Informational Newsletter for English-Speaking Residents

Hiroshima NOW

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English No. 34

2025

20 or older? Join the National Pension Plan

20歳になったら国民年金 「ひろしま市民と市政」 1月 15 日号

As a general rule, everyone living in Japan aged 20 to 59 must enroll in the National Pension (国民年金//Kokumin Nenkin), including students. When you turn age 20, you will receive an enrollment notification. If you do not receive it even after two weeks passed since you turn 20, please contact your local ward office. (People who work for a company will be enrolled in Employee Pension Insurance (厚生年金 // Kōsei Nenkin).)

If it is difficult to pay the premium because of reasons such as financial problems, you can apply for partial or total exemption from premiums. For further information contact the following office.

Inquiries: National Insurance and Pension (Hoken Nenkin Ka) of your local ward office

Ward	Tel	Ward	Tel
Naka	082-504-2556	Asaminami	082-831-4931
Higashi	082-568-7712	Asakita	082-819-3910
Minami	082-250-8944	Aki	082-821-4910
Nishi	082-532-0935	Saeki	082-943-9713