Working in Germany and in non-contracting states

- Why ‘abroad’ does not always mean the same thing
- The pensions you qualify for under the German scheme
- Your contacts in Germany
Work and pensions in non-contracting states

If you are living outside Germany or intend to move abroad from Germany you are probably wondering how moving abroad will affect your future pension or the pension entitlements you have earned to date.

The European Community provisions are applicable in the Member States of the European Union and of the European Economic Area as well as in Switzerland. Moreover, Germany has concluded social security agreements with numerous countries. All other countries are also known as non-contracting states.

This leaflet will provide a general overview of the consequences of working in non-contracting states and of the conditions for receiving a German pension if you reside in a non-contracting state as well as the amount of such a pension. Please contact your responsible German pension office for more specific information regarding your individual case.

Are you already in receipt of a German state pension and intend to move abroad? Please contact us in good time to find out how moving abroad will affect your pension.
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What are non-contracting states?

Non-contracting states are those countries in which the European Community provisions about social security do not apply and which have not concluded a social security agreement with Germany.

Currently European Community law applies to the following 28 Member States of the European Union (EU).

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According to the European Economic Area (EEA) Agreement Community law is also applicable in Iceland, Liechtenstein, and Norway.

Furthermore, according to the Agreement on the Free Movement of Persons also Switzerland is covered by Community law.
Our advice:

If you would like to know more about the social security systems of the Member States of the EU/EEA or Switzerland please read our leaflets ('Meine Zeit in ...').

Germany has also concluded a social security agreement with various other countries.

The following states have concluded bilateral social security agreements with Germany:

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Germany has also concluded a social security agreement with China, however, only regarding posting.

In the near future also the social security agreement with the Republic of Moldova will come into effect.

If you reside in one of the above countries or if you are a national of one of these countries you are covered by European Community law or the respective social security agreement.

Please note:
All countries that have not been mentioned above are called non-contracting states.
How will working in a non-contracting state affect my pension?

As a rule, you are not (no longer) covered by the German state pension insurance scheme if you work in a non-contracting state. However, there are some exceptions from this rule. This chapter tells you about their effects.

The territoriality principle applies for the German pension insurance scheme. This means that, as a rule, you are only covered by the German pension insurance scheme if you also work in Germany. Therefore, if you work in a non-contracting state you are only covered by the German scheme if you are posted or because of compulsory insurance upon application. You will find more information about this on the following pages.

Of course, you may join the respective pension insurance scheme of the country in which you are working. However, due to the number of countries the various regulations are too varied to provide information about them.

**Posting**
Independent of your nationality you may choose to be covered by the German pension insurance scheme even if you are working abroad.
You are still covered by the German scheme if you work temporarily for your German employer in a non-contracting state and you continue to be paid by this employer. This assignment abroad is called posting.

There are two requirements for posting: On the one hand the employee must by employed with a German employer on the other hand the period abroad must be temporarily limited from the beginning.

You can also be posted if you were specially employed in Germany in order to work abroad. Even if you have lived in Germany but not worked there before you started to work abroad – for example as a pupil, student, unemployed person or housewife – you may be posted. The important factor is that it is clear that you will return to Germany after your stay abroad.

Please note:
If you are living and working abroad and take up employment from there with an employer in Germany you are not regarded as posted. In this case you are subject to the pension legislation of the country in which you are living and working.

Posting must be temporary either because of the nature of your employment or because it has been agreed upon in advance in your work contract. However, there is no fixed time limit (for example, two years). For example, in the case of assembly work or construction work the occupation itself is often temporary from the outset.

This temporary limitation is essential. It is not sufficient if you, for example, reach the age limit for a German retirement pension during your temporary employment.
abroad or if your contract says that your employer may recall you anytime.

**Example:**

Johannes G. works for a constructing business in Hanover. In August 2017 he started to work for his firm in New Zealand in order to construct a railway building. Johannes G. will probably work there for eleven months. Therefore, he is still a member of the German state pension insurance scheme.

If, while being employed abroad, you have to pay social security contributions to the scheme of the country you are working in, this does not mean that you are not liable to pay contributions to the German scheme. Your responsible pension office abroad will tell you whether you may be exempted from paying compulsory contributions abroad.

You are no longer regarded as posted if

→ you are still working abroad but have changed your German employer, or
→ you return from abroad and take up employment in Germany at short notice, or
→ your temporary employment abroad has been changed so that it is no longer temporary.

Changing your employer is innocuous if your previous employer’s enterprise is taken over by another German enterprise.
**Compulsory insurance upon application**

If you are not liable to pay compulsory contributions to the German scheme because you are not posted you may apply for compulsory insurance if you are German or a national of a state in which European Community Law applies.

Your application will only be granted if your period of work abroad is not permanent – regardless of whether you work for a German or a non-German enterprise. There is no fixed time-limit. Your period of work may, for example, last ten years. The point is that your employment is limited in time – either because this has been agreed upon in your work contract or due to the nature of your employment.

The application must be sent to your state pension office by your German employer. Your compulsory insurance upon application begins on the day on which all requirements have been met for the first time; if the claim is filed more than three months later than that it will begin on the day after the pension office has received the application.

**Example:**

On 1 August 2017 Lukas G. takes up employment in Mexico that lasts five years. The requirements have been met. The application for compulsory insurance submitted by his employer who is based in Germany is received on 18 August 2017. This means that Lukas G. is compulsorily insured under the German scheme with effect from 1 August 2017.

If his employer had first submitted the application on 17 November 2017 (date of receipt of application) Lukas G.’s compulsory insurance would have first begun on 18 November 2017 (day after the application).
If you work abroad and you are covered by the pension scheme of the country in which you work this does not preclude compulsory insurance upon application under the German scheme. Consequently, it may be that you or your employer are liable to pay contributions to both schemes. Please contact your German state pension office for advice if this is the case.

Our advice:

You will find more information about this also in the various commentaries, which can be purchased from Deutsche Rentenversicherung Bund, for example the manual 'Beschäftigung im Ausland' which you can order on the Internet at www.deutsche-rentenversicherung-bund.de. Of course, the Deutsche Rentenversicherung pension offices will be happy to advise you personally on this topic.

You will find the addresses on pages 39 and 40.
Paying voluntary contributions in Germany

If you pay voluntary contributions you may increase your German pension, or they may help you to get a pension in the first place, or you can use them to close gaps in your insurance record.

If you reside in Germany and are not liable to pay social security contributions in Germany you may pay voluntary contributions to the Deutsche Rentenversicherung scheme independent of your nationality. The only requirement is that you are 16 years old or older.

As a rule, if you are German you may pay voluntary contributions to the German scheme independent of your country of residence.

As a rule, non-Germans are not entitled to pay voluntary contributions outside Germany. However, they may, for example, pay voluntary contributions if European Community law or a social security agreement provides corresponding provisions.

As a rule, citizens of countries which are neither covered by European Community law nor by a social security agreement may only pay voluntary contributions if they live in Germany. This is not possible abroad.
Voluntary contributions: Your advantages

You can use voluntary contributions to complete the waiting period for a German pension. You may also maintain your coverage for a pension for a full or partial reduction of your earning capacity.

Our advice:

For these pensions it may be important that the period from 1 January 1984 to date has been fully covered by periods that maintain the qualifying period. If you cease to be insured under the German state pension insurance scheme but wish to continue to be entitled to one of these pensions you should contact us in advance for advice.

You are free to choose the amount and the number of your contributions. However, there is a minimum and a maximum rate. You are free to change your contribution rate at any time. With effect from at future date, you may change your contribution rate at any time or stop paying contributions at all. You can only pay voluntary contributions for the current year until 31 March of the following year.

Paying contributions

Before you may pay voluntary contributions your application must have been granted. Thereafter, it is advisable to debit the contributions cashless from your account.

Whom to contact

If you intend to file an application because you wish to pay voluntary contributions please contact the German pension office which is responsible for your German insurance account or the German pension office that was last responsible for your insurance account. If you reside in Germany and have never paid any contributions under the German state pension insurance scheme you may send your application to any of the German state pension offices.

You will find the current contribution rates on the Internet at www.deutsche-rentenversicherung.de.

Please read our chapter 'Just one step away: Your pension insurance'.
Refund of German contributions

If you only worked in Germany and paid contributions to the German scheme for some time and now return home you may wish to have your German contributions refunded. This chapter will tell you whether this is possible. However, you should consider this step carefully.

After a refund of contributions the insurance relationship is cancelled. The basic idea is that this only should occur if you are no longer within the scope of Deutsche Rentenversicherung or if you cannot derive any entitlements from your contributions.

You may apply for a refund if

→ you are not obliged to be insured under the German pension scheme anymore,
→ there is no possibility to be insured under the German system on a voluntary basis, and
→ your last compulsory contribution to the German pension system was at least 24 months ago.

A waiting period of at least 24 calendar months must be completed. You may neither have become again liable to pay compulsory contributions in the meantime.

The liability to pay contributions in a country in which European Community law applies or in a country with which Germany has concluded a social security agree-
Also periods completed in other countries in which European Community law applies or with which Germany has concluded a social security agreement may be taken into account.

Since 2012 regular pension age is gradually being raised from 65 to 67.

Your German contributions may not be refunded if you already receive a pension from another country and this pension can only be paid because under European Community law or a social security agreement your German and foreign insurance periods have been totaled.

Survivors may apply for a refund of the deceased’s contributions if the latter had less than five contribution years.

The chapter ‘Paying voluntary contributions in Germany’ tells you whether or not you may pay voluntary contributions under the German scheme. It is not relevant whether you actually wish to do so.

As soon as you have reached regular pension age and provided that you have less than five contribution years you may apply for a refund. The idea behind this is that you are not entitled to receive a pension if you have less than five contribution years. Your contributions will be repaid without the waiting period of 24 calendar months.

Also insurance periods for which you have not paid any contributions (e.g. periods for bringing up children) will be taken into account with regard to the five years. Thus, you might be entitled to receive a German pension after all.
Please note:
Your contributions can neither be refunded if you have already received benefits in kind or cash based on these contributions, for example, medical rehabilitation benefits. Contributions which were paid after the benefits received may be refunded.

If you have had your contributions refunded your insurance relationship with the German state pension insurance scheme has been fully cancelled. You may no longer derive any entitlements from the periods completed until that point in time.

Our advice:
Please get extensive advice before you apply for a refund of your contributions. A later pension may be a more favourable alternative in your case.

Contributions will only be refunded upon application. You can simply file your freely drafted application with any German state pension office or with a German embassy or your local German consulate. Since you may submit your application in your native language you
neither need an agent nor a representative or an interpreter.

Please note:
As a rule, contributions will not be refunded in full. For example, employees will only receive that part of their compulsory contributions that they have paid themselves. They cannot be refunded any contributions they have not paid themselves, e.g. credits for bringing up children. No interest is paid on these contributions.

German citizens
As a rule, German citizens may first have their German contributions refunded after they have reached regular pension age and provided that they have paid less than sixty contributions.
The different German state pensions

Deutsche Rentenversicherung pays pensions on account of a reduction in earning capacity, old-age pensions and pensions because of death (survivor’s pensions). This chapter tells you about the dates from which you may draw these pensions.

If you would like to know for which German benefit you have met the conditions please apply for a pension forecast with your pension office. Your forecast will contain all information.

Our advice:

You will find more detailed information in our leaflets ‘Erwerbsminderungsrente: Das Netz für alle Fälle’, ‘Die richtige Altersrente für Sie’ and ‘Hinterbliebenenrente: Hilfe in schweren Zeiten’.

Qualifying period

To be able to receive a German pension you must have paid contributions for a certain period of time. This minimum insurance period, which is also called qualifying period, is 5, 35, or 45 years depending on the type of pension. The 5 year qualifying period is also known as general qualifying period.
The following periods will counted towards the general qualifying period of 5 years:

→ contribution periods (compulsory and voluntary contributions; including child-rearing periods),
→ substitute periods (e.g. periods of political persecution in the former GDR),
→ periods due to a pension rights adjustment or pension splitting among spouses or registered life partners, and
→ periods from supplements for minor part-time employment.

For the 35 year qualifying period also accounted periods and consideration periods shall be taken into account.

Please note:
Accounted periods are, for example, periods during which you were sick, pregnant, or unemployed. Also periods of school attendance and university education can be accounted periods. Consideration periods are, for example, child-raising periods. You will find more information about the German periods of insurance in the brochure ‘Rente: Jeder Monat zählt’.

While all consideration periods, substitute periods, and periods from supplements for minor part-time employment will be taken into account for the 45 year qualifying period without any restrictions, compulsory contributions, voluntary contributions, and accounted periods will only be taken into account under certain conditions.

For example, as a rule, periods of receipt of substitute income for employment promotion purposes will be considered but periods of receipt of the unemployment benefits known as Arbeitslosengeld II and Arbeitslosen-
hilfe will not be considered. Periods of receipt of Arbeitslosengeld will be considered but not during the last two years before the pension payments began (except in cases of bankruptcy or because the employer completely closed down his/her business). Furthermore, periods of receipt of benefits because of illness (e.g. benefits for illness and transitional benefits) will be considered but not periods of school attendance or university education, for example.

Voluntary contributions will only be considered provided that you have at least 18 years of compulsory contributions. If, during the last two years before your pension payments began, you have paid voluntary contributions at the same time during which you were credited accounted periods for unemployment neither your periods of unemployment nor your voluntary contributions will be considered.

Without exception periods from a pension rights adjustment or pension splitting will not be taken into account for the 45 year waiting period.

**Special requirements under insurance law**
In addition to having completed the respective qualifying periods you will have to meet certain special requirements under insurance law. This means that you must have earned enough compulsory contributions for an insurable employment or a self-employed occupation.
within a certain period of time. Furthermore, with regard to certain pensions you must also meet personal requirements, for example being severely disabled.

Please note:
Periods you have spent living or working in non-contracting states cannot be recognized for German pension insurance purposes. However, any periods you have completed in a country which is covered by the European community law or which has concluded a social security agreement with Germany may be taken into account to determine whether or not you are entitled to receive a pension. Please contact your pension office for more information.

Reduced earning capacity pensions
You will receive a reduced earning capacity pension if
→ your earning capacity is reduced due to illness or disability,
→ you have fulfilled the required five year qualifying period or have completed it prematurely (e.g. because of an accident at work in Germany) and
→ you have three years of compulsory contributions for insurable employment or occupation in the last five years before the reduction in earning capacity occurred or
→ you have completed the general five year qualifying period before 1 January 1984 by paying compulsory contributions, and each month from 1 January 1984 until the date on which the event insured against occurred must have been continuously covered by periods creditable for pension purposes.

This pension will be paid until you have reached regular pension age at the most. Thereafter, you will receive a regular old-age pension.
Your pension office will consult your medical documents to assess whether your earning capacity is completely or partially reduced. You will receive a pension for a complete reduction in earning capacity if you are able to work less than three hours a day. If you are still able to work at least three hours but less than six hours a day you will receive a pension for a partial reduction in earning capacity. The rate of this pension is only half the rate of the pension for a complete reduction in earning capacity.

If your earning capacity is partially reduced and you do not have a part-time job according to your earning capacity you will receive a pension for a complete reduction in your earning capacity because of the situation on the German labour market.

Please note:
If you reside in a non-contracting state or move to a non-contracting state you will not receive a pension for a complete reduction in your earning capacity if it is only paid because you did not get a part-time job since the German labour market is not relevant there. You will then only be entitled to receive a pension for a partial reduction in your earning capacity.
If you are in receipt of a reduced earning capacity pension your income in Germany and/or abroad will be taken into account and may lead to a decreased pension rate or to the discontinuation of your pension. Therefore, please always contact your pension office first before you take up an employment or a self-employed activity.

**Old-age pensions**

You may receive the following old-age pensions from the German state pension insurance:

→ Regular old-age pension,
→ Old-age pension for long-term insured persons,
→ Old-age pension for especially long-term insured persons, and
→ Old-age pension for severely disabled persons.

In Germany regular pension age was 65 years. Due to the continuous increase in life expectancy and the decrease in birth rates it was decided to gradually raise the age limit for the regular old-age pension and other pensions from now 65 to 67 to guarantee the stability of the state pension scheme.

For people born 1947 or later pension age has gradually increased, at first from 2012 every month and then from 2024 every two months, so that contributors born in 1964 or later will receive their regular retirement pension when they turn 67.

Please note:

Also the pension age for old-age pensions drawn before age 65 has been raised because of the new pension age of 67 years. If you want to know whether and to what extent you are affected by this change in law please read our brochure ‘Rente mit 67: Wie Sie Ihre Zukunft planen können’.

You will find more information about additional income in our leaflet 'Erwerbsminderungsrente: So viel können Sie hinzukommen'.
Regular pension age increased to 67 years

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<th>Insured persons</th>
<th>Increased by x months</th>
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Anticipated payment of pensions

In Germany your old-age pension will be permanently reduced if you draw it before you have reached regular pension age. For each month of anticipated pension payments your pension will decrease by 0.3 per cent.

To enable you to determine the amount of your reductions you may choose your pension start date. However, if you decide in favour of a certain old-age pension, you should keep in mind that it will not be possible to switch to another old-age pension (with less reductions) at a later point in time. This decision lasts a lifetime.

You may counterbalance these reductions by paying additional contributions after your 50th birthday. Please contact your pension office for advice in good time so that you know when you can draw your pension and if there are any reductions.

However, you may benefit from the protection of confidence principle. This means that your pension would not
be reduced or only be reduced to a lesser extent. Please ask your pension office for advice. You will find their addresses on pages 39 and 40.

**Regular old-age pension**
You are entitled to receive regular retirement pension if you

→ have reached regular pension age and
→ have completed the five-year qualifying period.

Your actual regular pension age depends on your year of birth.

If you were born before 1 January 1955 and before 1 January 2007 agreed to perform old-age part-time work within the meaning of the Altersteilzeitgesetz (Partial Retirement Law) with your employer you may still draw your pension when you are 65 because of the protection of confidence principle. This also applies if you were born before 1 January 1964 and have received Anpassungsgeld (early retirement payments) for laid-off miners.

If you are in receipt of regular old-age pension there is no limit for your additional income. There will neither be any deductions if you receive this pension.

If you have met the requirements for regular old-age pension but defer receipt of your pension it will increase by 0.5 per cent for each month. For example, if you decide to draw your pension one year after having reached regular pension age it will increase by 6 per cent \((12 \times 0.5 \text{ per cent})\). Also a later survivor’s pension will increase accordingly.

**Old-age pension for especially long-term insured persons**
You will receive this old-age pension if you have met the 45 year waiting period. The age threshold depends on your year of birth.
For those born before 1953 the age threshold was 63 years. If you were born between 1953 and 1963 the age threshold is being gradually raised. If you were born in 1964 or later the age threshold is 65 years.

Old-age pensions for especially long-term insured persons are provided without deductions.

**Old-age pension for long-term insured persons**

You will receive this old-age pension if you have met the 35 year qualifying period. The age threshold depends on your year of birth.

For those born before 1949 the age threshold was 65 years. If you were born in 1964 or later the age threshold is 67 years. You may still draw this pension earlier, i.e. when you turn 63, however in this case up to 14.4 per cent will be deducted.

If you were born before 1 January 1955 and before 1 January 2007 you agreed to perform old-age part-time work with your employer within the meaning of the Altersteilzeitgesetz (Partial Retirement Law) you may still draw your old-age pension for long-term insured persons when you turn 65 without any deductions because of the protection of confidence principle. This also applies if you were born before 1 January 1964 and you received Anpassungsgeld (early retirement payments) for laid-off miners. Under certain circumstances you may already
receive your old-age pension when you turn 62. Please seek advice.

**Old-age pension for severely disabled persons**

If you are severely disabled you may receive a pension if you have completed the qualifying period of 35 years. The age threshold depends on your year of birth.

If you were born in 1952 or later the age threshold for a pension without reductions will be gradually raised to 65 years. For those born in 1964 or later the general age-threshold is 65 years.

You may draw this old-age pension earlier. However, in this case your pension will be permanently reduced by up to 10.8 per cent. Also, the age from which you will be able to draw this pension earlier will be gradually raised to 62 years.

You must be recognized by a German Versorgungsamt office as severely disabled person under German law with a degree of disability of at least 50 per cent.

**Our advice:**

You will lose your status as severely disabled person if you move abroad. However, if you are already in receipt of a retirement pension for severely disabled persons your pension will continue. If you reside in a country in which the European Community provisions apply or with which Germany has concluded a social security agreement your disability will still be recognized.

If you were recognised as severely disabled person on 1 January 2007 and were born before 1 January 1964 and received early retirement payments for laid-off miners (Anpassungsgeld) you may still draw your old-age pension with effect from your 63rd birthday without
reductions because of the protection of confidence principle. You may also draw this pension from your 60th birthday, however, in this case there will be reductions of up to 10.8 per cent.

Please note:
Insured born before 1952 my still claim old-age pension for women or old-age pension because of unemployment or after old-age part-time work.

Old-age pensions and additional income
If you are in receipt of an old-age pension before you have reached regular pension age you may not earn unrestricted additional income. You must observe specific income thresholds. Depending on the amount of your additional income you will be paid your full or a partial pension. Under certain circumstances your pension may not be payable at all.

If you are in receipt of a German pension while pursuing employment abroad also this income may be taken into account.

Our advice:
Please contact your German pension office, they will provide all the information you need.

Pensions for widows and widowers
You may receive a widow's or widower's pension after your spouse has passed away if your late spouse had been in receipt of a pension at death or if he/she had completed the five year qualifying period or had completed it prematurely – e.g. because of an accident at work in Germany.
To be able to receive this pension your marriage must have lasted one year or longer when your spouse passed away. This minimum period of one year does not apply if you married before 1 January 2002 or if it was not the main aim of the marriage to receive the survivor’s pension. You must not have remarried.

Partners of the same sex who live in a registered life partnership in accordance with German law may also receive widow’s or widower’s pension. This also applies after October 1, 2017 when life partnerships can no longer be registered because since that date also same-sex partners are allowed to marry.

A widow’s or widower’s pension can be paid as a maximum pension or a minimum pension. To be able to receive the maximum pension
→ you must be 45 years old or older or
→ your earning capacity must be reduced or
→ you must bring up your own child or the deceased’s child who is younger than 18 or
→ you must care in a joint household for your own child or the deceased’s child that cannot provide for itself due to a physical, mental or psychological disability.

Please note:
Since 2012 the pension age-threshold of 45 years has been raised to 47 years. Please also read our brochure 'Hinterbliebenenrente: Hilfe in schweren Zeiten'.

If you do not satisfy these requirements you will receive the minimum widow’s or widower’s pension. This pension will only be paid for 24 calendar months after the contributor’s death at most. The pension rate is 25 per cent of the contributor’s pension. The maximum widow’s or widower’s pension will be paid indefinitely.
As a rule, the pension rate is 55 per cent of the contributor’s pension.

If you married before 1 January 2002 and you and/or your spouse were born before 2 January 1962 also the minimum widow’s or widower’s pension will be extended for an unlimited period. You will not be entitled to receive a widow’s or widower’s pension if a pension splitting has been carried through.

If you are a widow or a widower and you marry again, your entitlement to survivor’s pension lapses. However, you may apply for a lump-sum settlement of your pension.

Our advice:

You will find detailed information about all survivor’s pensions in our leaflet ‘Hinterbliebenenrente: Hilfe in schweren Zeiten’.

Orphan’s pensions
An orphan’s pension (single rate) can be paid after the contributor has died if the deceased
→ was in receipt of a pension when s/he died or
→ the general qualifying period was fulfilled or completed prematurely when s/he died, e.g. because of an accident at work in Germany.

If also the other parent dies the double rate will be paid on the record of both parents.

A deceased’s natural and adopted children may receive orphan’s pension. Also step-children, foster children, grand children, and brothers or sisters who were included into the deceased’s household when he/she passed away may receive such a pension. As a rule, this pension will be paid up to age 18.
Please note:
Grandchildren and brothers or sisters may also receive orphan’s pension if they did not live in the deceased insured’s household but were mainly maintained by him/her.

This pension will be paid beyond age 18 provided that certain conditions have been satisfied (e.g. school education or vocational training or if the orphan is handicapped) up to the age of 27. If the school education or vocational training is delayed because of compulsory military or civilian service in Germany the orphan’s pension may be paid beyond age 27 for the duration of the period of service. However, this applies only if the child is still in school education or vocational training beyond age 27.

Please note:
If the contributor dies before having turned 65 the survivor’s pension – this means both orphan’s and widow’s or widower’s pensions – will be reduced.

Survivor’s pensions and income
If you receive a widow’s or widower’s pension 40 % of your own income exceeding a certain threshold will be deducted from your pension payments after the first three months following the contributor’s death. Also social security benefits, property and similar income abroad shall be taken into account.

Pension commencement
As a rule, your German pension payments start on the first day of the month in which you meet all eligibility requirements.
Example:

Lydia M. reaches regular pension age on 12 January 2018. On that date she has met all requirements. Her pension payments start on 1 February 2018.

To enable us to pay your pension in time you need to file your claim in good time. If you file your claim first three months after the event insured against has occurred your pension payments will first begin in the month in which you filed your claim.

Example:

Lydia M. files her pension claim first in June 2018. Since she already met all the requirements in January 2018, that is more that three months earlier, her pension payments first start on 1 June 2018.

This rule does not apply to reduced earning capacity pensions and survivor’s pensions. A reduced earning capacity pension paid on a fixed-term basis will first be paid from the seventh calendar month after the reduction in earning capacity occurred. If the claim is filed later than seven calendar months the pension will first begin with effect from the month in which you filed your claim. A survivor’s pension will also be paid retroactively for up to twelve calendar months before the month in which the pension claim was filed.
Receiving a German pension while living in a non-contracting state

Whether your pension can be paid abroad and, if yes, in which amount depends on various factors.

Your full German pension continues to be paid if your stay abroad is only temporary. Temporary means that your stay abroad is temporarily limited at the outset and that your home is still in Germany; this applies to holiday trips, for example.

If you move abroad permanently and thus change your place of residence you may no longer be entitled to receive a pension or your pension rate may decrease.

Please note:
A pension under article 2 RÜG (Rentenüberleitungsget – Pensions Transfer Act) cannot be paid abroad. Pension payments under the RÜG began between 1992 and 1996; they were calculated according to former GDR law. Your pension entitlement notification tells you whether you are in receipt of such a pension.

Please also read the chapter ‘The different German state pensions’.

However, your pension office will check whether you are eligible to receive a corresponding pension under German Social Code Book Six.
If you reside abroad permanently the amount of your retirement pension depends on
→ the type of insurance periods you have completed,
→ your date of birth,
→ the date your moved abroad, and
→ the country in which you reside.

**Our advice:**

Before your move abroad you should consult your pension office in any case.

**Which of my insurance periods will be taken into account?**

If you reside abroad, the important factor is on which creditable periods your pension is based. Because even if you are German it is not always possible to pay your full pension abroad because not all insurance periods can be taken into account in that case.

If you have insurance periods that are based on an employment or occupation in Germany (also known as compulsory contributions) you will always receive your full pension based on these periods abroad.

This also applies to child rearing periods and voluntary contributions to the German scheme state pension insurance. A pension can also paid to non-contracting states if it is based on periods known as contribution-free periods (accounted periods and supplementary periods, for example).

If you were credited contribution periods under the Foreign Pensions Law (Fremdrentengesetz – FRG) by a non-German state pension office your pension based on these periods might not be payable in a non-contracting state.

Please consult your pension forecast or your pension entitlement notification to find out whether such periods
have been recognized in your case. The same applies to contribution periods in the area of the former German Reich.

The percentage of your pension that is based on employment periods for displaced persons cannot be paid abroad.

If your pension includes supplementary earnings points, for example,
→ supplements for minor part-time employment exempt from compulsory insurance,
→ supplements from a pension rights adjustment or pension splitting,
→ supplements for drawing an old-age pension earlier or in case of settlement of expectancies from occupational pensions,
→ additional earnings points for income from a credit balance from flexible working time regulations,
→ supplements for contributions after an old-age pension has begun,
→ supplements for recipients of widow’s or widower’s pensions for child-raising periods,
→ supplements for periods of special deployment abroad, and
→ supplements for temporary-career soldiers who are retroactively insured, these will also be paid abroad.

How much pension will I receive abroad?
The amount of your pension abroad depends on the date you left Germany and on your date of birth.

If you already left Germany before 19 May 1990 and were born before 19 May 1950, your full pension will be paid into any non-contracting state provided that you have only contribution periods in Germany.

In the case of survivor’s pensions the beneficiary must meet the above requirement (date of emigration).
If you were born after 18 May 1950 and have left or intend to leave Germany after 18 May 1990 your full pension shall be paid to any non-contracting state without restrictions provided that you have only contribution periods in Germany.

Please consult your pension forecast or your pension entitlement notification to find out exactly on the basis of which periods your personal earnings points have been calculated. You can also apply for a pension forecast with your pension office.

**How will my pension be paid abroad?**

You will also receive your pension monthly if you live abroad. It can be transferred to your account with any financial institution in Germany or in your state of residence. We regret to inform you that we will not be able to reimburse for your bank fees or exchange rates fluctuations.

If you live abroad we will check once a year whether you are still alive and your pension payments are to be continued. Renten Service Deutsche Post AG will send you a form known as Life Certificate. Please promptly return this form after you have fully completed and signed it and it has been officially certified.

For security reasons your pension will be automatically discontinued if we have not received your Life Certificate by the date fixed – alter a reminder notification has been sent.

If you intend to move abroad please inform us accordingly three to four months in advance, if possible. In this case, please state your German insurance number, the state you are going to move to, the date from which you are going to live there and, if possible, your new address and bank details.
Health and nursing insurance coverage for pensioners

As a rule, if you reside in a non-contracting state you are not covered by the German health and nursing insurance regulations.

If you reside abroad, you are no longer liable to pay health and nursing care contributions to the German scheme. You are neither allowed to pay voluntary contributions to the German scheme.

Therefore, please inform yourself in good time about health and nursing insurance coverage in your future state of residence.

Please note:
Unfortunately, you will not be eligible to receive a grant to cover part of your contributions to the health and nursing insurance fund abroad.
Your contacts in Germany

In Germany there are different offices which process your enquiries and applications. Either Deutsche Rentenversicherung Bund, Deutsche Rentenversicherung Knappschaft-Bahn-See or one of the regional Deutsche Rentenversicherung pension offices will be responsible for you.

As a rule, your responsible pension office is the office to which you have paid your German contributions. You will find the addresses of all Deutsche Rentenversicherung pension offices in the following chapter ‘Just one step away: Your pension insurance’.

Our advice:

If you have not paid any contributions yet to the German pension scheme please contact Deutsche Rentenversicherung Bund. They will tell you which German pension office will be responsible for you.
Just one step away: Your pension insurance

Do you still have any questions? You require information and wish to be advised individually? We are there for you: competent, neutral, and free of charge.

Our information brochures
We offer a great variety of brochures: You can order any brochure you are interested in at www.deutsche-rentenversicherung.de or download it from there. There we also inform you about our information service about special issues.

On the phone
We answer all your question on our toll-free (within Germany) service hotline. There you can order information brochures and forms or inquire about a responsible contact near you. The number is 0800 1000 4800.

On the Internet
You can reach us 24 hours a day at www.deutsche-rentenversicherung.de. There you will find information about a great variety of pension insurance matters and can download or order forms and brochures. You can safely manage your matters from home.

Personal appointments
You will find your nearest Auskunfts- und Beratungsstelle (information office) on our home page or you can use our service hotline to inquire about them. There, you can also conveniently arrange for an appointment or use our online reservation service. You can also use our app iRente on your mobile phone.

Social insurance officers and deputies
Also our voluntary social insurance officers and deputies (Versicherten-älteste) are there for you in your direct neighbourhood and will help you to complete your claim forms, for example.

Short communication routes
0800 1000 4800 (toll-free within Germany)
www.deutsche-rentenversicherung.de
info@deutsche-rentenversicherung.de
We offer multilingual advice during the international consulting days. You will find respective dates in the Internet.

**Our partners**
You can also file your pension claim, obtain forms, or have your insurance documents forwarded at the Versicherungsamt offices of the cities and municipalities.

**The German pension offices**

**Deutsche Rentenversicherung Baden-Württemberg**
Gartenstraße 105
76135 Karlsruhe
Telefon 0721 825-0

**Deutsche Rentenversicherung Bayern Süd**
Am Alten Viehmarkt 2
84028 Landshut
Telefon 0871 81-0

**Deutsche Rentenversicherung Berlin-Brandenburg**
Bertha-von-Suttner-Straße 1
15236 Frankfurt (Oder)
Telefon 0335 551-0

**Deutsche Rentenversicherung Braunschweig-Hannover**
Lange Weihe 6
30880 Laatzen
Telefon 0511 829-0

**Deutsche Rentenversicherung Hessen**
Städelstraße 28
60596 Frankfurt am Main
Telefon 069 6052-0

**Deutsche Rentenversicherung Mitteldeutschland**
Georg-Schumann-Straße 146
04159 Leipzig
Telefon 0341 550-55

**Deutsche Rentenversicherung Nord**
Ziegelstraße 150
23556 Lübeck
Telefon 0451 485-0
<table>
<thead>
<tr>
<th>Deutsche Rentenversicherung</th>
<th>Wittelsbacherring 11</th>
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<tbody>
<tr>
<td>Nordbayern</td>
<td>95444 Bayreuth</td>
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<tr>
<td></td>
<td>Telefon 0921 607-0</td>
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<th>Deutsche Rentenversicherung</th>
<th>Huntestraße 11</th>
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<tbody>
<tr>
<td>Oldenburg-Bremen</td>
<td>26135 Oldenburg</td>
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<td></td>
<td>Telefon 0441 927-0</td>
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<thead>
<tr>
<th>Deutsche Rentenversicherung</th>
<th>Königsallee 71</th>
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<tbody>
<tr>
<td>Rheinland</td>
<td>40215 Düsseldorf</td>
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<td></td>
<td>Telefon 0211 937-0</td>
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<tr>
<th>Deutsche Rentenversicherung</th>
<th>Eichendorffstraße 4-6</th>
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<tr>
<td>Rheinland-Pfalz</td>
<td>67346 Speyer</td>
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<tr>
<td></td>
<td>Telefon 06232 17-0</td>
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<th>Deutsche Rentenversicherung</th>
<th>Martin-Luther-Straße 2-4</th>
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<tbody>
<tr>
<td>Saarland</td>
<td>66111 Saarbrücken</td>
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<td></td>
<td>Telefon 0681 3093-0</td>
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<tr>
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<th>Dieselstraße 9</th>
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<tbody>
<tr>
<td>Schwaben</td>
<td>86154 Augsburg</td>
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<tr>
<td></td>
<td>Telefon 0821 500-0</td>
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<tr>
<th>Deutsche Rentenversicherung</th>
<th>Gartenstraße 194</th>
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<tbody>
<tr>
<td>Westfalen</td>
<td>48147 Münster</td>
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<td></td>
<td>Telefon 0251 238-0</td>
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<tr>
<th>Deutsche Rentenversicherung</th>
<th>Ruhrstraße 2</th>
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<tbody>
<tr>
<td>Bund</td>
<td>10709 Berlin</td>
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<tr>
<td></td>
<td>Telefon 030 865-0</td>
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<tr>
<th>Deutsche Rentenversicherung</th>
<th>Pieperstraße 14-28</th>
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<tr>
<td>Knappschaft-Bahn-See</td>
<td>44789 Bochum</td>
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<td>Telefon 0234 304-0</td>
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