

For Foreign Residents

Please consult with us first.

Interpretation Service for Pension Consultation

0 5 7 0 - 0 0 3 - 0 0 4

If you are calling from a number that starts with (050) ... 03-6630-2525

Reception hours

【English】

Monday 8:30~19:00

Tuesday~Friday 8:30~17:15

2nd Saturday of the Month 9:30~16:00

【Languages listed above other than English】

Monday~Friday 8:30~17:15

Supported languages

English, Chinese, Korean, Portuguese, Spanish, Tagalog, Vietnamese, Indonesian, Thai, Nepali and Burmese

For more information, please check the Japan Pension Service website.

【International】

<https://www.nenkin.go.jp/international/index.html>



You must pay National Pension contributions by law

If you don't pay the National Pension Insurance Contribution, it shall affect when you receive your pension, or when you apply for your status of residence.

For Those Unable to Pay :

① Exemption of the Contributions

A system whereby national pension contribution is reduced or no longer required to be paid.*

If you are new to Japan, you may be exempted from National Pension insurance contribution by following certain procedures.*

② Contribution Postponement System

A system that allows persons to postpone payment of the National pension contributions.*

* Approval subject to screening.