

Costa Navarino welcomes the 'Democracy and Happiness Weekend' in September

Join a host of innovative thinkers and award-winning thought leaders from 30th September – 2nd October, for a weekend of debates, discussions and meditations



Costa Navarino, August 5th 2022 – For the seventh year, Costa Navarino in Messinia, Greece, will welcome **world-acclaimed authors and speakers** to lead discussions and debates during **'The Democracy and Happiness Weekend'**. The cultural event takes place from **30th September to 2nd October, 2022** in partnership with the Athens Democracy Forum, at the brand new W Costa Navarino.

Greece's prime sustainable destination will be the setting for a series of events; attendees can immerse themselves in thought-provoking discussions, and benefit from the unrivalled natural landscape, while enjoying a session of beach yoga, a philosophy walk or a cultural experience.

At a time when daily life is punctured by a series of global crises – from climate change to the pandemic to all-out war – the quest for happiness seems ever more elusive, and even a bit indulgent. But more people than ever are seeking it out. The annual weekend will explore the role of happiness in public life, through discussions and talks featuring motivating speakers, such as:

- **Pascal Bruckner**, acclaimed author who penned the book *Perpetual Euphoria: On the Duty to Be Happy*
- **Wolf Singer**, award-winning German neurophysiologist
- **Yascha Mounk**, Professor and acclaimed author

The speakers will cover a variety of topics exploring whether a happier society equates to a more resilient democracy, in discussions moderated by Roger Cohen, Chief correspondent Paris and former Op-Ed columnist, Liz Alderman, Chief European business correspondent, and Steven Erlanger, Chief European Diplomatic Correspondent at The New York Times.

The special weekend will take place at W Costa Navarino, a vibrant new resort that embodies creativity and individuality. In addition to the series of talks and book readings, Costa Navarino has curated cultural experiences for guests to enjoy, including philosophy walks with academics discussing modern-day ethics through the lens of ancient Greek philosophers, amidst the idyllic Messinian setting. Visitors will also be able to take full advantage of the spectacular coastal location, from swimming in the Ionian Sea, to diving, sailing, kite-surfing and more.

The Athens Democracy Forum in association with The New York Times, now in its 10th year, is organised by the Democracy and Culture Foundation and will take place on 28th – 30th September 2022, in Athens,

Greece. The Forum is under the Patronage of H.E. the President of the Hellenic Republic and is proud to have the endorsement of the United Nations Secretary General. The Athens Democracy Forum will convene leaders from government, business, civic society and the nonprofit sector to explore real solutions to the most pressing issues facing democracy.

For more information about **The Happiness and Democracy Weekend**, visit [HERE](#)

For more information on accommodation options or to book, please visit [W Costa Navarino](#) (special code: LPR) or call +30 2723 097600 quoting "Democracy Weekend".

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About Costa Navarino

Costa Navarino is the prime, sustainable destination in the Mediterranean, located in the Greek region of Messinia in the southwest Peloponnese. One of the most unspoiled and breath-taking seaside Mediterranean landscapes, this area has been shaped by 4,500 years of history. Its philosophy is driven by a genuine desire to promote Messinia, while protecting and preserving its natural beauty and heritage. It will comprise a number of distinct sites featuring five-star deluxe hotels, luxury private residences, conference facilities, spa and thalassotherapy centres, signature golf courses, as well as a wide range of unique year-round activities for adults and children. Navarino Dunes, the first area, is home to two luxury five-star hotels, The Romanos, a Luxury Collection Resort, and The Westin Resort Costa Navarino; Navarino Residences, a collection of luxury villas for private ownership; and The Residences at The Westin Resort Costa Navarino – fully furnished resort apartments for sale; the signature golf course The Dunes Course; Anazoe Spa, a 4,000m2 spa and thalassotherapy centre; the state-of-the-art conference centre House of Events; specially designed facilities for children; and a variety of gastronomy venues, sports, outdoor and cultural activities.

Navarino Bay, the second area, is home to the signature golf course, The Bay Course and the earth-sheltered Bay Clubhouse, and is set to welcome the Mandarin Oriental, Costa Navarino in 2023.

At the nearby site Navarino Waterfront, the upscale, vibrant W Costa Navarino will open in August 2022.

At Navarino Hills, two new 18-hole signature golf courses are open as of February 2022.

www.costanavarino.com

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ATHENS DEMOCRACY FORUM

The Athens Democracy Forum (ADF) is an international conference held annually in September or October that explores the evolving state of democracy. It has taken place in Athens, Greece since 2013. ADF brings together international business leaders, academics, policy makers and experts to discuss and focus on new solutions to the most pressing issues facing democracy. Key events include the Aristotle Address, the City of Athens Democracy Award and the Ancient Agora Global Conversation.

www.athensdemocracyforum.com