



Dear members,

As our January Coffee Room showed, the international community within the Spouse Program is thriving, diverse, and full of warm and welcoming people.

You can see from our group picture the fun and positive energy we all shared. A big thank you to everyone who joined, especially if it was your first time there!

This **February**, try engaging with the community through a new Spouse in Action workshop. If you get inspired, consider becoming a Spouse in Action yourself!

You can also sign up to helpful new language and communications courses, celebrate connections on Friend's Day, and explore other opportunities.

As always, we wish you a warm and happy month ahead!

Community activities

Identity after Relocation - Spouse in Action

Community workshop | 20.2.2025

Are you experiencing changes in your identity after moving to Finland?

How does relocating to a new home affect your self-perception?

If these questions interest or resonate with you, then join the upcoming **Identity after Relocation** workshop, held by Spouse in Action **Matias Tuxen!**



[Learn more and sign up](#)

Want to get involved? Be a Spouse in Action!

[Spouse in Action applications](#)

Do you want to organise your own activities in the Spouse Program?



Like Matias above, you can become a Spouse in Action and host activities!

If you have a fun idea or skill you'd like to share with others in the community, consider becoming a **Spouse in Action**. Share your idea with us, and together with our help organise your own activities for other Spouse Program members.

We invite proactive members to get in touch. Apply to be a Spouse in Action!

[Learn more and apply](#)

Career services for Helsinki residents



Finnish for Everyday Life

[Language course](#) | Starts 25.2.2025

Have you been learning Finnish but want to use it more in everyday life?

Apply to join **Finnish for Everyday Life**, a language course by **Irina Pravet**. Irina is a language specialist and came to Finland as a spouse herself.

Join the course and start speaking more casual Finnish in daily situations!

[Learn more and apply](#)

Communications and Productivity Booster

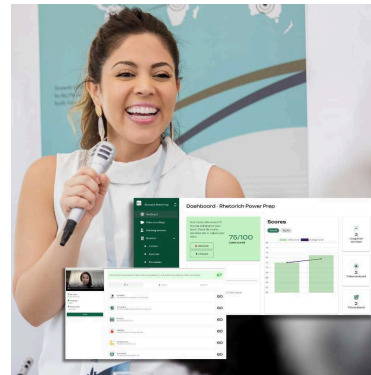
[Training course](#) | Coming soon

Want to build confidence and boost your career prospects in Finland?

The Spouse Program is soon launching a productivity and communications course for international professionals.

Sign up for updates and stay tuned!

[Learn more and sign up](#)



Other activities



Finnish language café for families

[Language café for kids](#)



Newcomer Info-session about working life

[Newcomer webinar](#) | 25.2.2025

Helsinki

Business Helsinki

English webinars for business help

[Online webinar series](#)

Tänään tavataan is a Finnish language café and meeting place for cultures and families. Children can learn the Finnish language in a fun and varied way, and adults can practice their Finnish skills.

[Read more](#)

Are you looking to find a job, start a business, or grow your career in the Helsinki capital region?

Join a **Newcomer Information Sessions about Working Life** to learn useful information.

[Read more](#)

Did you know that **Business Helsinki** regularly holds online trainings in English?

If you're interested in starting a business, try Business Helsinki's English webinars.

[Read more](#)



RecNet for internationals

Networking event | 26.2.2025

RecNet is a recruitment networking event where you can meet employers and network together.

The event is organised by the Helsinki Region Chamber of Commerce, City of Helsinki and Work in Finland.

[Read more](#)



EPICENTER VERGE - Talent Smash

Epicenter industry event | 27.2.2025

EPICENTER VERGE-Talent Smash is an Epicenter event partly sponsored by the Spouse Program.

It explores talent, hiring practices and tools for HR leaders, recruiters, and other professionals, ending with networking.

[Read more](#)



Hello Espoo event

City of Espoo event | 6.3.2025

Do you want to know more about the services and activities provided by the City of Espoo and other organisations?

Join **Hello Espoo** event to know more about the range of opportunities offered in Espoo, enjoy live music, and more.

[Read more](#)



Jussi Hellsten / Helsinki Partners

Celebrating Friend's Day, known as Ystävänpäivä

Finnish holiday | 14.2.2025

While many countries celebrate Valentine's Day as a romantic holiday, Finland takes a unique approach with **Ystävänpäivä**, or "Friend's Day".

Celebrated on 14 February, Ystävänpäivä is about cherishing all relationships. People exchange cards and small gifts with friends, expressing appreciation for different kinds of connections. Try it with your own friends and loved ones!

[Read more about Ystävänäpäivä](#)

Final words

Spring is just around the corner, bringing longer days and new opportunities to explore Helsinki.

Until then - stay warm, stay connected, and know that you're always welcome in this community!

See you in March!



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