

## Examples

**D**avid lives in Saint-Georges, in the Beauce region of Québec. He worked in the United States every winter, in the lumber business, for 10 years. During that time, he contributed to the U.S. social security plan. When he retired, he called the Bureau des ententes de sécurité sociale to obtain information from the agent responsible for the Québec-U.S. social security agreement. The agent helped him fill out the required forms and David is now receiving a retirement pension from the United States.

**I**n 1990, Francine worked as a nurse in Switzerland for a year. When she died last year, she had been working in Québec for about 12 years. Her spouse Jack filed an application for survivors' benefits with the Régie des rentes du Québec for himself and his daughter. Because of the social security agreement with Switzerland, Jack and his daughter were eligible for survivors' benefits under both the Québec Pension Plan and the Swiss social security plan.

## How to reach us

### By Internet

www.rrq.gouv.qc.ca

**Régienet**

On-line services

### By telephone

Montréal region: (514) 866-7332, ext. 7801

Toll-free: 1 800 565-7878, ext. 7801

### In person

Bureau des ententes de sécurité sociale  
Régie des rentes du Québec  
1055, boul. René-Lévesque Est (13th Floor)  
Montréal (Québec) H2L 4S5

You should contact us by telephone before coming to our offices. You will need an appointment if you wish to meet with an agent.

Bureau des ententes  
de sécurité sociale  
(BESS)

*Pensions from  
Foreign Countries*



191-RRQ-2004.09-A



## Warning

This document does not have force of law. In case of conflicting interpretation, the official texts prevail.



**You may be entitled to a pension from a foreign country under an international social security agreement.<sup>1</sup>**

### What are international social security agreements?

Such agreements make it possible for Québeckers who have worked in a foreign country to receive a pension from the foreign country. The pensions can include a retirement pension, disability pension or even survivors' benefits for the family of a deceased person. The spouse of a person who has worked in a foreign country may also be entitled to benefits.

<sup>1</sup> The Québec Ministère des Relations internationales is responsible for making international social security agreements.



## Important

Please note that receiving benefits from another country in no way reduces the amount of a pension under the Québec Pension Plan.

### Pension amounts

Every agreement is different. The amount to which you could be entitled depends on various factors such as the contributions you paid to the plan, the type of plan, etc.

### Who administers the social security agreements?

Once an agreement has been signed, the Bureau des ententes de sécurité sociale (BESS) of the Régie des rentes du Québec is the agency that applies them. The BESS sends the forms and information for beneficiaries to the country in question. The BESS currently administers 27 agreements. If you would like more information, simply contact us. Our services are free.

For information about certificates of coverage and social security agreements, see the folder *Certificate of Coverage for Work Abroad*.

### List of countries that have a social security agreement with Québec

Austria	Barbados
Chile	Croatia
Cyprus	Czech Republic
Denmark	Dominica
Finland	France
Germany	Greece
Ireland	Italy
Jamaica	Luxembourg
Malta	Netherlands
Norway	Philippines
Portugal	Saint Lucia
Slovenia	Sweden
Switzerland	United States
Uruguay	



Québec is currently negotiating other social security agreements that could come into effect after this folder is published.