



# Pension cover for the unemployed 2026

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Unemployment allowance secures the income of a person of working age during periods of unemployment. For earnings-based daily allowance periods, pension accrues until the minimum pensionable age for old-age pension, but the level is somewhat lower than for periods of work. The pension granted after the unemployment allowance is usually an old-age pension.

If you become unemployed, register as an unemployed jobseeker at the latest on the first day of unemployment as you will receive the unemployment allowance only if you are registered as a jobseeker. You can submit a notification to your local employment authority before your unemployment begins. The easiest way to register is to use the Job Market Finland online service at [työmarkkinatori.fi](#). You can find your local employment authority [on the regional pages of Job Market Finland](#). You cannot register retroactively.

The daily unemployment allowance will secure your livelihood for no more than 500 days, i.e. approximately two years. Unemployed persons approaching their pensionable age can receive the daily allowance for a longer period of time, for so-called additional days.

## Criteria for being granted additional days:

1. you have been a pension-insured employee for at least 5 years during the last 20 years.
2. before the maximum period for unemployment allowance ends, you have reached the age limit for additional days:
  - for those born in 1961–1962, the age limit is 62 years,
  - for those born in 1963, the age limit is 63 years and
  - for those born in 1964, the age limit is 63 years.

Those born in 1965 or later are not entitled to additional days. Entrepreneurs are also not entitled to additional unemployment allowance days.

For further information on earnings-based daily allowance, please contact your unemployment fund or the [Federation of Unemployment Funds in Finland](#) and [Kela](#) for information on the basic unemployment allowance.

Unemployment allowance ends, when you retire on old-age pension or no later than at the age of 65.

## How unemployment affects the amount of pension

When employment ends, pension is no longer accrued on the basis of earnings from employment. Pension accrues for wages paid for the statutory notice period regardless of whether you work or not. However, pension does not accrue for any severance pay or corresponding compensation for ending employment.

For earnings-based daily allowance periods, pension accrues until the minimum pensionable age for old-age pension, but the level is somewhat lower than for periods of work. No pension accrues on Kela's basic unemployment allowance or labour market subsidy.

Partial old-age pension or surviving spouse's pension do not affect pension accrual. However, no pension accrues on the earnings-based daily allowance period if you receive partial disability pension.

You can check your accrued pension from your pension record. To view the record, log into [Varma Online Service](#).

## Partial old-age pension

Partial old-age pension does not affect your earnings-related unemployment allowance. However, partial old-age pension is taken into account as income in the means-testing for Kela's labour market subsidy. You are not eligible for partial old-age pension if you receive pension on the basis of your work, such as disability pension.

You can draw 25 or 50% of your pension as partial old-age pension already before reaching the pensionable age for old-age pension. If you first draw 25%, you may later decide to draw the other 25%.

The age limit is 61 years for those born in or before 1963 and 62 years for those born in 1964. The share of pension drawn before reaching the pensionable age for old-age pension is reduced by 0.4% for each month that your age is lower than the pensionable age. The reduction is permanent and it will also affect your future old-age pension.

Estimate the amount of your partial old-age pension in [Varma Online Service](#). If you decide to opt for partial old-age pension, submit your pension application in our online service approximately two weeks before pension starts. Applications are also available at [Työeläke.fi](#).

Further information is available in our [Partial old-age pension brochure \(pdf\)](#).

## Old-age pension

The minimum age limit for old-age pension is determined in accordance with the year of birth:

Year of birth	Minimum retirement age
1961	64 y 9 m
1962	65 y
1963	65 y

Old-age pension can begin no earlier than on the first day of the month after the month in which you reach the earliest retirement age.

### 1. Pension application

Submit your pension application for old-age pension approximately two weeks before your retirement begins. The quickest way to have your application processed is to submit it through [Varma Online Service](#). Applications are also available at [Työeläke.fi](#).

You can apply for unemployment allowance until the day preceding the start of your pension. Inform the payer of the allowance when you will retire.

If you have worked or lived abroad, submit your application 4–6 months before the start of your retirement. In addition, complete Appendix U, Residence and Employment Abroad. You can submit the attachment at the same time as you apply for pension through Varma's eServices.

### 2. Obtain a tax card for pension income after you have received a pension decision

Once you have received a pension decision, obtain a tax card for pension income. If you do not have a pension tax card, we will withhold 40% in taxes from your first pension payment. If we have withheld excess tax on your pension, we will refund the excess amount as soon as we have received the tax card for pension income from the tax office.

The first pension payment will be made to your account soon after you receive the decision. From then on, the pension will be in your account on the first banking day of each month

The employee pension card that entitles you to pensioner discounts will arrive at your home address around two weeks after the pension decision. Partial old-age pension does not entitle you to a tax card for pension income.

## National pension may complement earnings-related pension

National pension can complement your pension coverage if your monthly earnings-related pension is less than EUR 1,624.63 (if you live alone) or EUR 1,455.88 (if you are cohabiting). Partial old-age pension is not paid as national pension.

Periods when you have resided abroad may lower your national pension if you have lived in Finland less than 80% of the time between the age of 16 and the start of pension. You can check from Kela how any time you lived abroad will affect your pension.

## Working when receiving old-age pension

Your pension payments are not affected if you work while receiving old-age pension. There are no earnings limits. When you work while receiving old-age pension, you will accrue new pension until you reach the maximum age for accruing pension. You can apply for any new pension accrued on the basis of such work when you reach the maximum age for accruing pension.

When you receive old-age pension, taking out insurance for entrepreneurial activities is voluntary.

### Your pension information on Varma's website

[Log into Varma Online Service](#) to check your pension record and to estimate the amount of your pension. All electronic applications as well as pensioner's services are also available through the service.

Varma is at your service in all issues concerning earnings-related pension at the address [varma.fi](#).

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