



Photo credit: Jussi Hellsten / Helsinki Partners

Enjoying an autumn packed with activities

From career-building workshops to newcomer events and family fun, October is especially packed with exciting opportunities for Spouse Program members!

The Spouse Program kicks off October with an opportunity for professional growth and a networking event. We also have our Coffee Room to bring the community together, this time exploring Finland's culture of higher education. We also have special activities for families and newcomers to settle in.

Additionally, International House Helsinki also provides new career support opportunities and an exciting New in Helsinki event - and there's still even more.

October is the perfect time to get out, try something new, and connect!

Spouse Program activities



EY X Spouse Program Kick-off

[Company partner activity | 02.10.2025](#)

Interested in consulting and corporate environments? The Spouse Program is beginning a new season of partner activities with EY Finland!

Join us on Thursday 2 October for a kick-off event where we'll visit EY Finland, meet their international employees and HR experts, and learn how to optimise our LinkedIn profiles for Finnish recruiters. **We have a final few spaces still open!**

[Learn more and sign up](#)

October Coffee Room – Life Reboot

Community event | 09.10.2025

Spouse Program members are warmly welcome to join our next exciting **Coffee Room** on **Thursday 9 October!**

The theme this time is **Life Reboot**, focusing on opportunities and personal stories of higher education.

The Helsinki region is home to ten higher education institutions, all of which provide international study programmes and open studies in English.

We'll hear from exciting guest speakers about the topic, including one Spouse Program member's own journey from considering studying to making it a reality!

Join the event to enjoy:

- **Cosy vibes and fun activities**
- **Inspiring talks by our guest speakers**
- **Getting to know new people**
- **Coffee and tea**

[Learn more and sign up](#)



Photo credit: Jussi Hellsten / Helsinki Partners

Onboarding to Finland

Soft landing for spouses | 24.10.2025

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 offers practical tools, cultural

insights, and a supportive space to help you feel at home in Finland.

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 Nina

Onboarding to Finland 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.



Halloween event for families

Family event | 30.10.2025

If you have kids, join our special event for families with children!

On 30 October, we'll get together to celebrate **Halloween** over snacks, drinks and crafts together with the Art School of Northern Helsinki. Kids and parents alike should love this festive activity, so we hope to see you there!



[Learn more and sign up](#)

International House Helsinki activities



IHH Career Kickstarter

Employment coaching course | Kickoff on 28.10.2025

Career Kickstarter is a new Employment Coaching course by International House Helsinki (IHH) to help you succeed in your job search.

The online course will help you set realistic career goals, draft stronger job applications and create your own job-search plan that will bring real results. Participants will get proven strategies, an in-depth workbook and mindset tools to stay determined along the way.

Career Kickstarter is self-paced and flexible, and participants will have seven weeks to go through the course at their own pace. It also includes regular updates and live online Q&A sessions to support participants during the process.

The online course begins with a kickoff on **28 October**.

Spots are limited, so apply now!

[Learn more and apply](#)

New in Helsinki: Opportunities of Winter

Newcomer event | 29.10.2025

New in Helsinki: Opportunities of Winter is an event for international newcomers in Helsinki this October.

This exciting event is a great opportunity for newcomers to get inspired, learn new things, and meet new people in their new homes!

The program will cover a variety of engaging topics — from building your network in Finland to exploring activities for the winter months in Helsinki.

Join the event on 29 October from 16.30 to 19.30 at Balder Hall Helsinki.

If you're curious about winter in Helsinki, this is for you. Secure your spot now!

[Learn more and sign up](#)



Join the Friend Program's Green Getaway

Social event | 11.10.2025

Looking to meet new people in a welcoming atmosphere?

Join IHH's Friend Program for a relaxed afternoon exploring the beautiful Mustavuori area!

Whether you're new to the Helsinki area or looking to expand your social circle, this event is a good opportunity to make new friends and get outside.

[Read more](#)



Philharmonic at the Library tour begins soon!

**Cultural events
06-30.10.2025**

Hear chamber music for free in your local libraries in Helsinki when **The Philharmonic at the Library tour** starts on 6 October 2025.

The tour consist of 12 free concerts in libraries across Helsinki - see the full schedule in the link below!

Admission is free but seating is limited, so arrive early.

[Read more](#)



Cultural tip: where to enjoy Helsinki's autumn colours

Have you heard the word "Ruska" before?

Ruska is the Finnish term for the brilliant colours of autumn leaves, from deep crimson to golden yellow to vibrant orange.

Now is the perfect time of year to see these gorgeous colours begin to show around us!

You can find example photos and inspiration on where to see ruska for yourself through MyHelsinki's pages.

[Read more](#)

See you at one of our events!

October is overflowing with activities to build connections and dive into life in Helsinki.

There's truly something for everyone, and we hope these fun opportunities help you feel at home!





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The Spouse Program

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