



International House Helsinki's newsletter for newcomers

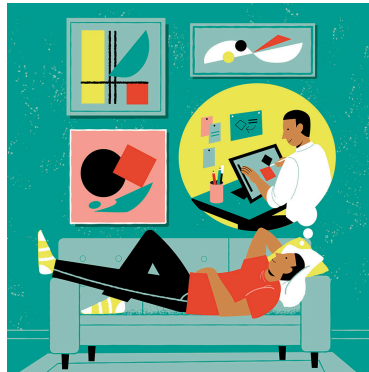
[International House Helsinki \(IHH\)](#) provides a wide range of information and public authority services to meet the needs of international newcomers in the Helsinki capital region. In this newsletter for newcomers you find interesting content and information about relevant services and events in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

SERVICES FOR SETTLING IN THE HELSINKI CAPITAL REGION

Employment Coaching is now available!

We provide early-stage personalised employment coaching for international professionals. You can contact our Employment Coaching service by email, or you can book a 45 minute appointment.

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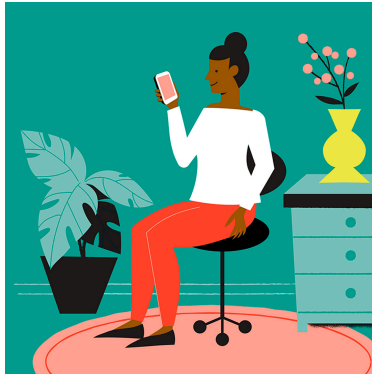


Newcomer Information Sessions

We organise regular Newcomer Information Sessions online that cover the steps international newcomers need to take before and after arriving in Finland. The next session is **on 20 May at 9.00–11.30 (EEST)**. Sign up now!

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Relocation Guidance

After you have participated in a Newcomer Information Session, you can make an appointment for our Relocation Guidance. 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.

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Language Courses

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

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PARTICIPATE IN UPCOMING EVENTS



Spouse Program community and Coffee Rooms

In the Spouse Program, international spouses in the Helsinki capital region can meet other newcomers in similar life situations, connect together and share experiences about their new

home.

Sign up as a member to join our Coffee Room next **Wednesday 22 May**, where you can meet and join the Spouse Program community!

[Sign up to the Spouse Program >>](#)

[Learn more about Coffee Rooms >>](#)

Find your happiness and career in Finland

Work in Finland organises an **online event 29.5.2024** especially for technology talents about living and building a career in Finland. You will hear stories about the working culture in a Finnish company, highlights of the major cities in Finland as well as international talent's experiences.



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Save the Date: Rekrytori for Internationals 25.9.2024



Rekrytori for Internationals

Save the date!
25.9.2024

Rekrytori for Internationals – a recruitment fair aimed at international jobseekers – is organised again in September! The event is organised at **Kaapelitehdas, Helsinki 25.9.2024**. Save the date already in your calendar!

Innovating Together: A Journey through Tech Solution Day

Tech Solution Day, organised by the [Spouse Program](#) in collaboration with Teknologiateollisuus – Technology Industries of Finland and partner companies KONE, Metso, and Capgemini, created a dynamic platform for collaboration and innovation within the tech industry.



Held in March, the event connected international spouses from the Spouse Program with key company partners in the Helsinki capital region. The event's role was to promote integration of hidden talent and highlight problem-solving opportunities within the Finnish tech industry in a diverse and inclusive environment.

“The companies present gave us opportunities to present our views and we got to know more about them and their recruitment process”, says one of the spouses who participated the event.

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Monday–Friday 9–16
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