



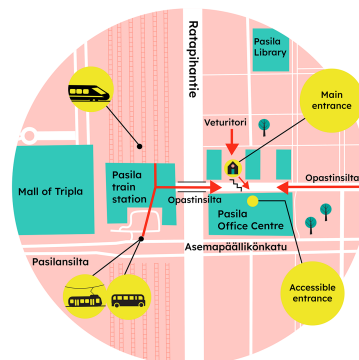
International House Helsinki's newsletter for newcomers

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.

IHH service point now in Pasila

International House Helsinki (IHH) has moved its service centre to a new location in Helsinki. Previously, the IHH service centre was located in Sörnäinen. From 1 June 2026, the service point is located in Pasila, where it shares the premises with the new Suomi-piste service point.

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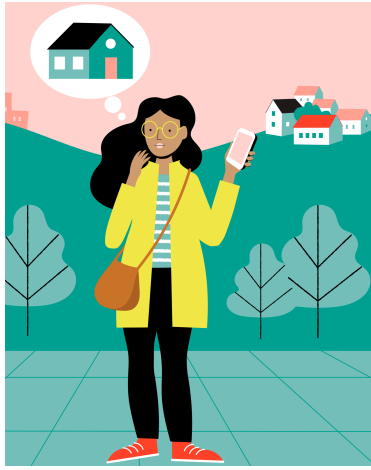
UPCOMING ACTIVITIES AND INFO SESSIONS

Newcomer Information Session about Housing

Are you moving to Finland and wondering about different housing options? Or have you already been living here for a while and are now considering buying your own home? Join our online Newcomer Information Session about Housing on **Monday 15 June!** You will get useful information about different housing options and finding a home in the Helsinki capital region.

[SIGN UP](#)

Follow our [events page](#) to see all upcoming information sessions.



Friend Program event: Explore Suomenlinna

This event on **Saturday 27 June** offers a low-threshold opportunity to get to know new people, socialise, and feel part of a community. You'll also have a chance to explore one of Helsinki's most unique island destinations. The event is organised by the Helsinki Friends community as part of IHH's [Friend Program](#).

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Follow our [events page](#) to see all upcoming Friend Program events.



Friend Program Event: SuomiKamu information session

SuomiKamu friend activities are for people who have recently moved to the Helsinki area and are looking for a friend to help them settle in, practise Finnish, and learn about local culture. Join the SuomiKamu information session on **Monday 31 August** to learn more! The information session is organised by the Finnish Red Cross as

part of IHH's [Friend Program](#).

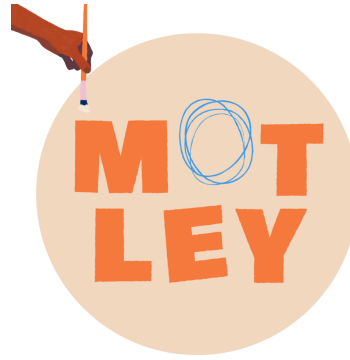
[SIGN UP](#)

Follow our [events page](#) to see all upcoming Friend Program events.

Free creative workshops for young people in Helsinki

Motley Project offers free, English-language creative workshops for children and young people in Helsinki. The sessions are led by industry professionals and provide a welcoming space to try creative activities, meet new people, and build a sense of community. All workshops are smartphone-free, and places are still available for the autumn classes. Motley Project's free workshops are supported by Stiftelsen Brita Maria Rendlunds minne. Learn more and sign up via the link!

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CAREER SUPPORT COMING UP IN AUTUMN

Are you new to the Helsinki region job market?

Our **Employment Coaching** services provide reliable information and practical guidance for newcomers, international students, recent graduates, and internationals who are planning to move to the Helsinki area for work or due to family ties.

Explore our [International Jobseeker's Guide](#) and find valuable information about Finnish working life and the local job market. Our Employment Coaching services include **Online Drop-In** sessions and in-person **Career Group** workshops. New groups will open for sign-ups at the end of June, so follow our website if you are interested in joining!



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Apply now: Journeys entrepreneurship programme

Do you have an idea you'd like to turn into a business? Applications are now open for the Journeys incubator programme organised by Helsinki Incubators and the University of Helsinki.

This four-month programme (31 August - 10 December) offers mentorship, a supportive community, and hands-on guidance to help you develop your venture. No prior business experience is required. The programme is free of charge, conducted in English, and open to participants based in the Helsinki metropolitan area. **Apply by 9 August** and learn more via the link! For questions or inquiries, contact incubators@helsinki.fi.

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Study Applied Gerontology at Metropolia



Metropolia University of Applied Sciences is launching a new Applied Gerontology degree programme in August 2026. The programme is aimed at those interested in working with older people and building a career in the social and health care sector in Finland.

The degree is international and functionally bilingual: studies are mainly in English, while Finnish language skills are developed throughout the programme. Although the joint application has ended, you can still start through [Open UAS Pathway Studies](#) in autumn 2026 and later apply for a degree student place. Learn more about the degree programme via the link.

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Stay connected with IHH

Follow International House Helsinki on social media to stay up to date on our latest services, events, and opportunities for newcomers in the Helsinki region. We regularly share useful information, upcoming info sessions, and tips to help you settle in. Find us on [LinkedIn](#), [Instagram](#), [Facebook](#), and [YouTube](#)!



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