

Programme de préparation à la retraite

Office of the Staff Counsellor

Le 5 Octobre 2022

Q&A

www.slido.com

Event Code: #3534108



Pre- retirement seminar 10 October 2022

UNOG staff counsellor's office

Q&A

www.slido.com

Event code: # 1714575



UNOG Staff Counsellor's Office

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Can you describe in one word how you feel about your upcoming retirement?

ⓘ Start presenting to display the poll results on this slide.



What will help you to feel more equipped for your retirement?

Your checklist for wellbeing:

Health

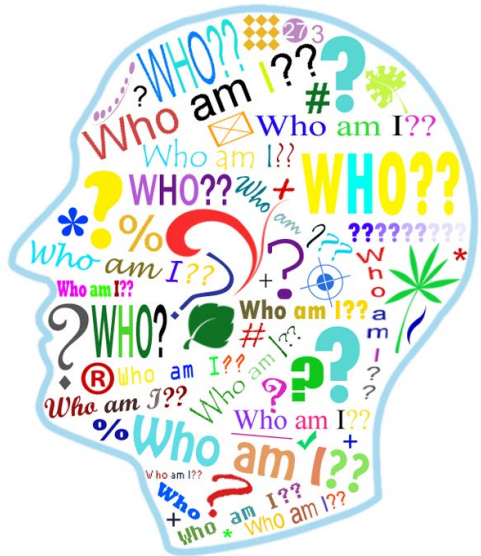
Family situation

Social situation

Financial situation

Place of living after
retirement

Continue the checklist to feel mentally prepared



- ▶ Build a new structure
- ▶ Create an identity separately from work
- ▶ Engaging in new activities

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What are your life goals?

ⓘ Start presenting to display the poll results on this slide.

Some questions that help to shift from being an employee to a retiree:

- ▶ What is important for you in life, for your own well-being?
- ▶ What can you influence from now until your first day of retirement? What lies in your area of control to feel more equipped?
- ▶ Are you ready to retire mentally? What are your barriers?
- ▶ How important is your status for you? How does it feel to leave the UN?

Who can contact us and how?

- ▶ All staff members from the following agencies have access to our services:

CEB
DESA
DESA/IGF
DPI
ECE
FICSA
GPAFI
ICSMA
IIIM Syria
IIM Myanmar
ITC
JIU
OAJ
ODG
OHCHR
OIOS, Geneva
OSE-Libya Geneva
OSE-Syria Geneva
OSLA
SDG Lab
SSS
UN HABITAT

UNCC
UNCTAD
UNDP
UNDRR/UNISDR
UNEP
UNFPA
UNIDIR
UNJSPF
UNMAS
UNODA
UNOG/UNOG DA
UNOG DCM
UNOG DOA
UNOMS
UNOPS
UNRGID
UNRISD
UNSOM
UNSSC
UNTBLC
UNWOMEN
WMO

staffcounsellor@un.org

Some useful resources in Geneva

- **Residence** **Office cantonal de la population et des migrations (OCPM)**
Route de Chancy 88
1213 Onex
Tél: 022 546 47 95 |
www.ge.ch/organisation/office-cantonal-population-migrations-ocpm

- **Taxes** **Administration fiscale cantonale**
Hôtel des Finances
Rue du Stand 26
1211 Genève 3
Tél: 022 546 94 00 |
www.ge.ch/organisation/direction-generale-administration-fiscale-cantonale

Some useful resources in Geneva

- **Caisse Genevoise de Compensation OCAS/AVS (social insurances)**

Rue des Gares 12

Case postale 2595

1211 Genève 2

Tél: 022 327 27 27 | www.ocas.ch/

- **Administrative matters**

- www.admin.ch The Federal council from Switzerland
- www.eda.admin.ch Federal Department of Foreign Affairs
- www.ge.ch Republic and Canton of Geneva

Some useful resources in **Vaud**

- **Caisse Cantonale Vaudoise de Compensation AVS** (social insurance):
Rue des Moulins 3
1800 Vevey
Tél: 021 964 12 11 www.caisseavsvaud.ch
- **Administrative matters** www.vd.ch
- **Taxes** **Direction Centrale**
Administration cantonale des impôts
Route de Berne 46
1014 Lausanne
Tél: 021 316 00 00 |
www.vd.ch/?id=1000036

Some useful resources in neighbouring France

- **Residency**

Contact the Town Hall of your place of residence, or the 'préfecture du département de résidence'

- **Taxes**

www.impots.gouv.fr

- **Naturalisation**

Contact the Town Hall of your place of residence, or the 'préfecture du département de résidence'

- **Administrative matters**

www.service-public.fr/

www.consulfrance-geneve.org