



Saying goodbye to 2024

Dear members,

As we close out 2024, we want to take a moment to reflect on a year of growth and transformation for the Spouse Program. This has been a year of change, progress, and community, and we couldn't have done it without you.

And so, we want to end the year with a round of gratitude!

A heartfelt thank you to:

- Everyone who joined a **Spouse Program Coffee Room**
- Anyone who participated in a **career-related workshops**
- Those who attended one of our **company-related events**
- **All of our amazing partners** who helped make our activities possible
- And each and every one of you **who signed up to the Spouse Program in 2024!**

With 2024 wrapping up, there are some final December activities to enjoy. So grab a warm cup of glögi and join us in celebrating the end of the year together.

Here's to a joyful and bright holiday season—and an even better 2025!

Spouse Program activities



SPOUSE
PROGRAM

Plan your Future Life

An inspirational coaching workshop
for newcomers in Finland

Access to an exclusive AI pitching tool
to help you train your networking skills



Hosted by Maria Krajewska-Olkkonen
CEO & Partner at Myspeaker Growth

Last chance for Plan your Future Life

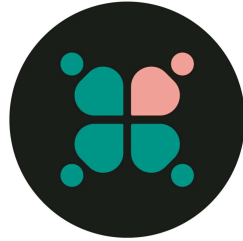
Get inspired, set goals and grow your new life in Finland!

Plan your future life is a dedicated coaching workshop for Spouse Program members who live in Helsinki. It helps you develop the skills and right mindset to achieve your personal and professional goals in Finland.

This workshop will be on **05 December 2024 from 10.00-14.30** and includes lunch. This is the final round of Plan your Future Life for this year, and though it is almost fully booked there are a few slots still open. You can sign up until Monday.

If you're a newcomer who has arrived recently, this is a perfect activity for you!

[Read more and sign up](#)



Updates to our website

Our website, spouseprogram.fi, is going through some changes.

We've removed the user log-in system for simplicity. We have also added a new [activities page](#) so that members can keep up with new opportunities.

Make sure to try the activities page!

[Spouse Program activities](#)



Join our LinkedIn group

Did you know the Spouse Program has a community group on LinkedIn?

Our LinkedIn group is a place where members can share interesting career opportunities in the Helsinki region.

The group is hidden and invite-only by link. You are welcome to join!

[Sign up](#)

Other activities

New in Helsinki Embracing Finnish winter

10 December 2024
16.30-19.30

Epicenter Helsinki
Mikonkatu 9



Photo credit: Jussi Hellsten / Helsinki Partners



Get ready for Finnish winter with New in Helsinki!

[New in Helsinki: Embracing Finnish Winter](#) is the final New in Helsinki event for 2024, and is perfect for newcomers who want to learn about winter in Finland. Join us to get insider tips on fun winter activities from a variety of speakers!

At the event, you will learn how to take care of your wellbeing during the winter months, and can ask your questions from our speaker panel. You will also be able to make fun winter-themed crafts and meet new people over glögi.

The hybrid event will take place on **10 December 2024 from 16.30–19.30**, both at **Epicenter Helsinki** and **online**. We hope to see you there!

[Sign up now](#)



Meet the Friend Program

Would you like to make new friends? International House Helsinki has a new service to help you meet people.

With the **Friend Program**, you have the chance to make friends one-on-one, in a small group, or by joining a larger community with group activities.

Try it out now and find new friends!

[Read more](#)

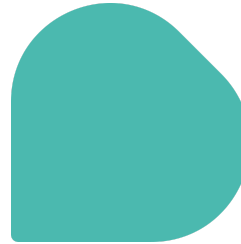
Wishing you happy holidays!

As 2024 slowly draws to a close, we hope you have a wonderful holiday period with your loved ones.

We're very excited for 2025, and will be back in mid-January with new activities for you. We hope to be there to help you settle in to a new year in Helsinki!

Warm wishes,

[The Spouse Program](#)



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