

[Read in browser](#)



INTERNATIONAL
HOUSE HELSINKI

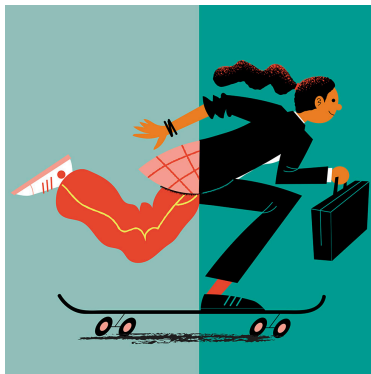
NEWSLETTER FOR NEWCOMERS
III/2026



International House Helsinki's newsletter for newcomers

International House Helsinki (IHH) offers information, guidance, and services to support international newcomers in the Helsinki capital region. In this newsletter, you'll find useful resources, event highlights, and updates on services relevant to living, working, and settling in the area.

CAREER SUPPORT



Helsinki Career Program has launched!

The first application round for the new Helsinki Career Program has now closed. The next application round will open in early 2027.

The Helsinki Career Program is a free career accelerator for international professionals and graduates living in Helsinki. The program supports participants in navigating the Finnish job market, finding new career

opportunities, and taking the next step in their professional journey.

Would you like to learn more about the Helsinki Career Program? Visit our website to find out how the program works and [read an interview](#) about its background, objectives, and why it was established. Stay tuned for the next application round!

[LEARN MORE](#)

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 living in or planning to move to the Helsinki area for work or due to family ties.

Our Employment Coaching services include **Online Drop-In** sessions and in-person **Career Sprint** groups. Join Online Drop-In every Wednesday from 14.00 to 16.00 (Finnish time), with an additional session available on 20 October. The next Career Sprint group starts in November, so don't miss your chance to sign up!

[LEARN MORE](#)



Portfolio-making workshop

with Uttishta Varanasi

21.9 & 23.11 @ 10-12



- Begin creating your own portfolio website
- Showcase your skills concretely
- Learn how to tell an interesting story about your work in any project

[Helsinki](#) Business Helsinki

Portfolio-making workshops

This autumn, Business Helsinki and the Spouse Program are organising a two-part workshop series on portfolio-making.

The first workshop focused on where and how to create a portfolio, while the upcoming second workshop will explore what to include in your portfolio and how to tell compelling stories that capture the reader's

interest. The workshop will take place on **23 November** at the Business Helsinki office.

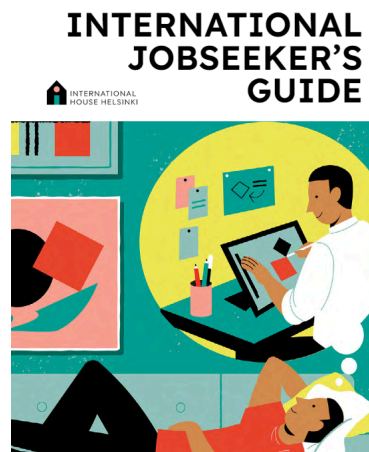
The workshop is open to everyone interested in developing their portfolio, and participation does not require membership in the Spouse Program. Learn more and register on the event page.

[LEARN MORE AND SIGN UP](#)

Updated International Jobseeker's Guide now available

The International Jobseeker's Guide has been updated and is now available on our website. The guide brings together practical information, tips, and resources to help international jobseekers navigate the Finnish labour market and support their job search in Finland.

[GET THE GUIDE](#)



UPCOMING ACTIVITIES AND INFO SESSIONS

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 next SuomiKamu information session on **Wednesday 28 October** to learn more! The information session is organised by the Finnish Red Cross as part of IHH's [Friend Program](#).

If you'd like to hear more about the experiences of SuomiKamu participants, [read our interview article](#) where they share their stories and insights from the programme.

SIGN UP

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



Newcomer Information Session

Are you planning a move to the Helsinki capital region or have you recently arrived? Join our online Newcomer Information Session to learn about the services, support, and practical steps that can help you make the Helsinki capital region your new home. The next session will be held on **28 October at 9.00–11.30 (EET)**.

SIGN UP



Newcomer Information Session about Working Life

Are you looking to find a job, start a business, or develop your career in the Helsinki capital region? Join our Newcomer Information Session about Working Life for practical information on job searching, working life in Finland, and support services. The next session is on **5 November at 12.00–14.30 (EET)**.

SIGN UP

Volunteer as a physical activity peer instructor

Are you interested in encouraging others to stay active? Join the free Liikuntaluotsi (Physical Activity Peer Instructor) training organised by the city of Helsinki and learn how to support physical activity groups for older adults. No previous experience is required, just an interest in volunteering and physical activity. The training is held in English and simple Finnish on **29 October and 5 November** at Vuosaari Library. Registration is open until 22 October.



LEARN MORE AND REGISTER

Know Your Rights at Work in Finland

10 November 2026 | 15:00-16:00 | Online via Microsoft Teams

What are your rights and responsibilities as an employee in Finland? Join this free English-language webinar organised by the Uusimaa Centre for Economic Development (Uudenmaan Elinvoimakeskus) and learn about employment contracts, working hours, annual leave, employees' rights and responsibilities, and where to seek help if you encounter problems at work. The session is led by an occupational safety and health expert and includes time for general questions.

[SIGN UP](#)

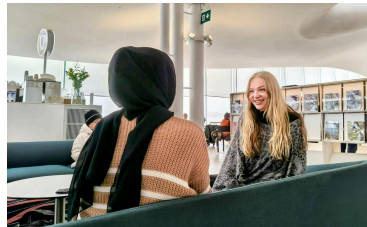
NEWCOMER EXPERIENCES



Stories of Internationals: interview series

Looking for inspiration from people who have built their lives and careers in Finland? The Stories of Internationals series shares personal experiences of internationals living in the Helsinki region. You can watch the stories as videos or listen to them podcast-style while on the go.

[WATCH THE INTERVIEWS](#)



SuomiKamu – Your first step towards friendship in Finland

Making friends in a new country can take time, but you don't have to do it alone. In this article, SuomiKamu participants share their experiences of building new connections, learning about Finnish culture, and finding a sense of belonging through the programme.

[READ THE ARTICLE](#)



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](#)!



Follow us

Visit us

Instagram	Monday-Friday 9-16
Facebook	Ratapihantie 7
LinkedIn	00520 Helsinki
YouTube	

[Click here to unsubscribe](#)

POWERED BY 