and Corps de Ballet

Introduced in 1890, the ballet version of Charles Perrault's famous fairy tale set to music by Tchaikovsky remains extremely popular to this day. The GNO presents a new, exciting version of *Sleeping Beauty*, signed by the Swedish choreographer and filmmaker Pontus Lidberg, who has worked with the New York City Ballet, and the acclaimed British stage designer Patrick Kinmonth.

In Lidberg/Kinmonth's *Sleeping Beauty*, we follow the story through the succession of the four seasons, which symbolize birth, love, life, and death. This spectacular production, with colorful scenery that accompanies GNO Ballet's dancers, proposes a contemporary choreographic approach conversing with classical ballet.

22, 24, 25, 26/11
20.00

GNO STAVROS
NIARCHOS HALL

13

Matinees 05, 07, 08,
12, 19, 21, 26, 28,
29/ 11
11.00

GNO ALTERNATIVE
STAGE

13

Thodoris Abatzis

Prince Ivan and the Firebird

Opera for children and young people
Premiere / Commissioned by the GNO

Composer – Director: Thodoris Abatzis
Conductor: Michalis Papapetrou

An opera for children and young audiences, *Prince Ivan and the Firebird* is the perfect introduction to the world of the opera. Based on the famous traditional Russian fairy tale, which also inspired Igor Stravinsky's celebrated ballet, this production is aimed at children aged 5-12.

The story is about the firebird – a big, beautiful bird with magical powers and majestic, flame-colored plumage. But its most important trait? It means trouble for anyone who tries to catch it. Through a sparse yet imposing set, GNO's Alternative Stage takes children and young audiences on a fascinating journey into the world of fantasy.



INTERNATIONAL PIANO FESTIVAL 2017

IN COLLABORATION WITH THE THESSALONIKI PIANO FESTIVAL

In collaboration with the Thessaloniki Piano Festival, which has emerged as an important music institution in the city, the Greek National Opera introduces a celebration of piano and pianists – a festival dedicated to the “king of instruments,” hosted at both GNO's stages at SNFCC.

In its first edition, the Greek National Opera's 2017 International Piano Festival hosts two unique Piandaemonium concerts, featuring six pianos and twelve pianists, as well as five recitals by distinguished international soloists, a three-day masterclass, and concerts by young artists selected by audition.

Piandaemonium

11,12/11
20.00

GNO STAVROS
NIARCHOS HALL

Recital – Young Artists

18, 19, 24, 25, 26/11
20.30

GNO STAVROS
NIARCHOS HALL

16, 17, 22, 23, 29,
30/11
20.30

GNO
ALTERNATIVE STAGE

13

Michail Marmarinos / Philippos Tsalahouris

Yökihi

Music Theatre
A Co-production with Theseum Ensemble

Director - Dramaturg: **Michail Marmarinos**
Music: **Philippos Tsalahouris**
The Spirit of Yökihi: **Reni Pittaki**

Michail Marmarinos stages a work from the Noh tradition with Greek actors in a performance that, while preserving the structure, stage conventions, and overall look and feel of a Noh performance, goes beyond imitating the genre. Music composer Philippos Tsalahouris, who wrote original music for the performance in accordance with the director's vision for this work, assigned the leading musical role to a chamber music ensemble.

Attributed to the great playwright Komparu Zenchiku, the play tells the story of Princess Yökihi, who perishes, and the Chinese emperor Gensö, who tasks a sorcerer with finding her spirit's resting place.

GNO EDUCATIONAL AND SOCIAL ACTIVITIES

Dancing my Dance

Workshop for mobility- and sensory-impaired and non-impaired persons.

Design-Implementation: **Bulerinas Dance Company**

02/11
and every Thursday
18.00

GNO BALLET
REHEARSAL ROOMS
AT SNFCC

13

No prior dance
training required.

*The program is provided
free of charge.*

**Information -
Registration:**
213 088 5753,
6972 101140 &
ekarterou@nationalopera.gr

GNO's Alternative Stage and Educational & Social Activities Team are hosting Dancing my Dance, a movement workshop aimed at mobility- and sensory-impaired and non-impaired persons. The workshop interrogates the individual's relationship with physicality and its limits. The method proposed during the workshop is based on the energy and freedom unleashed by Spanish flamenco. Bulerinas dance company, who coordinate the workshop, note that, "in this genre, the free expression of emotions meets the rigid structure of the popular rhythms and music of the South of Spain."

06/11
and every Monday
18.00-20.00

MEETING POINT:
GNO BOX OFFICE,
17.45

For permanent or temporary residents of Athens – refugees, migrants, foreign and Greek nationals.

No prior music training required.

The program is provided free of charge.

Information – Registration:
education@nationalopera.gr

Cross-cultural Choir

Choir Conductor: **Vassoula Delli**

With the participation and support of the GNO Educational & Social Activities Team

Established in January 2017 under GNO's Educational & Social Activities, GNO Alternative Stage's Cross-cultural Choir aims to bring together permanent or temporary residents of Athens – refugees, migrants, foreign and Greek nationals alike. With a repertoire that combines traditional songs from the participants' countries of origin and classical choral repertoire, the Choir aims to be a space for creativity, expression, and social interaction for all participants. Actively involved in researching and selecting the choir's repertoire, its permanent members are a strong, welcoming core for onboarding new members.

The project is implemented with support from the United Nations High Commissioner for Refugees (UNHCR).



My Voice and I – My Voice and You

A workshop for pregnant women, with lullabies and soothing songs aimed at familiarizing the future mother with her baby and facilitating direct communication.

Design-Implementation: **Constantina Pitsiakou**
(music director / soloist / educator)

Under Sunday Mornings event series, GNO Alternative Stage launches a series of educational workshops/ meetings revolving around singing as a tool for expression and vehicle for communication. Under the facilitator's guidance, participants sing along with others, and coordinate rhythmically, melodically, harmoniously, and physically through play – the foremost learning method – enjoying the group result. The music material of the workshop is a collection of lullabies, cradle songs, play songs, traditional songs from Greece and other countries, European canons and madrigals.

Sunday 12/11

10.00-10.45

11.00-11.45

for pregnant women

(up to 15 participants)

Information – Registration:
213 088 5742

Free-of-charge participation on a priority basis

Discovering the Opera and Ballet

You could do it in your sleep

Workshop for the production of GNO's ballet *Sleeping Beauty* for student and professional dancers, actors, and singers

Design-Implementation: **Thalia-Marie Papadopoulou**
(choreographer / musician / anthropologist / educator)

A workshop inspired by the *Sleeping Beauty* ballet. Making reference to Basile's early version of the tale, the workshop combines dance and physical-theater techniques with deep-relaxation techniques inspired by scientific research on sleep and hypnosis. Through this process, performers produce an original audio-motional happening from light to darkness and back, based on their own personal embodied experiences and memories recalled during this process, using fairytale and motion. The workshop concludes with a brief public performance.

Saturday 25/11

Sunday 26/11

11.00-14.00

Two-day workshop in two sessions

(up to 20 participants)

Information – Registration:
213 088 5742

Free-of-charge participation on a priority basis

Exhibitions

Yannis Bechrakis

Monday-Sunday
06.00-00.00

NLG 2nd FLOOR

11

Internationally renowned photojournalist Yannis Behrakis is Senior Editor, Special Projects for the Reuters news agency. His photographs have been published in major international media, and he has earned several international awards, including a Pulitzer prize in 2016.

His recent work traces the journey of refugees fleeing their homeland in search of a better life. His lens captures faces, scenes of transit or rest, in-between stops and other snapshots from the painful and often endless journey of refugees in a thought-provoking exhibition at the SNFCC. As we take a closer look at Behrakis's photographs, we realize that the crisis we are experiencing today is predominately humanitarian, and one that Behrakis records in a unique manner.

Spyros Louis Cup

Monday-Sunday
06.00-00.00

SNFCC LOBBY

18

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, 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.



Guided tours

** To find out more information, see the guided tours schedule and pre-register, please visit SNFCC.org/events.*

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

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

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

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

Guided Tours for Groups associations, organizations and NGOs.

Guided tours for groups are available for educational associations, cultural organizations, NGOs and other entities. To book a guided tour for your group, please call **(+30) 216 8091004**, or email tours@snfcc.org. Guided tours are available for groups between 12-25 persons.

SNFCC KIDS

School Visits

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

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

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



Permanent Events

Exhibitions	Yiannis Behrakis (p. 48)	06.00-00.00	NLG 2nd FLOOR
Exhibitions	Spyros Louis Cup (p. 49)	06.00-00.00	SNFCC LOBBY
Tours	Guided Tours at Park & SNFCC (p. 50)	06.00-00.00	VISITORS CENTER & NLG LOBBY
Educational Programs	School Visits (p. 51)	Monday-Friday 09.00-10.30 11.00-12.30	

Wednesday 01/11

Sports & Wellness	Mat Pilates (p. 20)	07.45-09.00	GREAT LAWN
Sports & Wellness	Qigong 50+ (p. 21)	09.00-10.15	LABYRINTH
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 12.30-13.30 14.00-15.00	NLG PC ROOM
Sports & Wellness	Sports Games aged 5-10 (p. 30)	16.30-17.30	GREAT LAWN
Arts & Crafts	Trial Labs (p. 27)	18.00-19.30 19.30-21.00	NLG KIDS LAB
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK
Sports & Wellness	Roller Skates (p. 21)	19.00-21.00	AGORA

Thursday 02/11

Sports & Wellness	Yoga in the Park (p. 22)	08.00-09.30	GREAT LAWN
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 14.00-15.00	NLG PC ROOM
Sports & Wellness	Qigong 50+ (p. 21)	17.00-18.15	PINE GROVE
Arts & Crafts	Ready, Steady, Go!* children aged 1-3 with their parents (p. 38)	17.30-18.15	NLG KIDS LAB
Sports & Wellness	Mat Pilates (p. 20)	18.00-19.00	GREAT LAWN
Technology	Introduction to Programming (p. 28)	18.00-20.00	NLG PC ROOM
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK

Friday 03/11

Sports & Wellness	Mat Pilates (p. 20)	07.45-09.00	GREAT LAWN
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 12.30-13.30 14.00-15.00	NLG PC ROOM
Sports & Wellness	Sports Games aged 5-10 (p. 30)	16.30-17.30	GREAT LAWN
Sports & Wellness	Roller Skates Kids aged 5-12 (p. 30)	17.30-20.30	AGORA
Science	Little Engineers* aged 4-5 (p. 36)	18.00-19.00	NLG KIDS LAB
Sports & Wellness	Yoga in the Park (p. 22)	18.00-19.30	GREAT LAWN
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK

Saturday 04/11

Sports & Wellness	Tai Chi (p. 23)	08.30-09.45	GREAT LAWN
Sports & Wellness	Sailing the Canal* (p. 18, 31)	09.00-10.00 (aged 6-9) 10.00-11.00 (aged 9-12) 12.00-13.00 (aged 12-17) 11.00-12.00 & 13.00-14.00 (17+ and adults)	CANAL
Sports & Wellness	Family Games children aged 4-9 with their parents (p. 32)	10.30-12.00	GREAT LAWN
Nature	The Green Fingers (p. 26)	10.30-12.00	VEGETABLE GARDEN
Sports & Wellness	Yoga Kids (p. 32)	11.30-12.30	LABYRINTH
Nature	Art Land aged 6-12 (p. 35)	11.30-13.00	SOUTHERN WALKS
Nature	Escape Park aged 12-15 (p. 35)	12.00-13.00	PINE GROVE
Sports & Wellness	Discovering the World aged 3-5 (p. 33)	12.30-14.30	LABYRINTH
Sports & Wellness	Kayaking the Canal* 12+ and adults (p. 18, 31)	14.30-17.00	CANAL
Arts & Crafts	Mistakes Labs children and parents (p. 38)	17.00-18.00 18.00-19.00 19.00-20.00	NLG KIDS LAB

Sunday 05/11

Sports & Wellness	SNFCC Running Team (p. 19, 32)	08.30-10.00	RUNNING TRACK
Sports & Wellness	Sailing the Canal* (p. 18, 31)	09.00-10.00 (aged 6-9) 10.00-11.00 (aged 9-12) 12.00-13.00 (aged 12-17) 11.00-12.00 & 13.00-14.00 (17+ and adults)	CANAL
Nature	The Park's Little Gardeners aged 5-9 (p. 35)	10.30-12.00	VEGETABLE GARDEN
Sports & Wellness	Petanque (p. 19)	11.00-13.00	ESPLANADE
Arts & Crafts	A picnic with Paul Klee & friends 4+ (p. 39)	11.00-13.30	GREAT LAWN
Sports & Wellness	Kayaking the Canal* 12+ adults (p. 18, 31)	14.30-17.00	CANAL

Monday 06/11

Sports & Wellness	Mat Pilates (p. 20)	07.45-09.00	GREAT LAWN
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 12.30-13.30 14.00-15.00	NLG PC ROOM
Sports & Wellness	Yoga in the Park (p. 22)	18.00-19.30	GREAT LAWN
Technology	Introduction to Digital Marketing (p. 29)	18.00-20.00	NLG PC ROOM
Nature	Gardening for beginners (p. 25)	18.30-20.30	NLG BOOK CASTLE
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK

Tuesday 07/11

Sports & Wellness	Yoga in the Park (p. 22)	08.00-09.30	GREAT LAWN
Nature	The Green Fingers (p. 26)	11.00-12.30	VEGETABLE GARDEN
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 14.00-15.00 18.00-19.00	NLG PC ROOM
Sports & Wellness	Tai Chi (p. 23)	17.00-18.15	PINE GROVE
Ideas Labs	Workshops for those who forget a little or a lot 50+ (p. 27)	18.00-20.00	NLG MULTIFUNCTIONAL ROOM
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK

Wednesday 08/11

Sports & Wellness	Mat Pilates (p. 20)	07.45-09.00	GREAT LAWN
Sports & Wellness	Qigong 50+ (p. 21)	09.00-10.15	LABYRINTH
Dialogues	Health 1st session* (p. 17)	11.30-13.00	STAVROS NIARCHOS HALL
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 12.30-13.30 14.00-15.00	NLG PC ROOM
Sports & Wellness	Sports Games aged 5-10 (p. 30)	16.30-17.30	GREAT LAWN
Sports & Wellness	Mat Pilates (p. 20)	18.00-19.00	GREAT LAWN
Arts & Crafts	Trial Labs (p. 27)	18.00-19.30 19.30-21.00	NLG KIDS LAB
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK
Sports & Wellness	All about Athens Classic Marathon (p. 22)	19.00-21.00	NLG BOOK CASTLE

Thursday 09/11

Sports & Wellness	Yoga in the Park (p. 22)	08.00-09.30	GREAT LAWN
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 14.00-15.00	NLG PC ROOM
Sports & Wellness	Qigong 50+ (p. 21)	17.00-18.15	PINE GROVE
Arts & Crafts	Ready, Steady, Go!* children aged 1-3 with their parents (p. 38)	17.30-18.15	NLG KIDS LAB
Sports & Wellness	Mat Pilates (p. 20)	18.00-19.00	GREAT LAWN
Technology	Introduction to Programming (p. 28)	18.00-20.00	NLG PC ROOM
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK

Friday 10/11

Sports & Wellness	Mat Pilates (p. 20)	07.45-09.00	GREAT LAWN
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 12.30-13.30 14.00-15.00	NLG PC ROOM
Sports & Wellness	Sports Games aged 5-10 (p. 30)	16.30-17.30	GREAT LAWN
Sports & Wellness	Roller Skates Kids aged 5-12 (p. 30)	17.30-20.30	AGORA
Sports & Wellness	Yoga in the Park (p. 22)	18.00-19.30	GREAT LAWN
Science	Everyday Cosmology: Astronomy using evaporated milk! aged 10-12 (p. 36)	18.00-19.00 19.00-20.00	NLG KIDS LAB
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK

Saturday 11/11

Sports & Wellness	Tai Chi (p. 23)	08.30-09.45	GREAT LAWN
Sports & Wellness	Sailing the Canal* (p. 18, 31)	09.00-10.00 (aged 6-9) 10.00-11.00 (aged 9-12) 12.00-13.00 (aged 12-17) 11.00-12.00 & 13.00-14.00 (17+ and adults)	CANAL
Sports & Wellness	Family Games children aged 4-9 with their parents (p. 32)	10.30-12.00	GREAT LAWN
Nature	The Green Fingers (p. 26)	10.30-12.00	VEGETABLE GARDEN
Sports & Wellness	Yoga Kids (p. 32)	11.30-12.30	LABYRINTH
Nature	Art Land aged 6-12 (p. 35)	11.30-13.00	SOUTHERN WALKS
Sports & Wellness	Kayaking the Canal* 12+ and adults (p. 18, 31)	14.30-17.00	CANAL
Arts & Crafts	Mistakes Labs children and parents (p. 38)	17.00-18.00 18.00-19.00 19.00-20.00	NLG KIDS LAB

Sunday 12/11

Sports & Wellness	Sailing the Canal* (p. 18, 31)	09.00-10.00 (aged 6-9) 10.00-11.00 (aged 9-12) 12.00-13.00 (aged 12-17) 11.00-12.00 & 13.00-14.00 (17+ and adults)	CANAL
Sports & Wellness	Bike Park Kids aged 5-8 (p. 33)	10.00-14.00	VISITORS CENTER
Nature	The Park's Little Gardeners aged 5-9 (p. 35)	10.30-12.00	VEGETABLE GARDEN
Sports & Wellness	Petanque (p. 19)	11.00-13.00	ESPLANADE
Arts & Crafts	A picnic with Paul Klee & friends 4+ (p. 39)	11.00-13.30	GREAT LAWN
Nature	Talking about the Park's plants (p. 25)	12.00-14.00	PINE GROVE
Sports & Wellness	Kayaking the Canal* 12+ and adults (p. 18, 31)	14.30-17.00	CANAL
Parabases	Report in Hand (p. 13)	17.00	LIGHTHOUSE

Monday 13/11

Sports & Wellness	Mat Pilates (p. 20)	07.45-09.00	GREAT LAWN
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 12.30-13.30 14.00-15.00	NLG PC ROOM
Sports & Wellness	Yoga in the Park (p. 22)	18:00-19:30	GREAT LAWN
Technology	Introduction to Digital Marketing (p. 29)	18.00-20.00	NLG PC ROOM
Nature	Gardening for beginners (p. 25)	18.30-20.30	NLG BOOK CASTLE
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK

Tuesday 14/11

Sports & Wellness	Yoga in the Park (p. 22)	08.00-09.30	GREAT LAWN
Nature	The Green Fingers (p. 26)	11.00-12.30	VEGETABLE GARDEN
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 14.00-15.00 18.00-19.00	NLG PC ROOM
Sports & Wellness	Tai Chi (p. 23)	17.00-18.15	PINE GROVE

Tuesday 14/11

Ideas Labs	Workshops for those who forget a little or a lot 50+ (p. 27)	18.00-20.00	NLG MULTIFUNCTIONAL ROOM
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK

Wednesday 15/11

Sports & Wellness	Mat Pilates (p. 20)	07.45-09.00	GREAT LAWN
Sports & Wellness	Qigong 50+ (p. 21)	09.00-10.15	LABYRINTH
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 12.30-13.30 14.00-15.00	NLG PC ROOM
Sports & Wellness	Sports Games aged 5-10 (p. 30)	16.30-17.30	GREAT LAWN
Sports & Wellness	Mat Pilates (p. 20)	18.00-19.00	GREAT LAWN
Arts & Crafts	Trial Labs (p. 27)	18.00-19.30 19.30-21.00	NLG KIDS LAB
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK
Sports & Wellness	Roller Skates (p. 21)	19.00-21.00	AGORA

Thursday 16/11

Sports & Wellness	Yoga in the Park (p. 22)	08.00-09.30	GREAT LAWN
Nature	Introduction to Soap Making (p. 26)	11.00-14.00	VEGETABLE GARDEN
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 14.00-15.00	NLG PC ROOM
Sports & Wellness	Qigong 50+ (p. 21)	17.00-18.15	PINE GROVE
Arts & Crafts	Ready, Steady, Go!* children aged 1-3 with their parents (p. 38)	17.30-18.15	NLG KIDS LAB
Sports & Wellness	Mat Pilates (p. 20)	18.00-19.00	GREAT LAWN
Technology	Introduction to Programming (p. 28)	18.00-20.00	NLG PC ROOM
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK

Friday 17/11

Sports & Wellness	Mat Pilates (p. 20)	07.45-09.00	GREAT LAWN
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 12.30-13.30 14.00-15.00	NLG PC ROOM
Sports & Wellness	Sports Games aged 5-10 (p. 30)	16.30-17.30	GREAT LAWN
Science	Little Engineers* aged 4-5 (p. 36)	18.00-19.00	NLG KIDS LAB
Sports & Wellness	Yoga in the Park (p. 22)	18.00-19.30	GREAT LAWN
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK

Saturday 18/11

Sports & Wellness	Tai Chi (p. 23)	08.30-09.45	GREAT LAWN
Sports & Wellness	Sailing the Canal* (p. 18, 31)	09.00-10.00 (aged 6-9) 10.00-11.00 (aged 9-12) 12.00-13.00 (aged 12-17) 11.00-12.00 & 13.00-14.00 (17+ and adults)	CANAL
Sports & Wellness	Family Games children aged 4-9 with their parents (p. 32)	10.30-12.00	GREAT LAWN
Nature	The Green Fingers (p. 26)	10.30-12.00	VEGETABLE GARDEN
Sports & Wellness	Yoga Kids (p. 26)	11.30-12.30	LABYRINTH
Nature	Art Land aged 6-12 (p. 35)	11.30-13.00	SOUTHERN WALKS
Sports & Wellness	Discovering the World aged 3-5 (p. 33)	12.30-14.30	LABYRINTH
Sports & Wellness	Kayaking the Canal* 12+ and adults (p. 18, 31)	14.30-17.00	CANAL
Arts & Crafts	Mistakes Labs children and parents (p. 38)	17.00-18.00 18.00-19.00 19.00-20.00	NLG KIDS LAB

Sunday 19/11

Sports & Wellness	SNFCC Running Team (p. 19, 31)	08.30-10.00	RUNNING TRACK
Sports & Wellness	Sailing the Canal* (p. 18, 31)	09.00-10.00 (aged 6-9) 10.00-11.00 (aged 9-12) 12.00-13.00 (aged 12-17) 11.00-12.00 & 13.00-14.00 (17+ and adults)	CANAL
Sports & Wellness	Urban Trail Run* 15+ (p. 23)	09.00-12.00	RUNNING TRACK
Nature	The Park's Little Gardeners aged 5-9 (p. 35)	10.30-12.00	VEGETABLE GARDEN
Sports & Wellness	Petanque (p. 19)	11.00-13.00	ESPLANADE
Arts & Crafts	A picnic with Paul Klee & friends 4+ (p. 39)	11.00-13.30	GREAT LAWN
Dancing	Hoop Dance Party aged 6-12 (p. 34)	12.30-14.00	LABYRINTH
Sports & Wellness	Kayaking the Canal* 12+ and adults (p. 18, 31)	14.30-17.00	CANAL
Jazz Chronicles	Human Touch (p. 11)	21.00	LIGHTHOUSE

Monday 20/11

Sports & Wellness	Mat Pilates (p. 20)	07.45-09.00	GREAT LAWN
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 12.30-13.30 14.00-15.00	NLG PC ROOM
Sports & Wellness	Yoga in the Park (p. 22)	18.00-19.30	GREAT LAWN
Technology	Introduction to Digital Marketing (p. 29)	18.00-20.00	NLG PC ROOM
Nature	Gardening for beginners (p. 25)	18.30-20.30	NLG BOOK CASTLE
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK

Tuesday 21/11

Sports & Wellness	Yoga in the Park (p. 22)	08.00-09.30	GREAT LAWN
Nature	The Green Fingers (p. 26)	11.00-12.30	VEGETABLE GARDEN
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 14.00-15.00 18.00-19.00	NLG PC ROOM
Sports & Wellness	Tai Chi (p. 23)	17.00-18.15	PINE GROVE
Ideas Labs	Workshops for those who forget a little or a lot 50+ (p. 27)	18.00-20.00	NLG MULTIFUNCTIONAL ROOM
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK
Ideas Labs	Five Pages of Pre-Socratic Philosophy: Anaximander (p. 16)	19.00-21.00	NLG BOOK CASTLE

Wednesday 22/11

Sports & Wellness	Mat Pilates (p. 20)	07.45-09.00	GREAT LAWN
Sports & Wellness	Qigong 50+ (p. 21)	09.00-10.15	LABYRINTH
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 12.30-13.30 14.00-15.00	NLG PC ROOM
Sports & Wellness	Sports Games aged 5-10 (p. 30)	16.30-17.30	GREAT LAWN
Sports & Wellness	First-Aid Course (p. 23)	17.30-19.00 19.00-20.30	NLG MULTIFUNCTIONAL ROOM
Sports & Wellness	Mat Pilates (p. 20)	18.00-19.00	GREAT LAWN
Arts & Crafts	Trial Labs (p. 27)	18.00-19.30 19.30-21.00	NLG KIDS LAB
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK

Thursday 23/11

Sports & Wellness	Yoga in the Park (p. 22)	08.00-09.30	GREAT LAWN
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 14.00-15.00	NLG PC ROOM
Sports & Wellness	Qigong 50+ (p. 21)	17.00-18.15	PINE GROVE
Arts & Crafts	Ready, Steady, Go!* children aged 1-3 with their parents (p. 38)	17.30-18.15	NLG KIDS LAB
Sports & Wellness	Mat Pilates (p. 20)	18.00-19.00	GREAT LAWN
Technology	Introduction to Programming (p. 28)	18.00-20.00	NLG PC ROOM
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK

Friday 24/11

Sports & Wellness	Mat Pilates (p. 20)	07.45-09.00	GREAT LAWN
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 12.30-13.30 14.00-15.00	NLG PC ROOM
Sports & Wellness	Sports Games aged 5-10 (p. 30)	16.30-17.30	GREAT LAWN
Sports & Wellness	Yoga in the Park (p. 22)	18.00-19.30	GREAT LAWN
Science	Everyday Cosmology: Big Bang aged 10-12 (p. 37)	18.00-19.00 19.00-20.00	NLG KIDS LAB
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK

Saturday 25/11

Sports & Wellness	Tai Chi (p. 23)	08.30-09.45	GREAT LAWN
Sports & Wellness	Sailing the Canal* (p. 18, 31)	09.00-10.00 (aged 6-9) 10.00-11.00 (aged 9-12) 12.00-13.00 (aged 12-17) 11.00-12.00 & 13.00-14.00 (17+ and adults)	CANAL
Sports & Wellness	Family Games children aged 4-9 with their parents (p. 32)	10.30-12.00	GREAT LAWN
Nature	The Green Fingers (p. 26)	10.30-12.00	VEGETABLE GARDEN
Arts & Crafts	We create art all together! 7+ (p. 28)	11.00-14.00	NLG KIDS LAB
Sports & Wellness	Yoga Kids (p. 32)	11.30-12.30	LABYRINTH
Nature	Art Land aged 6-12 (p. 35)	11.30-13.00	SOUTHERN WALKS
Sports & Wellness	Kayaking the Canal* 12+ and adults (p. 18, 31)	14.30-17.00	CANAL
Arts & Crafts	Mistakes Labs children and parents (p. 38)	17.00-18.00 18.00-19.00 19.00-20.00	NLG KIDS LAB
Music Escapades	Keep Shelly in Athens (p. 9)	21.00	LIGHTHOUSE

Sunday 26/11

Sports & Wellness	SNFCC Running Team (p. 19, 32)	08.30-10.00	RUNNING TRACK
Sports & Wellness	Sailing the Canal* (p. 18, 31)	09.00-10.00 (aged 6-9) 10.00-11.00 (aged 9-12) 12.00-13.00 (aged 12-17) 11.00-12.00 & 13.00-14.00 (17+ and adults)	CANAL
Sports & Wellness	Kids Sprint* (p. 34)	10.00-13.00	RUNNING TRACK
Nature	The Park's Little Gardeners aged 5-9 (p. 35)	10.30-12.00	VEGETABLE GARDEN
Sports & Wellness	Petanque (p. 19)	11.00-13.00	ESPLANADE
Arts & Crafts	A picnic with Paul Klee & friends 4+ (p. 39)	11.00-13.30	GREAT LAWN

Sunday 26/11

Dancing	Social Ballroom: Lindy Hop και Swing Party (p. 24)	11.00-12.00 (μάθημα) 12.30-13.30 (πάρτι)	LIGHTHOUSE
Dancing	Open Air Hoop Dance (p. 24)	12.30-14.00	LABYRINTH
Sports & Wellness	Kayaking the Canal* 12+ and adults (p. 18, 31)	14.30-17.00	CANAL

Monday 27/11

Sports & Wellness	Mat Pilates (p. 20)	07.45-09.00	GREAT LAWN
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 12.30-13.30 14.00-15.00	NLG PC ROOM
Sports & Wellness	Yoga in the Park (p. 22)	18:00-19:30	GREAT LAWN
Technology	Introduction to Digital Marketing (p. 29)	18.00-20.00	NLG PC ROOM
Nature	Gardening for beginners (p. 25)	18.30-20.30	NLG BOOK CASTLE
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK

Tuesday 28/11

Sports & Wellness	Yoga in the Park (p. 22)	08.00-09.30	GREAT LAWN
Nature	The Green Fingers (p. 26)	11.00-12.30	VEGETABLE GARDEN
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 14.00-15.00 18.00-19.00	NLG PC ROOM
Sports & Wellness	Tai Chi (p. 23)	17.00-18.15	PINE GROVE
Ideas Labs	Workshops for those who forget a little or a lot 65+ (p.27)	18.00-20.00	NLG MULTIFUNCTIONAL ROOM
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK
Ideas Labs	Five Pages of Pre-Socratic Philosophy: Heraclitus (p. 16)	19.00-21.00	NLG BOOK CASTLE

Wednesday 29/11

Sports & Wellness	Mat Pilates (p. 20)	07.45-09.00	GREAT LAWN
Sports & Wellness	Qigong 50+ (p. 21)	09.00-10.15	LABYRINTH
Nature	Talking about the Park's plants (p. 25)	11.00-13.00	PINE GROVE
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 12.30-13.30 14.00-15.00	NLG PC ROOM
Sports & Wellness	Sports Games aged 5-10 (p. 30)	16.30-17.30	GREAT LAWN
Sports & Wellness	Mat Pilates (p. 20)	18.00-19.00	GREAT LAWN
Arts & Crafts	Trial Labs (p. 27)	18.00-19.30 19.30-21.00	NLG KIDS LAB
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK

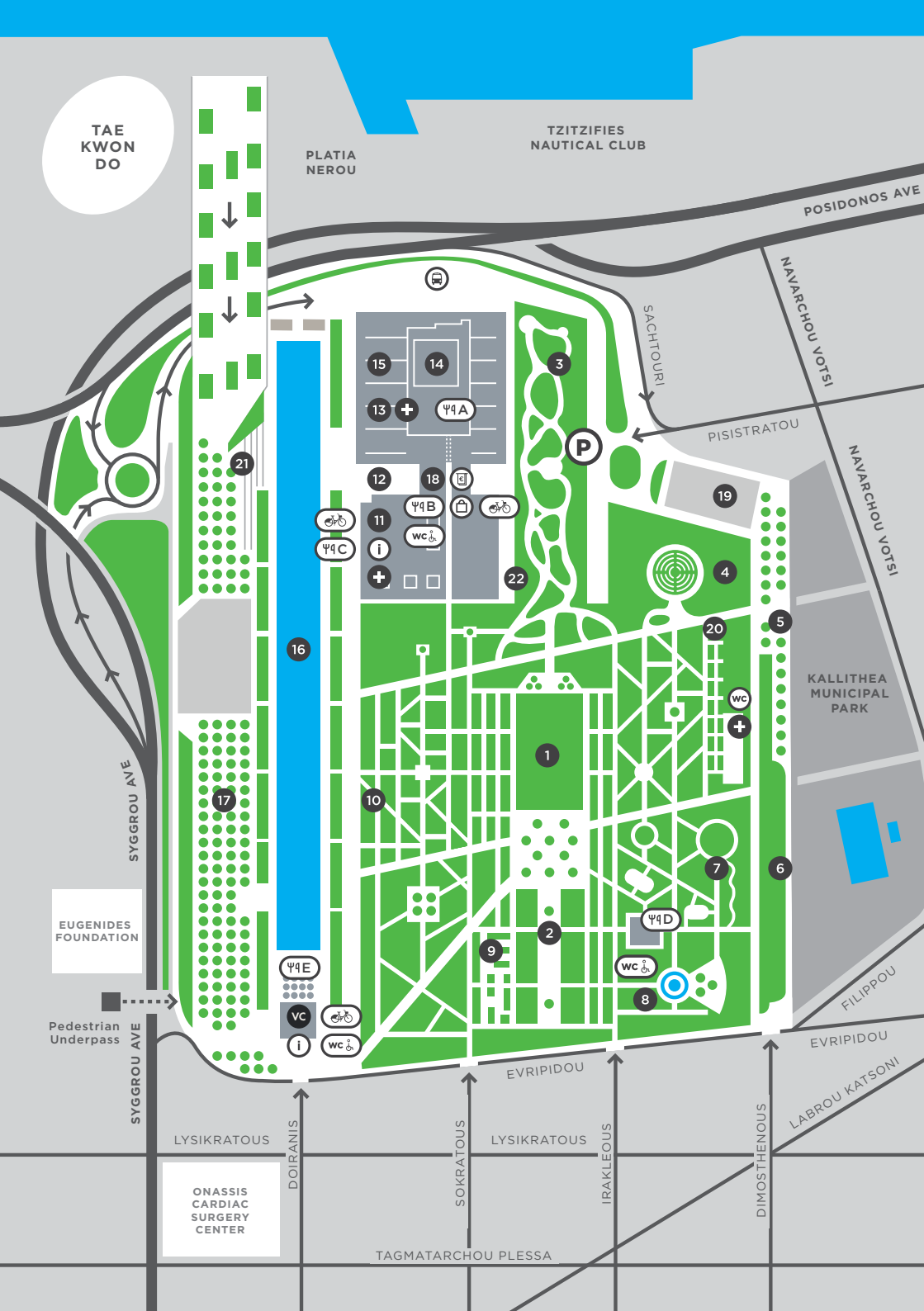
Thursday 30/11

Sports & Wellness	Yoga in the Park (p. 22)	08.00-09.30	GREAT LAWN
Technology	Computer Courses for persons aged 65+ (p. 29)	11.00-12.00 14.00-15.00	NLG PC ROOM
Sports & Wellness	Qigong 50+ (p. 21)	17.00-18.15	PINE GROVE
Arts & Crafts	Ready, Steady, Go!* children aged 1-3 with their parents (p. 38)	17.30-18.15	NLG KIDS LAB
Sports & Wellness	Mat Pilates (p. 20)	18.00-19.00	GREAT LAWN
Technology	Introduction to Programming (p. 28)	18.00-20.00	NLG PC ROOM
Sports & Wellness	Fitness for everyone (p. 20)	18.30-21.30	RUNNING TRACK

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

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Cover, Nikos Karanikolas, Mariza Kapsabeli | Social Ballroom, Pelagia Karanikola, Nikos Karanikolas | November at SNFCC, Nikos Karanikolas | Lighthouse, Mariza Kapsabeli | Keep Shelly in Athens, Niki Topouslidou | Parabases, Giorgos Alexandrakis | Running at SNFCC, Nikos Karanikolas | Sailing the Canal, Giorgos Kanellopoulos | Petanque, Katerina Liakopoulou | Tai Chi, Open Air hoop Dance, Katia Samara | Social Ballroom, Pinelopi Gerasimou | Sports Games, Giorgos Kanellopoulos | Roller Skates Kids, Discovering the world, Konstantina Markoglou | Hoop Dance Party, Katia Samara | Little Engineers, Dimitra Danti | Yiannis Behrakis, Yiannis Behrakis | Spyros Iouis Cup, SNFCC



Map

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

- | | |
|-------------------------------|---------------------|
| 1 Great Lawn | 16 Canal |
| 2 Pine Grove | 17 Esplanade |
| 3 Southern Walks | 18 SNFCC Lobby |
| 4 Labyrinth | 19 Bus Parking Lot |
| 5 Outdoor Gym | 20 Vegetable Garden |
| 6 Running Track | 21 Canal Steps |
| 7 Playground | 22 Buffer Zone |
| 8 Water Jets | vc Visitors Center |
| 9 Sound Garden | SNFCC Bike Rental |
| 10 Mediterranean Garden | SNFCC Store |
| 11 National Library of Greece | Shuttle Bus Stop |
| 12 Agora | First Aid |
| 13 Greek National Opera | ATM |
| 14 Lighthouse | Info Point |
| 15 Panoramic Steps | |

Food and beverage spots

- | | |
|--------------------------------|----------------|
| Φ4A Pharos Café | Φ4D Park Kiosk |
| Φ4B Agora Bistro | Φ4E Canal Café |
| Φ4C Coffee & Juice Van on tour | |

Access



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 SyggrouFix Metro station (Syggrou Avenue), and arrives at the SNFCC. For time and route information please visit our website.

From SYNTAGMA to SNFCC

From SNFCC to SYNTAGMA

MONDAY-THURSDAY	FRIDAY	WEEKEND	MONDAY-THURSDAY	FRIDAY	WEEKEND
07.30	07.30	09.30-21.30	12.00	12.30	11.00-00.00
10.00	10.00	every 30 min.	13.00	14.00 - 00.00	every 30 min.
11.00	11.00		14.00	every 30 min.	
15.15	14.30 - 21.30		15.00		
16.15	every 30 min.		15.45		
17.15			16.45		
18.00-20.00			17.30-22.30		
every hour			every hour		

On Sundays, from 10.00 to 13.00, the shuttle bus runs only from Syggrou Fix to the SNFCC and vice versa, due to the scheduled changing of the Presidential Guard in front of the Hellenic Parliament.

In the event of special traffic regulations the schedule of shuttle bus, might be modified accordingly.

Public Transport

Buses

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

Trolleybus

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

Tram

- **Tzitzifies Stop**

Car Parking Facilities



The official operation of the parking space of 1.000 spots at the SNFCC has started from 20/09.

More information: SNFCC.org



Useful Info

Opening hours

Winter opening hours (1 November to 31 March):

- Stavros Niarchos Park: 06.00-20.00
- Running Track, Agora, Lighthouse: 06.00-00.00
- Visitors Center: 09.00-22.00

Admission

Admission to all events is free of charge thanks to an exclusive grant from the Stavros Niarchos Foundation. Pre-registration is required for some events 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.

Pets

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

Wi-Fi & Digital Services

Free Wi-Fi (SNFCC-FREE-WIFI) is provided at SNFCC. Computers for public use are available on the premises of the National Library of Greece. Moreover, visitors enjoy online access to over 5,000 newspapers and magazines in 60 different languages in digital form on www.pressreader.com.

Photography

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

Bank ATMs

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

First-Aid

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

Food & Drink

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

Agora Bistro (Agora)
Monday-Sunday 08.00-00.00

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

Pharos Café (Lighthouse)
Monday-Sunday 09.00-00.00

*Operating hours subject to change when the Lighthouse is hosting events

Park Kiosk (Park)
Monday-Sunday 08.00-20.00

Mobile food carts are also available in outdoor areas alongside.

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

Smoking

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

Environmental Management

SNFCC earned the Platinum LEED certification as a green building – the highest distinction for environmental and sustainable buildings. LEED certification was developed by the U.S. Green Building Council as the most widely recognized international green building certification system and 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.





STAVROS
NIARCHOS
FOUNDATION
CULTURAL
CENTER
MEMBERSHIP
PROGRAM

KENTRO
ΠΟΛΙΤΙΣΜΟΥ
ΙΔΡΥΜΑ
ΣΤΑΥΡΟΣ
ΝΙΑΡΧΟΣ
ΠΡΟΓΡΑΜΜΑ
ΜΕΛΩΝ

Explore the Membership Program experience!

SNFCC Members support our activities, engage in our events, offer valuable advice and suggestions, show their support for the implementation of the Stavros Niarchos Foundation Cultural Center's mission and its sustainability. In other words, they help us shape its future.

As a token of our gratitude, more than 75 exclusive events were produced especially for Members, while a series of benefits (discounts, ticket pre-sale, member-only events, backstage experiences, and more) are available for SNFCC, the Greek National Opera and

the National Library of Greece. You can register to become an SNFCC member online at snfcc.org/members or in person during your visit at SNFCC. Gift subscriptions are also available for purchase.

If you wish to join SNFCC as a Member, you can find more information online at snfcc.org/members, in the Membership Program brochure, by calling our exclusive Members Service Line on **216 8091010**, or sending an email to members@snfcc.org.

STAVROS NIARCHOS FOUNDATION CULTURAL CENTER MEMBERSHIP PROGRAM

KENTRO ΠΟΛΙΤΙΣΜΟΥ ΙΔΡΥΜΑ ΣΤΑΥΡΟΣ ΝΙΑΡΧΟΣ ΠΡΟΓΡΑΜΜΑ ΜΕΛΩΝ

MEMBER

ΑΗΕΗ / EXP: 10/18 198690

[SNFCC.org](https://snfcc.org)

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FAMILY MEMBER

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SENIOR MEMBER

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YOUNG MEMBER

ΑΗΕΗ / EXP: 10/18 198690

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The SNFCC Membership Program is implemented with the support of the Stavros Niarchos Foundation and developed in collaboration with the National Library of Greece and the Greek National Opera.

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#SNFCC

Organization:



STAVROS
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CULTURAL
CENTER

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ΙΔΡΥΜΑ
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Εθνική Βιβλιοθήκη
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