



Dear members,

Spring is just around the corner, making the days longer and bringing new opportunities to connect and grow in your new home.

Whether you're settling in, exploring career paths, or looking to build your social circle, the Spouse Program is here to help you out.

This month, we're bringing you exciting events, helpful workshops, and inspiring stories from the international community. Join us for a special Coffee Room themed on Finnish culture from an international perspective, and sign up for the next New in Helsinki event featuring internationals' stories about life in Helsinki.

Let's make this a spring of new beginnings. Stay tuned and stay connected!

Community activities



March Coffee Room: "Why do Finns do that?"

Community event | 18.3.2025

March brings us another exciting edition of our Spouse Program Coffee Room!

Join us on Tuesday 18 March to explore Finnish culture from an international newcomer's perspective. At the event, we'll have an intercultural expert breaking down why Finland is the way it is, while also helping us understand our own international perspectives on a deeper level.

As always, our Coffee Room will also be a warm and engaging community event where you can meet and hang out with other Spouse Program members.

[Learn more and sign up](#)

Meet our facilitator

With over 25 years of experience in intercultural management, **Pia Kähärä** helps navigate cultural diversity.

Having lived and worked in the UK, Russia, and Kazakhstan, Pia brings first-hand experience of adapting to different cultures. She has managed multicultural teams in multiple countries and authored publications on cultural diversity and DEI.

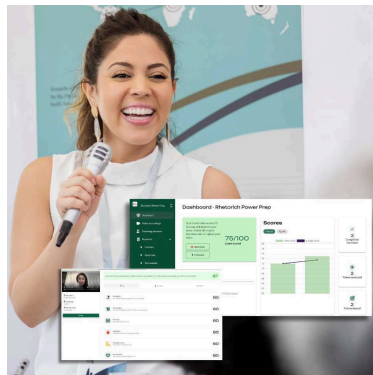


About Coffee Rooms

Coffee Rooms are where members meet and mingle, enjoy themed topics and guest speakers, and share with others over a cup of coffee or tea. They are a great way to connect with peers in the community and learn more about life in the Helsinki region.

Whether you've recently joined the program or are a long-time member, everyone is welcome to attend. New members of the Spouse Program are especially encouraged to join!

Career support for Helsinki residents



Tone of Excellence

Career workshop | 14 March 2025

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

Sign up for our upcoming productivity and communications workshop for international professionals!

Spouse Program members who live in Helsinki can join **Tone of Excellence**, a career development workshop on **Friday 14 March**.

As part of this workshop, participants will gain key insights into how to improve their professional communication toward their objectives. You will gain access to unique tools and learn about speech analysis, networking strategies, productivity insights, self-learning, and more. Sign up now!

[Learn more and sign up](#)

Other activities



New in Helsinki
Stories of Internationals

09 April 2025, 16.00 - 19.00
Maijansali, Oodi Library

Helsinki INTERNATIONAL HOUSE HELSINKI

Photo credit: Skyproduction/Helsinki Partners

New in Helsinki: Stories of Internationals

[International House Helsinki event | 09.4.2025](#)

New in Helsinki is back for 2025!

New in Helsinki: Stories of Internationals is an event series that celebrates the diverse experiences of international individuals living in Finland.

At the event, guest speakers from Helsinki's international community will share their personal stories about moving to Finland and building their new lives in Helsinki. There will also be a Q&A session to answer questions from the audience.

[Learn more and sign up](#)



Kayleigh Karinen

Kayleigh Karinen is an international entrepreneur who came to Finland as an exchange student in 2017 to reconnect with her distant Finnish heritage and learn Finnish.

Originally from the United States, Kayleigh's 5-month exchange turned



Vejay Nair

Vejay Nair works as an international affairs specialist at Haaga-Helia University of Applied Sciences. Their work focuses on soft-landing and settling services for international degree students and international mobilities for staff and teachers.

Originally from the United States, they lived in Helsinki for over 8 years and, in 2019, graduated with their Master's

into an 8-plus year journey during which she has become a four-time world champion on the Finnish national team and established herself as an international coach and consultant working with premier-level sports teams across Europe.

degree in Intercultural Encounters from the University of Helsinki. Vejay has previously worked with the City of Helsinki, Ruskeat Tytöt, and as a freelance journalist.



Guillaume Gérout Suominen

Guillaume Gérout Suominen is a trade policy advisor who specialises in free trade negotiations. He has provided consulting services to various governments and international organisations on trade and development issues.

Originally from the Seychelles, Guillaume has been living in Finland since 2020, continuing his international professional journey in Belgium and across Africa while enjoying married life and conducting PhD research in Helsinki. Before settling in Helsinki, he lived in Ethiopia for five years, where he met his Finnish partner.



Katerina Eskelinen

Katerina Eskelinen is a startup soft-landing specialist and she currently advises international startup founders on relocation and business development. With a background spanning the NGO, private, and public sectors she has built a diverse career with focus on customer work and building impactful partnerships.

Originally from the Czech Republic, Katerina has lived in Finland for almost 15 years. She currently lives in Helsinki with her husband and two children.



Espoo TalentMatch 2025

Recruitment event | 28.3.2025

Are you an international professional looking to grow your career in Finland? Espoo TalentMatch is your opportunity to connect with top employers, showcase

your skills, and explore exciting career paths. This event is designed to bring together talent and companies, creating meaningful professional connections.

[Learn more](#)

Cultural tip



Return of the light

As we transition from winter to spring, Finland experiences seasonally longer daylight hours, with every day lasting slightly longer than the last.

This is especially noticeable in the end of March, when clocks move forward by one hour for daylight saving time - meaning sunrise and sunset occur one hour later in the day compared to before.

The arrival of brighter evenings is a change many welcome, though it can also briefly affect some people's sleep. To adjust smoothly, try going to bed earlier before the switch and enjoy the extra daylight by spending time outdoors.

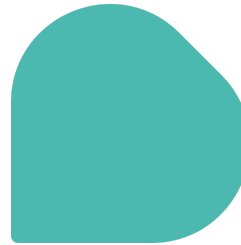
Photo credit: Eetu Ahanen / Helsinki Partners

Final words

As we move through March, remember that settling into a new culture takes time and patience.

Our friendly suggestion is to embrace the small steps and moments of discovery along the way.

We hope we can help along the journey, and we look forward to connecting with you at one of our upcoming activities. Enjoy the coming springtime!



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