

16. The Paradise Orchard

Philips Fruittuin, Oirschotsedijk 14a, Eindhoven (Strijp) (via the Achtseweg Zuid roundabout)

www.philipsfruittuin.nl

THE HAPPY SPOT

Philips Fruittuin is a large orchard sitting on the outskirts of the city center and in the middle of greenery – 12 hectares worth of apple, pear and plum pleasure. Originally, it was a work provision project established by Philips in 1930, one which also encouraged the workers to eat healthy fruit. Today, the modern buildings are designed to look as if they were built from old fruit crates. Walk among the rows of trees and you feel like you're in paradise. *Would Eve like a forbidden apple?*

WHAT MAKES US HAPPY HERE?

The fruit is grown here with respect for nature. The best picnic ever. Pancake meals among the blossoms. In the fall, pick your own apples and bake a delicious pie at home. The fresh fragrances. Colors, dependent on the season, but always beautiful. A feeling of healthiness here. Take a piece of paradise home.

THE HAPPINESS TIPS

- People who eat lots of **fruits and vegetables** generally feel happier than those who don't. How many fruits and vegetables do you eat? Make a decision today to eat more and a wider variety of fruits and vegetables. Bring them into your home.
- **“The apple does not fall far from the tree.”** Name one positive characteristic you inherited from your (grand) father and (grand) mother. What can you do to capitalize on that characteristic?
- Fun for young and old – let loose your inner child and **do the treasure hunt** along the enjoyable games trail amidst the trees.

EVEN MORE HAPPINESS

Bring along family and friends to gather apples during the 'appelplukdagen' (apple picking days). This area is one of the designated nature reserves of 'Het Groene Woud'. Discover this unique National Landscape. Eindhoven is the 'greenest big city' in the Netherlands. www.hetgroenewoud.com

GOLDEN HAPPINESS TIP

Ask for your extra golden happiness tip in the Landwinkel.