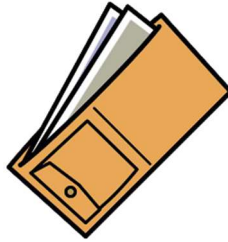


## Applications for Exemption from National Pension Contributions



National Pension contributions for this year are **16,980 JPY per month**.

### What is the National Pension Contribution General Exemption System?

Those who face economic difficulties in making contribution payments (due factors such as low income), can receive exemption or postponement of their contribution payments. After application, The Japan Pension Service will examine the previous year's income of the applicant, their spouse, and the head of the household (just the applicant and their spouse in the case of postponement). If you just stop paying your pension contributions, you will lose access to various pension funds, so make sure to apply for exemption if you are struggling.

Applications to the National Pension Contribution General Exemption System for July 2024 to June 2025 can be made from Mon 1 July. (You can also apply retroactively for the period up to 2 years and 1 month before the date of application.)

### Regarding the Pre-and-Post-Childbirth Exemption System

Enrollees who are giving birth can submit a notice in order to receive exemption from contribution payments for the period before and after childbirth.

**Eligible persons:** Type 1 National Pension enrollees giving birth on or after 1 Feb 2019.

\*The notice can be submitted up to 6 months prior to the due date.

### Inquiries:

Shizuoka Pension Office ☎ 054-203-3707; Shimizu Pension Office ☎ 054-353-2233

The Insurance & Pension Division of each Ward Office:

Aoi ☎ 054-221-1065; Suruga ☎ 054-287-8624; Shimizu ☎ 054-354-2134



**Translated by:**  
International and Intercultural Affairs Division  
City of Shizuoka