



### Normal seems a long way off, but the future is fast approaching, it's time to get retirement savings back on track

Hong Kong has ended its mask mandate and lifted all its social distancing measures, marking a transition to normality. The announcement came after three long years of anti-epidemic restrictions. It comes as no surprise that many Hong Kong citizens have kept their face coverings on, even as rules have eased.

However, there are signs that the tip toe towards normalcy is gaining pace, in social and family gatherings, shopping and entertainment excursions, as well as in enthusiastic holiday planning. It feels like a state of limbo – you're neither in a pandemic nor in normalcy. Transition periods like these are always tricky to navigate. But like any journey, it is crucial to reflect and ensure that you're headed in the right direction.

### Challenge: Revenge spending can harm retirement savings

There is no doubt that the pandemic has had an impact on our psychological wellbeing. After years of disruption, there is widespread pandemic fatigue and frustration. Surely many are experiencing a pent-up urge to spend on things that aren't necessary to make up for lost time.

Spending on ourselves and our friends feels like satisfying vengeance on the pandemic and well-deserved compensation for years of being deprived of a social life. It is a collective, shared sentiment among many in Hong Kong. According to the latest AIA Desired Retirement Tracker (the "Survey"), after three years of pandemic restrictions, people are ready to increase their spending on entertainment and travel: 73% of respondents will spend more on entertainment as social life returns to normal; 58% plan to travel; and nearly half (46%) plan to travel in the next three to six months, with an estimated budget of HK\$22,918 (median) to include flight tickets, accommodations, shopping, etc.



plan to **increase entertainment spending** as social life returns to normal



plan to use savings for **revenge travel** once borders are reopened



plan to **travel** in the next 3-6 months

### Opportunity: Create a new normal for your retirement savings

Normalcy may still feel like a long way off. But the one thing we can count on is the future showing up – often sooner than expected – whether we have prepared for it or not.

The famous adage, "Living well is the best revenge", reminds us that if we allow revenge spending to derail our retirement savings plan and let our pent-up anger lead to negative habits such as mindless, frivolous spending, it will have a negative impact on our financial future. This is especially important as many of us saved more during the pandemic. The Survey found nearly half of respondents (47%) have increased their personal savings over the past three years due to reduced travel or shopping. Of these, around 40% have achieved extra savings of over HK\$40,000. This progress in retirement savings is important to protect.



Far from being trapped in a passive limbo, Hong Kong people should recognise this transitional moment as an excellent opportunity to create a new, better normal for retirement savings. Make the most of your head start, and be more aware, more astute, and more active in planning for our future. Our small choices today may make a big difference to our future. Seize the day and get your retirement savings back on track:

#### 1. Strike a balance between spending and saving

- Understand your own behaviour. You have goals and dreams, and you know how temptations can derail you from reaching your aspirations.
- While the desire to spend more on travel and social activities in a post-pandemic environment is understandable, aim to strike a balance between spending and saving. Indulge – but within reason.
- In addition, build a habit of making regular savings.

#### 2. Make compound interest work for you

- Saving for retirement is a long-term discipline. With the snowball effect of compound interest, every dollar saved may yield higher returns over time.

#### 3. Take advantage of available tools and solutions

- Besides cultivating a savings habit, and adding to savings whenever possible, you should also explore other resourceful, flexible ways of enhancing your retirement nest egg based on your needs.
- For example, make good use of MPF Tax Deductible Voluntary Contributions (TVC) to reduce retirement reserve shortfalls while enjoying tax deductions.
- Voluntary MPF contributions have gained traction in recent years. The number of TVC accounts increased by more than 45%, from 44,000 as at December 2020, to 64,000 as at December 2022, indicating that the tax incentive for TVC is attractive to the Hong Kong workforce.
- TVC offers flexibility and a low entry point, which means members can make contributions of varying amounts as low as a few hundred a month at irregular intervals. They can increase or reduce their contributions. They can also suspend or resume making contributions at any time to suit their personal circumstances.

With every challenge comes opportunity. While the pandemic has affected all of our lives, it has also provoked reassessments of our priorities and nudged us into taking a closer look at our future. As we get back to normal, let's refocus on our retirement planning by considering all the components of a fulfilling retirement life.



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Contributed by





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PENSION SCHEMES ASSOCIATION  
退休積金計劃協會

Expert's View  
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#### About Pension Schemes Association

Pension Schemes Association (the "PSA") was established in February 2018. As the most prominent MPF sponsor association in the industry, the PSA assumes the bridging role among stakeholders as to ensure our MPF system can fulfil public and industry interests, and acts as a consultative body in liaising with relevant policy makers and regulatory bodies on matters related to the development of the MPF system in Hong Kong.

#### Mission & Vision

**Representing the MPF Community** - To act as the representative body for all MPF Scheme Sponsors and industry stakeholders in Hong Kong.

**Providing thought leadership** - To act as a consultative body in liaising with relevant policy makers and regulatory bodies on matters related to the development of the MPF system in Hong Kong.

**Enhancing Trust in the system** - To enhance the trust and confidence in the MPF industry by partnering with industry stakeholders to cultivate public awareness of MPF.

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## 復常路漫長 未來卻近在咫尺 是時候讓退休儲蓄重回正軌

香港全面解除「口罩令」安排後，所有社交距離措施亦已結束，標誌著社會正邁向復常。經歷了長達三年的防疫限制，毫不意外地，即使各項措施已得以放寬，許多香港市民還會戴上口罩。

雖然如此，隨著社交或家庭聚會、購物及娛樂活動，以至旅行安排等趨於頻繁，不難察覺社會邁向復常的跡象。但處於這種既不是身處於病毒大流行，也不是徹底復常的狀態，難免令人無所適從。經歷過渡期總是不容易，正如在不同旅程中，確保能朝著正確方向邁進往往十分關鍵。

### 挑戰：報復式消費可對退休儲備帶來負面影響

病毒大流行無疑對我們的心理健康造成影響，過去幾年生活亦難免面對混亂，導致人們疲憊和沮喪。相信很多人也會有所壓抑和衝動，想花費於一些非必要的東西上，以作為一種補償。

花費在自己和朋友身上，仿如對疫情的報復，彌補缺乏社交生活的數年時光，這也是不少港人的集體感受。根據最新一期「AIA理想退休生活調查」結果，經歷過去三年防疫限制，市民已蓄勢待發，增加消費或旅遊：73%受訪者表示會在社交復常後增加娛樂消費；58%計劃旅遊；近半(46%)有計劃在未來3至6個月內外遊，預算花費22,918港元(中位數)，包括機票、酒店住宿、購物等。

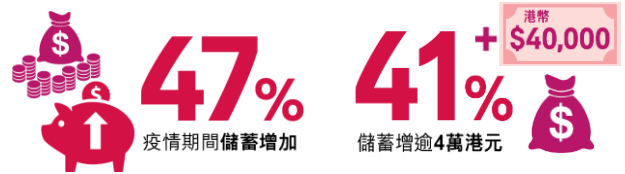


### 機遇：為退休儲備建立新常態

復常之路仍漫長，但「未來」卻是步步靠近，無論我們準備好迎接與否，「未來」往往較我們想像中要來得快。著名格言「活出光彩，才是最佳的報復」，若我們任由報復式消費打亂我們的退休儲蓄計劃，讓積壓已久的負面情緒化作不良習慣，作出非理性、非必要的消費，最終只會對自己未來的退休生活帶來負面影響。

有見不少港人在疫情期間儲蓄增加，摒棄不良消費習慣更顯重要。調查發現，近半數受訪者(47%)

在過去三年，因減少外遊或購物令個人儲蓄有所增加，當中四成人增加逾4萬港元。我們應順勢而行，維持此良好的退休儲蓄步伐。



港人置身疫後的過渡期，與其陷入被動，倒不如視之為建立良好退休儲蓄習慣的契機，更專注、更主動積極、更精明地籌劃未來。今天的一個微小決定，或可以為未來創造重大轉變。大家應把握今天，讓退休儲蓄規劃重回正軌：

#### 1. 平衡消費及儲蓄

- 瞭解自己的消費習慣。要知道誘惑往往會使我們偏離目標。
- 明白大眾渴望疫後旅遊消費，但亦建議大家平衡消費及儲蓄，量力而為，在合理範圍內享受生活。
- 建立持之以恆的儲蓄習慣。

#### 2. 利用複息效應

- 需知道退休是一項長線規劃，今日儲蓄的每一元，在複息效應下可發揮「錢滾錢」作用，時間愈長，所產生的回報也有機會愈大。

#### 3. 善用理財工具和方案

- 除了建立儲蓄規律，行有餘力，應按需要加碼儲蓄，也可探索其他策略性、靈活的方法，按自身需要，進一步鞏固退休保障網。
- 例如善用強積金可扣稅自願性供款(TVC)收窄退休儲備缺口，兼享扣稅的好處。
- TVC近年越來越受歡迎，賬戶數目由2020年12月的44,000上升45%至2022年12月的64,000，反映TVC可扣稅的特點對在職人士甚具吸引力。
- TVC提供靈活、低門檻的供款條件，成員可自行決定供款次數及金額，供款額可低至港幣數百元，並可隨時因應個人的財政狀況及能力，暫停或恢復供款。

每個挑戰總伴隨著機遇，今次疫情無疑為大眾帶來不少影響，但它同時啟發我們重新審視人生各項事情的優次選擇，推動我們更仔細地審視未來。迎接社會復常的同時，讓我們重新關注自身的退休規劃，為達致理想退休生活作更周全考慮。



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PENSION SCHEMES ASSOCIATION  
退休積金計劃協會

專家觀點  
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#### 有關退休積金計劃協會

退休積金計劃協會成立於2018年2月，作為最具代表性的強積金保薦人業界組織，協會積極發揮橋樑角色，與各持份者和業界共同努力，令香港強積金制度更貼近市民所想及業界所需，並就與香港強積金制度發展有關的事宜匯納業界意見，成就與有關政策制定者及監管機構進行溝通。

#### 使命與信念

**強積金業界橋樑** - 成為全港強積金計劃保薦人及業界持份者的代表機構。

**帶領諮詢平台** - 就與香港強積金制度發展有關的事宜匯納業界意見，成就與有關政策制定者及監管機構進行溝通。

**增強公眾信任** - 與業界及相關合作伙伴攜手，提高公眾對強積金的認識，從而加強公眾對強積金行業的信任及信心。

#### 免責聲明 (適用於退休積金計劃協會)：

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