

What can you do for your pension? Check it out now



The 'Pensioen3Daagse' national awareness-raising event takes place every year in November. This is a good chance to get to grips with your income when you retire. However, your pension is really something you should be thinking about all year. A new job, marriage and cohabitation, the purchase of a new home, or a death in the family: all these events have an impact on your pension. Below we explain what pension actually is and does your situation change? Then check what you need to think about and what you can do yourself right now.

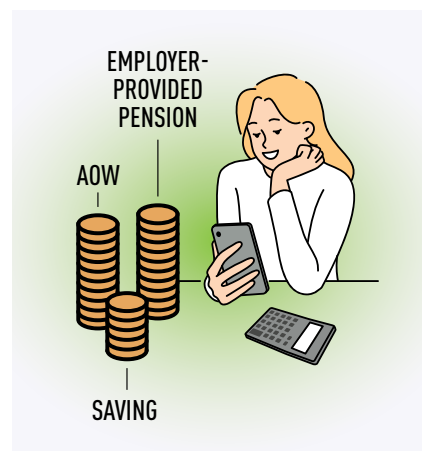
What is pension?

Pension is your income for later in life. It ensures that you have money to live on when you no longer work. There are three types of 'pension': the state pension, your workplace pension, and the money you put aside yourself.

Three components that make up your pension

There is the state pension, known as the 'AOW' in Dutch. This is the basic pension you receive from the government. Everyone living or working in the Netherlands receives this pension from a certain age. If you have reached State Pension Age (AOW age), you will receive state pension every month. The amount of your state pension depends on various things, such as your marital status: do you live alone, are you married, or do you cohabit with your partner?

You also accrue pension via your employer. You both put money aside every month. SPF invests this money, so that it grows in value over time. Together with your employer, you decide at what age you will stop working. The amount of pension you accrue depends on many factors, such as how many hours you work, your salary, and your retirement date. It



also depends on the result of investments. So, the amount of pension varies from person to person.

Thirdly, you can put money aside for retirement yourself, for instance by taking out life insurance or by saving. The amount of that extra pension depends partly on the amount of your savings or the results from investments.

Whether the pension you receive later is enough for you depends on your lifestyle and your expected outgoings. That's why it's sensible to think about all this now.

Live events that may affect your pension

Retirement is a distant thought for many people. Nevertheless, things happening now in your private life or career can also have an impact on your pension situation or your surviving dependents' pension. You never know what the future holds. You might switch jobs, or you might even lose your job. What happens to your pension if you get a job with a new employer? Your pension situation will also change if you marry, cohabit, or have children. Divorce also has an impact, as your former partner is legally entitled to part of the pension you have accrued via your employer. As a result, your income might drop when you retire on a pension.

Any change in your life could affect your pension: if you live abroad for a while, become disabled, or the

government raises the State Pension Age (AOW age), to name a few examples.

Check out ['What happens if...?'](#) on SPF's-website to see if you have everything in place for yourself and your loved ones.

Get more information about your pension

See ['My SPF Pension'](#) on SPF's-website or visit mijnpensioenoverzicht.nl. These pages will also show your new pension later on. Ask for help if you are struggling to access these sites.



Divorce



Moving



Death



Marriage and cohabitation



Leaving the company



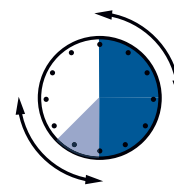
Children



Becoming self-employed



Disability



Reducing your hours