



Looking ahead with confidence

AVENA evening information sessions

Three types of events to help you understand your pension plan and make the right decisions.

AVENA

Plan today and enjoy tomorrow

If you're looking to better understand the Swiss pension system, find out more about your occupational pension, or plan your retirement, then our AVENA evening information sessions are for you.

We've put together three free, accessible, and complementary information sessions for AVENA members.

OUR THREE EVENTS AT A GLANCE

- 1. The ABCs of your occupational pension**
Available from 10 November 2025 – online video
(in French/German/English)

Watch our video to grasp the fundamentals of your occupational pension and better plan ahead.

We'll answer questions such as:

- > How does the Swiss pension system work?
- > What options does AVENA offer?
- > What information is in my pension statement?

Watch this video at your convenience at lpp-avena.ch/infosessions or by scanning the QR code.



2. Key steps in retirement planning

18 November, from 6:30pm to 9pm – at the Musée cantonal des Beaux-Arts in Lausanne (in French only)

Our specialists will advise you on how you can best prepare for your retirement.

The topics covered will include:

- > Preparing your retirement budget and handling the paperwork
- > Evaluating your pension options
- > Using your Pillar 3 personal retirement account

Register for free at lpp-avena.ch/infosessions or by scanning the QR code.

We'll answer your questions to help you plan ahead with peace of mind.



3. Live chat – Occupational pension Q&A evening

20 November, from 6pm to 7pm – online
(French/German/English)

If our “The ABCs of your occupational pension” video didn’t answer all your questions, you can attend our live chat session with an AVENA expert. Submit your questions in French, German, or English (the event will include simultaneous interpreting).



Register for free at
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or by scanning the QR code.





AVENA

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