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NEWSLETTER FOR NEWCOMERS
IV/2025



International House Helsinki's newsletter for newcomers

Through International House Helsinki (IHH), you can access a wide range of information and services tailored to the needs of international newcomers in the Helsinki capital region. In this newsletter for newcomers, you'll find useful content and updates about relevant services and events in the area.

JOIN THE WINTER SOCIAL



Winter Social: community event for internationals

This year's final event brings together the Friend Program and Spouse Program communities to celebrate winter and wrap up the year. Winter Social will take place on **4 December from 16.30 to**

19.30 at Lars Sonck, Maria 01.

During the event, you'll have the opportunity to connect with other internationals in the Helsinki region, make a holiday card, and enjoy the festive spirit in a relaxed atmosphere. If you're part of the Spouse Program, have joined Friend Program events, or just want to meet others in the international community, this event is for you!

Sign up now to secure your spot!

[SIGN UP](#)

SERVICES FOR INTERNATIONALS



Employment Coaching Services

International House Helsinki Employment Coaching provides information and guidance for international professionals in the Helsinki region. Our new employment coaching services include [in-person Pathfinder Workshops](#) and [online Drop-in sessions](#). Check out the options and choose the one that best fits your needs!

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Newcomer Information Session

Are you moving or considering moving to the Helsinki capital region? Our regularly organised Newcomer Information Sessions will cover the steps you need to take before and after you arrive in Finland. Next session takes place on **4 December from 10.00 to 12.00 EET (UTC +2)** online via Microsoft Teams. Please sign up at least 24 hours before the starting time.

[SIGN UP](#)



Online Information Session about Working Life

Our Newcomer Information Session about Working Life provides a wide range of information about working in Finland. Whether you are already an entrepreneur or professional, or want

to become one in the Helsinki capital region, this session is for you. The sessions are organised regularly online. The next Information Session about Working Life takes place on **15 December at 12.00-14.30 EET (UTC +2)**.

[SIGN UP](#)

In-person Daycare and Education Guidance at IHH service centre

Daycare and Education Guidance provides general information on school and daycare enrolment. Now this service is also available on-site, and you can ask your questions regarding education and seek guidance in person. In-person Daycare and Education Guidance is available at the IHH service centre until 15 December on **Mondays from 9.00 to 16.00**. You can book an appointment or drop in during the visiting hours.



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READ OUR LATEST ARTICLES

Designing solution with international spouses

As international recruitment increases in Finland, families and spouses of talent should also be considered.

Many spouses arrive highly skilled, motivated and experienced, yet they face barriers when seeking employment or building professional networks. This April, Spouse Program brought together international spouses and partner companies for Design Solution Day. In this one-day, hackathon-style event, participants had the chance to create solutions to company challenges.



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How lifelong learning can help professionals in Finland

This article explores how lifelong learning can serve as a powerful career strategy for international professionals in Finland.

Finding a job can be challenging, especially for international professionals navigating life in a new country. Exploring educational opportunities while job searching can be a great way to update your skills and build professional networks. The Helsinki region offers many possibilities in higher education and continuous learning to make this journey smoother and more effective.

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