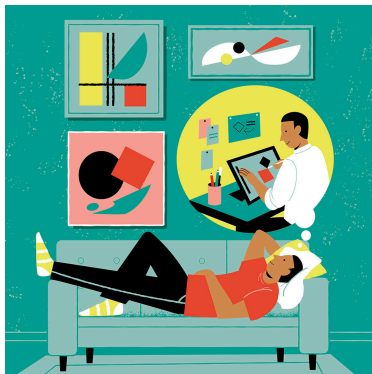




International House Helsinki's newsletter for newcomers

[International House Helsinki \(IHH\)](#) provides a wide range of information and public authority services to meet the needs of international newcomers in the Helsinki capital region. In this newsletter for newcomers you find interesting content and information about relevant services and events in the area.

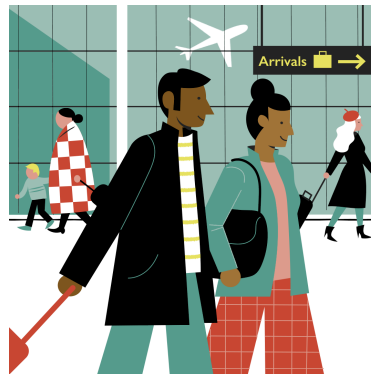
DOWNLOAD OUR GUIDES



Download the new Jobseeker's Guide

Are you interested in finding a job in Finland? Wondering where to get started and where to find useful information? Our International Jobseeker's Guide is here to help you learn more about working in Finland and provide you with tips for finding a job in the Helsinki capital region.

[READ MORE](#)



The Newcomer's Guide is updated

The Newcomer's Guide is your ultimate source for information about moving to, living in, and enjoying life in the Helsinki region. Our guidebook is divided into four main parts: moving, living, work & study, and leisure time. You can now find the updated version on our website!

[READ MORE](#)

EXPLORE OUR SERVICES



Language Courses

You can now search for Finnish and Swedish language courses through IHH! The course search is called Finnishcourses.fi, and it lists language courses from different service providers.

[READ MORE](#)

Newcomer Information Sessions

We organise regular Newcomer Information Sessions online that cover the steps international newcomers need to take before and after arriving in Finland. All sessions are free and open to those who are either moving to Finland for work or due to family ties. The next session is on 29 February at 9.00–11.30 EET online.

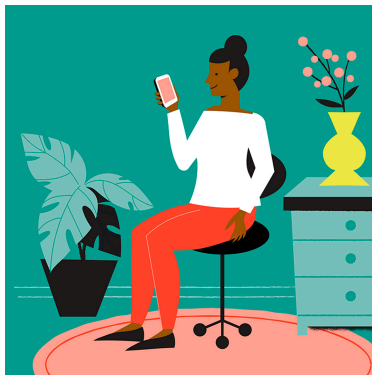
[READ MORE](#)



Relocation Guidance

After you have participated in a Newcomer Information Session, you can make an appointment for our Relocation Guidance service. The service is for those requiring guidance for a more complex situation, or in a need to discuss specific relocation-related matters on a more personal level.

[READ MORE](#)



JOIN UPCOMING EVENTS



Coffee Room 

Spouse Program Coffee Room

Have you moved to the Helsinki area as a spouse? Are you interested in connecting with other international spouses? Attend our [Spouse Program](#)

Coffee Room! The Coffee Rooms are monthly in-person gatherings for the Spouse Program community.

This time the Coffee Room will feature an inspirational story from one of the Spouse Program members about making her dreams come true through entrepreneurship. The Coffee Room is on Tuesday 5 March, 16.45–18.30 at Innovation Home / Business Helsinki (floor 4), Kansakoulukatu 3.

[READ MORE](#)

Hello Espoo event

Do you want to know more about the services and activities provided by the City of Espoo and organisations in the area? Do you want to enjoy music performances, keynote about learning Finnish and activities for the whole family?

You're welcome to explore Espoo on 7 March at the Hello Espoo event! You can also find out more about International House Helsinki's services and the Spouse Program at the event.

[READ MORE](#)



TalentMatch recruitment event

TalentMatch is a three-day hybrid recruitment event connecting employers and professionals across sectors organised by the city of Espoo. The next event is on 20.-22.3.2024 and registration is now open, secure your spot!

[READ MORE](#)

READ ABOUT NEWCOMER'S EXPERIENCES

Relocating can be smooth sailing for the entire family

Relocating can be a smooth journey for the entire family, whether it's a move within the same country or an international adventure. When an exciting job opportunity arises, it impacts the entire family in various aspects. Questions arise about finding employment for a partner, selecting the right school or daycare, and identifying neighborhoods that align with the family's needs for hobbies, commuting, and social connections.

[READ MORE](#)



The Helsinki Effect: Drawing Entrepreneurs Back into the Game

Two serial entrepreneurs, Aisha and Saleem Qureshi, reignited their passion for tech-education and seized the opportunity to leverage Helsinki as a springboard for their innovative neurology-based teaching method.

This endeavour led them to postpone their early retirement and embark on a new venture in Finland's capital. Their journey was facilitated by Business

Helsinki's startup soft landing services, which helped them navigate the Finnish entrepreneurial environment.

[READ MORE](#)



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