

9. The Happy Farm

Genneper Hoeve in Genneper Parken, Tongelreepad 1, Eindhoven (Gestel)

THE HAPPY SPOT

On the 125 hectares of this organic farm, cows, chickens and pigs have plenty of space to graze. Step into the shoes of the farmer who takes care of these animals, fields and gardens. It's a perfect example of a traditional Brabant, long-gable farmhouse where people and animals often dwelled together under one roof.

WHAT MAKES US HAPPY HERE?

Countryside in the middle of a city center. Cheese from happy cows and eggs from happy chickens. Come winter or summer – when the sun shines, there are always people on the farm. Here, the animals have names. Healthy and diverse food for the whole family. How a young child whispers softly:

“Dear chicken, will you lay an egg for me?”

THE HAPPINESS TIPS

- Make deliberate use of your **five senses** here – what exactly do you smell, see, taste, feel and hear? Which of your senses can you activate more frequently in your daily life?
- This is an organic farm. How healthy do you eat? How could you **eat healthier**? Pick out something tasty to take home with you.
- It takes a hen about 25 hours to make and lay an egg. That means she uses an extra hour each day to carry out her responsibility. What **'daily egg'** is your responsibility? Try spending an extra hour on it each day.

EVEN MORE HAPPINESS

Explore other places of happiness in the Genneperparken. There are many walking paths throughout the park, as well as a magnificent preserved river valley landscape that offers new surprises at every turn and with each new season. Discover the Heempark Frater Simon Deltour ('The little paradise on the Dommel', Genneperweg 145) with landscape forms and elements from the Kempen and the Meierij.

GOLDEN HAPPINESS TIP

Ask for your golden happiness tip in the farm shop.