To Technical Interns and their employers (Implementing Organizations)

Have you enrolled in Japanese public pension system?

- Information on Japanese public pension system for Technical Interns -

The public pension system is a system that, by having people pay monthly contributions, provides benefits not only in old age, but also in the event of unpredictable risks such as disability and death. All residents of Japan aged 20 to 59*, regardless of nationality, are required to be covered by the Japanese public pension system.

Technical Interns are also required to enroll in the Japanese public pension system (either the Employees' Pension Insurance or the National Pension).

*For Employees' Pension Insurance, all persons under the age of 70 are required to be covered.

Type of public pension systems Technical Interns need to enroll in

During the Technical Intern Training period, the pension system you need to enroll in differs depending on the training program as follows:

- (1) For lecture program period, you need to enroll in the National Pension.
 - Note: Even before your training program starts, you need to enroll in the National Pension when you register your address in Japan.
- (2) For practical on-the-job training (OJT) period following the lecture program period, you need to enroll in the Employees' Pension Insurance, or remain covered by the National Pension.

Note: If the workplace you work for as a Technical Intern is subject to the Employees' Pension Insurance, you need to enroll in the Employees' Pension Insurance. If it is not, you remain covered by the National Pension.

Lecture program period starts

Practical OJT period starts

Technical Internitraining period

(1) Lecture program period

(2) Practical OJT period



(1) Enrollment in National Pension

Enrollment procedure:

Technical Interns themselves need to do the enrollment procedure at a residential municipal office (National Pension counter) or at the nearest JPS Branch Office.

Contribution payments:

Technical Interns themselves need to pay the entire monthly contribution amount, using the payment notice sent by JPS Branch Office after enrollment. You may pay it by bank transfer or other options.

Exemption of contribution:

If you have difficulty in paying the contribution for reasons such as low income, you may apply for the exemption system at a residential municipal office (National Pension counter) or at the nearest JPS Branch Office.



(2) Enrollment in Employees' Pension Insurance or National Pension

For Employees' Pension Insurance

Enrollment procedure:

The Technical Intern's employer needs to do the enrollment procedure at JPS Branch Office.

Contribution payments:

The Technical Intern and the employer share the contribution half and half. The employer deducts the Technical Intern's share of contribution amount from their salary and pays it together with employer's share.

For National Pension

The enrollment procedure is the same as explained in (1). However, if you have already been covered by the National Pension since the lecture program period, you do not need to do the enrollment procedure again.

For more information about the pension system, please visit the Japan Pension Service website. (https://www.nenkin.go.jp/international/index.html)



