



Credit: Julia Kivelä / Helsinki Partners

Welcome to May – and Vappu!

Happy Vappu!

As we briefly mentioned last time, Vappu, or May Day, is a festive student-themed celebration marking the arrival of spring. In Helsinki, people of all ages head outdoors wearing student caps, waving balloons and enjoying picnics. The life of the party usually is in parks like Kaivopuisto, with big crowds having fun.

As for the Spouse Program, we'll be having our own outdoors party this May with [the Spring Social](#) - and you're invited! Join us as we team up with the Friend Program to meet, socialise and celebrate with the international community.

Additionally, we also have two career support activities: a **communications workshop** with an exciting and impressive new speaker, and a new **co-working session for jobseekers** looking to focus together. Finally, we have a new **well-being program** to help us focus on ourselves and enhance our general wellness.

Whether on the streets for Vappu, outside under the new spring blossoms, or at our fun activities, we hope this May brings you an inspiring new energy.

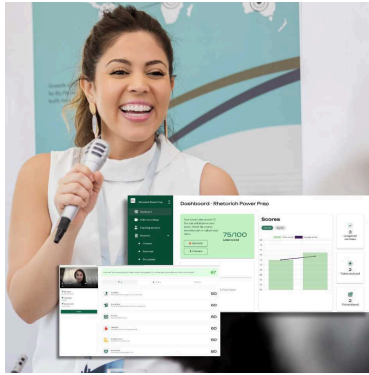
See you around!

Spouse Program activities

Communication Confidence with André Noël Chaker

[Career support workshop | 06.5.2025](#)

Join us for an exciting **career workshop on communications skills!**



This workshop is designed to boost your confidence, sharpen your mindset, and help you communicate your value in professional settings.

In the workshop, you can gain:

- Motivational tools and mindset shifts that fuel professional growth
- Practical strategies to boost performance and well-being through Flow
- A deep dive into impactful communication

- Coffee and snacks

This is your moment to invest in you. Don't miss it!

[Sign up now](#)

André Noël Chaker is an award-winning speaker, writer, and tech entrepreneur originally from Canada, now based in Finland.

Over the past decade, André has become one of Finland's top business speakers, with over 1,000 keynotes delivered globally. His accolades include Speaker of the Year (2012) and multiple honors at the Finnish Event Awards.



Join the Spring Social!

[Community event | 14.5.2025](#)

The Spouse Program is holding **the Spring Social**, a new event that brings the Spouse Program and Friend Program communities together!

At the Spring Social, we'll socialise and celebrate in an outdoor hangout. Join us in the lovely Rose Garden in Innovation Home Kampi to have interesting conversations and play fun games with new people.



You can also meet and learn more about the three service providers of the Friend Program: **Luckan Integration**, **Finnish Red Cross** and **Helsinki Friends**.

The Spring Social is a fun and charming opportunity to have a social spring with more international people. We hope to see you there!

[Sign up now](#)

Focus space – coworking session for jobseekers

[Co-working session | 15.5.2025](#)

Looking for structure, support, and company in your job search?

Join our co-working session to help you focus on your job search tasks in the company of other jobseekers.



In the co-working session, set your personal goal and work in Pomodoro sprints in a supportive environment. You will also have the chance to get light guidance from our in-house employment coach, Salli Kolehmainen, along the way.

[Learn more and sign up now](#)

Enhance – a well-being program for SP members

[Well-being program | 06.5.2025](#)

We know that settling into a new country can be challenging.

Because of this, the Spouse Program wants to support your well-being!



This May, the Spouse Program will hold a **well-being program called Enhance** just for Spouse Program members, and we warmly invite you to join.

For Enhance, we invite you to join us for a day and get away from the business of everyday life and take time to focus on yourself and your well-being.

Attending Enhance will help you:

- Strengthen your ability to manage your emotions
- Be more self aware and confident
- Form better relationships
- Improve quality of life and mental well-being

Learn more about Enhance and sign up at the link below!

Please be aware that **we only have 25 seats available for Enhance.**

If you want to attend, sign up quickly. We will close the registrations when full.

[Learn more and sign up now](#)



Join our LinkedIn group!

Did you know the Spouse Program has a hidden LinkedIn group? You can join!

Our group for international spouses in the Helsinki capital region shares interesting news and job opportunities on the platform for group members.

[Join LinkedIn group](#)



Credit: Jussi Hellsten / Helsinki Partners

Cultural tip: cherry blossom season

Every May, cherry trees across Helsinki blossom into a beautiful pink flowers.

In Roihuvuori in East Helsinki, the yearly Hanami festival blends Japanese culture and Finnish springtime to celebrate the beauty of the blossoms. Visitors from across Helsinki gather to enjoy the beauty of the passing spectacle.

[Learn more](#)



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The Spouse Program

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