



Photo credit: Antti Rastivo / Helsinki Partners

September in the Spouse Program

From professional events for jobseekers to cultural experiences for families, September brings diverse ways to explore the capital region and make it home.

This month, the Spouse Program offers career-oriented spouses a chance to connect with companies and participate in an important research project.

Meanwhile, Helsinki residents can join neighbourhood-specific welcoming events and help shape the city by proposing improvements to their neighbourhoods. Families can enjoy a very special multilingual children's festival.

It's a great time to get out and build new connections!

Spouse Program activities



Networking Breakfast at OP Uusimaa

[Company partner activity | 01.01.2024](#)

The Spouse Program invites you to a networking event with our newest company partner, OP Uusimaa!

Join us for a breakfast get-together as we visit OP Uusimaa and network with

their international professionals. We will also find out about their language-supported recruitment pilot and have a round of open discussion and questions.

Spaces are limited, so make sure you sign up to this exciting opportunity for insights and networking!

[Learn more and sign up](#)

EY X Spouse Program Kick-off

Company partner activity | 02.10.2025

Interested in consulting and corporate environments? Join us for a new season of activities with EY Finland!

The Spouse Program is happy to kick-off another season of regular activities with our company partner EY Finland.

Join us for an upcoming kick-off event where we'll meet EY Finland, meet some of their international employees and HR experts, and learn how to optimise our LinkedIn profiles for Finnish recruiters. Spaces are limited, so sign up soon!



[Learn more and sign up](#)



Invitation to participate in a research project

Aalto University research project

You are invited to participate in a research project on how companies can help the economic integration of skilled expatriate spouses in Finland.

The research project is titled “**Corporate support in economic integration of skilled expatriate spouses in Finland**”. It is conducted by Dr. Jhoomer Chandra, a Post-doctoral Research Fellow at Aalto University and Spouse Program member.

The study uses a survey and follow-up interviews to analyse the economic integration of skilled expatriate spouses in Finland.

Participation in the study is fully voluntary.

You can take the survey below:

[Research project survey for international spouses](#)

Before consenting to the participate in the survey, please go through the following links:

- [Privacy notice](#)
- [Participant information sheet](#)

If you are interested in a follow-up interview, you can contact Dr. Chandra at jhoomer.chandra@aalto.fi or leave your details at the end of the survey.

You can also contact Dr. Chandra to learn more about the research project.

Your perspectives would be invaluable in understanding how best to support spouses' integration into the Finnish professional landscape. We would therefore be grateful if you would answer this survey!

Helsinki activities



Photo credit: Suvi-Tuuli Kankaanpää

Helsinki's neighbourhoods welcome you!

[Neighbourhood Welcome Days | September 2025](#)

Have you recently moved to Helsinki? Would you like to learn more about your neighbourhood and local services as well as hobby and leisure time opportunities? Would you like to get to know new people or have a nice time with your family? Join a neighbourhood Welcome Day event!

- **Welcome Day Vuotalo on Wednesday 10 September**
- **Welcome Day Kanneltalo on Tuesday 16 September**
- **Welcome Day Stoa on Tuesday 23 September**
- **Welcome Day Malmitalo on Thursday 25 September**

Each neighbourhood Welcome Day will have a live music performance and various leisure time activities offered in their local area. Sign up now!

[Learn more and sign up](#)



Photo credit: Akifoto / OmniGym

Shape Helsinki: share your proposal on OmaStadi

[Open round for residents' proposals | 22.09 - 5.10.2025](#)

What improvements would you like to see in Helsinki? How would you improve your local area? A new outdoor gym, more trees and flowers, bicycle lanes?

OmaStadi lets Helsinki residents propose and vote on local projects. Previous proposals from residents have already created playgrounds, greener streets, and better community spaces for local neighbourhoods.

You can submit new proposals between 22.9 and 5.10. Proposals will be put to a vote in March 2026, and ones that receive the most votes will be implemented.

Share your proposal and help shape your city!

[Learn more about OmaStadi and make your proposal](#)

Discover the website for Wellbeing in Helsinki

The City of Helsinki has launched a new **Wellbeing in Helsinki** website.

It lists free or affordable services and activities that promote wellbeing for adults in Helsinki. International residents are encouraged to use it!

- [Wellbeing in Helsinki](#)

There is also a survey about the new website, hoping to hear your experiences and suggestions for improvement — now is your chance to make an impact!

- [Survey on Wellbeing in Helsinki website](#)

The survey is open until September 17th, 2025.



Kolibri Festivaali celebrates 10 years of diversity in children's culture

[Multicultural childrens' festival | 13.9 - 27.9.2025](#)

The children's cultural festival **Kolibri Festivaali** is turning 10!

Kolibri is a unique celebration of fun, culture, and diversity for all ages. It is one of the biggest children's cultural festivals in Finland, offering many free and multilingual activities.

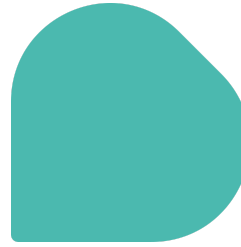
This year's edition is built around the theme Wishes. 40 artists will offer a vibrant program with art workshops, storytelling, performances, games and concerts for all families. The guest artists are international poet Mar Benegas, and illustrator and writer Gustavo Ariel Rosemffet Abramovich 'Gusti'.

Join the festival from 13th to 27th of September in Helsinki, Espoo, Vantaa.

[Learn more and join the festival](#)

That's all for this month

As the leaves slowly begin to turn, get out and enjoy September! And rest assured, October will be busy and full of activities too - stay tuned for more soon.



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The Spouse Program

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