

21. De Splinter in the Park

Henri Dunantpark on Rode Kruislaan, Eindhoven (Woensel) www.henridunantpark.nl

THE HAPPY SPOT

Playgrounds, ponds, a marsh pond, artwork, a paradise of various trees, man-made hills ... Since 1972, this exceptional park, over twenty football fields in size, has existed in the city. Walk through its various landscapes, experience the scenic vistas and enjoy a moment of rest on the benches along the water. Biking and hiking trails connect two residential neighborhoods. Who or what do you connect with?

WHAT MAKES US HAPPY HERE?

Spring, summer, autumn and winter – every day is a celebration in this park. Tai chi on Sunday mornings. Learn to play baseball here. Watch dogs running on the open terrain. Geocaching. Playing. Picnicking. Bring along a fishing line. Wedding photos of relatives here and, perhaps now, yourself. Every corner of the park is different.

THE HAPPINESS TIPS AT HENRI DUNANT PARK

- The bridge is reminiscent of a Monet painting – something you don't expect in Eindhoven. Take a **romantic photo** here and share it with your friends, "Happy Greetings from Eindhoven!"
- Do at least three of the tasks that you find on the poles in the park's ANWB Groenplein. Will it be the whispering game, animal tag, cloud forms? Let loose your **playful inner child**.
- Henri Dunant was the founder of the Red Cross. In 1901, he received the Nobel Peace Prize. He was a **social activist**. What are you doing to make the world a bit better?
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EVEN MORE HAPPINESS

Visit the adventure park, **Speelpark De Splinter**, in the southern part of the Henri Dunant Park. Whether you seek sheer nostalgia or are accompanied by children, it offers more than 3 hectares of fun – from playground structures to a swimming pool, from a petting zoo to a pirate island and a corner in which to build forts. More at www.speelparkdesplinter.nl

THE HAPPINESS TIPS AT DE SPLINTER PLAYGROUND

- Every one of us has a splinter somewhere – a small sliver of sadness. Where is your splinter? Who can help you gently remove it?
- Wander through De Splinter as if you are a child once more. What positive strengths did you have back then that would be useful to you now? How would you use them today?