



## Welcome Spouse Program Members to 2025!

As we step into a new year, we extend a warm welcome to our new members and heartfelt gratitude to those who continue to be part of the Spouse Program. Your participation and diverse experiences make our community vibrant and truly unique. Together, we can shape a supportive network that fosters growth, connection, and mutual success.

Our commitment is to support you as you navigate both personal and professional challenges. This year, we've designed activities aimed at enhancing not only your career prospects but also your overall well-being. From engaging workshops to networking events, our initiatives are here to help you create meaningful connections and embrace all that Finland has to offer.

We also invite you to take full advantage of the opportunities that the City of Helsinki has to offer. From its innovative projects to its cultural richness, there is so much to explore and experience.

We hope you enjoy the content of this newsletter, the first of 2025, and find inspiration in the activities happening both in Helsinki and through the Spouse Program. Let's make 2025 a year of discovery, connections, and shared achievements. The journey starts now.

Welcome to 2025!

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## Spouse Program activities



## Join us for the first Coffee Room of 2025

Community event | 22.01.2024

Kickstart the new year in a community spirit with the first Coffee Room of 2025!

Join us on **Wednesday 22 January** for a warm gathering based on creating new connections and sharing stories together. We'll welcome new members and have fun games to mingle, and we'll also reveal upcoming activities and opportunities.

Let's start the year with good company and a celebration of togetherness!

[Learn more and sign up](#)

## Join Our Upcoming Visualize Your Dreams and Goals Workshop!

Workshop | 28.01.2025

We are excited to announce a special workshop in collaboration with the Auroras Mentoring Program.



In the workshop you have a unique opportunity to think about, ideate and visualize your values, career dreams and comprehensive well-being and happiness – in a creative and encouraging atmosphere guided by career counselor and NLP trainer **Miia Raninen**.

In this workshop you will work in your own bubble: you don't have to share your dreams with others, so bravely dream big! At the event, you can also grow your network. We offer coffee and cookies.

### About the facilitator

Miia has been a PR and communication entrepreneur for 13 years. Before starting her entrepreneurial journey in Finland, Miia has lived and worked in different countries around the world. Over the past five years, she has also studied business coaching, career coaching and NLP both in Finland and England. Past two years she has also been a mentor at Business Finland's mentoring program for companies interested in hiring international staff. In January 2025 Miia will also have an international professional coaching certification ACC as a recognition of her coaching experience.

### Event details

Date: 28.01.2025

Time: From 14:00-17:00

Location: Maria01, Lapinlahdenkatu 16, 00180 Helsinki - Venue Space

Spots are limited to 10 participants and are open to women only. Registration will close once the number is reached, so secure your spot now!

[Register here](#)



Career Mentoring for  
Educated International  
Women in Finnish

Join the new Auroras language groups to strengthen your Finnish language skills for working life

You can apply as a mentee in the Auroras mentoring group or as a participant in the Spouse Program-Auroras language group.

You will learn about Finnish working life, get support for job hunting, create networks and strengthen your Finnish language skills. You can apply to join Auroras groups if you are an educated woman who has moved to Finland, and you wish to receive support to your career in Finland. Auroras mentors are educated women who are familiar with Finnish working life.

#### **Auroras mentoring groups**

- Finnish language level: B1
- One group consists of 6-8 mentees and 2-3 mentors.
- We organize local groups in different parts of Finland and remote groups in Zoom.
- The group discusses topics related to working life in Finnish. Group's mentees and mentors may be from different industries, so the discussions are related to general working life themes.
- The group meets once a week for 2 hours, a total 12 times.
- Auroras network organizes events during the mentoring program, in which you can network and develop your skills.

#### **Auroras language groups**

- Finnish language level: A2
- One group consists of 6-12 participants and 2-3 instructors.
- The group will meet in Maria 01, Lapinlahdenkatu 16, 00180 Helsinki, starting in February
- The group meets once a week for 2 hours, a total of 8 times (until April 2025).
- After participating in the language group, you can apply to join the mentoring groups in the following term.

For more details visit the registration page (in Finnish).

[Learn more and register \(in Finnish\)](#)

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## **IHH Friend Program activities**

The new [Friend Program](#) by International House Helsinki (IHH) offers international newcomers an opportunity to start making friends who live in the Helsinki area.



### **SuomiKamu information session**

[Friend Program activity | 24.01.2024](#)

Would you like to have a Finnish friend who can help you get to know Finnish culture or learn Finnish? Learn more and apply for a SuomiKamu friend.

[Learn more and sign up](#)

### **Language Exchange Meet-Up**

[Friend Program activity | 31.01.2024](#)

This fun and interactive evening is all about bringing people together to practice languages, share cultures, and connect in a welcoming environment.



[Learn more and sign up](#)

## Other activities



*Photo: Ninni West / Helsinki Partners*

## Catch the yearly lights of Lux Helsinki

Public art festival | 08-12.01.2024

Every year in early January, Helsinki lights up with Lux Helsinki, a public art festival featuring diverse forms of light art installed across the city.

Lux takes place in the darkness of winter evenings. The unforgettable experience created by the power and beauty of light attracts people to enjoy this winter festival during the darkest time of the year, even on the coldest nights.

In 2025, Lux Helsinki will feature the festival theme “Stories from Beyond.” If you can brave the cold, Lux Helsinki is an unmissable event!

[Learn more](#)

**ARE YOU READY TO BUILD, LAUNCH OR GROW YOUR EARLY-STAGE TECH STARTUP?**

Join our International Mentoring & Accelerator Programmes starting February

Google Helsinki Business Helsinki LONDON STOCK EXCHANGE Startup & Growth SAN FRANCISCO TECH ACCELERATOR GLOBAL TECH HELSINKI STARTUP COMPANY the shortcut Helsinki Partners Nordic Startup Ventures OXS zendesk LEXIA HELSINKI INCUBATORS FiBAN BUSINESS LAB XES ESPPO ESSO Vantaa START HELSINKI YSIITYSRYHTYKÄJÄN SÄÄTÖ

## Apply to Tech Nordic Advocates' Female Founder Accelerator and Mentoring Programmes

Apply by 31 January 2025

Are you a female or non-binary founder looking to kick-start your business or scale your business to the next level? Apply now to Tech Nordic Advocates' (TNA) Female Founder International Programmes.

Improve your skill set and mindset and gain access to top-notch international coaches, investors, entrepreneurs, EIRs, global market opportunities, and expert guidance to scale your business. Don't miss out on this chance to elevate your startup to new heights!

**For Established Founders**

**For Early-stage Founders**

## Get ready for pastry season!

The beginning of the year is a perfect time for pastry lovers in Finland. First comes Runeberg Day on 5 February, followed by Shrovetide (*Laskiainen* in Finnish), which this year falls at the beginning of March.

Both celebrations have their own traditional pastries: Runeberg tarts are enjoyed on Runeberg Day, while Shrovetide is all about cream-filled buns called *laskiaispulla*.

Many cafes start serving these delicious treats at the beginning of the year, and you can also find them in local food shops around this time. Don't miss them!

Sweet wishes,

**The Spouse Program**



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The Spouse Program

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