

**Complete this form and enclose it with your pension application if you have lived, worked as an employee or a self-employed person, or studied in some other country than Finland.**

- i** State all the time periods that you have spent abroad. Also provide information concerning the countries from which you are not applying for a pension. You need not tell us about typical holiday trips. The information will be used to determine your entitlement to a pension in Finland and in other countries and when calculating the amount of your future pension.

If you have any documents concerning your stay abroad, e.g. certificates of employment and/or study certificates, please enclose copies of them.

If you apply for a survivors' pension, complete a separate Appendix U also concerning the deceased spouse's or guardian's stay abroad.

**1. Applicant or deceased person**

Applicant's personal identity code

Family name(s)

Given names

Personal identity code of the deceased

Family name(s)

Given names

The details on this form concern

- the applicant                       the deceased

**2. Initial move to Finland**

If you were born outside Finland, state the date on which you first moved to Finland.

### 3. Periods outside Finland

- i** State separately for each country all the time periods that you have spent abroad. If you do not remember the exact dates, state the time periods as exactly as you can. Also state the reason for the stay abroad. If there are several reasons, report them on separate lines (e.g. employment and residence separately). It is important to indicate the full period(s) that you have spent outside Finland.  
You need not tell us about typical holiday trips.

**3.1 Country** (in the case of maritime work, the flag state of the vessel)

**Foreign personal identity  
number or other  
identification code**

#### Reason for residence abroad and time period

##### Employment

1. Time period \_\_\_\_\_ – \_\_\_\_\_

Locality, employer and job description or self-employment

2. Time period \_\_\_\_\_ – \_\_\_\_\_

Locality, employer and job description or self-employment

3. Time period \_\_\_\_\_ – \_\_\_\_\_

Locality, employer and job description or self-employment

##### Residence

1. Time period \_\_\_\_\_ – \_\_\_\_\_

2. Time period \_\_\_\_\_ – \_\_\_\_\_

3. Time period \_\_\_\_\_ – \_\_\_\_\_

Most recent address or locality

##### Studying

Time period \_\_\_\_\_ – \_\_\_\_\_

Educational institution, degree or qualification and/or course of study

**Other stay abroad.** E.g. military service, period of child care, period of unemployment or illness, work as an employee posted from Finland, work in the UN peacekeeping forces or for some other international organisation, or family member of a diplomat or posted worker.

Time period \_\_\_\_\_ – \_\_\_\_\_

Reason \_\_\_\_\_

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**Reason for residence abroad and time period**

**Employment**

1. Time period \_\_\_\_\_ – \_\_\_\_\_

Locality, employer and job description or self-employment

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2. Time period \_\_\_\_\_ – \_\_\_\_\_

Locality, employer and job description or self-employment

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3. Time period \_\_\_\_\_ – \_\_\_\_\_

Locality, employer and job description or self-employment

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**Residence**

1. Time period \_\_\_\_\_ – \_\_\_\_\_

2. Time period \_\_\_\_\_ – \_\_\_\_\_

3. Time period \_\_\_\_\_ – \_\_\_\_\_

Most recent address or locality

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**Studying**

Time period \_\_\_\_\_ – \_\_\_\_\_

Educational institution, degree or qualification and/or course of study

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**Other stay abroad.** E.g. military service, period of child care, period of unemployment or illness, work as an employee posted from Finland, work in the UN peacekeeping forces or for some other international organisation, or family member of a diplomat or posted worker.

Time period \_\_\_\_\_ – \_\_\_\_\_

Reason \_\_\_\_\_

#### 4. Enclosures

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**i** In order to speed up the processing of your case, you should enclose any documents you have to verify your stay abroad.

Enclosed are copies of the following documents that relate to the stay abroad:

Certificate of employment       Employment record book       Study certificate

Other document(s), please specify: \_\_\_\_\_

#### 5. Additional information

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**i** You can provide further information about your stay abroad or supplement the details provided under section 3.

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#### 6. Consent to request for information on pensions and benefits from other countries

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**i** Kela can on your behalf request information on your foreign pensions and benefits from the payers.  
Kela uses the information when calculating the amount of the pension provided by Kela.

Do you give your consent for foreign insurance providers or other institutions to provide Kela with information concerning your pensions or comparable benefits, and about their amounts and starting dates, in the event that such information is not otherwise supplied to Kela under the EU regulations?

Yes       No

#### 7. Signature

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**I declare that the information I have given above is true and accurate.**

Place and date

Signature and printed name of the applicant

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If this form is not signed by the applicant, please explain why it was signed by someone else and state the signatory's phone number.