



Dear members,

As spring begins to bloom in Helsinki, it's the perfect time to refresh your energy and take the next step in your journey - and the Spouse Program is here to support you.

In the coming months, we're offering inspiring opportunities to boost your communication skills, build confidence, and explore life in Helsinki through shared experiences. Discover what's coming up - from hands-on workshops to community events designed with you in mind.

If you haven't already, please also take a moment to complete our bi-annual survey. Your feedback helps us improve our services and better support you.

[Fill in the survey](#)

Spouse Program activities



Easter activity for families

[Family event | 16.4.2025](#)

Did you know that Easter is a special tradition for children in Finland? Children perform "virpominen", where they dress up as little witches and knock on neighbour's doors asking for sweets, similar to Halloween trick-or-treating.

To make Finnish Easter fun for you and your families, the Spouse Program warmly welcomes you to join our very first family event during Easter week!

Join our fun and relaxed walk-in event this April where you and your little ones can enjoy hands-on crafts and playful activities. This event is specifically for families with children, so please only attend if you bring along your kids.

[Learn more and sign up](#)

Communications booster webinar

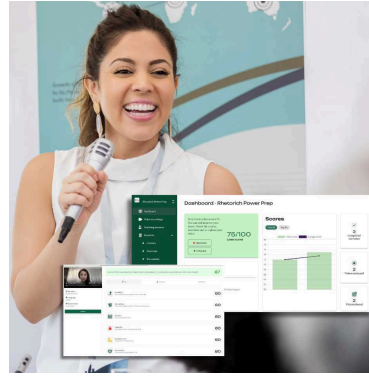
Career support webinar | 16.4.2025

Want to speak with more confidence, clarity and impact in meetings, interviews or presentations? Join us for the webinar *Boost Your Communication Skills & Unlock the Power of Rhetorich* on Tuesday 16 April at 9:00.

In this 1-hour webinar, you'll explore the foundations of impactful communication and get exclusive access to the Rhetorich platform – a tool used by top leaders to enhance their speaking skills.

You'll receive hands-on guidance, AI-powered feedback tools, and practical tips to support your independent practice. This session is part of a communication skills series for the Spouse Program.

[Sign up](#)



Coming Soon: The second interactive workshop in the Communication and Confidence Booster series

Workshop | 05.05.2025

Ready to boost your confidence, clarify your goals and elevate how you communicate in a professional context? Take part in an energising 3-hour session designed to help you unlock your inner confidence, sharpen your mindset and express your unique value with authenticity.

Whether you're building your career, stepping into a new role or simply looking to level up your presence, this workshop will give you practical tools, fresh motivation and expert guidance.

Registration will open soon on the [Spouse Program website](#) – stay tuned for more details!



Finnish for Everyday Life: Two courses for international spouses and students

22.04.–06.06.2025

Have you been learning Finnish, but have trouble using the language in real life situations? Join Finnish for Everyday Life, a 7-week language course and peer-support group for about A2 level language learners. This course will teach you skills, provide

practice opportunities and a supportive environment to help you bring Finnish into your everyday life.

There are only a few spots left on the course, so apply now!

[Read more and apply](#)

Other activities



Chill & Chat – A Networking Night

Friend Program event | 25.04.2025

Looking to meet new people in a relaxed and friendly setting? Join this event, which is part of International House Helsinki's [Friend Program](#) and organised by the Helsinki Friends community.

[Read more](#)

City of Helsinki's family club

In the City of Helsinki's family club called *Tervetuloa perheet*, you can meet other families, learn Finnish, and explore the local areas of Mellunkylä and Kannelmäki in a relaxed atmosphere.

[Download brochure](#)



Games Job Fair Spring 2025

Recruitment event for the games industry | 24.04.2025

The leading recruitment event for the games industry in the Nordics, Games Job Fair, is set to take place on 24 April 2025. The event offers game developers and creative professionals a great opportunity to connect with Finland's growing games studios and explore new career paths. Organised by Games Factory Talents, the event takes place at Helsinki City Hall. For more information and registration, visit the event website.

[Read more](#)



Cultural tip: Vappu

May Day | 01.05.2025

As April ends, Finland gears up for Vappu (May Day) — one of the country's most festive celebrations. This holiday marks the arrival of spring with student traditions, picnics, and a lively carnival atmosphere.

In Helsinki, you'll notice people wearing white student caps, a symbol of graduation, and gathering at Esplanadi Park or Kaivopuisto for picnics with bubbly drinks and "tippaleipä" (a crispy funnel cake). The celebrations begin on April 30th, with May 1st being a national holiday.

If you're new to Finland, Vappu is a perfect time to experience the joyful, social side of Finnish culture — so grab a picnic blanket, join the fun, and say "Hyvää vappua!"

Photo credit: Julia Kivelä / Helsinki Partners



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The Spouse Program

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