

# 17. The Playground of Your Dreams

The Philipsdorp Speeltuin (playground), Antony van Leeuwenhoeklaan, Eindhoven (Strijp)

[www.speeltuinphilipsdorp.nl](http://www.speeltuinphilipsdorp.nl)

## THE HAPPY SPOT

7,500 square meters of playground adventure. The first playground structures were erected in the area in 1922. When Philips ceased its sponsorship, the playground fell into disrepair and had to close its gates at the end of the century. A group of volunteers then came forward to completely renovate the playground. It is now run 100% by volunteers and there are always at least two supervisors onsite. It is also accessible to children with disabilities. Revenues from the entrance fees are used to maintain the playground.

## WHAT MAKES US HAPPY HERE?

Running, climbing, sliding. Fully fenced in and always someone present to keep an eye on things. Play around in the sun with sand and water. Enjoy the terrace with views over the entire playground. Long live the sandbox! And if you're a bit older, it's still nice to see so many children playing. Everyone plays with everyone.

## THE HAPPINESS TIPS

- The large climbing tower is 13 meters high. Envision with your child what 'a grand life goal' might be. **What do you dream of?** Project that dream onto the top of the tower. What steps could you take to make your dream come true? Now, climb that tower and wave and cheer at the top as if you've achieved that dream!
- The playground is also fully equipped for **children with disabilities** – wide paths, rubber tiles, well-marked borders and edges, and additional handrails. Play with children who have it a bit more challenging in life; you will **always learn something from each other**.
- The playground is entirely run by **volunteers**. Brilliant. Volunteering is very effective in making us happier. Giving is better than getting. What volunteer work do you do? What (even more) could you do? More information at [www.vrijwilligerswerk.nl](http://www.vrijwilligerswerk.nl)

## GOLDEN HAPPINESS TIP

Pick up your extra golden happiness tip at the playground reception desk.