



STAVROS
NIARCHOS
FOUNDATION
CULTURAL
CENTER

ΚΕΝΤΡΟ
ΠΟΛΙΤΙΣΜΟΥ
ΙΔΡΥΜΑ
ΣΤΑΥΡΟΣ
ΝΙΑΡΧΟΣ

10.2017

Let's celebrate autumn!



SNFCC.org



GREEL FILMMAKERS AT SNFCC:

05-07.10.2017

Nikos Nikolaidis

Screenings / Music / Talks



Marking the 10-year death anniversary of Nikos Nikolaidis, the SNFCC is organizing a 3-day tribute honoring the work of this prodigious cinematographer, producer and writer. Screenings of his films, talks around his work and music performances stemming directly or indirectly from his movies will be hosted between October 5-7.

Nikolaidis was born in Athens on October 25, 1939. His directorial debut began with the short film: *Lacrimae Rerum* (1962), and his official entrance into world of filmmaking was in 1975, with the feature film *Euridice B.A. 2037*. Aside from film directing, Nikolaidis has worked for a record company and has put his signature on more than 200 television commercials. He is the only Greek filmmaker to have been awarded five times as Best Director at the Thessaloniki Film Festival category.

The tribute to Nikos Nikolaidis will be the first of a series of events at the SNFCC showcasing the work of Greek cinematographers.

Artistic curation: Efi Papazachariou, journalist

October at SNFCC

In October, the Stavros Niarchos Foundation Cultural Center (SNFCC) goes into autumn mode, with a program full of music, screenings, sports, and creative workshops for everyone.

A series of tributes to Greek filmmakers is inaugurated this month at SNFCC, starting with the award-winning Nikos Nikolaidis and a three-day special series of events (05-07/10), with screenings, talks, and music concerts inspired by his filmography.

In October, the **Parklife** series of concerts at the Great Lawn of the Stavros Niarchos Park concludes for this year, with **Parklife Timeless**, a melodic journey with Dimitra Galani and Efstathios Drakos.

The month's music offerings continue with Cinematic Piano – a concert by French jazz virtuoso pianist Jean-Michel Bernard, who performs jazz-infused covers of well-loved movie soundtracks.

In the last ten days of October, two concerts await us at the Lighthouse: **Music Escapades** introduce us to more facets of the Greek alternative scene, presenting Sofia Sarri, and **Jazz Chronicles** continue, with the Harris Lambrakis Quartet sharing resonating experiences from the Greek and world music tradition.

The coming of the fall season also means that we wave goodbye to summer's open-air cinemas and some of us are going back to school. For this reason, our open-air screening program, **Park Your Cinema**, culminates for this year in a tribute to School Days and closes with two screenings at the Great Lawn that capture the classroom mood; **Park Your Cinema Kids** presents two of Pixar's most popular productions.

As every month, outdoor activities continue, including sailing, kayaking, and family-friendly games, while many new ones are being added. Get ready to dance salsa at the **Social Ballroom** and disco with your children at **Dream Disco Kidz**; learn the basic principles of beekeeping; go for a very special picnic in the Park – and much more! Also, the **SNFCC Running Team** is set up for all of you running enthusiasts – join us for training every Sunday!

Once again in October, admission to all SNFCC sports, educational and cultural events is free of charge thanks to the exclusive grant of the Stavros Niarchos Foundation, providing to visitors from Greece and all around the world the opportunity to be actively involved in our daily offerings.

Focus on the Canal

The Canal is one of the iconic areas of the Stavros Niarchos Foundation Cultural Center. It was designed in a way to redefine the relationship between the Center and the waterfront, not only in terms of the view but also physically incorporating the element of water.

Measuring 400 meters long, 30 meters wide, and 70 to 150 cm deep, it unfolds between and alongside the building complex and the Esplanade, establishing continuity with the sea and linking SNFCC with the Faliro coast. On the opposite side of the Canal, the terraced marble seating is perfect for hosting improvised performances, while the area nearby is ideally suited for a stroll with a view to SNFCC's glass facade.

The Canal is fed with water from the sea, which is returned to the sea, in a continuous flow, after being filtered. Inevitably, algae (a natural part of the marine ecosystem) grow. SNFCC's strict environmental specifications defined by our LEED Platinum certification prohibit treating with chlorine or other chemical agents. Instead, two robotic systems operate continuously, partially removing algae from the Canal's bottom. In addition, scheduled maintenance of the Canal, which lasts about four weeks, takes place once or twice a year, including draining the Canal, cleaning the bottom with brushes and pressurized water, and cleaning the pipelines and pumping stations.

Did you know that:

- Since June, Canal Café is open on the northern side of the Canal?
- The Canal is not only an attractive landscape feature, but hosts weekly sailing and kayaking lessons for children and adults?
- This year's SNFestival featured an impressive stage at the Canal that hosted concerts and dance performances (Bang on a Can, Melanie De Biasio, Des/équilibre/s, and more)?
- Small music ensembles often perform pop-up gigs by the Canal?
- You can bring your own simple or RC model boat (as long as it's not gasoline-powered!) and sail it on the Canal?

Parklife Timeless

Natural Timeless Music

Parklife concert series at Stavros Niarchos Park concludes for this year as winter draws nearer, and bids farewell with a melodic concert evoking stories of a life full of music, before we meet again next spring.

Dimitra Galani & Efstathios Drakos

Sunday 08/10
20.30

GREAT LAWN

1

Dimitra Galani presents a delightful program full of the songs that made her famous as a performer and composer, traversing the soundtrack of an extraordinary life and career with her magical voice, coloring every line and speaking of our greatest desires, our biggest dreams.

The concert features young composer and performer **Efstathios Drakos** of Minor Project, with whom Dimitra Galani recently collaborated on her album *To Vals Ton Hamenon Meta* (lyrics by Nikos Moraitis). Two distinct voices with common references and a shared music training join forces in performing some of their most beautiful songs and other favorites, including *Ekdromi* and *Nero*, which have already been singled out by the public and on the radio.

Serafeim Giannakopoulos: Drums
Minas Liakos: Electric guitar
Thomas Konstantinou: Lute, mandolin, lafta, guitar
Spyros Manessis: Piano
Stelios Provis: Bass

Visitors are advised to bring a mat, blanket, or other similar item for sitting on the ground, and a light jacket.

Saturday 14/10
21.00

LIGHTHOUSE

14

Jean-Michel Bernard: Cinematic Piano

French virtuoso pianist and composer Jean-Michel Bernard's concerts are unique of their kind. In the same way that in films we follow the character's journey, in this unique artist's performances we enjoy a varied musical journey spanning diverse cinematic stories imbued with his jazz sensibility.

Through his remarkable compositions for Michel Gondry's films (*The Science of Sleep*, *Be Kind Rewind*), he takes us along in a romantic world, culminating in monumental film scores by Ryuichi Sakamoto, John Williams, Jerry Goldsmith, Bernard Herrmann, and Lalo Schifrin.

Jean-Michel Bernard's Cinematic Piano concert features favorite themes from *E.T.*, *Taxi Driver*, *Chinatown*, *Basic Instinct*, *Finding Never Land*, *Schindler's List*, *Merry Christmas Mr. Laurence*, *Mission: Impossible*, and many more, in a surprising, elaborate fusion with jazz, making us enjoy cinema music in ways that we never imagined.

Kimiko Ono: Vocals

Özge Ieri Christopoulos: Cello



Music Escapades

Music Escapades, a survey of current trends in the Greek alternative scene, continue their journey at SNFCC, with one more concert:

Sofia Sarri

Saturday 21/10
21.00

LIGHTHOUSE

15

Sofia Sarri is a music performer and composer with influences across the entire music spectrum. She has performed and composed for bands from different backgrounds, including the post-rock collective Night on Earth, a pioneer act in the Athens indie scene.

Her music could best be described as avant rock, with a touch of Scandinavian black metal, urban ambient, dark-hop – an unconventional universe that combines Cretan lyre with analog synths and the demonic beat of the double bass drum pedal. Each track tells a story related to nature – strings and electronic microbeats fuse with her sometimes delicate and sometimes forceful vocals, evoking the omnipotence of nature.

For her SNFCC concert, Sofia Sarri is experimenting with traditional as well as contemporary forms while exploring the massive auditory and musical scope available to her generation and recalling the musical paths she has explored to date.

Sofia Sarri: Vocals
Kostas Stergiou: Keyboards, electronics
Michalis Vrettas: Violin
Petros Lambridis: Double bass
Dimitris Chiotis: Cretan lyra
Vangelis Paraskevaidis: Vibraphone

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.



Harris Lambrakis Quartet

Saturday 28/10
21.00

LIGHTHOUSE

14

Ten years plus one after its inception, the Harris Lambrakis Quartet arrives at the Stavros Niarchos Foundation Cultural Center for a concert at the Lighthouse. The band, consisting of Nikos Sidirokastritis, Dimitris Theocharis, Dimitris Tsekouras, and Harris Lambrakis, has performed numerous concerts and appeared in many Greek and international festivals since 2006. It has two albums under its belt (*Thea*, *Meteora*), with a third album to be released during the fall.

For their SNFCC concert, the Harris Lambrakis Quartet is sharing with the audience its unique blend of Greek and world music traditions using drums, piano, bass, and nay as its main instruments.

Nikos Sidirokastritis: Drums
Dimitris Theocharis: Piano
Dimitris Tsekouras: Bass
Harris Lambrakis: Nay
Sound engineer: Giorgos Karyotis



Park Your Cinema:

School Days

It's that time of the year again! Park Your Cinema bids adieu to summer 2017 and its screening program at the Great Lawn, with two films that have become identified with the spirit of the school opening season, taking us to a school in London's East End as well as to the celebrated Rushmore Academy, demonstrating once again how closely interrelated pop culture and teenage school children are!

Whether you're in school uniform or not, October at the Stavros Niarchos Foundation Cultural Center summons you to the classroom, calls you up to the blackboard, and expects everyone to show up! Because absences will count, and you must behave yourselves throughout the school year!

Elias Fragoulis

Friday 06/10
20.00

GREAT LAWN

1



To Sir, with Love (1967)

In the East End slums during the legendary Swinging London era of the 1960s, an idealist professor who has been awarded a teaching position at a public school must cope with his pupils' lack of interest in education as well as their prejudice against his skin color. A famous social-drama film from Great Britain became an even bigger hit in the US, thanks to Sidney Poitier's performance; Lulu's song of the same title (the singer's film debut) reached No.1 on the Billboard Hot 100, where it remained for five weeks. In 1996, Peter Bogdanovich directed a TV sequel, again starring Poitier.

Directed by: James Clavell

Friday 13/10
20.00

GREAT LAWN

1



Rushmore (1998)

An eccentric young boy, Max Fischer seems to have figured out the meaning of life: to attend Rushmore Academy, for ever if possible! A poor student but the uncontested king of extracurricular activities, Max becomes infatuated with a new teacher, who is also the object of desire of the middle-aged Herman Blume, father of the young protagonist's most unpopular classmates. Wes Anderson's sophomore feature-length film firmly established the director's unique narrative and aesthetic approach in the international film scene.

Directed by: Wes Anderson

Visitors are advised to bring a mat, blanket, or other similar item for sitting on the ground, and a light jacket.

Park Your Cinema: Kids

Shortly before reaching its conclusion for this year, Park Your Cinema Kids gives its young friends the opportunity to discover, or enjoy once again, some of the most popular computer-animated films from Pixar's best-in-class production.

Against a background of the true nature out there, a troupe of heroic bugs and a hardworking robot will accompany us, in two films loved by all ages and promoting environmental awareness as well as healthy competition of all living organisms on Earth. For a better future for all of us.

Elias Fragoulis

Saturday 07/10
20.00

GREAT LAWN

1

Saturday 14/10
20.00

GREAT LAWN

1

A Bug's Life (1998)

Flik, a misfit ant, is desperately looking for warrior bugs to help his colony to escape from the marauding grasshoppers who live off its toil and plunder its supplies. He comes across a group of talented group of circus bugs and enlists their help, but they turn out to be members of an inept circus troupe! Pixar's second computer-animated production may take its cue from Akira Kurosawa's *Seven Samurai*, teaching love for nature and calling for all the Earth's creatures to coexist in harmony.

Directed by: John Lasseter, Andrew Stanton

The film is dubbed in Greek



WALL-E (2008)

A mega-corporation that literally rules America turns the planet into a gigantic dump, also with help from the Earth's greedy inhabitants. A space ark of humanity escapes to the unknown regions of space, hoping to return when there is evidence that Mother Earth is once again fertile. Can a good robot save us? The 2009 Best Animated Feature Oscar is a great ecology lesson for all ages, not to mention the subplot of a robotic love affair that has already become a classic.

Directed by: Andrew Stanton

The film is dubbed in Greek



Visitors are advised to bring a mat, blanket, or other similar item for sitting on the ground, and a light jacket.

Activities for Adults

SPORTS & WELLNESS

Sunday 01, 08, 15,
22, 29/10
08.30-10.00

For ages 15-70

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

(up to 50 participants)

VISITORS CENTER

VC

SNFCC Running Team

The Park's running aficionados 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



Sunday 01, 08, 15,
22, 29/10
11.00-13.00

ESPLANADE

17

Pétanque

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



Activities for Adults

SPORTS & WELLNESS



Saturday 07, 14, 21,
28/10
Sunday 01, 08, 15,
22, 29/10
16.30-19.00

For children aged
12+ and adults

(up to 15 participants
per 30' and 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!

Design-Implementation: Regeneration & Progress

Saturday 07, 14, 21/10
Sunday 01, 08, 15, 22,
29/10

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)

Saturday 28/10

11.00-12.00
(17+ and adults)
12.00-13.00
(17+ and adults)
13.00-14.00 (ages 6-9)
14.00-15.00 (ages 9-12)
15.00-16.00 (ages 12-17)

(up to 15 participants
per 60' and 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



Activities for Adults

SPORTS & WELLNESS

Mat Pilates

Monday 02, 09, 16,
23, 30/10
08.00-09.00

Wednesday 04, 11,
18, 25/10
08.00-09.00
18.00-19.00
19.00-20.00

Thursday 05, 12, 19,
26/10
18.00-19.00
19.00-20.00

Friday 06, 13, 20,
27/10
08.00-9.00

GREAT LAWN

1

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

Yoga in the Park

Monday 02, 09, 16,
23, 30/10
18.00-19.30

Tuesday 03, 10, 17,
24, 31/10
08.00-9.30

Thursday 05, 12, 19,
26/10
08.00-9.30

Friday 06, 13, 20,
27/10
18.00-19.30

GREAT LAWN

1

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

Activities for Adults

SPORTS & WELLNESS

Tai Chi

Tuesday 03, 10, 17,
24, 31/10
17.00-18.15

PINE GROVE

2

Saturday 07, 14, 21,
28/10
08.30-09.45

GREAT LAWN

1

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

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-Friday
07.30-09.30
18.30-21.30

OUTDOOR GYM

5

Wednesday 04, 11,
18, 25/10
09.00-10.15

Thursday 05, 12, 19,
26/10
17.00-18.15

For ages 50+

(up to 30 participants)

LABYRINTH

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

Activities for Adults

SPORTS & WELLNESS

Roller Skates

Sunday 08/10
12.00-14.00
(up to 15 participants)

BUFFER ZONE

22

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



Run Day 5K, 2K, 1K

Sunday 29/10
09.00-13.00
Up to 600 participants
by preregistration at
SNFCC.org for the 5K

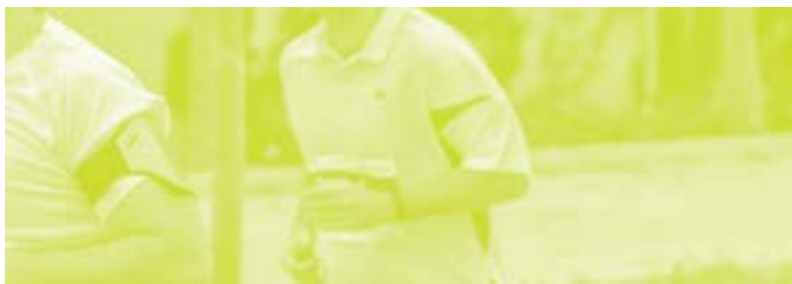
Up to 300
participations with
registration at the
Athletics Secretariat
up to 30 min. before
the start for the Dynamic
Walking and up to
300 entries for the
Children's Race

RUNNING TRACK

6

5K race in and out of the Park for people aged 15-65. Alternatively, for those who prefer, there will be a 2K dynamic walking and a 1K race for 6- to 15-year-olds.

Design-Implementation: Regeneration & Progress



Activities for Adults

DANCING

Social Ballroom: Salsa with Salsa Sinners Dance Co.

The successful Social Ballroom series continues!

Each month, beginner and advanced dancers of all ages gather at SNFCC in a dance class open to all, with music from all over the world! Classes take place under the supervision of experienced teachers, followed by a party where dancers regardless of level can show off their steps and figures.

October's theme is salsa music. The event is organized by Salsa Sinners Dance Co., which focuses on facilitating human expression through Latin music. Unique in its kind in Greece, this dance collective has traveled all over the world, earning countless titles, major distinctions, and awards; its stunning television performances have made the group a favorite.

Open Air Hoop Dance: Hula Hoop Dance Workshop

Friday 13, 20, 27/10
18.00-19.30
(up to 20 participants)

**OUTDOOR
PARKING LOT**

19

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



Activities for Adults

NATURE

Monday 02/10,
18.30-20.30

NLG
MULTIFUNCTIONAL
ROOM

Monday 09, 16
23/10,
18.30-20.30

NLG BOOK CASTLE

11

Gardening for beginners

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



Tuesday 03, 10, 17,
24, 31/10
11.00-12.30

Saturday 07, 14,
21/10
11.00-12.30

Saturday 28/10
12.30-14.00

(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

Activities for Adults

NATURE

Sunday 22,
29/10
11.00-14.00

(up to 20 participants)

PINE GROVE

2

Introduction to Beekeeping

The art of keeping bees, whether in a moving or permanent hive, is an economic activity that makes a significant contribution to ecosystem management due to its contribution to plant pollination. Bee products are unique and rich in nutrients. At these introductory meetings, we discover the main principles of apiculture.

Design-Implementation:

Panagiotis Skotidakis, Agronomist, Apiculture Trainer;
Dimitris Lazarakis, Agronomist, Sericulture & Apiculture Laboratory, AUA

Monday 30/10
18.30-19.30

NLG BOOK CASTLE

11

The language of flowers

Flowers have their own symbolic language. In mythology and folklore, from ancient Greeks, Egyptians, Chinese and Romans through to the Victorian era, each feeling can be conveyed in this magical language.

This course presents the most widespread plants in Greece and their symbolic meaning. Tips will also be provided about their requirements, use, beneficial health properties, as well as their role in Feng Shui.

Design-Implementation:

Andreas Barboutsis, Agronomist – Landscape architect

Activities for Adults

IDEAS LABS

Tuesday 03, 10, 17,
24, 31/10
18.00-20.00

For adults 50+

(up to 20 participants)

NLG
MULTIFUNCTIONAL
ROOM

11

Workshops for those who forget a little or a lot!

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

Design-Implementation: Regeneration & Progress

Tuesday 17, 31/10
18.30-20.30

NLG BOOK CASTLE

11

Youth and Work: Recognizing my needs, overcoming obstacles

The workshop is aimed primarily at students and graduates, unemployed and working people, and combines information with dialogue and experiential exercises. The goal is for participants to recognize their professional needs and identify any fears or obstacles that hinder their professional development.

Through encouragement and empowerment, professional future does not look so uncertain or elusive, and decision-making becomes a more conscious process for millennials.

Facilitator: Anna Douma, Career Counselor - HR Consultant, CV Excellence

Activities for Adults

TECHNOLOGY

Monday, Wednesday,
Friday
11.00-12.00
14.00-15.00
(for beginners)

Tuesday
11.00-12.00
14.00-15.00
18.00-19.00
(for those who have
attended the first course)

Thursday
11.00-12.00
14.00-15.00
(for those who have
attended the first course)

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

*new classes begin
regularly

NLG PC ROOM

11

Thursday 05, 12, 19,
26/10
18.00-20.00

(up to 20 participants)

NLG PC ROOM

11

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.

Safe and proper use of a personal Social Media profile

Facebook has become the number-one communication medium, helping us maintain day-to-day contact despite physical distance. Participants will learn how to create their own profiles, use social media properly, and protect their personal data. If you don't have an online profile yet, or are unsure if you use it properly, this seminar is for you!

Design-Implementation:

Eleni Hoida, Online Marketing / Foundation

Activities for Adults

TECHNOLOGY

Monday 09, 16, 23,
30/10
18.00-20.00

(up to 20 participants)

NLG PC ROOM

11

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

Activities for Adults

ARTS & CRAFTS

Trial Labs:

The monotype of imagination

This month we are exploring the possibilities of Indian ink in a creative and fun way. We use our hands and imagination to produce original, unique works, drawing inspiration from techniques used by contemporary artists.

Design-Implementation: Christina Tsinisizeli, Artist

Wednesday 04, 11,
18, 25/10
18.00-19.30 &
19.30-21.00

(up to 15 participants
per session)

NLG SEMINAR ROOM

11

We create art all together: The trees that want to sleep

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

This is the season of fall foliage, when deciduous trees lose their leaves and change colors. Workshop participants will have the opportunity to make their own 3D trees using real-life leaves, applying collage and sculptural composition techniques. We will use as our main materials the color palette of leaves, pieces of trunks, and driftwood.

Design-Implementation:

Thodoris Zafeiropoulos, Artist

Elisavet Chelidoni, Artist - Special Education Teacher

Saturday 21/10
11.30-14.30

(Up to 75 participants,
workshops in a
continuous stream)

NLG KIDS LAB

11





SNFCC Running Team

**Sunday 01, 08, 15,
22, 29/10**
08.30-10.00

For ages 15-70

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

(up to 50 participants)

VISITORS CENTER

VC

The Park's running aficionados 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



Kayaking the Canal

**Saturday 07, 14, 21,
28/10**

**Sunday 01, 08, 15,
22, 29/10**
16.30-19.00

For children aged
12+ and adults

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

CANAL

16

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



Sailing the Canal

**Saturday 07, 14,
21/10**
**Sunday 01, 08, 15,
22, 29/10**

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)

Saturday 28/10

11.00-12.00
(17+and adults)
12.00-13.00
(17+and adults)
13.00-14.00 (ages 6-9)
14.00-15.00 (ages 9-12)
15.00-16.00 (ages 12-17)

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

CANAL

16

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



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



**Saturday 07, 14,
21/10**
11.00-12.00

Saturday 28/10
12.00-13.00

LABYRINTH

4

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

Saturday 07, 21/10
12.00-14.00

For children aged 3-5
(up to 30 participants)

LABYRINTH

4

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

Saturday 07/10
17.30-19.00

For children aged 6-12
(up to 400 participants)

GREAT LAWN

1

Park Games

A range of motor and cognitive activities, including traditional games, athletics and orientation exercises is a great opportunity for children to discover Stavros Niarchos Park while having lots of fun.

Participants are advised to wear comfortable clothing and sports shoes.

Design-Implementation: Regeneration & Progress

Saturday 07/10
17.00-19.00

For children aged 5-12
(up to 15 participants)

BUFFER ZONE

22

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 07, 14,
21/10**
10.30-12.00

Saturday 28/10
11.30-13.00

For children aged 4-9
and their parents

(up to 50 participants)

GREAT LAWN

1

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

**Sunday 08, 15, 22,
29/10**
13.00-15.00

For children aged 6-12
(40 participants
maximum)

VISITORS CENTER

VC

Learning to play as a team

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

Design-Implementation: Regeneration & Progress



SNFCC KIDS SPORTS & WELLNESS

Little Cyclists

Sunday 15/10
10.00-14.00

For children aged 2-8

**OUTDOOR
PARKING LOT**

19

At a specially designed platform in the Outdoors Parking area, children will learn how to cycle under the wing of qualified cycling coaches: they will familiarize themselves with the different bicycle parts, learn how to cycle safely, get to know basic techniques and, of course, cycle! For our younger friends, aged 2-4, there will be a special learning area with balance bikes, where they'll discover the joy of balancing on two wheels.

Design-Implementation: Mbike

The treasure of fall

Saturday 28/10
10.00-13.00

For children and their parents

(Up to 40 entries per 60' slot by preregistration at the Regeneration & Progress administration in the southern part of the Great Lawn, which is the starting point.)

GREAT LAWN

1

Inspired by a story, children and adults become hunters of lost treasures. They begin by solving the puzzle, then look for clues with the help of the compass and map, and go through trials in order to find the lost treasure. The game combines athletic activities, mind games, and a lot of action!

Design-Implementation: Regeneration & Progress



Run Day 5K, 2K, 1K

Sunday 29/10
09.00-13.00

Up to 600 participants by preregistration at SNFCC.org for the 5K

Up to 300 participations with registration at the Athletics Secretariat up to 30 min. before the start for the Dynamic Walking and up to 300 entries for the Children's Race

RUNNING TRACK

6



5K race in and out of the Park for people aged 15-65. Alternatively, for those who prefer, there will be a 2K dynamic walking and a 1K race for 6- to 15-year-olds.

Design-Implementation: Regeneration & Progress



SNFCC KIDS MUSIC & DANCE

Hoop Dance Party

Saturday 21, 28/10
16.30-18.00

For children aged 6-12

(up to 20 participants)

LABYRINTH

4



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

Dream Disco Kidz: Elements of nature

Sunday 29/10
11.30-14.30

For children aged 4-9 and their parents

(for up to 60 children by registration at SNFCC.org/events)

LIGHTHOUSE

14

Dream Disco Kidz is a fun activity for the whole family. We all, big and small, hit the dance floor with the cool disco ball, moving to the disco beat while discovering channels of non-verbal communication and focusing on the elements of nature. How does a flame dance? How does a drop drip?

Children play and interact through music and dancing, group games and improvisations, while DJ prima Vera chooses music from the 1960s, 70s, 80s, and 90s, as well as contemporary beats.

Design-Implementation: Abariza





**Sunday 01, 08, 15, 22,
29/10**
10.30-12.00

For children aged 5-9
(up to 20 participants)

VEGETABLE GARDEN

20

The Park's Little Gardeners

In October, fall rains cool the plants in the Park, refreshing them and promoting new growth. The Park's Little Gardeners spring into action – they look for seasonal fruits, collect the summer's last vegetables, plant cabbage, cauliflower, carrots, onion, and lettuce, dig and care for the vegetable garden. An exciting discovery journey through play begins!

Design-Implementation:

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

**Saturday 07, 14,
21/10**
11.30-13.00

Saturday 28/10
12.30-14.00

For children aged 6-12
(up to 30 participants)

SOUTHERN WALKS

3

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 Pablo Picasso. 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

Saturday 07, 14/10
17.30-18.30

For adolescents
aged 12-15
(up to 20 participants)

PINE GROVE

2

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
Christina Meimaridi, Museum educator



**Sunday 08, 15, 22,
29/10**
12.00-15.00

For children aged
4-9 and their parents

*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!*

GREAT LAWN

1

**Thursday 05, 12, 19,
26/10**
17.30-18.15

For children aged
1-3 and their parents

*(up to 25 children
by registration at
SNFCC.org/events)*

PINE GROVE

2

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!

Design-Implementation: Playroom

Ready! Steady! Go!

Fall arrives and is a great time for our little friends and their parents to hang out in SNFCC outdoor spaces. Toddlers aged 1-3 discover the world through the arts, movement, dance, and music, and develop their skills through play!

To best enjoy the program, participants are advised to wear comfortable clothing and sports shoes.

Design-Implementation:

Irene Persidou, Art Historian – Educational Entertainer
Christina Meimaridi, Museum educator

Saturday 07, 14, 21, 28/10
17.30-20.30

For children
and their parents

(up to 30 participants
per 60' session)

NLG KIDS LAB

11

Mistakes Labs: Painting the wind using air

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 wind by tracing its movement on paper. We make trees out of fluid paint and express ourselves by visually capturing the power of the wind, drawing inspiration from Impressionist artists.

Design-Implementation: Christina Tsinisizeli, Artist

We create art all together: The trees that want to sleep Workshops for children 7+, young people and families, with or without disabilities

Saturday 21/10
11.30-14.30

(Up to 75 participants,
workshops in a
continuous stream)

NLG KIDS LAB

11

This is the season of fall foliage, when deciduous trees lose their leaves and change colors. Workshop participants will have the opportunity to make their own 3D trees using real-life leaves, applying collage and sculptural composition techniques. We will use as our main materials the color palette of leaves, pieces of trunks, and driftwood.

Design-Implementation:

Thodoris Zafeiropoulos, Artist

Elisavet Chelidoni, Artist - Special Education Teacher

Friday 06, 20/10
18.00-19.00
(ages 5-7)

19.00-20.00
(ages 7-10)

(up to 15 participants
per 60' session)

NLG KIDS LAB

11

Flying Labs

Build your own flying machine!

How do parachutes, kites, or airplanes fly? Why do helicopter blades spin? What makes boomerangs come back? Find out the answer to these and many other questions in a children's workshop on flight. At the end of the workshop, children take home their own constructions!

Design-Implementation: Τίνα Νάντσου, Φυσικός

Sunday 08, 22/10
12.00-13.00

For children aged 4-5

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

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

Reworked Opera

Kháralampós Goyos / Dimitris Dimopoulos / Alexandros Efklidis

Twilight of the Debts

Based on Richard Wagner's epic
music drama *Twilight of the Gods*

Premiere / Commissioned by the GNO Alternative Stage

Adapted and conducted by: **Kharálampos Goyós**

Libretto: **Dimitris Dimopoulos**

Concept-Director: **Alexandros Efklidis**

06, 08, 10, 12,
14/10
20.30

GNO ALTERNATIVE
STAGE

13

GNO Alternative Scene launches its first official season at SNFCC with the premiere of the opera *Twilight of the Debts*, a radical adaptation of Richard Wagner's *Twilight of the Gods*. The opera begins with the prophecy of the destruction of Valhalla, the land of the gods, which is fulfilled in the conclusion.

Kharálampos Goyós (adaptation), Dimitris Dimopoulos (libretto), and Alexandros Efklidis (concept-director) have created a reworking of Wagner's revolutionary masterpiece, in which the Acropolis takes the place of Valhalla. The Wagnerian heroes descend from Teutonic forests and the Rhine to Greece's world of rock and wave, while Wagner's leitmotifs are replaced by familiar Greek musical themes.

THE ATREIDES CYCLE / 20th CENTURY CYCLE

Richard Strauss

Elektra

First performance by GNO

Official inauguration of the Greek National Opera
at the Stavros Niarchos Foundation Cultural Center

Conducted by: **Vassilis Christopoulos**

Set design – Direction: **Yannis Kokkos**

Featuring **Agnes Baltsa** as Klytemnestra

With the GNO Orchestra, Chorus, and Soloists

15, 18, 22, 26,
31/10
20.00

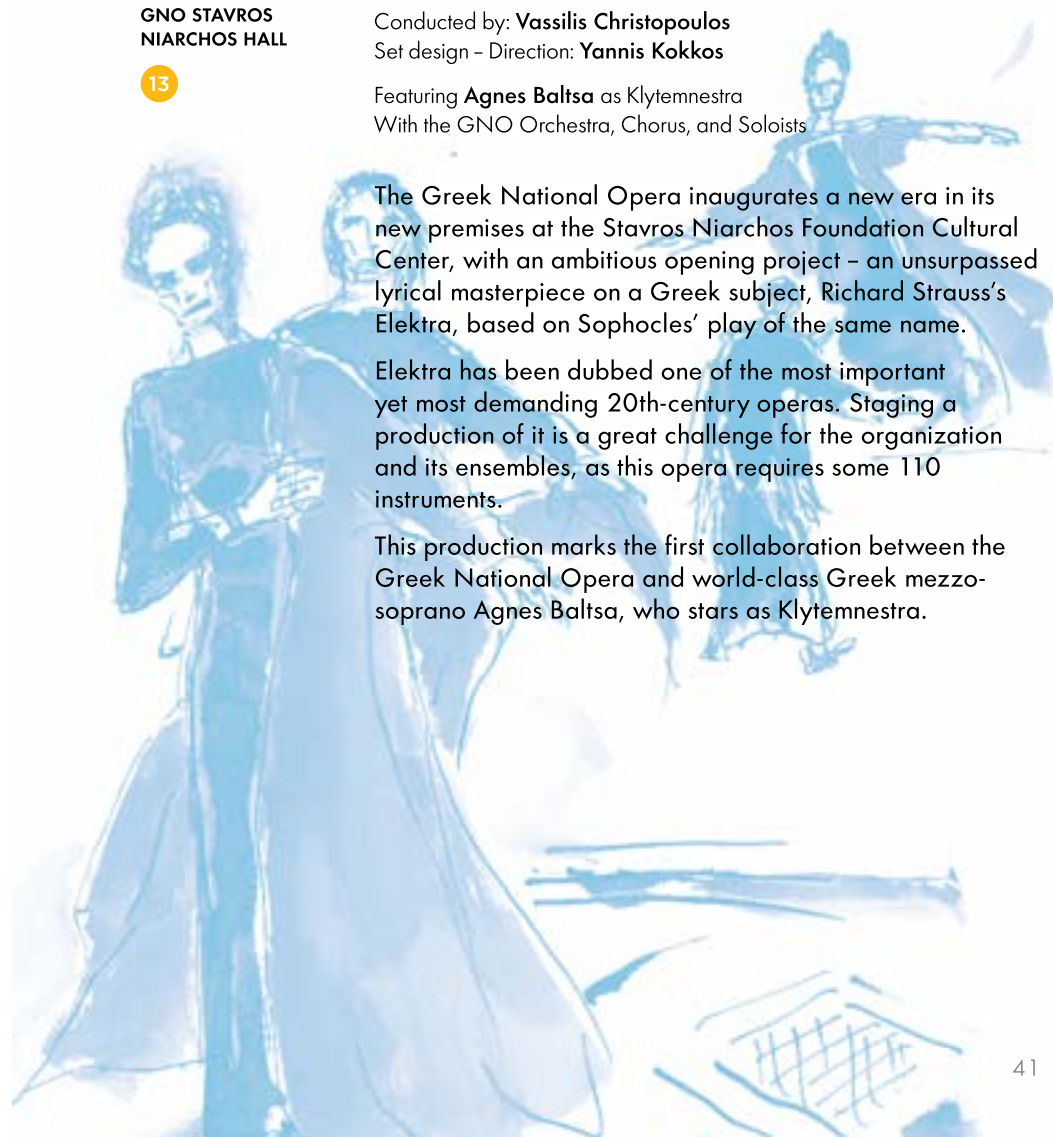
GNO STAVROS
NIARCHOS HALL

13

The Greek National Opera inaugurates a new era in its new premises at the Stavros Niarchos Foundation Cultural Center, with an ambitious opening project – an unsurpassed lyrical masterpiece on a Greek subject, Richard Strauss's *Elektra*, based on Sophocles' play of the same name.

Elektra has been dubbed one of the most important yet most demanding 20th-century operas. Staging a production of it is a great challenge for the organization and its ensembles, as this opera requires some 110 instruments.

This production marks the first collaboration between the Greek National Opera and world-class Greek mezzo-soprano Agnes Baltsa, who stars as Klytemnestra.



Thodoris Abazis

Prince Ivan and the Firebird

Morning performances
22, 25, 26, 29/10
11.00

Afternoon performance
27/10
18.30

GNO ALTERNATIVE
STAGE

13

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

Composed and directed by: **Thodoris Abazis**
Conductor: **Michalis Papapetrou**
Libretto: **Sofianna Theofanous**

Opera for children and young people is the main focus in the Alternative Stage's matinée zone. The 2017/18 season features a new commission to the important composer and director, Thodoris Abazis.

Prince Ivan and the Firebird is based on a popular Russian fairytale, the same one on which Igor Stravinsky's famous ballet score was also based. Aimed at children aged 5-12, the work is an ideal introduction to the world of the opera.

Synopsis: When Tsar Vislav discovers that his precious golden apples go missing, he instructs his three children, Dmitriy, Vasiliy, and Ivan, to catch the culprit and hand him over to the king. In return, he offers his crown and kingdom. The youngest, Ivan, spoiled and arrogant, deceives his brothers and takes off by himself on an exciting and adventurous journey to the Black Forest and the wizard King Koschei. With the help of Volk the Wolf, he seeks out the golden Firebird so he can hand it over to his father to prove he is the one who deserves to be the next tsar. Through his adventures, he will learn the value of sincerity and bravery, the path that leads to making a true king.

ITALIAN OPERA CYCLE

Giuseppe Verdi

Rigoletto

25, 27, 29/10
20.00

GNO STAVROS
NIARCHOS HALL

13

Conductor: **Ilias Voudouris**
Direction - Set & Costume design: **Nikos Petropoulos**
With the GNO Orchestra, Chorus, and Soloists

Perhaps the darkest of Giuseppe Verdi's masterpieces, Rigoletto brings to the Stavros Niarchos Hall the acclaimed Greek baritone Dimitri Platanias, the renowned Greek coloratura soprano Christina Poulitsi, as well as the tenor Yannis Christopoulos.

In Nikos Petropoulos's "noir" version, Rigoletto is set in Mussolini's Italy, just before the outbreak of World War II. The story is about Gilda, the daughter of the hunchbacked court jester Rigoletto, and her love for the rakish Duke of Mantua, who has disguised himself as a poor student to woo her. To avenge his daughter's honor, Rigoletto plots the Duke's murder. Discovering her father's plans, Gilda sacrifices herself by taking the place of her loved one.

2nd meeting:
02/10
17.45

AT THE GNO BOX OFFICE

The meeting welcomes adults – members of foreign communities, migrants, refugees, foreign or Greek nationals.

No prior music knowledge or experience 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 and Social Activities Team

Established in January 2017 under GNO's Educational and 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 the 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 second round of rehearsal sessions of the Cross-cultural Choir for the 2017/18 season aims at increasing extroversion and communication through open workshops inside and outside the GNO in order to expand the choir's scope of action.

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

EXPERIENTIAL WORKSHOPS FOR THE ARTS AND SUSTAINABLE DEVELOPMENT

Fall 2017 – Spring 2018

Opera Buffs in the Park

The new concert season of the Greek National Opera at SNFCC begins, and we will discover our own connections between the opera and the natural environment through three cycles of environmental educational activities inspired by listening, observation, free play, fairy tales, and the visual arts.

Saturday 21/10
Sunday 22/10
11.00-13.00

For children 6–12

(up to 20 participants)

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

For more information or to register, please call 2130885742.

With Firebird in the Park's paths

Design–Implementation:

Dora Basdeki, environmentalist – experiential environmental educational program animator
Eleni Michailou, music and dance educator

Coordination:

GNO Educational and Social Events

Exhibitions

Yannis Behrakis

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



Food & Beverages Spots

Pharos Café

Set at SNFCC's highest vantage point, on the days when the Lighthouse rests between exhibitions and events Pharos Café undertakes to offer SNFCC's visitors unique choices of beverages, drinks and cold dishes, to be enjoyed along with the splendid view.

Opening hours: Monday-Thursday 09.00-00.00
& Friday-Sunday 09.00-01.00

Agora Bistro

Agora Bistro is the all-day focal point of SNFCC's Agora, where visitors can enjoy everything from breakfast to dinner through a variety of Mediterranean flavors for all tastes.

Opening hours: 08.00-01.00 daily

Coffee & Juice Vans on tour

Strollers along the Channel can find tricycles for coffee and refreshing juices to take away at the start of the SNFCC Agora.

Opening hours: Coffee Van 09.00-19.00 daily
& Juice Van 09.00-21.00 daily

Park Kiosk

Park Kiosk offers refreshing juices, coffee, and a variety of tasty snacks to visitors enjoying the green at the Stavros Niarchos Park, or family moments by SNFCC's Children's Playgrounds.

Opening hours: 08.00-00.00 daily

Canal Café

The new proposition by the creative team behind Skoufa Street's IT and the chef Andreas Lagos invites visitors to enjoy healthy gastronomy from morning to evening in a stylish minimalist venue overlooking the Canal.

Opening hours: 09.00-01.00 daily



Permanent Events

Exhibitions	Spyros Louis Cup (p. 47)	06.00-00.00	SNFCC LOBBY
Tours	Guided Tours at Park & SNFCC (p. 48)	06.00-00.00	VISITORS CENTER & NLG LOBBY

Sunday 01/10

Sports & Wellness	SNFCC Running Team ages 15-70 (p. 18, 30)	08.30-10.00	VISITORS CENTER
Sports & Wellness	Sailing the Canal* (p. 19, 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. 36)	10.30-12.00	VEGETABLE GARDEN
Sports & Wellness	Petanque (p. 18)	11.00-13.00	ESPLANADE
Arts & Crafts	Picnic with Paul Klee and friends children and parents (p. 37)	12.00-15.00	GREAT LAWN
Sports & Wellness	Kayaking the Canal* children 12+ and adults (p. 19, 31)	16.30-19.00	CANAL
Dancing	Social Ballroom: Salsa (p. 23)	19.30 (lesson) 20.30 (party)	AGORA

Monday 02/10

Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-21.30	OUTDOOR GYM
Sports & Wellness	Mat Pilates (p. 20)	08.00-09.00	GREAT LAWN
Technology	Computer Courses for persons 65+ for beginners (p. 27)	11.00-12.00 14.00-15.00	NLG PC ROOM
Sports & Wellness	Sports Games aged 5-15 (p. 31)	17.30-19.00	GREAT LAWN
Sports & Wellness	Yoga in the Park (p. 20)	18.00-19.30	GREAT LAWN
Nature	Gardening for beginners (p. 24)	18.30-20.30	NLG MULTI-FUNCTIONAL ROOM

Permanent Events

Exhibitions	Yannis Bechrakis (p. 46)	06.00-00.00	NLG 2nd Floor
Educational Programs	School Visits (p. 49)	Monday-Friday 09.00-10.30 & 11.00-12.30	

Tuesday 03/10

Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-21.30	OUTDOOR GYM
Sports & Wellness	Yoga in the Park (p. 20)	08.00-09.30	GREAT LAWN
Nature	The Green Fingers (p. 24)	11.00-12.30	VEGETABLE GARDEN
Technology	Computer Courses for persons 65+ for participants of the first course (p. 27)	11.00-12.00 14.00-15.00 18.00-19.00	NLG PC ROOM
Sports & Wellness	Tai-Chi (p. 21)	17.00-18.15	PINE GROVE
Ideas Labs	Workshops for those who forget a little or a lot! 50+ (p. 26)	18.00-20.00	NLG MULTI-FUNCTIONAL ROOM

Wednesday 04/10

Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-21.30	OUTDOOR GYM
Sports & Wellness	Mat Pilates (p. 20)	08.00-09.00 18.00-19.00 19.00-20.00	GREAT LAWN
Sports & Wellness	Qigong aged 50+ (p. 21)	09.00-10.15	LABYRINTH
Technology	Computer Courses for persons 65+ for beginners (p. 27)	11.00-12.00 14.00-15.00	NLG PC ROOM
Sports & Wellness	Sports Games aged 5-15 (p. 31)	17.30-19.00	GREAT LAWN
Arts & Crafts	Trial Labs (p. 29)	18.00-19.30 19.30-21.00	NLG SEMINAR ROOM

Calendar October

*Preregistration at
www.SNFCC.org/events

 Greek Filmmakers
at SNFCC

 Music & Cinema

 Activities for adults

 SNFCC Kids

Thursday 05/10

Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-21.30	OUTDOOR GYM
Sports & Wellness	Yoga in the Park (p. 20)	08.00-09.30	GREAT LAWN
Technology	Computer Courses for persons 65+ for participants of the first course (p. 27)	11.00-12.00 14.00-15.00	NLG PC ROOM
Sports & Wellness	Qigong aged 50+ (p. 21)	17.00-18.15	LABYRINTH
Arts & Crafts	Ready! Steady! Go! * children aged 1-3 with their parents (p. 37)	17.30-18.15	PINE GROVE
Greek Filmmakers at SNFCC	Nikos Nikolaidis Tribute (p. 01)	17.30-00.00	LIGHTHOUSE, PANORAMIC STEPS, NLG BOOK CASTLE & NLG MULTIFUNCTIONAL ROOM
Sports & Wellness	Mat Pilates (p. 20)	18.00-19.00 19.00-20.00	GREAT LAWN
Technology	Safe and proper use of a personal Social Media profile (p. 27)	18.00-20.00	NLG PC ROOM

Friday 06/10

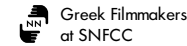
Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-21.30	OUTDOOR GYM
Sports & Wellness	Mat Pilates (p. 20)	08.00-09.00	GREAT LAWN
Technology	Computer Courses for persons 65+ for beginners (p. 27)	11.00-12.00 14.00-15.00	NLG PC ROOM
Sports & Wellness	Sports Games aged 5-15 (p. 31)	17.30-19.00	GREAT LAWN
Greek Filmmakers at SNFCC	Nikos Nikolaidis Tribute (p. 01)	17.30-00.00	LIGHTHOUSE, PANORAMIC STEPS, NLG BOOK CASTLE & NLG MULTIFUNCTIONAL ROOM
Science	Flying Labs (p. 39)	18.00-19.00 (aged 5-7) & 19.00-20.00 (aged 5-7)	NLG KIDS LAB
Sports & Wellness	Yoga in the Park (p. 20)	18.00-19.30	GREAT LAWN

Saturday 07/10

Sports & Wellness	Tai Chi (p. 21)	08.30-09.45	GREAT LAWN
Sports & Wellness	Sailing the Canal* (p. 19, 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. 33)	10.30-12.00	GREAT LAWN
Sports & Wellness	Yoga Kids (p. 32)	11.00-12.00	LABYRINTH
Nature	The Green Fingers (p. 24)	11.00-12.30	VEGETABLE GARDEN
Nature	Art Land aged 6-12 (p. 36)	11.30-13.00	SOUTHERN WALKS
Sports & Wellness	Discovering the world aged 3-5 (p. 32)	12.00-14.00	LABYRINTH
Sports & Wellness	Kayaking the Canal* children 12+ and adults (p. 19, 30)	16.30-19.00	CANAL
Sports & Wellness	Roller Skates Kids aged 5-12 (p. 33)	17.00-19.00	BUFFER ZONE
Nature	Escape Park aged 12-15 (p. 36)	17.30-18.30	PINE GROVE
Sports & Wellness	Park Games children aged 6-12 with their parents (p. 32)	17.30-19.00	GREAT LAWN
Arts & Crafts	Mistakes Labs children and parents (p. 38)	17.30-20.30	NLG KIDS LAB
Greek Filmmakers at SNFCC	Nikos Nikolaidis Tribute (p. 01)	17.30-00.00	LIGHTHOUSE, PANORAMIC STEPS, NLG BOOK CASTLE & NLG MULTIFUNCTIONAL ROOM
Park Your Cinema Kids	A bug's life (p. 17)	20.00	GREAT LAWN

Calendar October

*Preregistration at
www.SNFCC.org/events



● Music & Cinema

● Activities for adults

● SNFCC Kids

Sunday 08/10

Sports & Wellness	SNFCC Running Team ages 15-70 (p. 18, 30)	08.30-10.00	VISITORS CENTER
Sports & Wellness	Sailing the Canal* (p. 19, 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. 36)	10.30-12.00	VEGETABLE GARDEN
Sports & Wellness	Pétanque (p. 18)	11.00-13.00	ESPLANADE
Science	Little Engineers* aged 4-5 (p. 39)	12.00-13.00	NLG KIDS LAB
Sports & Wellness	Roller Skates (p. 22)	12.00-14.00	BUFFER ZONE
Arts & Crafts	A picnic with Paul Klee and friends children 4+ with their parents (p. 37)	12.00-15.00	GREAT LAWN
Sports & Wellness	Learning to play as a team aged 6-12 (p. 33)	13.00-15.00	GREAT LAWN
Sports & Wellness	Kayaking the Canal* children 12+ and adults (p. 19, 30)	16.30-19.00	CANAL
Parklife	Parklife Timeless: Dimitra Galani & Efsthios Drakos (p. 6, 7)	20.30	GREAT LAWN

Monday 09/10

Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-21.30	OUTDOOR GYM
Sports & Wellness	Mat Pilates (p. 20)	08.00-09.00	GREAT LAWN
Technology	Computer Courses for persons 65+ for beginners (p. 27)	11.00-12.00 14.00-15.00	NLG PC ROOM
Sports & Wellness	Sports Games aged 5-15 (p. 31)	17.30-19.00	GREAT LAWN
Sports & Wellness	Yoga in the Park (p. 20)	18.00-19.30	GREAT LAWN
Technology	Introduction to Digital Marketing (p. 28)	18.00-20.00	NLG PC ROOM
Nature	Gardening for beginners (p. 24)	18.30-20.30	NLG BOOK CASTLE

Tuesday 10/10

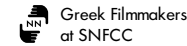
Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-21.30	OUTDOOR GYM
Sports & Wellness	Yoga in the Park (p. 20)	08.00-09.30	GREAT LAWN
Nature	The Green Fingers (p. 24)	11.00-12.30	VEGETABLE GARDEN
Technology	Computer Courses for persons 65+ for participants of the first course (p. 27)	11.00-12.00 14.00-15.00 18.00-19.00	NLG PC ROOM
Sports & Wellness	Tai Chi (p. 21)	17.00-18.15	PINE GROVE
Ideas Labs	Workshops for those who forget a little or a lot! 50+ (p. 26)	18.00-20.00	NLG MULTI-FUNCTIONAL ROOM

Wednesday 11/10

Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-21.30	OUTDOOR GYM
Sports & Wellness	Mat Pilates (p. 20)	08.00-09.00 18.00-19.00 19.00-20.00	GREAT LAWN
Sports & Wellness	Qigong aged 50+ (p. 21)	09.00-10.15	LABYRINTH
Technology	Computer Courses for persons 65+ for beginners (p. 27)	11.00-12.00 14.00-15.00	NLG PC ROOM
Sports & Wellness	Sports Games aged 5-15 (p. 31)	17.30-19.00	GREAT LAWN
Arts & Crafts	Trial Labs (p. 29)	18.00-19.30 19.30-21.00	NLG SEMINAR ROOM

Calendar October

*Preregistration at
www.SNFCC.org/events



● Music & Cinema

● Activities for adults

● SNFCC Kids

Thursday 12/10

Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-21.30	OUTDOOR GYM
Sports & Wellness	Yoga in the Park (p. 20)	08.00-09.30	GREAT LAWN
Technology	Computer Courses for persons 65+ for participants of the first course (p. 27)	11.00-12.00 14.00-15.00	NLG PC ROOM
Sports & Wellness	Qigong aged 50+ (p. 21)	17.00-18.15	LABYRINTH
Arts & Crafts	Ready! Steady! Go!* children aged 1-3 with their parents (p. 37)	17.30-18.15	PINE GROVE
Sports & Wellness	Mat Pilates (p. 20)	18.00-19.00 19.00-20.00	GREAT LAWN
Technology	Safe and proper use of a personal Social Media profile (p. 27)	18.00-20.00	NLG PC ROOM

Friday 13/10

Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-21.30	OUTDOOR GYM
Sports & Wellness	Mat Pilates (p. 20)	08.00-09.00	GREAT LAWN
Technology	Computer Courses for persons 65+ for beginners (p. 27)	11.00-12.00 14.00-15.00	NLG PC ROOM
Sports & Wellness	Sports Games aged 5-15 (p. 31)	17.30-19.00	GREAT LAWN
Dancing	Open Air Hoop Dance (p. 23)	18.00-19.30	OUTDOOR PARKING LOT
Sports & Wellness	Yoga in the Park (p. 20)	18.00-19.30	GREAT LAWN
Park Your Cinema	Rushmore (p. 15)	20.00	GREAT LAWN

Saturday 14/10

Sports & Wellness	Tai Chi (p. 21)	08.30-09.45	GREAT LAWN
Sports & Wellness	Sailing the Canal* (p. 19, 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. 33)	10.30-12.00	GREAT LAWN
Nature	The Green Fingers (p. 24)	11.00-12.30	VEGETABLE GARDEN
Sports & Wellness	Yoga Kids (p. 20)	11.00-12.00	LABYRINTH
Nature	Art Land aged 6-12 (p. 36)	11.30-13.00	SOUTHERN WALKS
Sports & Wellness	Kayaking the Canal* children 12+ and adults (p. 19, 30)	16.30-19.00	CANAL
Nature	Escape Park aged 12-15 (p. 36)	17.30-18.30	PINE GROVE
Arts & Crafts	Mistakes Labs children and parents (p. 38)	17.30-20.30	NLG KIDS LAB
Park Your Cinema Kids	WALL-E (p. 17)	20.00	GREAT LAWN
Cinematic Piano	Jean-Michel Bernard (p. 8, 9)	21.00	LIGHTHOUSE

Sunday 15/10

Sports & Wellness	SNFCC Running Team (p. 18, 30)	08.30-10.00	VISITORS CENTER
Sports & Wellness	Sailing the Canal* (p. 19, 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	Little Cyclists aged 2-8 (p. 34)	10.00-14.00	OUTDOOR PARKING LOT
Nature	The Park's Little Gardeners aged 5-9 (p. 36)	10.30-12.00	VEGETABLE GARDEN
Sports & Wellness	Petanque (p. 18)	11.00-13.00	ESPLANADE
Arts & Crafts	A picnic with Paul Klee and friends children aged 4+ with their parents (p. 37)	12.00-15.00	GREAT LAWN
Sports & Wellness	Learning to play as a team aged 6-12 (p. 33)	13.00-15.00	VISITORS CENTER
Sports & Wellness	Kayaking the Canal* children 12+ and adults (p. 19, 30)	16.30-19.00	CANAL

Calendar October

*Preregistration at
www.SNFCC.org/events

 Greek Filmmakers
at SNFCC

 Music & Cinema

 Activities for adults

 SNFCC Kids

Monday 16/10

Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-19.30	OUTDOOR GYM
Sports & Wellness	Mat Pilates (p. 20)	08.00-09.00	GREAT LAWN
Technology	Computer Courses for persons 65+ for beginners (p. 27)	11.00-12.00 14.00-15.00	NLG PC ROOM
Sports & Wellness	Sports Games aged 5-15 (p. 31)	17.30-19.00	GREAT LAWN
Sports & Wellness	Yoga in the Park (p. 20)	18.00-19.30	GREAT LAWN
Technology	Introduction to Digital Marketing (p. 28)	18.00-20.00	NLG PC ROOM
Nature	Gardening for beginners (p. 24)	18.30-20.30	NLG BOOK CASTLE

Tuesday 17/10

Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-19.30	OUTDOOR GYM
Sports & Wellness	Yoga in the Park (p. 20)	08.00-09.30	GREAT LAWN
Nature	The Green Fingers (p. 24)	11.00-12.30	VEGETABLE GARDEN
Technology	Computer Courses for persons 65+ for participants of the first course (p. 27)	11.00-12.00 14.00-15.00 18.00-19.00	NLG PC ROOM
Sports & Wellness	Tai Chi (p. 21)	17.00-18.15	PINE GROVE
Ideas Labs	Workshops for those who forget a little or a lot! 50+ (p. 26)	18.00-20.00	NLG MULTI-FUNCTIONAL ROOM
Ideas Labs	Youth and Work aged 22-35 (p. 26)	18.30-20.30	NLG BOOK CASTLE

Wednesday 18/10

Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-19.30	OUTDOOR GYM
Sports & Wellness	Mat Pilates (p. 20)	08.00-09.00 18.00-19.00 19.00-20.00	GREAT LAWN
Sports & Wellness	Qigong aged 50+ (p. 21)	09.00-10.15	LABYRINTH

Technology	Computer Courses for persons 65+ for beginners (p. 27)	11.00-12.00 14.00-15.00	NLG PC ROOM
Sports & Wellness	Sports Games aged 5-15 (p. 31)	17.30-19.00	GREAT LAWN
Arts & Crafts	Trial Labs (p. 29)	18.00-19.30 19.30-21.00	NLG SEMINAR ROOM

Thursday 19/10

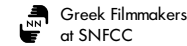
Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-19.30	OUTDOOR GYM
Sports & Wellness	Yoga in the Park (p. 20)	08.00-09.30	GREAT LAWN
Technology	Computer Courses for persons 65+ for participants of the first course (p. 27)	11.00-12.00 14.00-15.00	NLG PC ROOM
Sports & Wellness	Qigong aged 50+ (p. 21)	17.00-18.15	LABYRINTH
Arts & Crafts	Ready! Steady! Go!* children aged 1-3 with their parents (p. 37)	17.30-18.15	PINE GROVE
Sports & Wellness	Mat Pilates (p. 20)	18.00-19.00 19.00-20.00	GREAT LAWN
Technology	Safe and proper use of a personal Social Media profile (p. 27)	18.00-20.00	NLG PC ROOM

Friday 20/10

Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-19.30	OUTDOOR GYM
Sports & Wellness	Mat Pilates (p. 20)	08.00-09.00	GREAT LAWN
Technology	Computer Courses for persons 65+ for beginners (p. 27)	11.00-12.00 14.00-15.00	NLG PC ROOM
Sports & Wellness	Sports Games aged 5-15 (p. 31)	17.30-19.00	GREAT LAWN
Dancing	Open Air Hoop Dance (p. 23)	18.00-19.30	OUTDOOR PARKING LOT
Sports & Wellness	Yoga in the Park (p. 20)	18.00-19.30	GREAT LAWN
Science	Flying Labs (p. 39)	18.00-19.00 (aged 5-7) & 19.00-20.00 (aged 7-10)	NLG KIDS LAB

Calendar October

*Preregistration at
www.SNFCC.org/events



● Music & Cinema

● Activities for adults

● SNFCC Kids

Saturday 21/10

Sports & Wellness	Tai Chi (p. 21)	08.30-09.45	GREAT LAWN
Sports & Wellness	Sailing the Canal* (p. 19, 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. 33)	10.30-12.00	GREAT LAWN
Sports & Wellness	Yoga Kids (p. 32)	11.00-12.00	GREAT LAWN
Nature	The Green Fingers (p. 24)	11.00-12.30	VEGETABLE GARDEN
Nature	Art Land aged 6-12 (p. 36)	11.30-13.00	SOUTHERN WALKS
Arts & Crafts	We create art all together aged 7+ (p. 29, 38)	11.30-14.30	NLG KIDS LAB
Sports & Wellness	Discovering the world aged 3-5 (p. 32)	12.00-14.00	LABYRINTH
Music & Dancing	Hoop Dance Party aged 6-12 (p. 35)	16.30-18.00	LABYRINTH
Sports & Wellness	Kayaking the Canal* children 12+ and adults (p. 19, 30)	16.30-19.00	CANAL
Arts & Crafts	Mistakes Labs children and parents (p. 38)	17.30-20.30	NLG KIDS LAB
Music Escapades	Sofia Sarri (p. 10, 11)	21.00	LIGHTHOUSE

Sunday 22/10

Sports & Wellness	SNFCC Running Team 15-70 ετών (p. 18, 30)	08.30-10.00	VISITORS CENTER
Sports & Wellness	Sailing the Canal* (p. 19, 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. 36)	10.30-12.00	VEGETABLE GARDEN
Sports & Wellness	Petanque (p. 18)	11.00-13.00	ESPLANADE
Nature	Beekeeping (p. 25)	11.00-14.00	PINE GROVE
Science	Little Engineers* (p. 39)	12.00-13.00	NLG KIDS LAB

Arts & Crafts	A picnic with Paul Klee and friends children aged 4+ and parents (p. 37)	12.00-15.00	GREAT LAWN
Sports & Wellness	Learning to play as a team aged 6-12 (p. 33)	13.00-15.00	GREAT LAWN
Sports & Wellness	Kayaking the Canal* children 12+ and adults (p. 19, 30)	16.30-19.00	CANAL

Monday 23/10

Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-21.30	OUTDOOR GYM
Sports & Wellness	Mat Pilates (p. 20)	08.00-09.00	GREAT LAWN
Technology	Computer Courses for persons 65+ for beginners (p. 27)	11.00-12.00 14.00-15.00	NLG PC ROOM
Sports & Wellness	Sports Games aged 5-15 (p. 31)	17.30-19.00	GREAT LAWN
Sports & Wellness	Yoga in the Park (p. 20)	18.00-19.30	GREAT LAWN
Technology	Introduction to Digital Marketing (p. 28)	18.00-20.00	NLG PC ROOM
Nature	Gardening for beginners (p. 24)	18.30-20.30	NLG BOOK CASTLE

Tuesday 24/10

Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-19.30	OUTDOOR GYM
Sports & Wellness	Yoga in the Park (p. 20)	08.00-09.30	GREAT LAWN
Nature	The Green Fingers (p. 24)	11.00-12.30	VEGETABLE GARDEN
Technology	Computer Courses for persons 65+ for participants of the first course (p. 27)	11.00-12.00 14.00-15.00 18.00-19.00	NLG PC ROOM
Sports & Wellness	Tai Chi (p. 21)	17.00-18.15	PINE GROVE
Ideas Labs	Workshops for those who forget a little or a lot! 50+ (p. 26)	18.00-20.00	NLG MULTI-FUNCTIONAL ROOM

Wednesday 25/10

Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-19.30	OUTDOOR GYM
Sports & Wellness	Mat Pilates (p. 20)	08.00-09.00 18.00-19.00 19.00-20.00	GREAT LAWN
Sports & Wellness	Qigong aged 50+ (p. 21)	09.00-10.15	LABYRINTH
Technology	Computer Courses for persons 65+ for beginners (p. 27)	11.00-12.00 14.00-15.00	NLG PC ROOM
Sports & Wellness	Sports Games aged 5-15 (p. 31)	17.30-19.00	GREAT LAWN
Arts & Crafts	Trial Labs (p. 29)	18.00-19.30 19.30-21.00	NLG SEMINAR ROOM

Thursday 26/10

Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-19.30	OUTDOOR GYM
Sports & Wellness	Yoga in the Park (p. 20)	08.00-09.30	GREAT LAWN
Technology	Computer Courses for persons 65+ for participants of the first course (p. 27)	11.00-12.00 14.00-15.00	NLG PC ROOM
Sports & Wellness	Qigong aged 50+ (p. 21)	17.00-18.15	LABYRINTH
Arts & Crafts	Ready! Steady! Go!* children aged 1-3 with their parents (p. 37)	17.30-18.15	PINE GROVE
Sports & Wellness	Mat Pilates (p. 20)	18.00-19.00 19.00-20.00	GREAT LAWN
Technology	Safe and proper use of a personal Social Media profile (p. 27)	18.00-20.00	NLG PC ROOM

Friday 27/10

Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-19.30	OUTDOOR GYM
Sports & Wellness	Mat Pilates (p. 20)	08.00-09.00	GREAT LAWN
Technology	Computer Courses for persons 65+ for beginners (p. 27)	11.00-12.00 14.00-15.00	NLG PC ROOM

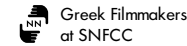
Sports & Wellness	Sports Games aged 5-15 (p. 31)	17.30-19.00	GREAT LAWN
Dancing	Open Air Hoop Dance (p. 23)	18.00-19.30	OUTDOOR PARKING LOT
Sports & Wellness	Yoga in the Park (p. 20)	18.00-19.30	GREAT LAWN

Saturday 28/10

Sports & Wellness	Tai Chi (p. 21)	08.30-09.45	GREAT LAWN
Sports & Wellness	The treasure of fall children and families (p. 34)	10.00-13.00	GREAT LAWN
Sports & Wellness	Sailing the Canal* (p. 19, 31)	11.00-12.00 & 12.00-13.00 (17+ and adults) 13.00-14.00 (aged 6-9) 14.00-15.00 (aged 9-12) 15.00-16.00 (aged 12-17)	CANAL
Sports & Wellness	Family Games children aged 4-9 with their parents (p. 33)	11.30-13.00	GREAT LAWN
Sports & Wellness	Yoga Kids (p. 20)	12.00-13.00	LABYRINTH
Nature	The Green Fingers (p. 24)	12.30-14.00	VEGETABLE GARDEN
Nature	Art Land aged 6-12 (p. 36)	12.30-14.00	SOUTHERN WALKS
Music & Dancing	Hoop Dance Party aged 6-12 (p. 35)	16.30-18.00	LABYRINTH
Sports & Wellness	Kayaking the Canal* children 12+ and adults (p. 19, 30)	16.30-19.00	CANAL
Arts & Crafts	Mistakes Labs children and parents (p. 38)	17.30-20.30	NLG KIDS LAB
Jazz Chronicles	Harris Lambrakis Quartet (p. 12, 13)	21.00	LIGHTHOUSE

Calendar October

*Preregistration at
www.SNFCC.org/events



● Music & Cinema

● Activities for adults

● SNFCC Kids

Sunday 29/10

Sports & Wellness	SNFCC Running Team (p. 18, 30)	08.30-10.00	VISITORS CENTER
Sports & Wellness	Run day 5, 2, 1K* (p. 22, 34)	09.00-13.00	RUNNING TRACK
Sports & Wellness	Sailing the Canal* (p. 19, 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. 36)	10.30-12.00	VEGETABLE GARDEN
Sports & Wellness	Pétanque (p. 18)	11.00-13.00	ESPLANADE
Nature	Beekeeping (p. 25)	11.00-14.00	PINE GROVE
Music & Dancing	Dream Disco Kidz* children aged 4-9 and parents (p. 35)	11.30-14.30	LIGHTHOUSE
Arts & Crafts	A picnic with Paul Klee and friends children aged 4+ with their parents (p. 37)	12.00-15.00	GREAT LAWN
Sports & Wellness	Learning to play as a team aged 6-12 (p. 33)	13.00-15.00	VISITORS CENTER
Sports & Wellness	Kayaking the Canal* παιδιά 12+ και ενήλικες (p. 19, 30)	16.30-19.00	CANAL

Monday 30/10

Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-21.30	OUTDOOR GYM
Sports & Wellness	Mat Pilates (p. 20)	08.00-09.00	GREAT LAWN
Technology	Computer Courses for persons 65+ for beginners (p. 27)	11.00-12.00 14.00-15.00	NLG PC ROOM
Sports & Wellness	Sports Games aged 5-15 (p. 31)	17.30-19.00	GREAT LAWN
Sports & Wellness	Yoga in the Park (p. 20)	18.00-19.30	GREAT LAWN
Technology	Introduction to Digital Marketing (p. 28)	18.00-20.00	NLG PC ROOM
Nature	The language of flowers (p. 25)	18.30-19.30	NLG BOOK CASTLE

Tuesday 31/10

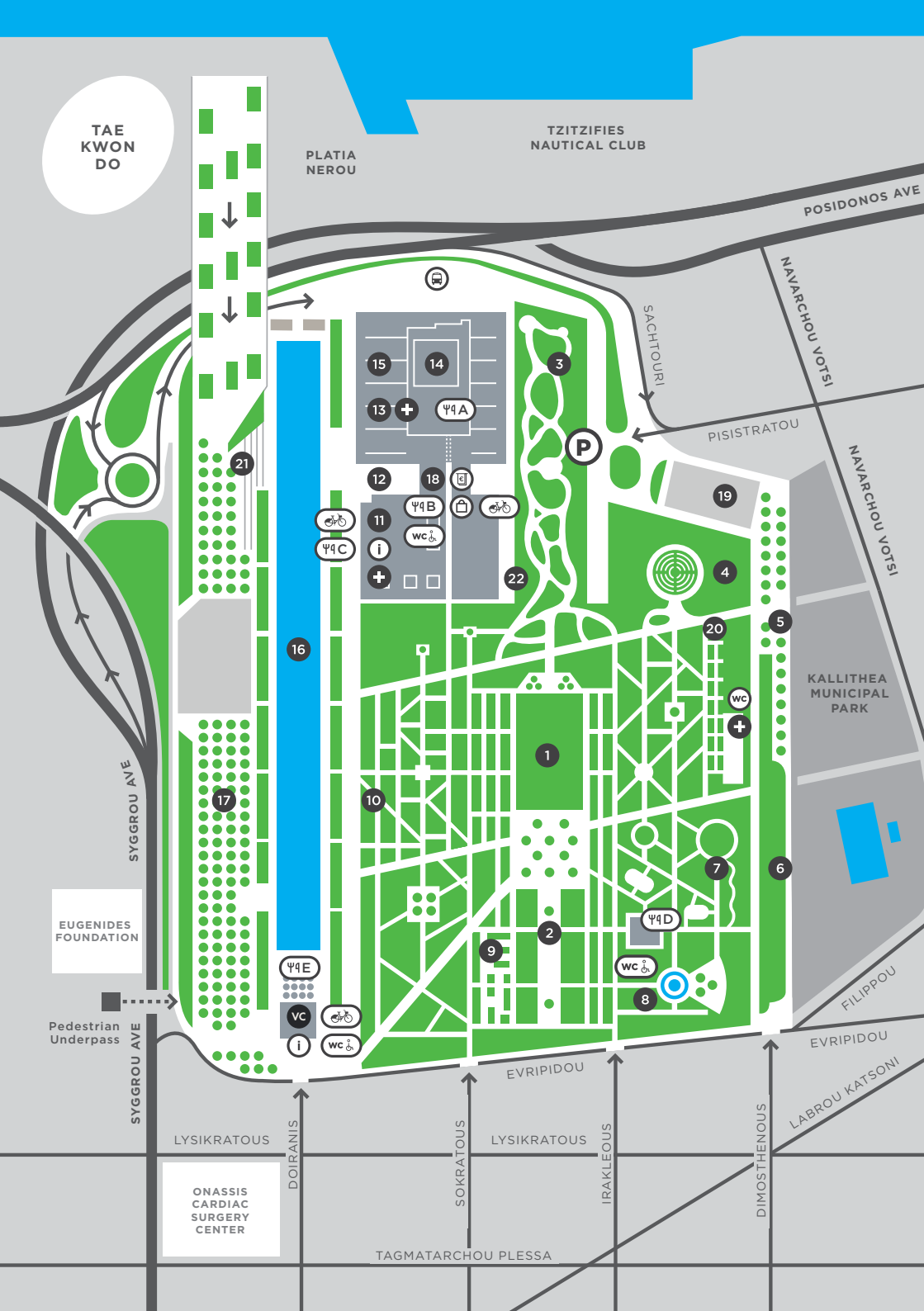
Sports & Wellness	Fitness for everyone (p. 21)	07.30-09.30 18.30-19.30	OUTDOOR GYM
Sports & Wellness	Yoga in the Park (p. 20)	08.00-09.30	GREAT LAWN
Nature	The Green Fingers (p. 24)	11.00-12.30	VEGETABLE GARDEN
Technology	Computer Courses for persons 65+ for participants of the first course (p. 27)	11.00-12.00 14.00-15.00 18.00-19.00	NLG PC ROOM
Sports & Wellness	Tai Chi (p. 21)	17.00-18.15	PINE GROVE
Ideas Labs	Workshops for those who forget a little or a lot! 50+ (p. 26)	18.00-20.00	NLG MULTI-FUNCTIONAL ROOM
Ideas Labs	Youth and Work aged 22-35 (p. 26)	18.30-20.30	NLG BOOK CASTLE

- 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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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 Outdoor 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

- | | |
|------------------------------|--------------|
| A Pharos Café | D Park Kiosk |
| B Agora Bistro | E Canal Café |
| C 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

MONDAY-THURSDAY	FRIDAY	WEEKEND	MONDAY-THURSDAY	FRIDAY	WEEKEND
07.30	07.30	09.30 – 23.00	12.30	12.30	09.30 – 00.00
10.00	10.00	every 30 min.	14.00	14.00 – 00.00	every 30 min.
11.00	11.00		15.30	every 30 min.	
16.00	14.30 – 23.00		18.00		
17.00	every 30 min.		20.00		
17.30			21.00		

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

Summer opening hours (1 April to 31 October):

- Stavros Niarchos Park, 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)
08.00-01.00

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

Pharos Café (Lighthouse)
Monday-Thursday 09.00-00.00 & Friday-Sunday 09.00-01.00

Park Kiosk (Park)
Monday-Sunday 08.00-00.00

Mobile food carts are also available in outdoor areas alongside.

Coffee Van on tour: 09.00-19.00
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.



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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 privileges (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.



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



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FAMILY MEMBER

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

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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**Stavros Niarchos Foundation
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#SNFCC

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