Bring your KiwiSaver to Australia

Transfer your retirement savings to Australia with First Super.

Keep your KiwiSaver and super together, pay fewer fees and enjoy our strong long-term returns.

Why move your KiwiSaver to Australia?

Transferring your KiwiSaver to Australia can be a simple way to keep everything in one place. Below we've set out what to expect, what to watch for, and how to transfer in a few clear steps.

Need to know

Only a few Australian funds can accept KiwiSaver – and we're one of them

Not every super fund can accept KiwiSaver transfers. First Super is one of a small number of APRA-regulated funds that can receive KiwiSaver.

Your KiwiSaver still follows New Zealand rules

In Australia, your KiwiSaver transfer is tagged inside your account and still follows New Zealand rules, including preservation age (currently 65).

Your transfer counts towards your after-tax cap

Your KiwiSaver transfer is treated as an after-tax (non-concessional) contribution:

- Annual cap: $130,000 AUD
- Or up to $390,000 AUD in one go under the Bring Forward rule.

Going over your cap may mean extra tax, so it's worth checking your position.

You must transfer the whole KiwiSaver balance

You must move your whole KiwiSaver balance. Once in Australia, it can only go to APRA-regulated funds that accept KiwiSaver.

Exchange rates and New Zealand fees still apply

Your balance is converted from NZD to AUD, so the final amount depends on the exchange rate and any fees charged by your New Zealand provider or bank for converting and sending the money.

Great to know

You can use it to buy an Aussie home

Yes, really. You can use some of your KiwiSaver to buy your first home in Australia under the Australian Government's First Home Super Saver scheme (FHSS).[1] It doesn't matter if you already own a home in New Zealand – you can still apply.

Keep more of your returns

If you leave your KiwiSaver in New Zealand, investment returns are generally taxed at your KiwiSaver tax rate (up to 28%). In Australian super, investment earnings are taxed up to 15% – almost half the rate.[2]

Grow more, with everything in one place

With your KiwiSaver and Australian super together, you've only got one account to keep an eye on – and more of your money stays invested for your retirement.

Cut out duplicate fees

Instead of paying admin fees on separate accounts in two countries, you're only paying fees on one Australian super account with First Super.

Get insurance built into your super

Most First Super members receive default Life and Total & Permanent Disablement (TPD) cover (subject to eligibility). Premiums come out of your super balance, so there's nothing extra to pay from your pocket.

1. FHSS rules apply. Where you hold both Australian and KiwiSaver amounts in your account, Australian-sourced funds are used first for an FHSS release.
2. The tax rate applicable to your KiwiSaver account depends on the kind of KiwiSaver scheme you are in. Tax rates range from 10.5%–28% depending on your individual circumstances. You should contact your KiwiSaver scheme to find out your applicable tax rate.

How to transfer your KiwiSaver to First Super

1. Join First Super

Join online (it typically takes less than five minutes). Have your Tax File Number (TFN) handy and note your member number.

2. Download your KiwiSaver Acceptance Letter (KSAL)

Download your KSAL from our website at **firstsuper.com.au/ksal-form/**. This tells your KiwiSaver provider we can accept the transfer.

3. Complete your KiwiSaver provider's forms

Ask your KiwiSaver scheme for their Trans-Tasman Portability forms, fill them in and return them with your KSAL.

4. We'll confirm once it arrives

Your KiwiSaver provider sends the money to First Super. It's converted to AUD, invested in your account, and confirmed once processed.

The whole transfer process takes about 2–6 weeks.

Watch our KiwiSaver transfer process video

What happens once it's here?

Using your KiwiSaver towards your first home in Australia

Under the Australian Government's First Home Super Saver (FHSS) scheme, you can use eligible savings in your super, including some or all of your transferred KiwiSaver, to boost your first home deposit in Australia.

- From your transferred KiwiSaver, up to $15,000 can count towards FHSS.
- FHSS lets you request up to $15,000 per financial year, up to $50,000 per person in total.[3]
- If you want to access the full $50,000 limit, you will need to make additional voluntary contributions to your super (up to AUD $15,000 per annum over several years).
- The ATO, not First Super, decides what counts and how much you can release.
- You'll need to apply to the ATO and receive your FHSS determination before you sign a contract to buy or build.
- For the full rules and latest limits, check the FHSS information on the ATO website.

Watch our FHSS explainer video

3. The Australian financial year runs from 1 July to 30 June.

Fees, conversion and things to check

- Your KiwiSaver is converted to Australian dollars when it arrives in First Super.
- There's a one-off processing fee of $199 AUD, deducted from your First Super account when we receive your KiwiSaver transfer.
- Your New Zealand bank or KiwiSaver provider might also charge a transfer fee, so it's worth asking them before you start.
- KiwiSaver transfers aren't tax-deductible and don't qualify for Government co-contributions or spouse tax offsets.

If you move back to New Zealand later

If you decide to head back to New Zealand for good, you can usually transfer your First Super account back to a KiwiSaver scheme.

The rules work a bit differently when you're moving money from Australia to New Zealand, so when the time comes, have a chat with us, your KiwiSaver provider or a financial adviser to check what applies to you then.

Accessing your KiwiSaver and superannuation

When your KiwiSaver is transferred to Australia, it stays separate within your First Super account. This affects when you can access each part.

- Your KiwiSaver component follows New Zealand rules and can be accessed when you turn 65.
- Your Australian super follows Australian rules and can be accessed from preservation age (currently 60).

We're here to help, so let's talk

If you'd like help with a KiwiSaver transfer, or have questions about how it all works, contact First Super:

1300 360 988 **mail@firstsuper.com.au** **firstsuper.com.au**

The material contained in this document is accurate and reliable as at July 2026.

This document contains general advice which has been prepared without taking into account your objectives, financial situation or needs. You should consider whether the advice is appropriate for you and read the Product Disclosure Statement before making any investment decisions. To obtain a copy of the PDS or Target Market Determination please contact First Super on 1300 360 988 or visit our website at firstsuper.com.au/pds.

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