

6. THE SEVEN RAPIDS BY THE MUSEUM

The benches along the Dommel between the Stadhuis and the Van Abbe Museum
(Bilderdijklaan 10, Eindhoven, City Center)

THE HAPPY SPOT

Sitting on one of the four benches between the Stadhuis and the Van Abbe museum, you have a unique view of the Dommel, the bridges and the museum. The gray slate which adorns the museum comes from Lapland. The weather affects the color of the slate, changing it from a silvery grey to a dark coal. Let it enchant you. Standing in front of the Museum is the 'Monument to Balzac' (Honoré Balzac, French novelist) by sculptor Auguste Rodin. According to some, it was the first truly 'modern' sculpture in history. It reveals 'the persona' of the writer rather than a physical likeness.

WHAT MAKES US HAPPY HERE?

It's a bit of nature in the middle of the city center. The rushing of the perpetual water currents. How history lives on here amidst the massive, old war bridge and the new, stylized glass bridge. Everything changes. And there is always something new to discover at the Van Abbe, one of the finest museums in the country.

THE HAPPINESS TIPS

- From the benches, you can see the Dommel's seven rapids. Together they form a fish ladder. Take a moment to reflect upon the times in which your life got **caught up in a rapid**. How often have these occurred? What did you learn from them? What rapids possibly loom in your future? What can you do to anticipate them with a positive outlook?
- Look for **the Liberation Stone** that lies in front of the museum near Rodin's large sculpture 'Balzac'. Fierce battles took place on this bridge during World War II. More information can be found at www.liberationroute.com. What has been the most liberating moment of your life thus far? What does "freedom" mean for you precisely, and how does it affect you?
- At the back of the museum, you will find 'the shortest covered bridge in the world' leading to the museum café. This bright pink structure was designed by the Eindhoven artist and architect John Körmerling. Upon the roof, there are four large, illuminated words. What are they? Choose two words that suit you best.

EVEN MORE HAPPINESS

Come be delighted by the wonderful modern art collection of the Van Abbe Museum. Note a few works that really touch you. Art can broaden our horizons and stimulate our imaginations. And that makes us happy. The museum offers free entry to visitors every Tuesday between visit 15:00 and 17:00. The museum café on the water and the inspiring museum shop are open to the public daily.

GOLDEN HAPPINESS TIP

Make sure to get your extra golden happiness tip at the reception counter in the museum.