



STAVROS
NIARCHOS
FOUNDATION
CULTURAL
CENTER

ΚΕΝΤΡΟ
ΠΟΛΙΤΙΣΜΟΥ
ΙΔΡΥΜΑ
ΣΤΑΥΡΟΣ
ΝΙΑΡΧΟΣ

09.2017

Feel the city's pulse with us



SNFCC.org

Mobility Week

2017 European Mobility Week

Committed to promoting an active and environmentally friendly lifestyle, the Stavros Niarchos Foundation Cultural Center actively participates in the 2017 European Mobility Week (16–22/09), encouraging visitors to embrace the environmentally, socially and economically sustainable mobility of persons and goods. For SNFCC, sustainable mobility is a key, promoted by fostering a cycling culture and using bicycles in the city as a means of transport, exercise and entertainment.

For this reason, a bike lane and bicycle parking facilities are available for cyclists at SNFCC. Moreover, for anyone who would like to go riding but hasn't got a bicycle, a bike rental service with 75 bicycles for adults and children is available. SNFCC frequently organizes bike-related events – from seminars and workshops to cycling classes and bicycle races.

During the European Mobility Week, SNFCC hosts many related events. On the first day, 16/09, join us with your bike, and the coffee is on us! Walker Race III follows on the second day – a race for young cyclists pedaling for the first time (p. 38) – and on Monday, September 18, we find out more about sustainable mobility (p. 30). Cycling has no age limits, so it's never too late for anyone to learn how to ride.

On Wednesday, September 20, there's an opportunity for everyone to learn, with a class for adults (p. 26); for those who've already been cycling for a while, experts will be on hand for a bicycle tune up to ensure a carefree, safe ride (p. 27). The week closes on Friday, September 22, with music and a bike ride from downtown Athens to SNFCC (p. 27).

Lastly, actively supporting cooperative mobility, which is also the theme of this year's European Mobility Week, SNFCC provides a free shuttle service as an alternative means of transportation, encouraging its visitors to reduce their carbon footprint. Moreover, for car diehards, carpooling is rewarded with dedicated spaces at our parking building.



September at SNFCC

Most of us have returned to the city, and the Stavros Niarchos Foundation Cultural Center (SNFCC) is ready to welcome you with a program full of activities and events to make the transition a little easier, offering a pleasant escape from everyday life in the city.

In Greece, the summer continues well into the autumn. What better way to enjoy September's sweet weather than a host of musical choices in open, free spaces?

The anticipated **Parklife** concert series returns in September, too, with two different editions at the Great Lawn of the Stavros Niarchos Park: **Parklife Traditional**, featuring Ross Daly Quintet & Martha Mavroidi Trio, and **Parklife Melody**, with two especially melodic musical outings, Marina Satti & Fonés+, as well as Evanthia Reboutsika and George Perris.

Also in September, the exploration of the Greek alternative scene continues with the popular **Music Escapades**, presenting Leon of Athens & Fonés+, and Serafim Tsotsonis. This month's musical offerings are completed by **Jazz Chronicles**, which return with two dynamic jazz ensembles: Theo Kapilidis Quartet and a collaboration between American saxophonist Craig Handy and Yiannis Kassetas and his band.

In September, SNFCC's outdoor screenings, **Park Your Cinema**, are titled *The Great... Out There* – showcasing how cinema has captured on film, the imaginary, the grandness of nature, all that fills us humans with awe. On the other hand, **Park Your Cinema Kids** presents films produced by the legendary Walt Disney, Pixar and Illumination studios.

Of course, there's also a generous helping of popular outdoor activities, including sailing, kayaking and games for the whole family, plus the adventurous **Climbing Wall**, while you get ready for dancing the **Boogie Woogie** at the **Social Ballroom**, this time celebrating **September's full moon**.

Lastly, in view of the European Mobility Week, SNFCC promotes sustainable mobility with an entire week dedicated to cycling between 16 and 22 September.

Once again, 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.

FOCUS on Playgrounds

The liveliest and most fun places in parks all over the world, playgrounds are dedicated to children of all ages, hosting endless carefree hours of fun, sports and socializing, bustling hubs of activity and creativity.

SNFCC's Playgrounds went into operation this summer, immediately becoming a favorite spot at the Stavros Niarchos Park and a meeting point for young visitors. Designed in a sustainable and environmentally friendly manner, the facility is provisioned with wood-based equipment derived from logging based on sustainable forestry.

The choice of construction material is a conscious decision, since wood as a structural material substantially differs from metal or plastic; it appeals to the senses, motivates children to play, and greatly increases the value of playing.

Rather than with a typical fence, SNFCC Playgrounds are enclosed by shrubs, enabling children to discover their own boundaries and the world in a safe environment.

Did you know that...

- The wood from which the equipment is made at the Playgrounds grows at an altitude of over 1,000m ensuring better physical properties, such as greater stability, durability and fewer scraps?
- There are approximately 8,000-10,000 playgrounds across Greece?



Parklife

Natural Music

SNFCC once again welcomes Parklife series of concerts at Stavros Niarchos Park, inviting the audience to a unique experience where music animates nature, and nature elevates the music experience.

In September, two distinct editions, Parklife Traditional, with a live concert by the Ross Daly Quintet and Martha Mavroidi Trio, and Parklife Melody, presenting Marina Satti with Fonés, and Evanthia Reboutsika with George Perris, await SNFCC's visitors, who can enjoy them lying down on the grass of the Great Lawn.

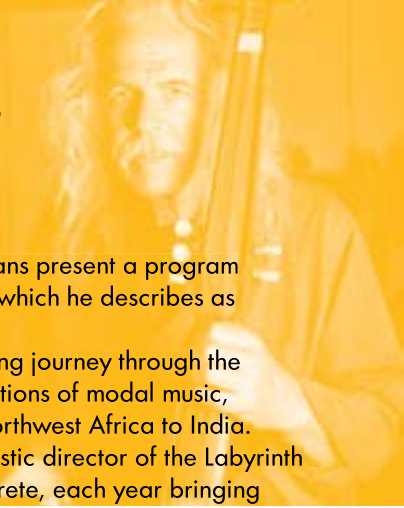
Saturday 16/09
21.30

GREAT LAWN

1

PARKLIFE TRADITIONAL

Ross Daly Quintet



Ross Daly and his fellow musicians present a program featuring his own compositions, which he describes as *Contemporary Modal Music*. These compositions reflect his long journey through the rich heritage of the musical traditions of modal music, geographically ranging from Northwest Africa to India. Ross Daly is the founder and artistic director of the Labyrinth Music Workshop in Houdetsi, Crete, each year bringing together hundreds of students and teachers from around the world in seminars and masterclasses that offer a unique initiation into the musical traditions of modal music.

Ross Daly is accompanied by **Zohar Fresco**, one of the world's leading frame-drum masters, **Yorgos Manolakis** on lute, **Kelly Thoma** on lyra and **Pavlos Spyropoulos** on acoustic bass.



Martha Mavroidi Trio

The singer, lute player and songwriter Martha Mavroidi established herself as a first-class folk musician and singer of the younger generation already with her debut release, *The Garden of Rila*. Her extraordinary voice combines Greek and Middle-Eastern ornamentation and microtonal modulation with the resonance of Bulgarian singing. Her dazzling technique on the lafta and the saz is often compared to that of great masters of folk or jazz music. In 2012, she performed on Womex' Club Globalkan and has since toured all over Europe with her trio. In March 2013, she made the cover of *fRoots* magazine as "Balkan music's rising star". Martha Mavroidi is Artistic Director of Tinos World Music Festival.

Saturday 16/09
20.00

GREAT LAWN

1

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

PARKLIFE MELODY



Marina Satti & Fonés

The Stavros Niarchos Foundation Cultural Center's Great Lawn fills with the harmonious voices of seven women who, each on her own and all together, revisit familiar melodies, traditional music from five continents, and experimental sounds. Accompanied by percussion, bass and wind instruments, they turn their concerts into a true celebration. Fonés are Eugenia Liakou, Erasmia Markidi, Anni Doumouzi, Elena Papadimitriou, Eleni Posatzidou, Virginia Frangoulatzis and Marina Satti.

The concert opens with Jusu Foli & Senegal Rhythm, four artists from Senegal and Greece (Ndioba Ngom, Ass Thiam, Giorgos Christakis, Jeffree Diop) whose credo is: *Everything is rhythm and music.*

Petros Kourtis: Percussion
Michalis Kapilidis: Drums
Yoel Soto Gonzalez: Bass
Spiros Nikas: Saxophone
Vasilis Panagiotopoulos: Trombone
Giorgos Koltsiou: Guitar



Saturday 23/09

20.30

GREAT LAWN

1

PARKLIFE MELODY

Sunday 24/09

20.30

GREAT LAWN

1

Evanthia Reboutsika & George Perris

Composer Evanthia Reboutsika and singer George Perris prove to be the perfect tour guides in a musical getaway called *Iliofania*.

The evening fuses Reboutsika's greatest hits from the cinema and theater (*Politiki Kouzina*, *Notias*, *Cyrano de Bergerac*, *Trito Stefani*, *My Father and My Son*) with Perris's always exciting music releases.

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



Music Escapades

Music Escapades, presenting the latest trends in the Greek alternative scene, continue their journey at SNFCC, with two more concerts.

Leon of Athens & Fonés+

Sunday 17/09
20.30

GREAT LAWN

1

Leon of Athens lands at Stavros Niarchos Park for a unique concert, in which we enjoy all the new tracks from his forthcoming album, *Xenos*, including *Aeroplane*, which has already taken off, plus covers of favorite songs. He is accompanied by the extended version of Fonés+ choir, a dream team of 25 female voices singing a cappella, focusing on traditional sounds from around the world.

Timoleon Veremis (Leon of Athens): Vocals, guitar
Emma Williams: Keyboards, vocals
Kaja Magsam: Drums, percussion
Lefteris Volanis: Guitar
Kostas Yanniris: Bass, vocals
Jim Staridas: Trombone
Fonés+: Nefeli Abatzi, Daphne David, Despina Drandaki, Hara Zacharakou, Fenia Zachariou, Natassa Katsilli, Olga Laskari, Anastassia Megalokonomou, Katerina Nikolakaki, Erofili Panagiotarea, Despina Papadaki, Nefeli Sarra-Papazoglou, Christina Petrogianni, Nefeli Skopetea, Dimi Spela, Virginia Frangoulatzi

Saturday 30/09
21.00

PANORAMIC
STEPS

15

Serafim Tsotsonis

Serafim Tsotsonis, one of the most acclaimed artists in the electronic scene, a prolific composer and producer, has composed music for films and documentary films, plays, commercials and has remixed music for a variety of artists.

He recently appeared as one half of *Ocean Hope*, a duet with his sister, Angeliki. The duet is happily sailing in the international market with its first EP, *Chamber Dreams*.

His latest solo album, *She Swims*, was released by the U.S. indie label Hush Hush. The release features unique orchestrations in a cinematic style, a fusion of neoclassical and ambient, jazz, post-rock and dream pop. For his music evening at SNFCC, Serafim Tsotsonis has prepared a program featuring excerpts from his latest project, older numbers, as well as original music exclusively for this concert.

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

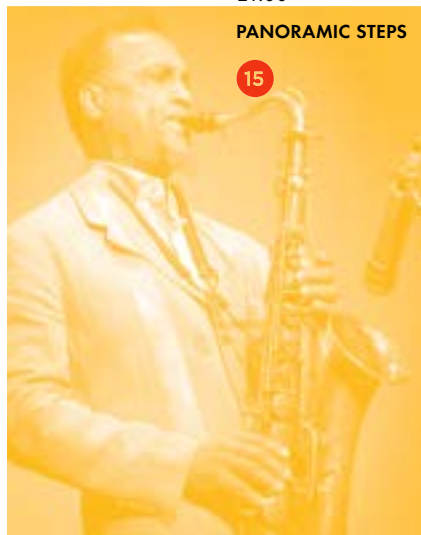
Jazz Chronicles

A tribute to the contemporary Greek jazz scene, Jazz Chronicles is a series of concerts reflecting the diversity of this free musical language in Greece, proposing old and new sounds, funk and classic rhythms, orchestral and vocal ensembles.

Saturday 09/09
21.00

PANORAMIC STEPS

15



Craig Handy & Yiannis Kassetas

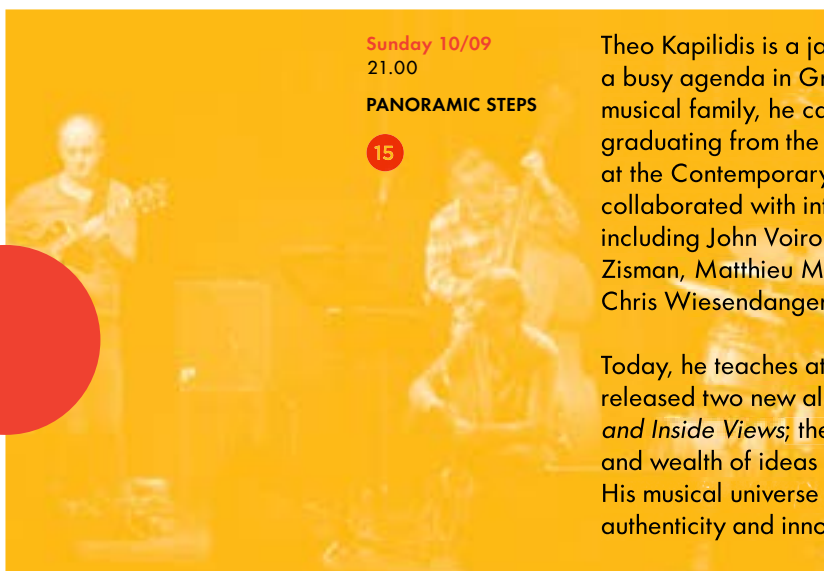
American-born Craig Handy is one of the most important saxophonists of his generation. He has released five personal albums, most recently *Craig Handy & 2nd Line Smith*; he has collaborated with Art Blakey's Jazz Messengers, Wynton Marsalis, Roy Hanes, Abdullah Ibrahim, Herbie Hancock and participated in recordings by Elvin Jones, Betty Carter, Freddie Hubbard and Joe Henderson. Yiannis Kassetas is one of the best-known Greek saxophonists. He studied on scholarship at Berklee College of Music in Boston and has been recording since 2007. He has released five personal albums, including last year's *Northern Light*, also featuring Craig Handy.

Alexandros Drakos Ktistakis: Drums
Dimitris Sevdalis: Piano
Dinos Manos: Bass

Sunday 10/09
21.00

PANORAMIC STEPS

15



Theo Kapilidis Quartet: *Inside Views*

Theo Kapilidis is a jazz guitarist and composer with a busy agenda in Greece and Switzerland. Born in a musical family, he came into contact with jazz early on, graduating from the Swiss Jazz School in Bern. He taught at the Contemporary Conservatory of Thessaloniki and collaborated with internationally recognized jazz artists, including John Voirol, Heiri Känzig, Ratus Flisch, Michael Zisman, Matthieu Michel, Herbie Kopf, Daniel Schenker, Chris Wiesendanger, and more.

Today, he teaches at Zurich's University of the Arts, and has released two new albums as a bandleader, *Bright Shadows* and *Inside Views*; the latter combines the colorful range and wealth of ideas of traditional hard bop and soul jazz. His musical universe focuses on freedom of expression, authenticity and innovation.

Florian Egli: Alto saxophone
Raphael Walser: Acoustic bass
Maxime Paratte: Drums

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

Park Your Cinema: The Great... Out There!

There are things out there beyond our grasp. There is a whole wide world that is so big that seems unmanageable. And it truly is awe-inspiring. Even further out there, there is an infinite universe that goes far beyond reality and exceeds even our imagination.

This September's Park Your Cinema is dedicated to this grandeur, beginning from the limits of the human eye and ending in the depth of field of a film frame, showcasing the wonders of the big screen.

Uniquely captured landscapes, wide-angle shots that literally transport us, the human element intensifying their drama, or conjuring adventures that we could only experience thanks to the cinema, lying down in the SNFCC's Great Lawn, out there in suitable scale.

Let the sublimity of cinema transform our awe into fun, let's feel the beauty and wildness of nature in all their grandeur. Beneath the largest screen in the city – the Attic sky.

Elias Fragoulis

Friday 01/09
20.30

GREAT LAWN

1

Days of Heaven (1978)

In America in 1916, a fugitive and his girlfriend find shelter in Texas, working for a wealthy landowner, who learns that he has only got a year left to live. Pretending to be brother and sister, Bill and Abby decide for Abby to accept the landowner's wedding proposal so that she can inherit the farm. Malick's second feature-length film, it was nominated for four Oscars and received the Best Cinematography Academy Award for Néstor Almendros's landmark work. Malick left the Cannes Film Festival with the Best Director Award in 1979

Directed by: Terrence Malick

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

Out of Africa (1985)

Friday 08/09
20.30

GREAT LAWN

1

A baroness from Denmark travels to colonial 20th-century Kenya to run her coffee plantation. Her marital life is a nightmare of humiliation, but a charming, free-spirited hunter rekindles her romantic feelings. Based on Karen Blixen's autobiography of the same title, the film has enjoyed tremendous commercial success thanks to the exotic period settings, Pollack's subtle directing and the starring couple – Robert Redford and Meryl Streep. The film received seven Oscar awards, including for Best Picture, in 1986. John Barry's masterful musical score is indelible.

Directed by: Sydney Pollack

Where the Wild Things Are (2009)

Friday 15/09
20.30

GREAT LAWN

1

A nine-year-old boy dreaming of getting away from the family home, "escapes" to a fantasy world inhabited by huge, hairy creatures, which receive him as a king. The most celebrated children's picture book (dating from 1963), featuring in most U.S. best-film lists for the category, signed by the author and illustrator Maurice Sendak, becomes, in the hands of the idiosyncratic Jonze, a grown-up allegory of childhood innocence and loneliness in the shadow of parental authority. Karen O, of Yeah Yeah Yeahs fame, wrote the soundtrack.

Directed by: Spike Jonze

Once Upon a Time in the West (1968)

Friday 22/09
20.30

GREAT LAWN

1

In an imaginary city of the American West, a mysterious man who plays the harmonica joins forces with a notorious desperado to protect a beautiful widow, heir to property of strategic importance for the railway line expansion in the area. Although a mixed success at the time of its release, the film is seen today as the most epic spaghetti western in the history of cinema, full of captivating characters and anthology scenes, an unforgettable score by Ennio Morricone, and Arizona landscapes captured in timeless CinemaScope by the director of photography, Tonino Delli Colli.

Directed by: Sergio Leone

Raiders of the Lost Ark (1981)

Friday 29/09
20.30

GREAT LAWN

1

A college professor, archaeologist and adventurer is hired by the U.S. government in 1936 to locate the lost mythical Ark of the Covenant – before the Nazis do. The greatest 1981 box-office hit, this film first introduced the character of Indiana Jones (Harrison Ford), who revives the characters of the movie serials of the 1930s and 1940s. Garnering four Oscars, the film had three sequels by 2008, turning Spielberg into Hollywood's uncontested leader. In addition to a show-biz icon, the film is recognized today as one of the best in the history of cinema.

Directed by: Steven Spielberg

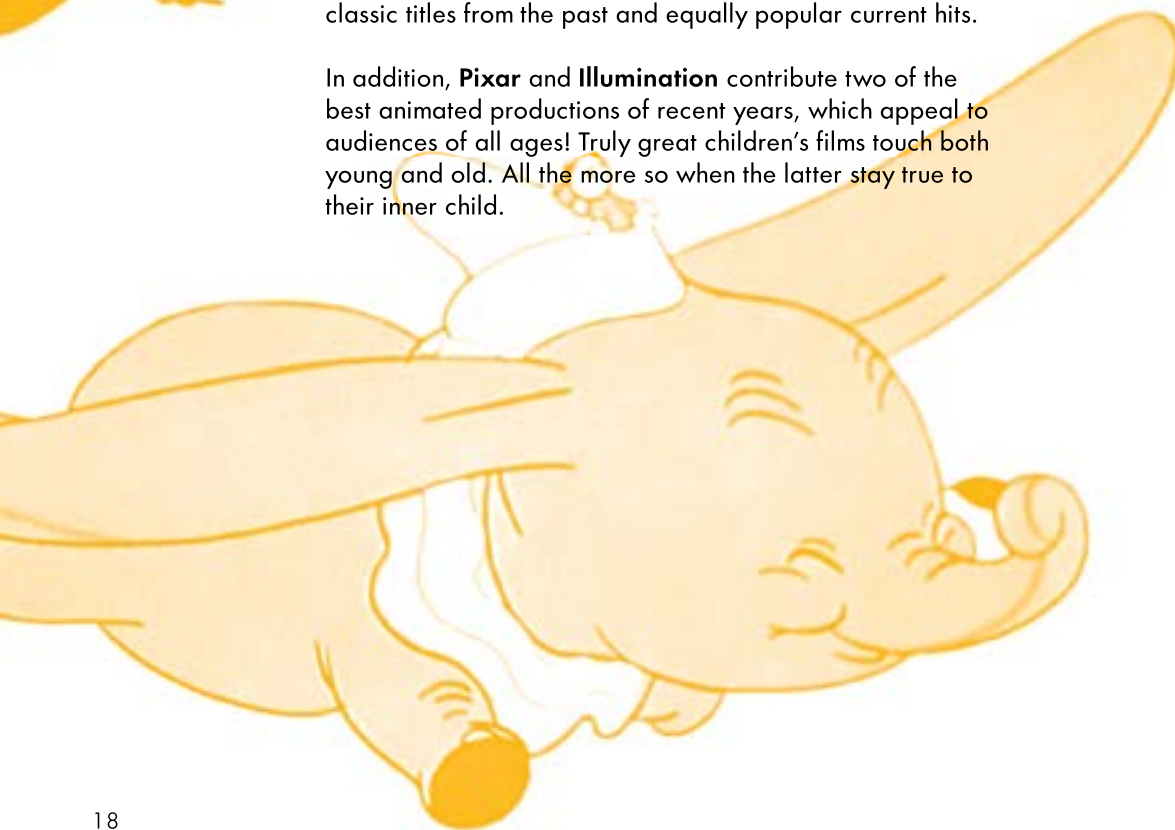
Visitors are advised to bring with them mosquito repellent and a mat, blanket, or other similar item for sitting on the ground.



Park Your Cinema Kids

The **Stavros Niarchos Foundation Cultural Center** has great surprises in store for this month's young visitors, who love having fun at the Great Lawn. After the festive Christmas screening of ***Fantasia*** at the GNO, **Park Your Cinema** proposes a rich program featuring beloved children's films from **Walt Disney's** historic studio, blending classic titles from the past and equally popular current hits.

In addition, **Pixar** and **Illumination** contribute two of the best animated productions of recent years, which appeal to audiences of all ages! Truly great children's films touch both young and old. All the more so when the latter stay true to their inner child.



Saturday 02/09
20.30

GREAT LAWN

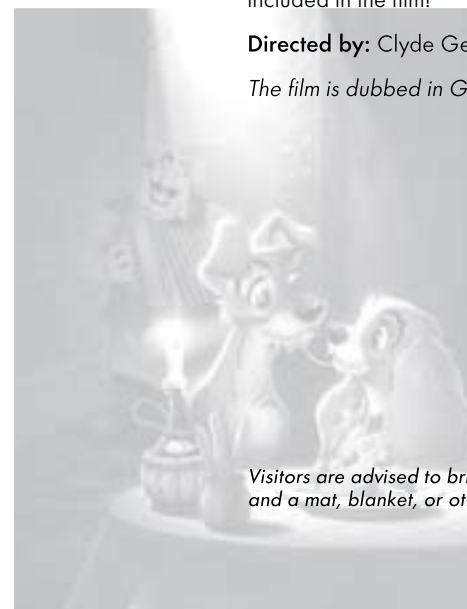
1

Lady and the Tramp (1955)

The romantic tale of a pampered uptown Cocker Spaniel and a streetwise downtown mongrel. Walt Disney Productions' 15th animated feature film is a perennial favorite of both kids and adults – the scene of the two pooches accidentally kissing while eating spaghetti is a moment as moving as any in the history of cinema. Unbelievably, Walt Disney originally did not want this scene to be included in the film!

Directed by: Clyde Geronimi, Wilfred Jackson, Hamilton Luske

The film is dubbed in Greek.



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

Saturday 09/09
20.30

GREAT LAWN

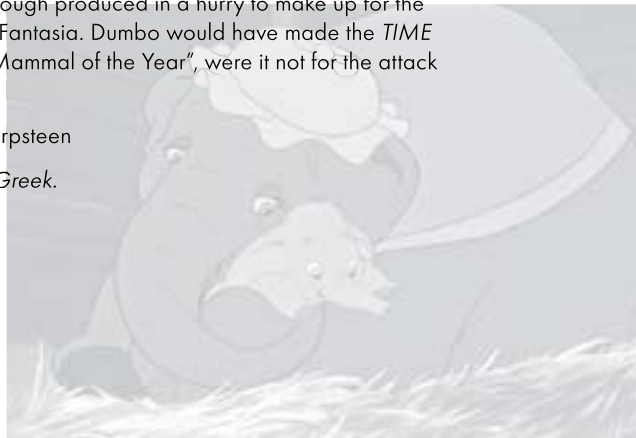
1

Dumbo (1941)

A big-eared young elephant learns the importance of being special in life and turns his "defect" to an advantage by flying with the help of a circus mouse! Disney's fourth animated film was "Uncle" Walt's personal favorite, although produced in a hurry to make up for the commercial failure of Fantasia. Dumbo would have made the *TIME* magazine cover as "Mammal of the Year", were it not for the attack on Pearl Harbor.

Directed by: Ben Sharpsteen

The film is dubbed in Greek.



Saturday 16/09
20.30

AGORA

12

Sing (2016)

In a city of anthropomorphic animals, a hustling theatre impresario last resort for saving his theater is a singing competition with a whopping prize as a result of a typing mistake. A huge box-office success from the studio that gave us Minions, brimming with songs (more than 60 pop hits!).

Directed by: Christophe Lourdelet, Garth Jennings

The film is dubbed in Greek.



Saturday 23/09
20.30

AGORA

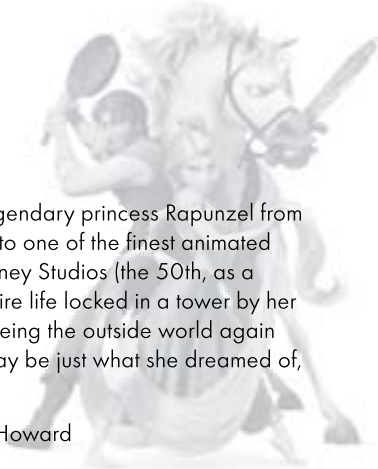
12

Tangled (2010)

A loose adaptation of the myth of legendary princess Rapunzel from the famous Grimm Brothers fairytale to one of the finest animated productions recently released by Disney Studios (the 50th, as a matter of fact!). Having spent her entire life locked in a tower by her evil mother, the heroine dreams of seeing the outside world again after so many years, and a bandit may be just what she dreamed of, after all.

Directed by: Nathan Greno, Byron Howard

The film is dubbed in Greek.



Saturday 30/09
20.30

GREAT LAWN

1

The Incredibles (2004)

A family of undercover superheroes who used to fight crime are forced to hide their powers after a misunderstanding and continue to live a quiet suburban life until the appearance of an evil superhero seeking revenge. An amazing parody of the secret agent comics and spy films of the 1960s, the film earned the 2005 Academy Award for Best Animated Feature Film.

Directed by: Brad Bird

The film is dubbed in Greek.



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

Activities for adults

SPORTS & WELLNESS

Monday 04, 11,
18, 25/09
08.00-09.00

Wednesday 06, 13,
20, 27/09
08.00-09.00
19.00-20.00
20.00-21.00

Thursday 07, 14,
21, 28/09
19.00-20.00
20.00-21.00

Friday 01, 08,
15, 22, 29/09
08.00-09.00

PANORAMIC STEPS

15

Monday 04, 11,
18, 25/09
19.00-20.30

Tuesday 05, 12,
19, 26/09
08.00-09.30

Thursday 07, 14,
21, 28/09
08.00-09.30

Friday 01, 08,
15, 22, 29/09
19.00-20.30

PANORAMIC STEPS

15

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

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



Activities for adults

SPORTS & WELLNESS

Fitness, Health and Wellness Instructor

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

RUNNING TRACK

6

Saturday 02, 09,
16, 23, 30/09
Sunday 03, 10,
17, 24/09
17.30-20.00

For children aged
12+ and adults

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

CANAL

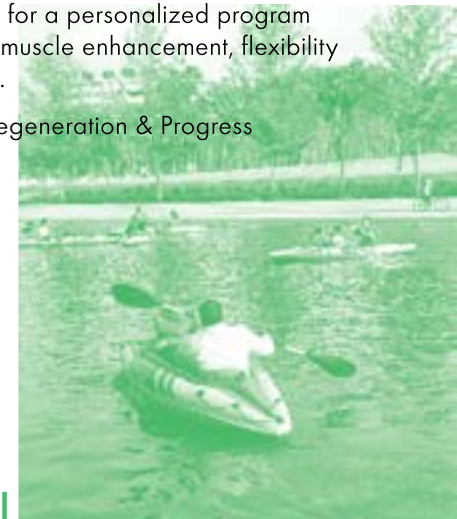
16

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



Activities for adults

SPORTS & WELLNESS

Sailing the Canal

Saturday 02, 09, 16, 23, 30/09
Sunday 03, 10, 17, 24/09

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

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

Petanque

Saturday 02, 09, 16, 23, 30/09
 18.00-20.00

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

Activities for adults

SPORTS & WELLNESS

Tai Chi

Tuesday 05, 12, 19, 26/09
 19.30-20.45

GREAT LAWN

1

Saturday 02, 09, 16, 23, 30/09
 08.30-09.45

LABYRINTH

4

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

The road of adventure

Sunday 10/09
 11.00-13.30

For people
 16-65 years old

ESPLANADE

17

A new challenge at SNFCC: a route full of tension and adventure invites you to tackle it. A great opportunity to put to the test your skills in balance, obstacles, aim, and climbing without competition – the only opponent is yourself!

Individuals or pairs can participate.

Design-Implementation: Regeneration & Progress

Activities for adults

SPORTS & WELLNESS

Climbing Wall

How high can you climb? How well do you know your limits? Are you afraid of heights? All these questions can be answered at the climbing wall! In a safe environment, under the constant supervision of qualified professionals, we invite you to try out this new sport!

Design-Implementation: Regeneration & Progress

Friday 15/09
17.00-21.00

Saturday 16/09
Sunday 17/09
10.00-13.00 &
17.00-21.00

For people
16-65 years old

ESPLANADE

17

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 of Level 1, 2 and 3
by the ICP

Sunday 17/09
18.00-20.00

(up to 15 participants)

VISITORS
CENTER

19

Bike riding lesson for adults

For grown-ups who still have some kid inside and are constantly learning, experienced trainers provide instruction on how to cycle safely on the road, coexisting with cars and other vehicles. After class, take a training ride on your bicycle on SNFCC's bike lane.

Design-Implementation: Mbike

Wednesday 20/09
17.00-21.00

OUTDOOR
PARKING LOT

19

Activities for adults

SPORTS & WELLNESS

Tune up your Bike

Does your bike make a creaking noise? Gears not working properly? Does the chain slip all the time? Wondering how to set the saddle height? No problem!

In a specially set-up area in the Visitors Center courtyard, experts inspect and tune up your bike free of charge. They will also be happy to answer technical questions and offer advice on bike maintenance.

Design-Implementation: Mbike

Wednesday 20/09
17.00-21.00

OUTDOOR
PARKING LOT

19

"Tune up!" Bike to the music

A unique bike ride with SNFCC as the final destination for a DJ set at the Agora! Starting at 20.00 from Technopolis, Gazi and ending at Stavros Niarchos Park via a safe bicycle route, it is accompanied by MBike's experienced riders. You can safely leave your bicycles at SNFCC's bicycle parking. So, grab your bike and your friends or neighbors and start! We'll be waiting for you at SNFCC at 20.30 with music by Needless resident DJs, Chevy & Mr. Z!

Friday 22/09
20.00

AGORA

12

2K Backwards Run IV

Running 2K backwards on a flat route around the Stavros Niarchos Park. Running backwards avoids common injuries, burns more calories, and improves balance. The current record time at SNFCC is 10.31'. Can you set a new record?

Design-Implementation: Regeneration & Progress

Sunday 24/09
18.00-19.30

For people aged 12+
Children aged 12-15
must be accompanied
by a guardian

(up to 400 entries;
register at the
registration table at the
Running Track between
16.40-17.40)

RUNNING TRACK

6

Activities for adults

DANCING

Social Ballroom: Fullmoon Boogie Woogie With the Jump & Jive - Athens Swing & Roll Team

Wednesday 06/09
20.30 (class)
21.30 (party)

AGORA

12

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.

This month, under a full moon, Jump & Jive teach us the Boogie - the dance craze that blossomed in the 1950s - in an introductory dance class with music by The Bullets. The evening naturally culminates in a wild party with Boogie, R&B and Swing music by DJ Elena Evangelia!



Activities for adults

DANCING

African Dance

Saturday 02/09
18.30-20.00

Saturday 30/09
18.00-19.30

GREAT LAWN

1

African dance is more than self-expression: It possesses therapeutic powers by releasing the body and connecting it with the mind, seeking to restore the link with our own inner power source of rhythm. Dancers will be accompanied by African percussion instruments playing traditional music.

Open to all, this workshop starts with a warm-up to prepare the muscles and loosen up the neck, familiarizing us with African dance through simple, basic moves, choreography and singing inspired by the West African tradition, and finishing up with stretching and relaxation exercises.

Design-Implementation: Quilombo Centro Cultural

Open Air Hoop Dance: Hula Hoop Dance Workshop

Sunday 03, 10/09
18.30-20.00

(up to 20 participants)

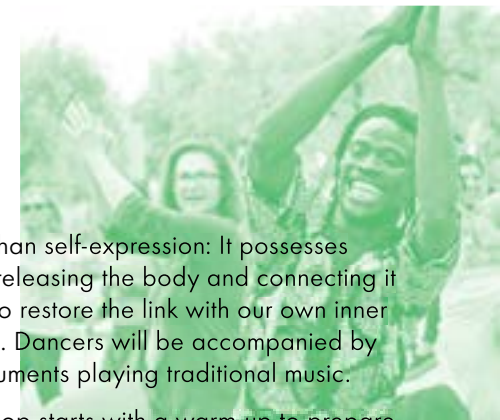
MEDITERRANEAN
GARDEN

9

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

IDEAS LAB

Healing Gardens

Tuesday 05, 12, 19,
26/09

18.30-19.30

For people aged 65+

(up to 15 participants)

VEGETABLE GARDEN

20

Stavros Niarchos Park is an ideal location for a healing garden. It exudes security and serenity, offers refuge and creative engagement, inviting every participant to observe and discover the dynamics of the natural environment through the senses.

Design-Implementation: Stavroula Katsoyanni, Agronomist - Landscape Architect Msc;
Stamatis Kavassilis, Agronomist - Soil Specialist



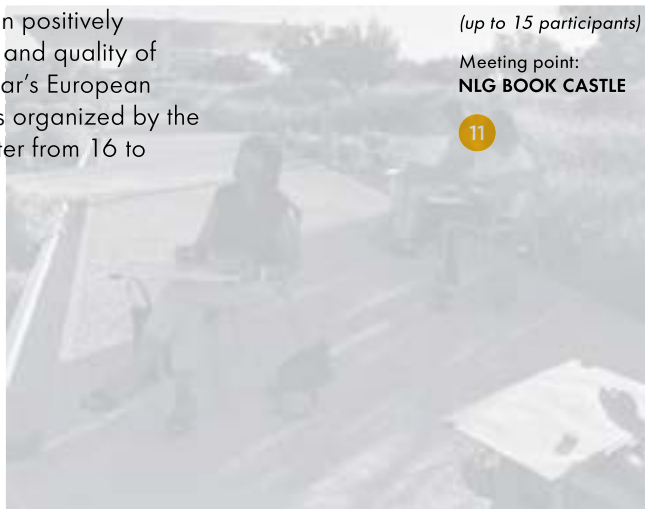
Discussion on Sustainable Mobility

Monday 18/09
19.00

NLG BOOK CASTLE

11

Academics, experts, local-government representatives discuss Sustainable Mobility and how it can positively influence our day-to-day health, economy, and quality of life. The debate marks the launch of this year's European Mobility Week, featuring a series of events organized by the Stavros Niarchos Foundation Cultural Center from 16 to 22 September.



Activities for adults

TECHNOLOGY

Computer Course for persons aged 65+

At 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 performing basic, everyday tasks on the computer, including word processing and web browsing. Using simple, hands-on learning steps, this course is geared towards novice users aged 65+ and all those wishing to gain a basic mastery of the subject, as well as those who have attended the first course.

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 participants
of the first course)

Thursday

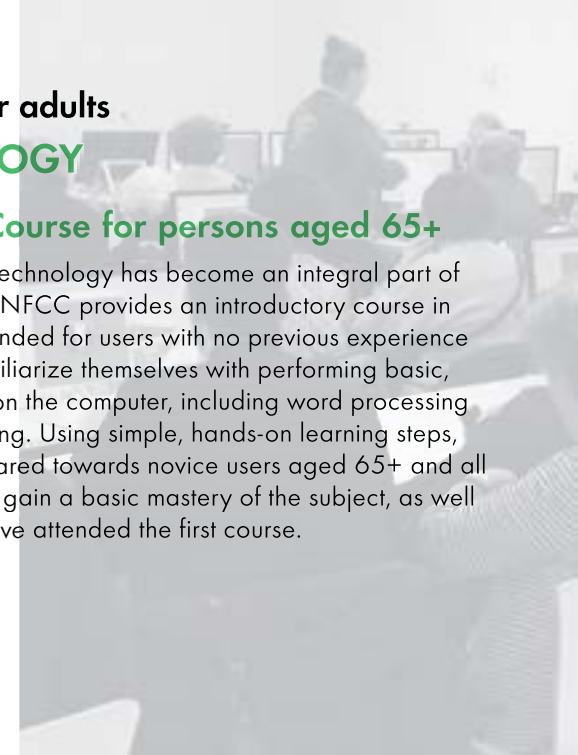
11.00-12.00

14.00-15.00

(for participants
of the first course)

NLG LOBBY

11



Activities for adults

ARTS & CRAFTS

Architecture, Nature, Human: Drawing in the Park!

An outdoor drawing workshop to study the diffusion of natural daylight in the open air, using the basic techniques of free drawing using dry and water-insoluble materials (charcoal, graphite, colored pencils) on paper.

We explore the concept of space at observation points through architectural structure and the organic forms of the landscape. Using a model, we focus on composition and the pictorial organization of painting, scale and human body proportions in relation to their surroundings.

Design-Implementation: Georgia Hatzivassiliadi, Artist MA, MFA

Participants are advised to bring sunglasses and hat.

Activities for adults

ARTS & CRAFTS

Wednesday 06, 13,
20, 27/09
18.00-21.00

(up to 15 participants
per 60')

NLG SEMINAR ROOM

11

Trial Labs:

The summer sun engraved on paper!

Memories of the summer are captured on engravings. Works by Greek engravers provide inspiration for capturing the sunlight!

Design-Implementation: Christina Tsinisizeli, Artist



Creative Accessories Workshops

Kitchen Apron: Tribute to Expressionism

Inspired by Expressionist images and bold gestural painting, we transform a plain white cotton kitchen apron into an haute couture garment. Using fabric paints, participants design and color abstract forms, in search of personal expression as well as serendipitous effects; using common sewing materials (thread, needle, scissors, buttons, beads), we make our own patchwork kitchen aprons.

Design-Implementation: Katerina Zafeiropoulou, Thodoris Zafeiropoulos, Artists



Thursday 07/09
18.00-21.00

(up to 20 participants
by pre-registration at
SNFCC.org/events)

NLG SEMINAR ROOM

11

Activities for adults

ARTS & CRAFTS

Tuesday 19/09
18.30-21.00

(up to 20 participants
by pre-registration at
SNFCC.org/events)

NLG SEMINAR ROOM

11

Geometric Lights

Based on the geometry of Platonic solids, such as the tetrahedron and the icosidodecahedron, participants are invited to design and build a table light or pendant light. Using the Himmeli technique and wire, straws, and cardboard, we create complex geometries in a simple way while making an original luminaire.

Design-Implementation: Artemis Papageorgiou / Entropika Lab



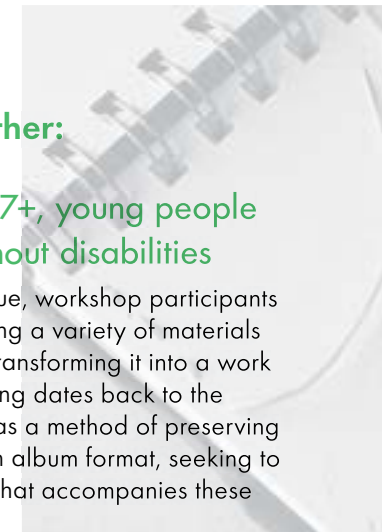
We create art all together:

My new notebook!

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

Using the scrapbooking technique, workshop participants decorate a school notebook using a variety of materials (wire, beads, ribbons, fabrics), transforming it into a work of art! The history of scrapbooking dates back to the 15th century, when it was used as a method of preserving personal and family history in an album format, seeking to capture the emotion and mood that accompanies these memories.

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



Saturday 30/09
11.00-14.00

(up to 75 participants,
in continuous flow)

NLG KIDS LAB

11

Activities for children

SPORTS & WELLNESS

Saturday 02, 09, 16,
23, 30/09
18.00-19.30

For children aged 4-9
and parents

(up to 50 participants)

GREAT LAWN

1

Family Games

A modern, fun activity involving specially designed games that encourage parents to play with their children in the Park. Activities for big ones and small ones foster inventiveness, provide opportunities for children's education and encourage cooperation within the family.

Design-Implementation: Regeneration & Progress



Friday 01, 08, 15,
22, 29/09
17.30-18.15

For children aged 6-12

RUNNING TRACK

6

Kids Athletics

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



Activities for children

SPORTS & WELLNESS

Monday 04, 11,
18, 25/09
Wednesday 06,
13, 20, 27/09
18.30-20.00

For children aged 5-15

(up to 60 participants)

GREAT LAWN

1

Sports Games

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

Design-Implementation: Regeneration & Progress



Saturday 02, 09, 16,
23, 30/09
18.30-19.30

For children aged 4-12

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



Activities for children

SPORTS & WELLNESS

Saturday 02, 09, 16, 23, 30/09

Sunday 03, 10, 17, 24/09

17.30-20.00

For children aged 12+ and adults

(up to 15 participants per 30' by pre-registration 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



Sailing the Canal

Saturday 02, 09, 16, 23, 30/09

Sunday 03, 10, 17, 24/09

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 SNFCC.org/events)

CANAL

16



Activities for children

SPORTS & WELLNESS

Roller Skates Kids

Saturday 16/09
17.30-19.30

For children aged 5-12

VISITORS CENTER

VC

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

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

Design-Implementation: Powerskate.eu skate academy / Yannis Kousparis, certified instructor of Level 1, 2 and 3 by the ICP



The road of adventure

Sunday 10/09
11.00-13.30

For people aged 16-65

ESPLANADE

17

A new challenge at SNFCC: a route full of tension and adventure invites you to tackle it. A great opportunity to put to the test your skills in balance, obstacles, aim, and climbing without competition – the only opponent is yourself!

Individuals or in couples can participate.

Design-Implementation: Regeneration & Progress



Activities for children

SPORTS & WELLNESS

Friday 15/09
17.00-21.00

Saturday 16/09
Sunday 17/09
10.00-13.00 &
17.00-21.00

For people aged
5-65

ESPLANADE

17

Climbing Wall

How high can you climb? How well do you know your limits? Are you afraid of heights? All these questions can be answered at the climbing wall! In a safe environment, under the constant supervision of qualified professionals, we invite you to try out this new sport!

Design-Implementation: Regeneration & Progress

Walker Race III

Sunday 17/09
11.00-13.00

For children aged 2,5-5

**OUTDOOR
PARKING LOT**

19

Hot on the heels of SNFCC's very successful first two Walker Races, in which more than 300 children participated, Walker Race III is being held on Sunday 17 September. In this race, children compete on balance bikes on a specially designed track. Every child is a winner in this unique fun race, at the end of which an Ideal 16" bicycle will be drawn among the participants - their first regular bike! Our little friends bring their own bikes; helmet use is mandatory.

Design-Implementation: Mbike

Activities for children

SPORTS & WELLNESS

Saturday 23/09
11.00-13.00

For children
aged 6-12

*(up to 100 participants ;
registration will start 30'
prior to the beginning of
the event)*

RUNNING TRACK

6

Triathlon Kids

An experience-based opportunity for children to develop basic motor skills associated with the most characteristic athletic events (throwing, races, jumps), participating in a fun, exciting race with surprise ending. In this event, children will develop a positive perception of team exercise, cooperation and pursuing their goals, while receiving a variety of motor stimuli, activating mechanisms associated with health and harmonious growth.

Design-Implementation: Regeneration & Progress

2K Backwards Run IV

Sunday 24/09
18.00-19.30

For people aged 12+
Children aged 12-15
must be accompanied
by a guardian

*(up to 400 entries;
register at the
registration table at the
Running Track between
16.40-17.40)*

RUNNING TRACK

6

Running 2K backwards on a flat route around the Stavros Niarchos Park. Running backwards avoids common injuries, burns more calories, and improves balance. The current record time at SNFCC is 10.31'. Can you set a new record?

Design-Implementation: Regeneration & Progress

Activities for children

DANCING

Saturday 02, 09/09
18.00-19.30

For children aged
6-12

MEDITERRANEAN
GARDEN

10

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

Sunday 03, 24/09
11.30-12.30

For children aged
9-12

GREAT LAWN

1

Capoeira Kids

A popular martial art from Brazil, capoeira can be a well-rounded, entertaining pedagogical tool helping children develop their motor, social and psycho-emotional skills. Without any intention of striking their partners, participants use controlled offensive moves aiming for harmony. There are no winners or losers in capoeira: rather than competition, the goal is cooperation.

Design-Implementation: Quilombo Cultural Center

Activities for children

NATURE

Sunday 03, 10, 17,
24/09
10.00-11.30

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

VEGETABLE GARDEN

20

The Park's Little Gardeners

In September, the Park's plants get a breath of cool air, and Park's little gardeners take action, collecting seeds, observing the fruits of the season, tasting ripe vegetables, removing weeds, planting, watering and caring for SNFCC's Vegetable Garden. An exciting journey of discovery through play begins!

Design-Implementation: Stavroula Katsoyanni, Agronomist – Landscape Architect Msc; Stamatis Kavassilis, Agronomist – Soil Specialist

Art Land: Discover the seasons through art!

Saturday 09, 16, 23,
30/09
11.30-13.00

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

SOUTHERN WALKS

3

A children's workshop inspired by the works of Greek and international artists. This month, participants draw inspiration from the paintings of Yannis Moralis. 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

Activities for children

ARTS & CRAFTS

**Sunday 03, 10,
17, 24/09**
12.00-13.00

For children aged 5-10
and parents

(up to 20 participants)

WATER JETS

8

Home again!

Back from holidays in September, we make plans for the coming winter, renewing our living space and reliving our summer experiences. Search for the little house in the big green park! Let's paint it together and bring inside our dreams for a fresh, joyful autumn, full of summer memories!

Design-Implementation: Playroom

Mistake Labs: I'm flying at the sea-bottom!

**Saturday 02, 09, 16,
23/09**
17.30-20.30

For children of all ages
and parents

(up to 30 participants
per 60')

NLG KIDS LAB

11

Time for creative mistakes! Visual art meetings in which the mistakes are allowed, the rubber is absent, the lines are not suspended and the imagination comes first!

This month we explore water, floating and diving into the waters that are depicted in the works of famous modern Greek artists, in order to discover the wet element and to express ourselves creatively.

Design-Implementation: Christina Tsinisizeli, Artist

Activities for children

ARTS & CRAFTS

**Thursday 07, 14, 21,
28/09**
18.30-19.30

For children aged 1-3
and parents

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

**MEDITERRANEAN
GARDEN**

10

Ready! Steady! Go!

A journey to the magical world of art and emotions begins for our little friends and their parents at Stavros Niarchos Park. Using basic art materials, as well as the sounds and scents of the Park, with a generous helping of play and creativity, participants recognize their feelings, discover their bodies, experiment and explore the world.

Design-Implementation:

Irene Persidou, Art Historian - Educational Entertainer;
Athanassia Mouliou, àTheater-Entertainer

We create art all together: My new notebook! Workshops for children 7+, young people and families with or without disabilities

Saturday 30/09
11.00-14.00

(up to 75 participants,
in continuous flow)

NLG KIDS LAB

11

Using the scrapbooking technique, workshop participants decorate a school notebook using a variety of materials (wire, beads, ribbons, fabrics), transforming it into a work of art! The history of scrapbooking dates back to the 15th century, when it was used as a method of preserving personal and family history in an album format, seeking to capture the emotion and mood that accompanies these memories.

Design-Implementation:

Thodoris Zafeiropoulos, Artist,
Elisavet Chelidoni, Artist, Special Education Teacher



Open Science Fair

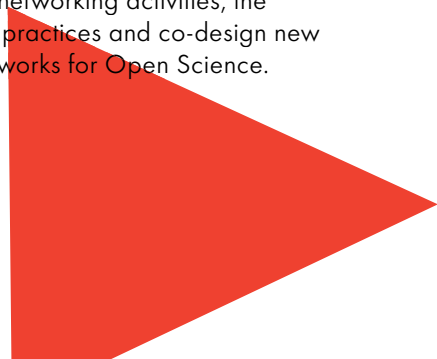
06, 07, 08/09

The National Library of Greece is hosting a three-day international multidisciplinary conference on Open Science and welcomes 300 scientists who practice the values of open access to knowledge.

How do we ensure that scientific knowledge and achievements are accessible to all, regardless of their financial capacity? What tools are available to academia and research institutions to ensure the best possible dissemination of research and innovation results to society?

The Open Science Fair seeks to collect and bring forward solutions that facilitate the transition to an era of Open Science: digital infrastructure and services, new workflows and open ways of analyzing, evaluating and disseminating data from the scientific community to all those who need and can benefit from them.

Through talks, workshops, poster presentations, exhibition stands, science cafés and networking activities, the participants explore good practices and co-design new research and action frameworks for Open Science.



The Open Science Fair is a joint initiative of four European-Union-funded Open Science programs: OpenAIR, OpenUP, FOSTER and OpenMinTeD. The event's key speakers are the internationally renowned economist Jeffrey D. Sachs and the distinguished professor of medicine Ioannis P.A. Ioannidis.


Partners: National and Kapodistrian University of Athens, Athena Research Center, National Library of Greece

Official website:

<http://www.opensciencefair.eu/>

Registration:

<http://www.opensciencefair.eu/register>



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.*

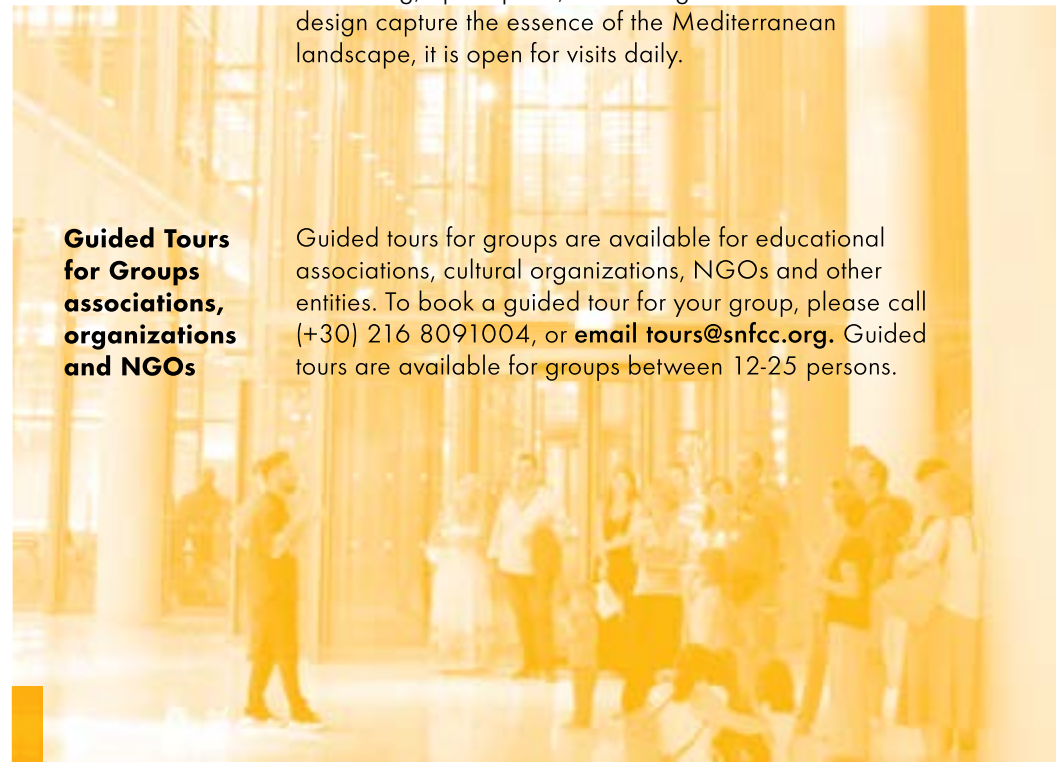
** Please note that the Stavros Niarchos Park guided tours are subject to weather conditions*

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 rooms, 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.



Food & Beverage Spots

Food Truck

Ψ4A

Inspired by the latest in street food, Food Truck focuses on tradition and quality – the main offering is the gözleme, a Pontos delicacy made of traditional handmade phyllo pastry usually stuffed with spinach, fresh onions, feta cheese and mint.

Opening hours: Monday–Thursday 11.00–22.00, Friday–Saturday 11.00–00.00 & Sunday 10.30–00.00

On Tour Coffee & Juice Vans

Ψ4D

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

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

Pharos Café

Ψ4B

Set at SNFCC's highest vantage point, on the days when the Lighthouse rests between exhibitions and events Pharos Café offers 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

Ψ4C

Agora Bistro is the all-day food and beverage spot at SNFCC's Agora, where visitors can enjoy everything from breakfast to dinner through an array of Mediterranean flavors for all tastes.

Opening hours: 08.00–01.00 daily

Canal Café

Ψ4E

The new proposition by the creative team behind Skoufa Street's IT and the chef Andreas Lagous 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

Park Kiosk

Ψ4F

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 at SNFCC's Playgrounds.

Opening hours: 08.00–00.00 daily

Calendar September

*Preregistration at
www.SNFCC.org/events



European Mobility
Week Events

● Music & Cinema

● Activities for Adults

● Activities for Children

Exhibitions	Spyros Louis Cup (p. 46)	06.00-00.00	SNFCC LOBBY
Tours	Guided Tours		INFORMATION IN p.47

Friday 01/09

Sports & Wellness	Fitness, Health and Wellness Instructor (p. 23)	07.30-09.30 & 18.30-21.30	RUNNING TRACK
Sports & Wellness	Mat Pilates (p. 22)	08.00-09.00	PANORAMIC STEPS
Sports & Wellness	Kids Athletics aged 6-12 (p. 34)	17.30-18.15	RUNNING TRACK
Sports & Wellness	Yoga in the Park (p. 22)	19.00-20.30	PANORAMIC STEPS
Park your Cinema: The Great... Out there!	Days of Heaven (p. 15)	20.30	GREAT LAWN

Saturday 02/09

Sports & Wellness	Tai Chi (p. 25)	08.30-09.45	LABYRINTH
Sports & Wellness	Sailing the Canal* (p.24, 36)	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	Kayaking the Canal* children 12+ and adults (p. 23, 36)	17.30-20.00	CANAL
Arts & Crafts	Mistake Labs children and parents (p. 42)	17.30-20.30	NLG KIDS LAB
Sports & Wellness	Family Games children aged 4-9 and parents (p. 34)	18.00-19.30	GREAT LAWN
Dancing	Hoop Dance Party aged 6-12 (p. 40)	18.00-19.30	MEDITERRANEAN GARDEN
Sports & Wellness	Petanque (p. 24)	18.00-20.00	ESPLANADE

LABYRINTH

Sports & Wellness	Yoga Kids aged 4-12 (p. 35)	18.30-19.30	LABYRINTH
Dancing	African Dance (p. 29)	18.30-20.00	GREAT LAWN
Park your Cinema: Kids	Lady and the Tramp (p. 19)	20.30	GREAT LAWN

Sunday 03/09

Sports & Wellness	Sailing the Canal* (p. 24, 36)	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. 41)	10.00-11.30	VEGETABLE GARDEN
Dancing	Capoeira Kids aged 9-12 (p. 40)	11.30-12.30	GREAT LAWN
Arts & Crafts	Home again! children aged 5-10 and parents (p. 42)	12.00-13.00	WATER JETS
Sports & Wellness	Kayaking the Canal* children 12+ and adults (p. 23, 36)	17.30-20.00	CANAL
Dancing	Open Air Hoop Dance (p. 29)	18.30-20.00	MEDITERRANEAN GARDEN

Monday 04/09

Sports & Wellness	Fitness, Health and Wellness Instructor (p. 23)	07.30-09.30 & 18.30-21.30	RUNNING TRACK
Sports & Wellness	Mat Pilates (p. 22)	08.00-09.00	PANORAMIC STEPS
Technology	Computer Courses for persons 65+ (for beginners) (p. 31)	11.00-12.00 & 14.00-15.00	NLG LOBBY
Sports & Wellness	Sports Games aged 5-15 (p. 35)	18.30-20.00	GREAT LAWN
Sports & Wellness	Yoga in the Park (p. 22)	19.00-20.30	PANORAMIC STEPS

Calendar September

*Preregistration at
www.SNFCC.org/events



European Mobility
Week Events

● Music & Cinema

● Activities for Adults

● Activities for Children

Tuesday 05/09

Sports & Wellness	Fitness, Health and Wellness Instructor (p. 23)	07.30-09.30 & 18.30-21.30	RUNNING TRACK
Sports & Wellness	Yoga in the Park (p. 22)	08.00-09.30	PANORAMIC STEPS
Technology	Computer Courses for persons 65+ (for participants of the first course) (p. 31)	11.00-12.00, 14.00-15.00 & 18.00-19.00	NLG LOBBY
Ideas Labs	Healing Gardens 65+ (p. 30)	18.30-19.30	VEGETABLE GARDEN
Sports & Wellness	Tai Chi (p. 25)	19.30-20.45	GREAT LAWN

Wednesday 06/09

Sports & Wellness	Fitness, Health and Wellness Instructor (p. 23)	07.30-09.30 & 18.30-21.30	RUNNING TRACK
Sports & Wellness	Mat Pilates (p. 22)	08.00-09.00, 19.00-20.00 & 20.00-21.00	PANORAMIC STEPS
Technology	Computer Courses for persons 65+ (for beginners) (p. 31)	11.00-12.00 & 14.00-15.00	NLG LOBBY
Arts & Crafts	Trial Labs (p. 32)	18.00-21.00	NLG SEMINAR ROOM
Sports & Wellness	Sports Games aged 5-15 (p. 35)	18.30-20.00	GREAT LAWN
Dancing	Social Ballroom: Full moon Boogie Woogie (p. 28)	20.30 (lesson) 21.30 (party)	AGORA

Thursday 07/09

Sports & Wellness	Fitness, Health and Wellness Instructor (p. 23)	07.30-09.30 & 18.30-21.30	RUNNING TRACK
Sports & Wellness	Yoga in the Park (p. 22)	08.00-09.30	PANORAMIC STEPS
Technology	Computer Courses for persons 65+ (for participants of the first course) (p. 31)	11.00-12.00 & 14.00-15.00	NLG LOBBY
Arts & Crafts	Creative Accessories Workshops Kitchen Apron: Tribute to Expressionism* (p. 32)	18.00-21.00	NLG SEMINAR ROOM
Arts & Crafts	Ready! Steady! Go!*children aged 1-3 and parents (p. 43)	18.30-19.30	MEDITERRANEAN GARDEN
Sports & Wellness	Mat Pilates (p. 22)	19.00-20.00 & 20.00-21.00	PANORAMIC STEPS

Friday 08/09

Sports & Wellness	Fitness, Health and Wellness Instructor (p. 23)	07.30-09.30 & 18.30-21.30	RUNNING TRACK
Sports & Wellness	Mat Pilates (p. 22)	08.00-09.00	PANORAMIC STEPS
Technology	Computer Courses for persons 65+ (for beginners) (p. 31)	11.00-12.00 & 14.00-15.00	NLG LOBBY
Sports & Wellness	Kids Athletics aged 6-12 (p. 34)	17.30-18.15	RUNNING TRACK
Sports & Wellness	Yoga in the Park (p. 22)	19.00-20.30	PANORAMIC STEPS
Park your Cinema: The Great... Out there!	Out of Africa (p. 16)	20.30	GREAT LAWN

Saturday 09/09

Sports & Wellness	Tai Chi (p. 25)	08.30-09.45	LABYRINTH
Sports & Wellness	Sailing the Canal* (p. 24, 36)	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	Art Land aged 6-12 (p. 41)	11.30-13.00	SOUTHERN WALKS
Sports & Wellness	Kayaking the Canal* children 12+ and adults (p. 23, 36)	17.30-20.00	CANAL
Arts & Crafts	Mistake Labs children and parents (p. 42)	17.30-20.30	NLG KIDS LAB
Sports & Wellness	Family Games children aged 4-9 and parents (p. 34)	18.00-19.30	GREAT LAWN
Dancing	Hoop Dance Party aged 6-12 (p. 40)	18.00-19.30	MEDITERRANEAN GARDEN
Sports & Wellness	Petanque (p. 24)	18.00-20.00	ESPLANADE
Sports & Wellness	Yoga Kids aged 4-12 (p. 35)	18.30-19.30	LABYRINTH
Park your Cinema: Kids	Dumbo (p. 20)	20.30	GREAT LAWN
Music	Jazz Chronicles: Handy & Kassetas (p. 12)	21.00	PANORAMIC STEPS

Calendar September

*Preregistration at
www.SNFCC.org/events



European Mobility
Week Events

● Music & Cinema

● Activities for Adults

● Activities for Children

Sunday 10/09

Sports & Wellness	Sailing the Canal* (p. 24, 36)	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. 41)	10.00-11.30	VEGETABLE GARDEN
Sports & Wellness	The road of adventure aged 16-65 (p. 25, 37)	11.00-13.30	ESPLANADE
Arts & Crafts	Home again! children aged 5-10 and parents (p. 42)	12.00-13.00	WATER JETS
Sports & Wellness	Kayaking the Canal* children 12+ and adults (p. 23, 36)	17.30-20.00	CANAL
Dancing	Open Air Hoop Dance (p. 29)	18.30-20.00	MEDITERRANEAN GARDEN
Music	Jazz Chronicles: Theo Kapilidis Quartet (p.12)	21.00	PANORAMIC STEPS

Monday 11/09

Sports & Wellness	Fitness, Health and Wellness Instructor (p. 23)	07.30-09.30 & 18.30-21.30	RUNNING TRACK
Sports & Wellness	Mat Pilates (p. 22)	08.00-09.00	PANORAMIC STEPS
Technology	Computer Courses for persons 65+ (for beginners) (p. 31)	11.00-12.00 & 14.00-15.00	NLG LOBBY
Arts & Crafts	Drawing in the Park! (p. 31)	17.30-19.30	NLG BOOK CASTLE
Sports & Wellness	Sports Games aged 5-15 (p. 35)	18.30-20.00	GREAT LAWN
Sports & Wellness	Yoga in the Park (p. 22)	19.00-20.30	PANORAMIC STEPS

Tuesday 12/09

Sports & Wellness	Fitness, Health and Wellness Instructor (p. 23)	07.30-09.30 & 18.30-21.30	RUNNING TRACK
Sports & Wellness	Yoga in the Park (p. 22)	08.00-09.30	PANORAMIC STEPS
Technology	Computer Courses for persons 65+ (for participants of the first course) (p. 31)	11.00-12.00 & 14.00-15.00 & 18.00-19.00	NLG LOBBY
Ideas Labs	Healing Gardens 65+ (p. 30)	18.30-19.30	VEGETABLE GARDEN
Sports & Wellness	Tai Chi (p. 25)	19.30-20.45	GREAT LAWN

Wednesday 13/09

Sports & Wellness	Fitness, Health and Wellness Instructor (p. 23)	07.30-09.30 & 18.30-21.30	RUNNING TRACK
Sports & Wellness	Mat Pilates (p. 22)	08.00-09.00, 19.00-20.00 & 20.00-21.00	PANORAMIC STEPS
Technology	Computer Courses for persons 65+ (for beginners) (p. 31)	11.00-12.00 & 14.00-15.00	NLG LOBBY
Arts & Crafts	Trial Labs (p. 32)	18.00-21.00	NLG SEMINAR ROOM
Sports & Wellness	Sports Games aged 5-15 (p. 35)	18.30-20.00	GREAT LAWN

Thursday 14/09

Sports & Wellness	Fitness, Health and Wellness Instructor (p. 23)	07.30-09.30 & 18.30-21.30	RUNNING TRACK
Sports & Wellness	Yoga in the Park (p. 22)	08.00-09.30	PANORAMIC STEPS
Technology	Computer Courses for persons 65+ (for participants of the first course) (p. 31)	11.00-12.00 & 14.00-15.00	NLG LOBBY
Arts & Crafts	Ready! Steady! Go!*children aged 1-3 and parents (p. 43)	18.30-19.30	MEDITERRANEAN GARDEN
Sports & Wellness	Mat Pilates (p. 22)	19.00-20.00 & 20.00-21.00	PANORAMIC STEPS

Friday 15/09

Sports & Wellness	Fitness, Health and Wellness Instructor (p. 23)	07.30-09.30 & 18.30-21.30	RUNNING TRACK
Sports & Wellness	Mat Pilates (p. 22)	08.00-09.00	PANORAMIC STEPS
Technology	Computer Courses for persons 65+ (for beginners) (p. 31)	11.00-12.00 & 14.00-15.00	NLG LOBBY
Sports & Wellness	Climbing Wall aged 6-65 (p. 26, 38)	17.00-21.00	ESPLANADE
Sports & Wellness	Kids Athletics aged 6-12 (p. 34)	17.30-18.15	RUNNING TRACK
Sports & Wellness	Yoga in the Park (p. 22)	19.00-20.30	PANORAMIC STEPS
Park your Cinema: The Great... Out there!	Where the Wild Things Are (p. 16)	20.30	GREAT LAWN

Calendar September

*Preregistration at
www.SNFCC.org/events



European Mobility
Week Events



Music & Cinema



Activities for Adults



Activities for Children

Saturday 16/09

Sports & Wellness	Tai Chi (p. 25)	08.30-09.45	LABYRINTH
Sports & Wellness	Sailing the Canal* (p. 24, 36)	09.00-10.00 (aged 6-9) 10.00-11.00 (aged 9-12) 12.00-13.00 (aged 12-17) 11.00 & 13.00-14.00 (17+ and adults)	CANAL
Sports & Wellness	Climbing wall aged 6-65 (p. 26, 38)	10.00-13.00 & 17.00-21.00	ESPLANADE
Nature	Art Land aged 6-12 (p. 41)	11.30-13.00	SOUTHERN WALKS
Sports & Wellness	Roller Skates Kids aged 5-12 (p. 37)	17.30-19.30	VISITORS CENTER
Sports & Wellness	Kayaking the Canal* children 12+ and adults (p. 23, 36)	17.30-20.00	CANAL
Arts & Crafts	Mistake Labs children and parents (p. 42)	17.30-20.30	NLG KIDS LAB
Sports & Wellness	Family Games children aged 4-9 and parents (p. 34)	18.00-19.30	GREAT LAWN
Sports & Wellness	Petanque (p. 24)	18.00-20.00	ESPLANADE
Sports & Wellness	Yoga Kids aged 4-12 (p. 35)	18.30-19.30	LABYRINTH
Music	Parklife Traditional: Ross Daly Quintet & Martha Mavroidi Trio (p. 7)	20.00	GREAT LAWN
Park your Cinema: Kids	Sing (p. 20)	20.30	AGORA

Sunday 17/09

Sports & Wellness	Sailing the Canal* (p. 24, 36)	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	Climbing Wall aged 6-65 (p. 26, 38)	10.00-13.00 & 17.00-21.00	ESPLANADE
Nature	The Park's Little Gardeners aged 5-9 (p. 41)	10.00-11.30	VEGETABLE GARDEN
European Mobility Week	Walker Race III aged 2,5-5 (p. 38)	11.00-13.00	OUTDOOR PARKING LOT

Arts & Crafts	Home again! children aged 5-10 and parents (p. 42)	12.00-13.00	WATER JETS
Sports & Wellness	Kayaking the Canal* children 12+ and adults (p. 23, 36)	17.30-20.00	CANAL
Sports & Wellness	Roller Skates (p. 26)	18.00-20.00	VISITORS CENTER
Music	Music Escapades: Leon of Athens & Fonés+ (p. 10)	20.30	GREAT LAWN

Monday 18/09

Sports & Wellness	Fitness, Health and Wellness Instructor (p. 23)	07.30-09.30 & 18.30-21.30	RUNNING TRACK
Sports & Wellness	Mat Pilates (p. 22)	08.00-09.00	PANORAMIC STEPS
Technology	Computer Courses for persons 65+ (for beginners) (p. 31)	11.00-12.00 & 14.00-15.00	NLG LOBBY
Arts & Crafts	Drawing in the Park! (p. 31)	17.30-19.30	NLG BOOK CASTLE
Sports & Wellness	Sports Games aged 5-15 (p. 35)	18.30-20.00	GREAT LAWN
Sports & Wellness	Yoga in the Park (p. 22)	19.00-20.30	PANORAMIC STEPS
European Mobility Week	Discussion on Sustainable Mobility (p. 30)	19.00	NLG BOOK CASTLE

Tuesday 19/09

Sports & Wellness	Fitness, Health and Wellness Instructor (p. 23)	07.30-09.30 & 18.30-21.30	RUNNING TRACK
Sports & Wellness	Yoga in the Park (p. 22)	08.00-09.30	PANORAMIC STEPS
Technology	Computer Courses for persons 65+ (for participants of the first course) (p. 31)	11.00-12.00, 14.00-15.00 & 18.00-19.00	NLG LOBBY
Arts & Crafts	Geometric Lights* (p. 33)	18.30-21.00	NLG SEMINAR ROOM
Ideas Labs	Healing Gardens 65+ (p. 30)	18.30-19.30	VEGETABLE GARDEN
Sports & Wellness	Tai Chi (p. 25)	19.30-20.45	GREAT LAWN

Calendar September

*Preregistration at
www.SNFCC.org/events



European Mobility
Week Events

● Music & Cinema

● Activities for Adults

● Activities for Children

Wednesday 20/09

Sports & Wellness	Fitness, Health and Wellness Instructor (p. 23)	07.30-09.30 & 18.30-21.30	RUNNING TRACK
Sports & Wellness	Mat Pilates (p. 22)	08.00-09.00, 19.00-20.00 & 20.00-21.00	PANORAMIC STEPS
Technology	Computer Courses for persons 65+ (for beginners) (p. 31)	11.00-12.00 & 14.00-15.00	NLG LOBBY
European Mobility Week	Bike riding lessons for adults (p. 26)	17.00-21.00	OUTDOOR PARKING LOT
European Mobility Week	Tune up your Bike (p. 27)	17.00-21.00	OUTDOOR PARKING LOT
Arts & Crafts	Trial Labs (p. 32)	18.00-21.00	NLG SEMINAR ROOM
Sports & Wellness	Sports Games aged 5-15 (p. 35)	18.30-20.00	GREAT LAWN

Thursday 21/09

Sports & Wellness	Fitness, Health and Wellness Instructor (p. 23)	07.30-09.30 & 18.30-21.30	RUNNING TRACK
Sports & Wellness	Yoga in the Park (p. 22)	08.00-09.30	PANORAMIC STEPS
Technology	Computer Courses for persons 65+ (for participants of the first course) (p. 31)	11.00-12.00 & 14.00-15.00	NLG LOBBY
Arts & Crafts	Ready! Steady! Go!*children aged 1-3 and parents (p. 43)	18.30-19.30	MEDITERRANEAN GARDEN
Sports & Wellness	Mat Pilates (p. 22)	19.00-20.00 & 20.00-21.00	PANORAMIC STEPS

Friday 22/09

Sports & Wellness	Fitness, Health and Wellness Instructor (p. 23)	07.30-09.30 & 18.30-21.30	RUNNING TRACK
Sports & Wellness	Mat Pilates (p. 22)	08.00-09.00	PANORAMIC STEPS
Technology	Computer Courses for persons 65+ (for beginners) (p. 31)	11.00-12.00 & 14.00-15.00	NLG LOBBY

Sports & Wellness	Kids Athletics aged 6-12 (p. 34)	17.30-18.15	RUNNING TRACK
Sports & Wellness	Yoga in the Park (p. 22)	19.00-20.30	PANORAMIC STEPS
European Mobility Week	"Tune up!" Bike to the Music (p. 27)	20.00	AGORA
Park your Cinema: The Great... Out there!	Once upon a time in the West (p. 17)	20.30	GREAT LAWN

Saturday 23/09

Sports & Wellness	Tai Chi (p. 25)	08.30-09.45	LABYRINTH
Sports & Wellness	Sailing the Canal* (p. 24, 36)	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	Triathlon Kids aged 6-12 (p. 39)	11.00-13.00	RUNNING TRACK
Nature	Art Land aged 6-12 (p. 41)	11.30-13.00	SOUTHERN WALKS
Sports & Wellness	Kayaking the Canal* children 12+ and adults (p. 23, 36)	17.30-20.00	CANAL
Arts & Crafts	Mistake Labs children and parents (p. 42)	17.30-20.30	NLG KIDS LAB
Sports & Wellness	Family Games children aged 4-9 and parents (p. 34)	18.00-19.30	GREAT LAWN
Sports & Wellness	Petanque (p. 24)	18.00-20.00	ESPLANADE
Sports & Wellness	Yoga Kids aged 4-12 (p. 35)	18.30-19.30	LABYRINTH
Music	Parklife Melody: Marina Satti & Fonés (p. 8)	20.30	GREAT LAWN
Park your Cinema: Kids	Tangled (p. 21)	20.30	AGORA

Calendar September

*Preregistration at
www.SNFCC.org/events

Sunday 24/09

Sports & Wellness	Sailing the Canal* (p. 24, 36)	09.00-10.00 (aged 6-9) 10.00-11.00 (aged 9-12) 12.00-13.00 (aged 12-17) 11.00 & 13.00-14.00 (17+ and adults)	CANAL
Nature	The Park's Little Gardeners aged 5-9 (p. 41)	10.00-11.30	VEGETABLE GARDEN
Dancing	Capoeira kids aged 9-12 (p. 40)	11.30-12.30	GREAT LAWN
Arts & Crafts	Home again! children aged 5-10 and parents (p. 42)	12.00-13.00	WATER JETS
Sports & Wellness	Kayaking the Canal* children 12+ and adults (p. 23, 36)	17.30-20.00	CANAL
Sports & Wellness	2K Backwards Run IV 12+ and adults (p. 27, 39)	18.00-19.30	RUNNING TRACK
Music	Parklife Melody: Evanthia Reboutsika & George Perris (p. 9)	20.30	GREAT LAWN

Monday 25/09

Sports & Wellness	Fitness, Health and Wellness Instructor (p. 23)	07.30-09.30 & 18.30-21.30	RUNNING TRACK
Sports & Wellness	Mat Pilates (p. 22)	08.00-09.00	PANORAMIC STEPS
Technology	Computer Courses for persons 65+ (for beginners) (p. 31)	11.00-12.00 & 14.00-15.00	NLG LOBBY
Arts & Crafts	Drawing in the Park! (p. 31)	17.30-19.30	NLG BOOK CASTLE
Sports & Wellness	Sports Games aged 5-15 (p. 35)	18.30-20.00	GREAT LAWN
Sports & Wellness	Yoga in the Park (p. 22)	19.00-20.30	PANORAMIC STEPS

Tuesday 26/09

Sports & Wellness	Fitness, Health and Wellness Instructor (p. 23)	07.30-09.30 & 18.30-21.30	RUNNING TRACK
Sports & Wellness	Yoga in the Park (p. 22)	08.00-09.30	PANORAMIC STEPS
Technology	Computer Courses for persons 65+ (for participants of the first course) (p. 31)	11.00-12.00, 14.00-15.00 & 18.00-19.00	NLG LOBBY
Ideas Labs	Healing Gardens 65+ (p. 30)	18.30-19.30	VEGETABLE GARDEN
Sports & Wellness	Tai Chi (p. 25)	19.30-20.45	GREAT LAWN

European Mobility
Week Events

Music & Cinema

Activities for Adults

Activities for Children

Wednesday 27/09

Sports & Wellness	Fitness, Health and Wellness Instructor (p. 23)	07.30-09.30 & 18.30-21.30	RUNNING TRACK
Sports & Wellness	Mat Pilates (p. 22)	08.00-09.00, 19.00-20.00 & 20.00-21.00	PANORAMIC STEPS
Technology	Computer Courses for persons 65+ (for beginners) (p. 31)	11.00-12.00 & 14.00-15.00	NLG LOBBY
Arts & Crafts	Trial Labs (p. 32)	18.00-21.00	NLG SEMINAR ROOM
Sports & Wellness	Sports Games aged 5-15 (p. 35)	18.30-20.00	GREAT LAWN

Thursday 28/09

Sports & Wellness	Fitness, Health and Wellness Instructor (p. 23)	07.30-09.30 & 18.30-21.30	RUNNING TRACK
Sports & Wellness	Yoga in the Park (p. 22)	08.00-09.30	PANORAMIC STEPS
Technology	Computer Courses for persons 65+ (for participants of the first course) (p. 31)	11.00-12.00 & 14.00-15.00	NLG LOBBY
Arts & Crafts	Ready! Steady! Go! *children aged 1-3 and parents (p. 43)	18.30-19.30	MEDITERRANEAN GARDEN
Sports & Wellness	Mat Pilates (p. 22)	19.00-20.00 & 20.00-21.00	PANORAMIC STEPS

Friday 29/09

Sports & Wellness	Fitness, Health and Wellness Instructor (p. 23)	07.30-09.30 & 18.30-21.30	RUNNING TRACK
Sports & Wellness	Mat Pilates (p. 22)	08.00-09.00	PANORAMIC STEPS
Technology	Computer Courses for persons 65+ (for beginners) (p. 31)	11.00-12.00 & 14.00-15.00	NLG LOBBY
Sports & Wellness	Kids Athletics aged 6-12 (p. 34)	17.30-18.15	RUNNING TRACK
Sports & Wellness	Yoga in the Park (p. 22)	19.00-20.30	PANORAMIC STEPS
Park your Cinema: The Great... Out there!	Raiders of the Lost Ark (p. 17)	20.30	GREAT LAWN

Saturday 30/09

Sports & Wellness	Tai Chi (p. 25)	08.30-09.45	LABYRINTH
Sports & Wellness	Sailing the Canal* (p. 24, 36)	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
Arts & Crafts	We create all together art: My new notebook! aged 7+ (p. 33, 43)	11.00-14.00	NLG KIDS LAB
Nature	Art Land aged 6-12 (p. 41)	11.30-13.00	SOUTHERN WALKS
Sports & Wellness	Kayaking the Canal* children 12+ and adults (p. 23, 36)	17.30-20.00	CANAL
Sports & Wellness	Family Games children aged 4-9 and parents (p. 34)	18.00-19.30	GREAT LAWN
Dancing	African Dance (p. 29)	18.00-19.30	GREAT LAWN
Sports & Wellness	Pétanque (p. 24)	18.00-20.00	ESPLANADE
Sports & Wellness	Yoga Kids aged 4-12 (p. 35)	18.30-19.30	LABYRINTH
Park your Cinema: Kids	The Incredibles (p. 21)	20.30	GREAT LAWN
Music	Music Escapades: Serafim Tsotsonis (p. 11)	21.00	PANORAMIC STEPS

*Preregistration at
www.SNFCC.org/events



European Mobility
Week Events



Music & Cinema



Activities for Adults



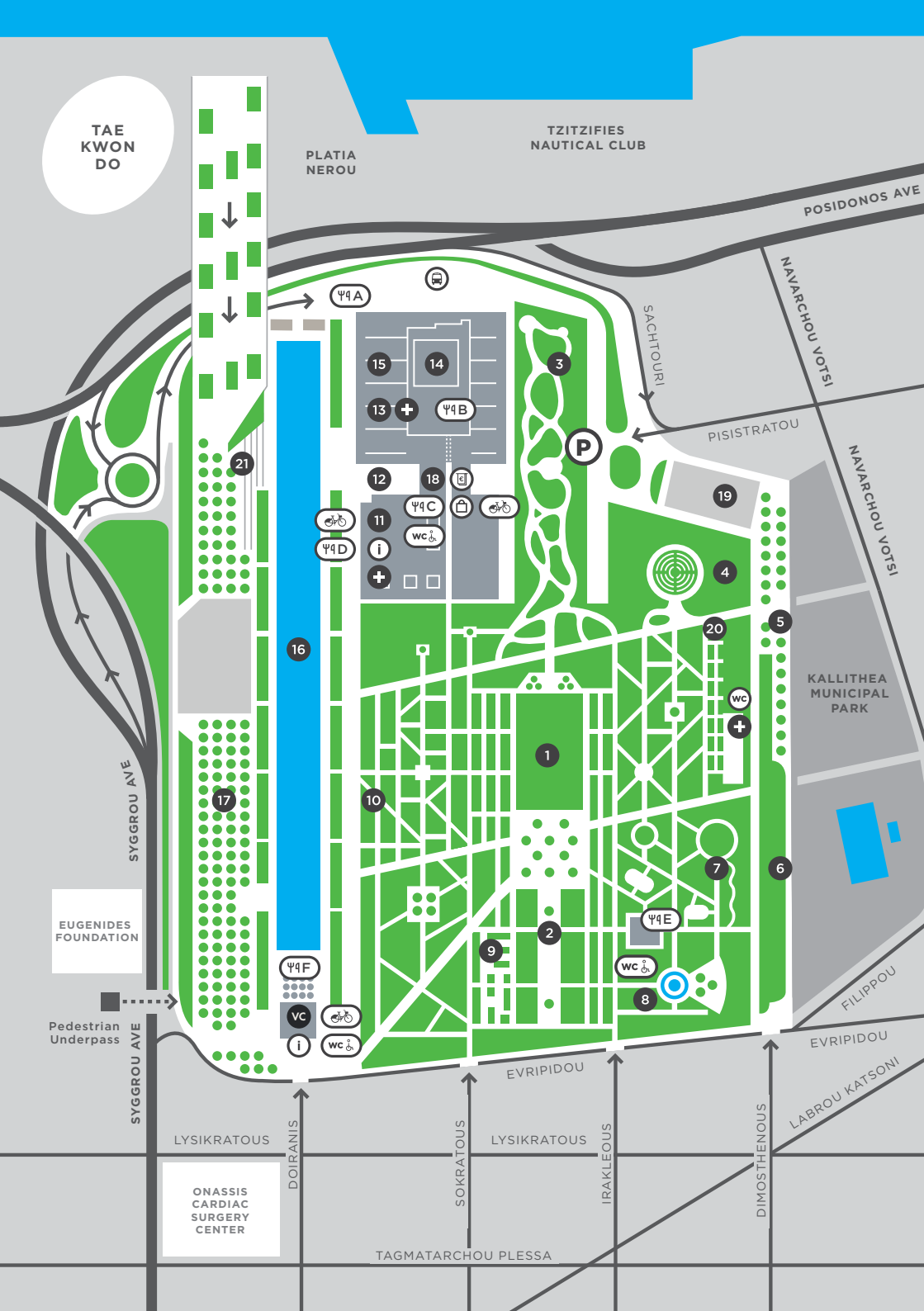
Activities for Children

- 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.

Photo Credits:

Cover, Pinelopi Gerasimou, Katerina Grammatikopoulou | Mobility Week, Nikolas Karanikolas | September at SNFCC, Yiorgis Yerolymbos | Marina Satti & Fonéc, Charis Germanidis | E. Reboutsika & G. Perris, Dimitris Kilalous | Leon of Athens, G. Katsanakis | Serafim Tsotsonis, Aggeliki Tsotsoni | Theo Kapilidis, Meier Markus | Graig Handy, George B. Wells| Kayaking the Canal, Capoeira, Elena Georgiadou | Tai Chi, Guided tours, Pinelopi Gerasimou | The road of adventure, Stavros Voglou | Roller Skates, Giannis Kouparis | The Bullets, Nikitas Kouskousis | Jump & Jive, Aliko Evangelinou | African Dance, Sailing the Canal, Open Air Hoop Dance, Petanque, Katerina Liakopoulou| Geometrical Lights, Artemis Papageorgiou / Entropika Lab | Hoop Dance Party, Evelina Brummer |The Park's Little Gardeners, Giorgos Kanellopoulos | Ready! Steady! Go!, Lina Economou | Spyros Louis Cup, SNFCC | Great Lawn, Eftychia Vlachou





Map

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

- | | |
|-------------------------------|------------------------|
| 1 Great Lawn | 15 Panoramic Steps |
| 2 Pine Grove | 16 Canal |
| 3 Southern Walks | 17 Esplanade |
| 4 Labyrinth | 18 SNFCC Lobby |
| 5 Outdoor Gym | 19 Outdoor Parking Lot |
| 6 Running Track | 20 Vegetable Garden |
| 7 Playground | 21 Canal Steps |
| 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 |

Food and beverage spots

- | | |
|------------------|----------------------------|
| Ψ4A Food Truck | Ψ4D On Tour Coffee & Juice |
| Ψ4B Pharos Café | Ψ4E Park Kiosk |
| Ψ4C Agora Bistro | Ψ4F Canal Café |

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 Syggrou-Fix 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		

From SNFCC To SYNTAGMA

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



In September, SNFCC's car parking facilities, with a capacity of 1.000 cars, are expected to open officially.

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.

Food Truck (Canal – next to the GNO)
Monday-Thursday 11.00-22.00, Friday-Saturday 11.00-00.00 & Sunday 10.30-00.00

On tour coffee van: 09.00-19.00

On tour juice van: 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

ΚΕΝΤΡΟ
ΠΟΛΙΤΙΣΜΟΥ
ΙΔΡΥΜΑ
ΣΤΑΥΡΟΣ
ΝΙΑΡΧΟΣ
ΠΡΟΓΡΑΜΜΑ
ΜΕΛΩΝ

I am an SNFCC Member, I belong to its family, I support its activities!

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, a series of 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.

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.

Music & Cinema p. 6-21
Activities for adults p. 22-33
Activities for children p. 34-43
Exhibitions p. 46
Guided tours p. 47
Calendar p. 50-63

**Stavros Niarchos Foundation
Cultural Center**

364, Syggrou Avenue
17674 Kallithea, Greece

(+30) 216 8091000
info@snfcc.org



#SNFCC

Organization:



STAVROS
NIARCHOS
FOUNDATION
CULTURAL
CENTER

ΚΕΝΤΡΟ
ΠΟΛΙΤΙΣΜΟΥ
ΙΔΡΥΜΑ
ΣΤΑΥΡΟΣ
ΝΙΑΡΧΟΣ

Εθνική Βιβλιοθήκη
της Ελλάδος  **National
Library of Greece**

Exclusive donor:

