

Have you worked for many years at sea and your pension balance shows zero?

The front page of the member portal "My overview" shows your earnings in the income-based scheme as "Total pension balance" and the months you earned before 2020 in Service-related plan as "Total fartstid"

When you are on an income-based scheme, but have not worked after 2019, the pension balance will show zero. The seagoing service time you have earned before 1 January 2020 will be converted into Your pensjon inventory



A dark blue card with white and orange text. At the top, "Total pensjonsbeholdning" is written in white, with "0 kr" below it in orange. At the bottom, "Total fartstid" is written in white, with "18 år 1,5 måneder" below it in orange. A yellow oval highlights the top section.



An orange card with a calculator icon at the top. Below the icon, the text "Hvor mye vil jeg få utbetalt i pensjon" is written in white. Underneath, in smaller white text, it says "Dersom du lurer på hvor mye du vil få i pensjon i måneden, kan vi hjelpe deg med en enkel beregning". At the bottom, "PENSJONSKALKULATOR" is written in white, followed by a right-pointing arrow icon.

What will be the sum of my pension?


The seagoing service time is converted into pension assets when you take out your pension (from age 62 at the earliest).

You can calculate what you will receive in pension by using the pension calculator in the members' portal. You can find it under "my overview" in the orange field on the right




Total pensjonsbeholdning
0 kr

Total fartstid
18 år 1,5 måneder



Hvor mye vil jeg få utbetalt i pensjon

Dersom du lurer på hvor mye du vil få i pensjon i måneden, kan vi hjelpe deg med en enkel beregning

PENSJONSKALKULATOR 

Overview of your earnings

Log in to the member portal and click on "My pension accrual" at the top of the front page. Here you will find an overview of your earnings.



You can click further on "See details" to get a closer look at what is registered in the two schemes.

Opptjent pensjonsbeholdning	
På inntektsbasert ordning fra og med 01.01.2020	
Pensjonsbeholdning	267 740 kr
Opptjeningstid	5 år 2 måneder
SE DETALJER	
Opptjent fartstid	
På fartstidsbasert ordning til og med 31.12.2019 	
Totalt antall måneder	285
	23 år 9 måneder
Fordelt på	
Overordnet	223
Underordnet før 1. mai 1993	38
Underordnet etter 30. april 1993	24
SE DETALJER	