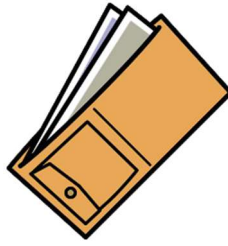


## 2. Applications for Exemption from National Pension Contributions



The monthly national pension premium from April 2025 to March 2026 is **17,510 yen**.

Applications for Exemption or Postponement of Payment for July 2025 to June 2026 can be made from **Tuesday 1 July**. (You can also apply retroactively for the period up to 2 years and 1 month before the date of application.)

[www.city.shizuoka.lg.jp/s8435/s012199.html](http://www.city.shizuoka.lg.jp/s8435/s012199.html)

### About the National Pension Exemption and Postponement 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 can also be submitted through the "My Portal" system. For further details, please search for "Nenkin Net."

### Inquiries

- Shizuoka Pension Office ☎ 054-203-3707; Shimizu Pension Office ☎ 054-353-2233  
*Regarding application procedures, premium calculations, or enrollment status*
- Insurance & Pension Division of each Ward Office:  
Aoi ☎ 054-221-1065; Suruga ☎ 054-287-8624; Shimizu ☎ 054-354-2134  
*Regarding application procedures*

### See the City Website regarding other exemption systems

- Student Payment Special Exemption System  
[www.city.shizuoka.lg.jp/s8435/s012200.html](http://www.city.shizuoka.lg.jp/s8435/s012200.html)
- Exemption System for Pre- and Postpartum Period  
[www.city.shizuoka.lg.jp/s8435/s012202.html](http://www.city.shizuoka.lg.jp/s8435/s012202.html)



**Translated by:**  
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City of Shizuoka  
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