



Und dann? 101 Ideen für den Ruhestand (German Edition)

Dagmar Giersberg

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Niemand muss sich im Alter langweilen. Dagmar Giersberg zeigt, wie Menschen im Ruhestand aktiv bleiben, sinnvolle Aufgaben finden und neue Kontakte knüpfen können. Drei Aktivitätentableaus stellen kurz und übersichtlich 101 Möglichkeiten vor, sich in Initiativen, Vereinen und Projekten aus unterschiedlichen Bereichen zu engagieren. Dabei informiert der Band über aktuelle regionale Projekte für ehrenamtliches Engagement, etwa in der Flüchtlingshilfe, aber auch überregionale Angebote wie den Bundesfreiwilligendienst. Anhand von Checklisten können Interessierte herausfinden, wo sie die eigenen Kompetenzen am sinnvollsten einsetzen. Rechtliche Fragen z.B. zum Zuverdienst in der Rente, Versicherungsschutz und Steuerbefreiungsmöglichkeiten ergänzen das Informationsangebot. Im Anhang sind weiterführende Links und die Adressen wichtiger Verbände und Organisationen aufgelistet.

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