

Transfer Overseas Pension



Have you lived and worked abroad? If so, you might have earned pension that you would like to transfer to Sweden. Transferring occupational pension earned abroad is not entirely easy, but we can help you.

Overseas pension is a challenging area, with complex pension schemes and detailed legal documents. So therefor, we have a team of specialists who can support you through the entire process of transfer your overseas pension to Sweden. We have ongoing contact with the foreign pension companies and responsible authorities of the country where you earned your pension.

Benefits of transferring pension back to Sweden

Easier to keep track of your pension

If you have an occupational pension in other countries, it can be difficult to keep track of how much pension you actually have saved up. By transferring your overseas pension to Sweden, you can, for example, see all your pension savings on minpension.se.

Avoid hassles when it's time to retire

If you intend to withdraw pension that has been saved in another country, you need to be aware that the retirement age differs between different countries. Some EU countries have a higher retirement age then others. If you draw one part of your pension earlier than another, this could also affect the amount. At least six months before you plan to retire, you should find out how you will withdraw

your pension, as it can take a long time to process an application that applies to several countries.

Have a say in how your pension is invested

Transferring your pension to Sweden can give completely different possibilities of having a say in how your pension money is invested. Sweden has come quite far in terms of sustainability in capital investment and Nordea has one of Sweden's broadest ranges of sustainable funds.

We can transfer pension capital from:

- EU authority
- UK
- Ireland
- Luxembourg
- Netherlands
- Malta
- Belgium
- Norway (if you have lived there for less than 3 years)

If you wish to transfer pension from a country that is not on the list, feel free to reach out to us for further assistance.

How to transfer your overseas pension to Sweden



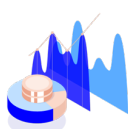
Fill out the form

Provide us with information* about your foreign pension so we can do a first check if it is transferable.



First meeting

If your pension can be transferred, we have a first meeting with you so you know what to consider and take action on.



Advice

In the advisory meeting, we go through which pension plan suits you the best.



Transfer

If you are satisfied with the arrangement, we will begin the process of transferring your pension.



Done!

It usually takes 6-8 months before the transfer is complete. When it's done, you can see your savings in the netbank/app.

*See next page for instructions.

Management options

When you transfer your pension, you can choose three management options:

Tjänstepension Garanti (traditional life insurance) is a convenient saving where sustainability is the focus. We manage everything for you and adapt the savings according to how far away you are from retirement. The savings include a guarantee which means that you will get back at least 85 percent of the contributed amounts when it's time to retire.

Tjänstepension Fond (unit-linked insurance) suits you who would like to take care of your investments on your own. You can make relocations as often as you want and it costs nothing. We have a [wide selection of funds](#) with sustainable characteristics to choose from. If you don't make any fund choice, your money is placed in Nordea Pensionsportfölj that consists of funds with sustainable characteristics.

Tjänstepension Depå (depot insurance) in a depot insurance policy, you choose how your savings are to be invested. In addition to investing in funds, it is also possible to trade with shares and other individual securities. In addition to [Nordea's own range of funds](#) do you also have access to [Fondtorget](#) which consists of more than 400 funds from the market's most popular fund managers. In addition, you get access to securities trading in more than 15 markets worldwide.

Here is how to start the process to transfer your overseas pension

If you would like help with transferring your pension, we need some information to start with.

Fill out the form that is on the Swedish page nordea.se/UtlandsPension or send an e-mail to foreignpension@nordea.com with the following information:

- name and personal identity number
- contact information
- how much money (in SEK) is to be transferred
- from which country

Once we have all information, we will contact you.

Questions and answers

Can I transfer pension from all countries to Sweden?

Today, we can help transfer pension from many countries, but not all, unfortunately. For example: Finland, Island, Switzerland and US have tax systems that differ quite a lot from in Sweden, so we can't transfers from there.

For Norway, we can only offer transfers for people who have lived and worked in the country for up to three years. In this case, Norwegian pension legislation limits your right to transfer your pension money to Sweden.

Pension from Denmark can in some cases be repurchased to Sweden. Please send us an email to foreignpension@nordea.com for further assistance.

For pension capital in France, Spain, Italy and Germany, there is a limited possibility for transferring to Sweden and the cooperation with these countries is under development.

Can I transfer foreign state pension to Sweden?

If you have worked and paid tax in a country, there is often a state pension benefit that you have earned. It's not possible to transfer earned state pension from one country to another. However, there is cooperation between the European pension authorities. When it is time for you to start withdrawing your pension rights/benefits, contact the Pensions Agency in the country where you live. The Pensions Agency then helps to coordinate your Swedish public pension with pension rights earned in other EU/EEA countries.

What does it cost to transfer a overseas pension?

Nordea does not charge a fee to help with the transfer. However, the foreign pension company can charge a cost.

Is it difficult to transfer pension to Sweden, or can I do it myself?

Regulations on pension capital are extensive and knowing how to proceed is not always easy. So to answer that question – yes, it is difficult and we recommend that you obtain assistance in transferring your pension to Sweden.

Do I already need to have pension savings with Nordea to obtain assistance?

No, you don't. We help everyone – both existing customers with pension savings at Nordea, and completely new customers.

I've worked abroad for many years and earned pension in many different countries. Can you help me, even though it's complicated?

It is not at all uncommon for customers who have lived abroad for a long period of time to also have earned pension from different employers or different countries. We largely take care of the part that might seem complicated. We support you throughout the entire transfer process.

I have a large volume of documents in English from my foreign bank. Do I need to translate them?

No. Almost all documents and all contacts with various foreign pension companies are in English. Also, Swedish is not the native language of many of the customers we help. As long as the documents are in Swedish or English, we are happy to help.