

# Moi!

## Are you in the process of moving to the Helsinki capital region for work or interested in learning more about moving to the capital region?

International House Helsinki's Newcomer Information Sessions are here to support international professionals and their family members interested in making the capital region their new home.

Our session will provide you with information on topics like:

- How to enjoy life in the capital
- Work-based immigration
- How to prepare for relocation
- Handling public authority-related matters
- Housing, public transport and the local health care system
- Support available for accompanying spouses
- The Finnish education system, daycare and schooling options
- Services for jobseekers and entrepreneurs

For more information please visit [ihhelsinki.fi](https://ihhelsinki.fi). If you have any questions about our Newcomer Information Sessions please contact: [newcomerinfo@hel.fi](mailto:newcomerinfo@hel.fi)

### General information

Our 2 hour and 30 minute sessions are held in English and take place online.

Please feel free to attend the entire session or only the parts that suit your needs. The content of each of our Newcomer Information Session is the same.

### Each session will feature presentations from:

- [International House Helsinki](#)
- [Helsinki Partners](#)
- [The City of Helsinki's Education Division](#)
- [The Spouse Program](#)
- [Business Helsinki](#)
- [Y4 Works OY](#)

### Sign up for one of our upcoming Newcomer Information Sessions:

- [13 September 2023 12.00-14.30](#)
- [12 October 2023 14.30-17.00](#)
- [14 November 2023 9.00-11.30](#)
- [14 December 2023 12.00-14.30](#)

\*Note these sessions are tailored to the needs of international newcomers and prospective newcomers. Please only register if you are in process of relocating or interested in relocating to the capital region.



Business Helsinki

