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SPOUSE
PROGRAM

Newsletter for August 2025



Photo credit: Vesa Laitinen / Helsinki Partners

August kicks off a season of exciting activities

As the summer heat fades and the new season begins, we're entering one of the most active and buzzing times of the year at the Spouse Program.

First of all, a very warm welcome to those who joined us over the summer - we hope you'll join our activities, and we look forward to meeting you!

August brings opportunities to connect, learn, and grow - whether you're looking to meet others, build networking skills, or settle into life in your new home. This month's activities will support your personal and professional journey in Finland.

Whether you're new or been with us for a while, there's something for everyone.

See you soon!



Photo credit: Jussi Hellsten / Helsinki Partners

August Coffee Room – Bye Summer, Hello Autumn!

Community event | 19.8.2025

Spouse Program members are warmly invited to our August Coffee Room!

The theme of this Coffee Room is “**Bye Summer, Hello Autumn!**”, where we can celebrate the summer and prepare to enjoy autumn in Helsinki.

During the Coffee Room, you will hear all about the exciting things coming up for Spouse Program members. We'll also host fun activities that will help you get to know new people in a fun and casual setting.

Whether you've recently joined the program or are a long-time member, everyone is welcome. If you're new to the Spouse Program or to Finland, we especially encourage you to join!

So, join us this August and start off your autumn right!

[Learn more and sign up](#)



Photo credit: Jussi Hellsten / Helsinki Partners

Onboarding to Finland

Support workshop | 26.8.2025

Are you an international spouse adjusting to life in your new home? Join us for this special workshop designed just for you!

Onboarding to Finland is a workshop built around the real experiences of international relocations as a spouse.

It will offer practical tools, cultural insights, and a supportive space to help you feel at home in Finland. In the workshop you'll be able to share your experiences, ask questions, and meet others in similar life situations. Together you can discover good practices, common learnings and peer support.

Whether you've just arrived or are still finding your footing, we warmly invite you to be part of this supportive and welcoming experience!

[Learn more and sign up](#)

Meet Suvi and Niina

This workshop is hosted by Suvi Hannus and Niina Mäenpää from Relocation Psychologists.

They bring together a broad knowledge of hands-on HR and work psychology experience across industries in Finland and internationally.

They work with international talents and spouses by coaching and training both individuals and organizations in successful adaptation, intercultural understanding, and thriving at work.

Both Suvi and Niina have lived the international life themselves and understand the emotional ups and downs of living abroad and cultural adjustment.



Elevate your skills in this Communications Masterclass!

Career workshop | 28.8.2025

Ready to stand out, captivate your audience and boost your professional confidence? Now's your chance!

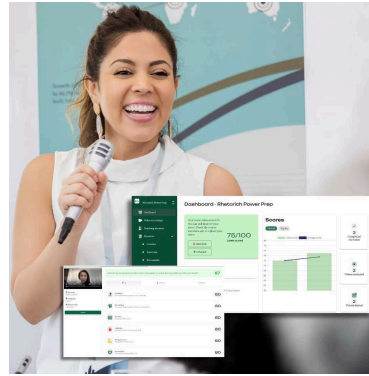
Join us for this communications masterclass to learn the art of impactful communication and strengthen your professional presence in your new home country.

This masterclass focuses on **Relevance**, **Voice**, and **Appearance**. These are key to networking, a critical part of working life and the job market in Finland.

As a participant, you'll also receive exclusive access to the **Rhetorich** tool for your personal use to practice your communications skills at your own pace.

Don't miss this opportunity to invest in your future. Register now and take the next step toward becoming a more confident, effective communicator.

[Learn more and sign up](#)



Meet your host, André

André Noël Chaker is an awardwinning 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 Evento Awards.



From Activity to Opportunity: A Spouse Program Success Story

Through the Spouse Program's company activities, one Spouse Program member found a meaningful role with one of our company partners.

Egisa's journey proves that combining proactive talent with opportunities for upskilling can create real career pathways for international spouses.

Discover how this Spouse Program collaboration became a starting point for success, and what it means for talent retention in Finland.

[Read more](#)



Photo credit: Vesa Laitinen / Helsinki Partners

Explore the Night of the Arts

Cultural festival | 14.8.2025

The Night of the Arts is a highlight of the yearly calendar, and a fantastic way for newcomers to experience Helsinki at its most creative and welcoming.

Head out on this special night to see free art-related events and experiences all over the city, from open-air performances to pop-up galleries. It's a fun and easy way to discover culture and museums in your new home!

[Learn more](#)

A warm welcome back

We hope you've been having a fun summer season!
The Spouse Program is back from the July break.

Now, we head into one of the most vibrant times of the year, with plenty of opportunities ahead. We look forward to seeing you at our events!

And, if you're new to the Spouse Program, come and say hello at our activities — we'd love to meet you!



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