ING: A growing number of people in their 20s and 30s save for their pensions

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The number of people aged 25 to 34 who started to put away money for their pension nearly doubled over the past three years. ING survey shows that, when it comes to the professional status, the highest number of people saving for their retirement is found among people who run their own businesses.

ING survey was conducted among 1258 adult residents of Poland with Internet access. The survey was previously conducted in 2022 and 2024. When comparing the results, it is evident that saving for retirement has become much more popular in 2025 among all age groups.

The highest number of people putting in their pension is found in the oldest group, among people who are 55+, where 56 percent save for their retirement. However, it is among the younger groups of Poles that we have seen a considerable increase in numbers over the past three years. The number of the 25- to 34-year-olds who have recently started to save has nearly doubled, from 13 percent to 25 percent, points out **Daniel Szewieczek, Bank Executive Director in charge of the savings area at ING Bank Śląski**.

Overall, as many as 37 percent of 25- to 34-year-olds declared that they put away money for their retirement. The share of savers in the next age group, people aged 35 to 44, grew to 47 percent.

When it comes to pension, entrepreneurs take matters into their own hands

When it comes to the professional status, the highest number of people saving for their retirement is found among people who run their own businesses – it totals 61 percent. This is probably due to the fact that the basic pension for entrepreneurs from the Social Insurance Institution (ZUS) is low, and at the same time, there are many affluent citizens in that group. As regards people who work, people who work pursuant to the work order agreements are the group who save the least often – 40 percent of them saves for their pension, which is 10 percentage points lower than among people who work pursuant to the employment contracts or contracts for specific tasks. The difference may also be caused by the fact that people who work under contracts for specific tasks realise that they cannot count on social insurance.

It is natural that the amount of money put away for some distant future varies, depending on the household income. More specifically, two out of three respondents who live in households with income exceeding PLN 10,000 net a month save for their pension. However, nearly half of people who live in households with income between PLN 5,000 and PLN 10,000 also put money aside for their pension.

Government incentives for people to save extra for their pension

It is worth to remind readers that the Polish government encourages people to increase their pensions by using financial products designed for that purpose. In the case of Individual Retirement Accounts (IKE), clients will not pay the tax on capital gains upon fulfilling the conditions for withdrawal. By contrast, users of the Individual Retirement Protection Account (IKZE) may take advantage of a tax credit. They can deduct their IKZE contributions from the tax base each year, and thus lower their total taxes. The exact amount depends on the tax threshold; for example, the maximum amount for a person who does not run a business and is within the 32-percent tax bracket is PLN 3,330.43. In 2025, the maximum total amount of contributions that may be deducted from the personal income tax is PLN 10,407.60 for individual clients and PLN 15,611.40 for people who run their businesses.

ING Bank Śląski offers a wide array of pension solutions, both saving-based and unit-linked products. With those products, clients can build their capital for the future while adapting the risk level to their own preferences and expectations.

The following products are available as part of ING offer:

- IKE and Unit-Linked IKZE for people who want to get higher profits through investing while accepting market volatility. They can select mutual funds with various investment strategies, including **Goldman Sachs Perspektywa** life cycle funds.
- Saving-based IKZE is for people who prefer a fixed interest rate, regardless of the deposit amount, with guaranteed profit.

In addition, the bank offers access to the **online calculator** which allows users to calculate the extra amount that they are able to save for their future retirement with the IKE, Unit-linked IKZE and Saving-Based IKZE products. It is available at: ing.pl/indywidualni/oferta-emerytalna/emerytura

About the survey

A survey conducted on the Ariadna panel on a nationwide sample, where N = 1258 individuals. Amounts selected based on the representation in the population of Poles aged 18 and more by sex, age and population of the place of residence. Date of survey: September 2025 Method: CAWI.