

NATIONAL PENSION SYSTEM

- Mid to long term residents who will stay in Japan for at least 3 months and are over the age of 20 must register in the [Japan Pension Service](#) after completing their Notification (Change) of Place of Residence procedures.
- Mid to long term residents will receive a Pension Handbook, a small blue notebook, in the mail following their address registration.
- People registered in the system must make monthly payments. The monthly payments are based on the income the person received the previous year.
- The Municipal Office where you registered your address manages your Japanese Pension.
- Go to your local Municipal Office to confirm your Japan Pension Status.

Payment Exemptions

- International students and researchers who do not receive a salary may qualify for payment exemptions.
 1. International students will need to file a Special Payment System for Students application.
 2. International researchers will need to file a Contribution Payment Exemption System application.
- The Municipal Office accepts payment exemption requests for the following periods:
 - Past payments: due within 2 years of the date of the application
 - Future payments: due up to June of the following year.
- After submitting the exemption request the Municipal Office will submit your request to the Japan Pension Service.
- The Japan Pension Service will review applications and notify the Municipal Office of the result and the Municipal Office will notify applicants of the results.

Procedures

- Present the following items to the Municipal Office's National Pension department:
 - Passport
 - Residence Card
 - Individual (My) Number Card
 - Japanese Pension Book
 - Juntendo University ID or Enrollment Certificate
 - Corresponding application, available at the Municipal Office

Lump-sum Withdrawal Payments

- International researchers and faculty members who have had the Japanese pension coverage periods for six months or longer may apply for withdrawal payments if they leave Japan.
- Mid to long term residents who withdraw from the system will not retain the benefits of the

coverage in the case they return to Japan.

- The amount of money available for return is dependent on the length of coverage.

Procedures

- For the most up to date procedures please refer to the [Lump-sum Withdrawal Payments section on the Japan Pension Service website](#). Instructions are provided in a number of languages.