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You can also find INFO SENIOR in five languages on

My IntraComm

<https://myintracomm.ec.europa.eu/retired/en/Pages/Info-Senior.aspx>

When your career draws to a close, getting involved: a successful retirement with volunteering at its heart

#32-HR-0001

Volunteering is an activity that offers many benefits for pensioners. It allows them to break out of their daily routine, meet new people, develop new skills and feel useful. After years of dedication to their work, pensioners may find themselves with free time on their hands and a desire to continue to contribute to society. Volunteering is an excellent way of giving meaning to this new time.

Volunteering enables pensioners to meet new people and expand their social network. This is particularly important for people who live alone or who have lost their spouse. Volunteering offers them the opportunity to make contact with

other people who share the same interests and values. In addition, volunteering enables pensioners to develop new skills or make use of those acquired during their working life. Participating in voluntary activities and feeling you are making a contribution is very valuable. In addition, it helps maintain good physical and mental health.

Pensioners have a range of different types of volunteering to choose from. Some prefer 'direct' volunteering, which entails being in contact with people in need of assistance, for instance, in shelters, food banks, retirement homes, hospitals, etc. Others prefer 'indirect' volunteering, which can



mean fundraising, raising awareness about a cause or project management. In some cases, volunteering can take place remotely, for example with editing, translation, graphic design or programming. Pensioners can choose the type of volunteering that best suits them according to their interests, skills and availability.

There are opportunities for volunteering with many organisations, including international NGOs such as the Red Cross, Caritas, Médecins Sans Frontières, etc. There are also national or local organisations which can be found via locally-based networks or in connection with professional organisations. Associations of former officials, such as the International Association of Former Staff of the European Union (AIACE) or the Association of Seniors of the European Public Service (SEPS), are also a good source of volunteering opportunities. The European Institutions and Active Senior contracts (ASN) can also provide an opportunity to contribute to the development and smooth running of many projects.

People who have gained experience throughout their lives have a lot to offer as volunteers. They have a command of professional skills in areas of social interest, such as legal, administrative, technical, people or project management, etc. They have a command of several languages, a competence that is highly sought after by voluntary associations. In addition, they are often open-minded and very tolerant, allowing them to work effectively with people from different cultures and backgrounds. Pensioners have, most of the time, greater availability and flexibility to spend time on projects or activities.

Volunteering is an excellent way for pensioners to thrive, innovate and contribute to society.

Why not try it? Those interested can start by looking for opportunities within their community and in their neighbourhood, and contact the organisations they know to discover opportunities around them or close to their centre of interest. Finding opportunities for volunteering is simpler than it might seem and offers real personal enrichment while supporting the community.

What's new with the Commission intranet?

Where are the news and the small ads?

The digital platforms of the Commission are evolving, leading to a new landscape for My IntraComm and the published content. Learn where to find what you need, including the internal news and the small ads.

The trend was already clear, and the COVID crisis accelerated it: the Commission now works fully digital and online. This also impacts on how information is being shared with the retired staff.

A new Portal will soon be launched. It will host news dedicated to pensioners and all administrative/legal information, including health care and pensions. In the meantime, it remains possible to access this information via the current Pensioners' portal: <https://myintracomm.ec.europa.eu/retired/>

What about news?

Keeping track of the latest news published by the Commission does not require any login or procedure. Like your favourite newspaper or news website, all information is directly accessible on the internet. Please see below a selection of Commission online sources to keep up to date.

For **Commission en direct** news and announcements, the retired colleagues who are



interested are welcome to join the “Teams After EC” network: this is where you will be able to find a “News” tab, at the top of the general discussion channel. Using Teams After EC requires a dedicated login and password, as it is not compatible with your EU Login account. Please use the procedure described on the dedicated page below: <https://myintracomm.ec.europa.eu/retired/en/Pages/Teams-After-EC.aspx>

The Small Ads site is also moving, and by the time you read these lines, it will also be accessible to you via Teams After EC. In this new platform, you will be able to consult and post small ads.



Should you need to sell your house/property, please send your text and pictures via email to the Welcome Office (HR-BXL-WELCOME-OFFICE@ec.europa.eu) who will publish it for you.

For all other small ads which are not related to property, you can send an email to HR-BXL-AIDE-PENSIONNES@ec.europa.eu who will publish on your behalf.

While there are many changes, all administrative/legal information remains accessible, as is currently the case today via your EU Login account.

DG HR would like to warmly thank the more digitally-aware

colleagues of AIACE and SEPS: they are doing an amazing job of supporting the retired population.

Keep up to date with the following Commission news resources:

Press releases: <https://ec.europa.eu/commission/presscorner/>

Audiovisual Service and midday-briefings: <https://audiovisual.ec.europa.eu/>

Organisation charts https://commission.europa.eu/about/departments-and-executive-agencies_en

Agenda and minutes of Commission meetings: <https://ec.europa.eu/transparency/documents-register/>



EC Press Corner



Audiovisual Service



Org Charts



Agenda and minutes

#32-AFIATYS-001



Communication from Afiatys

In the interests of providing information accurately, Afiatys reminds retired members who so wish of the importance of sending it their new email details when they retire (info@afiatys.eu). Many colleagues regret no longer receiving communications from Afiatys once they have retired.

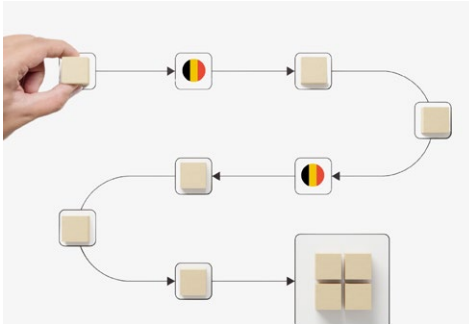
In strict compliance with the General Data Protection Regulation (GDPR), Afiatys can only send its information/newsletters

to members who express a desire to receive them. All you need to do is tick the box or boxes reflecting your choice in the 'Information' part of the section on 'Becoming a member' on the Afiatys website (www.afiatys.eu).

AFIATYS

Avenue des Nerviens 105,
NERV-105 00/009
B-1040 Brussels BELGIUM
e-mail: info@afiatys.eu

Second phase: SYSPER – Automatic indexation of Belgian family allowances



PMO is pleased to announce that the second phase of automatic indexation of Belgian family allowances in SYSPER post-activity was launched mid-March 2025.

From now on, your Belgian family allowances will be automatically updated in line with any new indexation decisions by the Belgian authorities. This simplifies the process and eliminates the need for you to submit declarations when your allowances change. This phase builds on the success of the first, launched in June 2024, which has already benefited over 6,000 colleagues.

As previously announced (<https://ec.europa.eu/newsroom/pmo/items/835843/en>), the second phase will automatically apply the indexations retroactively over the past five years, starting from April 2020. The adjustment was reflected on your April 2025 payslip.

This automatic adjustment will also apply to the latest indexation of February 2025 for Brussels and Wallonia, as well as that of September 2024 for Flanders. Consequently, you do not need to submit a declaration for this latest indexation.

IMPORTANT!

You will still need to update your file by submitting [a declaration in SYSPER](#) post-activity if:

- You receive family allowances from one of the Belgian regions but have never submitted a declaration;
- You notice a discrepancy between the amount deducted in SYSPER post-activity and the amount you effectively received from the regional fund;
- You receive a double dependent child allowance for a child with a disability or long-term illness or who is orphaned;
- There has been a change in your personal situation that impacts your national family allowances;
- You receive family allowances from another country or from an international organisation, such as the United Nations, NATO, Eurocontrol, ECB, EIB, etc.;
- Your family allowance payment has been refused by the regional authority in charge of your file.

You can find more detailed information on [Staff Matters portal](#). Additionally, PMO colleagues are ready to provide help via PMO helpdesk at +32 229 11111, Mondays to Fridays from 9h30 to 12h30 or via [Staff Contact](#).

For further details on the recent adjustments in family allowances for Brussels and Wallonia, please visit: <https://ec.europa.eu/newsroom/pmo/items/873210/en>

Travel insurance: Why is it important to have one?

Protect yourself from unexpected travel costs
with insurance coverage



As the holidays approach, we would like to gently remind about the importance of travel insurance. Such an insurance protects yourself against potentially high expenses related to rescue operations, hospitalisation, repatriation, etc.

To avoid finding yourself in situations as described above, we kindly ask you to remember the following points:

- Whether it is an illness or a medical emergency, the JSIS does not cover or reimburse the costs of repatriation, travel costs of a relative, or search and rescue operations;
- Obtaining direct billing is not guaranteed in the event of travel outside of the European Union, and particularly

in countries with expensive medicine where the level coefficient applies (Switzerland, United States, Norway). Please note that in some countries such as the UK, and even within the European Union, where the cost of health care is particularly high (Greece, Spain etc.), a substantial part of the medical expenses may remain at your expense (if considered excessive);

- We also advise all JSIS members to opt for private complementary insurance to supplement the JSIS reimbursement in the event of major medical expenses (hospitalisation, etc.).

To avoid potential inconveniences and the risk of incurring significant costs, it is highly recommended to opt for a private travel insurance. Travel insurance can cover expenses that are not reimbursed by the JSIS, depending on the package selected, and in some cases, even supplement the JSIS coverage. Additionally, travel assistance insurance can be invaluable in situations where hospitals do not accept direct billing and require upfront payment.

PMO's Single Phone Number: Updated menu for improved service

The PMO's single phone number, + 32 229 1111, underwent a major overhaul in March to enhance its user experience. Since reopening on Monday 17 March, the updated menu structure has been designed to bring PMO services even closer to you.

Practical aspects

When you call the PMO's single phone number and choose your preferred language (French or English), simply press 2 for pensioners, and you will be directed to topics relevant to you.

Nearly 80,000 calls have been received since the PMO launched its single phone number a year ago. Throughout this period, the PMO has actively sought and analysed feedback from staff and pensioners to ensure quick and effective handling of all calls. The new simplified menu structure is the result of this feedback, which the PMO will continue to use to further improve its service to pensioners.

Learn more about how to contact the PMO for support and about the Single Phone Number service structure: [MyPMO Services](#).



Communication AIACE Finlande



Do you have questions about how JSIS works in Finland or would you like to keep contact with former colleagues?

The focal point of activities of AIACE Finland is support to members, alongside cultural and topical events and trips in



Finland and abroad. AIACE Finland's helpdesk assists members by phone, email and personal visits with questions on JSIS and EU Login, just to name a few. Information events on topics like care services, preparing oneself for old age and JSIS's health screening programmes have gathered large audiences. In autumn 2025, an event dedicated to both memory and hearing is in the pipeline

AIACE Finland has produced the EU pensioner's Handbook with tailored advice for those living in Finland. All new members receive a printed version of the Handbook, the online version of which is constantly updated.

Many AIACE Finland's members live in the greater capital area but not all. Reaching each member in the large country is crucial: much appreciated remote participation is available in every event with the aim to give an 'onsite' experience also for those online. Furthermore, local gatherings have taken place in the cities of Tampere and Turku with clusters of AIACE Finland's members. AIACE Finland aims to extend member trips in various parts of the country, too, like the upcoming one in Kotka on the southeast coast of Finland.

In 2024, AIACE Finland turned 15. The "teenager" has grown up rapidly: in February 2025 the number of members amounted to 425. Almost all EU retirees settling in Finland have joined the association during the past few years. This can be called a real success story!

With the support of DG HR and OIB, AIACE Finland produced the first-ever leaflet presenting its activities. To learn more about AIACE Finland, please check out <https://www.aiace-fi.eu/> (mainly in Finnish) or ask for a copy of the brand new leaflet at toimisto@aiace-fi.eu.

AIACE Finland welcomes you as a member! Please contact us at jasenasiat@aiace-fi.eu or sign a membership application here: <https://www.aiace-fi.eu/liity-jaseneksi/>.

The French section of AIACE, an association under the so-called 'Law of 1901', has over 1 550 members, i.e. half the total number of EU pensioners registered as living in France. It is managed by a Committee elected by the members for three years, which in turn elects its Board (see below).

Since AIACE France is decentralised, regional delegates, whether elected or not, may also participate in Committee meetings. It is important that all regions with a delegate are represented on the Committee.

The French section maintains its secretariat in premises provided by the Commission Representation at 52, rue de la Victoire, 75009 PARIS – Tel.: +33 (0)7 67 61 44 43

Email: aiace.france@wanadoo.fr

The annual membership fee is €45. The accounts, certified by accountants, and the budget are subject to approval by the Annual General Assembly, to which representatives of the relevant Commission departments (pensions, health insurance, HR, etc.) are always invited.

Two members of the Committee, the President and the Vice-President, represent the France Section on the Administrative Board of AIACE International.

Provision of information

In addition to AIACE-International's 'VOX' magazine, the members of AIACE France



receive the *biannual 'INFO' newsletter* and 'Flash Infos' sent by email containing specific information. The website www.aiace-fr.eu also contains useful information on the French section, excursions and the JSIS.



The *directory of members*, which is regularly updated, is distributed to members each year. It contains the postal and email addresses of the members of AIACE France and their land-line/mobile numbers.

Other information is disseminated on the initiative of the President and the regional delegates.

Activities

Regional gatherings and excursions, open to members from other regions, take place every year on the initiative of the regional delegates. These excursions are announced on the website.

Social support activities (visits, advice, assistance) for members in difficulty (isolation, the inability to manage alone, old age) are also organised at regional level with financial support from the Commission.

Outlook

The number of former staff members of the European institutions is constantly increasing, as is their average age (increasing longevity). It will therefore be ever more important to have a large base of members in order

to maintain, for the benefit of all, bonds of effective solidarity between former staff who served this great cause to which we devoted the best of ourselves: building a strong and sustainable European Union.

COMMITTEE AND BOARD 2022-2025

VORSTAND	FUNKTION
René GUTH	President
Marie-Claude BLIN	Vice-President
Jacques BABOT	Secretary-General
Jean-Pierre PÉTILLON	Deputy Secretary-General
Danièle TRICOT	Treasurer
Éveline LANG	Deputy treasurer

REGIONAL DELEGATES

REGIONS	COUNTIES (DÉPARTEMENTS)	RESPONSIBLE MEMBERS
Auvergne, Rhône-Alpes + Bourgogne	01-03-07-15-21-26-38-42-43 -58-63-69-71-73-74-89	Philippe VIENNE
Bretagne Manche	22-29-35-50-56	Marthe BOULVAIS Jean GUEGAN
Grand Est + Franche Comté	08-10-25-39-51-52-54-55-57-67-68-70-88-90	René GUTH Franco ZAMPOGNA
Ile de France + Dom –Tom + Hauts de France	02-28-59-60-62-75-77-78-80-91-92-93-94-95-971-972-974	Isabelle TRANCHANT
Nouvelle Aquitaine	16-17-19-23-24-33-40-47-64-79-86-87	Dominique DAVOUX
Occitanie	09-11-12-30-31-32-34-46-48-65-66-81-82	Georges CLET f.f.
Pays de Loire + Centre-Val de Loire + Normandie	14-18-27-36-37-41-44-45-49-53-61-72-76-85	Jean-Pierre PÉTILLON
Provence-Alpes-Côte-d’Azur Corse	2A-2B-04-05-06-13-83-84	Michèle THOZET Brigitte SOUDIER-ROYER

OTHER MEMBERS RESPONSIBLE FOR SPECIFIC AREAS

AREA	
Help with EU Login, JSIS online and other IT support	Marc DURIONO / Éveline LANG / Philippe VIENNE
GDPR and the Service for care & support of the elderly Service for care & support of the elderly	Isabelle TRANCHANT Jean GUÉGAN
Management of the website www.aiace-fr.eu	Serge LEBEL
Editor-in-chief of INFO/Deputy Delegate to the European Movement France Delegate to the European Movement France	Jacques VONTHRON Olivier BRUNET
Coordination of delegates and training of volunteers
Taxation	Marie-Claude BLIN / Jacques BABOT

Map of France of members and volunteers



SFPE-SEPS : Changement de domaine

SEPS

SFPE



SENIORS DE LA FONCTION
PUBLIQUE EUROPÉENNE
SENIORS OF THE EUROPEAN
PUBLIC SERVICE

Our SFPE-SEPS ASBL has changed the reference to its 'www' domain on the internet. This change also affects its email address.

The website is accessible via the new address

www.sfpe-seps.eu.

For email, the address to be used is now:

info@sfpe-seps.eu

replacing info@sfpe-seps.be.

However, for at least a few months, when you contact us via the old addresses, your searches and messages will be automatically redirected to the new ones. Please remember to update your files with the new email contact details.

The colleagues who regularly follow us are already aware of this change – via an email they received – as well as through our regular Bulletin. It is important, however, to communicate this new information to all our colleagues and friends, whether they are in our Association or not, so as to avoid them having to ask themselves: Did I make a mistake, or did the sender make some error?

Why did you make this change? For the simple reason of asserting our full affiliation to the European Union, which brings together all its Member States. In fact **.eu** is the name of the [top-level domain](#) (ccTLD means country code top-level domain) for the [European Union](#) in Latin script.

SFPE-SEPS: Communication from SEPS Italy

SEPS Italy was created in June 2021 as an extension of SFPE-SEPS Brussels, with the aim of helping pensioners in the Ispra region who feel too far away from colleagues in Brussels. SEPS Italy currently has over 100 members: so, as of 2025, SEPS Italy will

become an independent association, while continuing to work closely with the Brussels office. Of course, SEPS Italy welcomes not only colleagues and pensioners from the Ispra site, but also members residing in other Italian regions or abroad, who



depend on the PMO Settlements Office in Ispra and who therefore prefer to address their questions to people in direct contact with the Ispra office.

Members of SEPS Italy can join us every Tuesday and Thursday from 13:00-14:00 at the JRC Ispra Club House, where they will have the opportunity to raise queries and questions or administrative problems. You can also reach us by telephone from Monday to Friday between 11:00-14:00, or by email to seps.italia@gmail.com. Up to now, most of the questions have concerned healthcare, but we also field queries on future retirement, documents that need to be prepared and other administrative issues that have to be factored in. Indeed, our members can join from the age of 55, even if they are still in active employment.

Since 2023, SEPS Italy has set

up regular information seminars, which are organised twice a year, normally in March/April and September/October. These seminars provide general information on the rights and duties of staff wishing to retire, as well as options for supplementary health insurance, some advice on tax and inheritance rules in the Member States and other useful details on the relevant practical arrangements.

The seminars have received very good feedback from colleagues who were unable to access this information any other way, as the European institutions now only offer training on preparing for retirement in Brussels and Luxembourg.

If you need more information or wish to join us, please do not hesitate to contact us via the above channels – you will be more than welcome!

Update your EU Login authentication method



Please note:

- **SMS authentication will remain available until 30 June included.** If you set up a new authentication method in the meantime, you will have uninterrupted access.
- **There is no deadline to update your authentication method:** you can do that at any time after 1 July. However, this may temporarily disrupt your access to the Commission's digital services. We therefore advise you to take the necessary steps in advance.

The European Commission will discontinue SMS authentication for EU Login at the end of June 2025. To ensure uninterrupted access to the Commission's digital services, you need to set up an alternative authentication method. The EU Login mobile app is the easiest and most recommended option, but you can also use other methods such as your national electronic ID (eID), a security key, or a trusted platform.

To ensure smooth transition, the Paymaster Office (PMO) will provide step-by-step guidance, including in-person and remote support sessions. For more details and updates, please consult the EU Login page of the PMO Service Guide, which will be regularly updated:

https://paymaster-office.ec.europa.eu/eu-login-o_en.

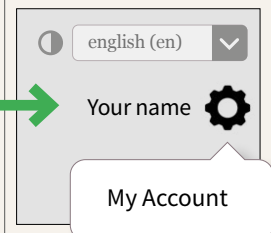
Alternative authentication methods

✓ BEST CHOICE

EU Login mobile app

This is a free mobile application you can download to your **smartphone or tablet**.

1. Download the EU Login mobile app from the Google Play Store (Android) or the App Store (iOS).
2. On your computer, go to the EU Login homepage (<https://ecas.ec.europa.eu/cas>) > **Settings** > **My Account** > **Manage my mobile devices** > **Add a mobile device**
3. Open the app, tap **Initialise**, allow notifications and access to your device's camera, and follow the instructions on the screen.



Identité électronique (eID)	Clé de sécurité
<div data-bbox="189 188 439 260" data-label="Image"> </div> <p data-bbox="189 316 655 401">If your country has an eID system supported in EU Login*, you can use your ID card and a card reader.</p> <p data-bbox="189 456 260 483">Step 1</p> <p data-bbox="189 496 655 582">Check that the software for your eID is installed on your device and connect your eID using a card reader.</p> <p data-bbox="189 637 260 664">Step 2</p> <p data-bbox="189 677 655 763">Go to the EU Login homepage (https://ecas.ec.europa.eu/cas) > Settings > My Account > Manage my eIDs > Link my eID</p> <p data-bbox="189 816 655 902">For some countries, you might also be able to use a national eID mobile application, e.g. itsme for the Belgian eID.</p> <p data-bbox="189 957 655 1014">*Click Link my eID in Step 2 for supported eID system</p>	<div data-bbox="686 198 861 297" data-label="Image"> </div> <p data-bbox="682 310 1149 396">This is a removable device that you can use across multiple computers, smartphones and tablets*.</p> <p data-bbox="682 439 753 466">Step 1</p> <p data-bbox="682 472 1149 614">Go to the EU Login homepage (https://ecas.ec.europa.eu/cas) > Settings > My Account > Manage my Security Keys and Trusted platforms > Add a security key</p> <p data-bbox="682 670 753 696">Step 2</p> <p data-bbox="682 710 1149 824">Follow the on-screen instructions. Select Security Key in the suggested options. If Security Key is not suggested, select Use another device or Cancel.</p> <p data-bbox="682 879 1149 965">*Check your device is FIDO2-compliant: fidoalliance.org > certification > find certified products</p>

Trusted Platform Module	Passkey
<div data-bbox="193 1182 377 1319" data-label="Image"> </div> <p data-bbox="193 1330 659 1416">This is a small chip inside your computer. Use it to authenticate with your biometrics or PIN code used to access your computer.</p> <p data-bbox="193 1471 659 1586">Go to the EU Login homepage (https://ecas.ec.europa.eu/cas) > Settings > My Account > Manage my Security Keys and Trusted Platforms > Add a trusted platform</p>	<div data-bbox="686 1195 928 1252" data-label="Image"> </div> <p data-bbox="682 1330 1149 1416">This is added to a mobile device and uses the same method you use to unlock your device.</p> <p data-bbox="682 1471 1149 1614">Go to the EU Login homepage (https://ecas.ec.europa.eu/cas) > Settings > My Account > Manage my Security Keys and Trusted platforms > Add a security key then save the passkey to your device.</p> <p data-bbox="682 1669 1149 1755">More details: EU Login home page > Help > What second factor can I configure with my account?</p>

INFO SENIOR



You can also find INFO SENIOR in five languages on **My IntraComm**
<https://myintracomm.ec.europa.eu/retired/en/Pages/Info-Senior.aspx>