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SPOUSE  
PROGRAM

Newsletter for November 2025

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## Warming up November with the Spouse Program

November in Helsinki begins showing Finland's darker side (literally!) — the rain, the wind, the short and grey days. But between the drizzle and the dim light, there's a special charm to discover: cosy wool socks and gloves, cute candlelight in every window, the smell of fresh pulla — and the comfort of community.

This month, the Spouse Program invites you to enjoy the season together!

For November and early December, we have extra special activities lined up:

- Our final **communications masterclass** will be a special cocktail-style event (!)
- We'll take care of our ourselves with our **Enhance well-being workshop**
- We'll polish our career profiles with our **employer partner CV workshop**
- And finally, we'll wrap up 2025, celebrate the festive period and start the winter season all together with our special **Winter Social** event!

So let's stay active, get connected, and maybe even learn to enjoy November!

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## Spouse Program activities

Photo credit: Sakari Röyskö / Helsinki Partners



## Join our final masterclass of the year – and let's celebrate together!

Career and networking event | 13.11.2025

The Spouse Program is wrapping up our Communications masterclass series with a special evening event! **This time, our masterclass will be formatted as a cocktail-style gathering to put your communications skills into practice.**

At this final masterclass, we will explore how personal storytelling can help us build real connections. We'll then see this in action with an evening of networking and a special exercise. We even have a light dress code, so come smart-casual!

Join us on Thursday 13 November for key learnings, great conversations and a professional buzz. This will be a truly special evening, and we hope you join!

[Learn more and sign up](#)

The masterclass is hosted by **André Noël Chaker**, an award-winning speaker, writer, and tech entrepreneur originally from Canada. André is known for helping professionals unlock their voice and has delivered over 1000 keynotes globally.

Photo credit: Jussi Hellsten / Helsinki Partners



## Enhance your well-being

Well-being workshop | 25.11.2025

Have you moved to Finland recently? Remember to take care of your well-being as you settle in!

If you need a boost while adjusting to life in Finland, join **Enhance** - our well-being workshop where we invite you to take some time to focus on yourself and your well-being.

Join this workshop with our special coach Johanna Hattingh to learn powerful tools and strategies to help you navigate and thrive in your new everyday life.

[Learn more and sign up](#)

Enhance is provided by **Johanna Hattingh**, a professional facilitator and coach. Johanna facilitates through carefully designed activities and coaches to create new awareness, creativity, problem solving and innovation.

## Spouse Program x EY CV workshop

Employer partner activity | 2.12.2025

The Spouse Program's next event with EY Finland is coming soon!!

Spouse Program members with a consulting or corporate background are invited to a special CV workshop with EY's talent professionals.

Pre-selected participants can bring their updated CVs to the event. During a 15-minute one-on-one slot, one of EY's professionals will review your CV and provide you with personalised feedback on how to boost your CV and profile.

This event is an excellent opportunity to develop your career in Finland!



[Learn more and pre-register now](#)

Photo credit: Jussi Hellsten / Helsinki Partners



## Winter Social with the Friend Program

Community activity | 4.12.2025

For our final activity of 2025, the Spouse Program warmly invites you to **the Winter Social**, our special seasonal event together with the Friend Program!

Join us on Thursday 4 December as we bring together the Spouse Program and Friend Program communities to celebrate the festive holiday season together. At the event we'll meet new people, make cosy holiday cards, wrap up the year and start the winter off with warmth and friendship.

Whether you're looking for a cosy seasonal gathering or want to meet others in the international community, you are very welcome at our Winter Social!

[Learn more and sign up](#)

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## Other opportunities



## Job-related questions? Try IHH's drop-in employment coaching!

Do you have a quick question about job seeking? International House Helsinki's (IHH) online employment coaching has a drop-in service where you can get fast, individual advice – with no booking needed.

Prepare one or two job-search questions, find the next drop-in date, queue online and get your answers!

[Learn more](#)



## Want to learn to code? Consider Femcode Collective x Helsinki

Coding event for women | 3.12.2025

Femcode Collective is a meetup and online-based community for women and non-binary people who want to turn ideas into working products using AI and coding. No experience needed!

Their upcoming event is a beginner-friendly kick-off workshop where you'll learn how to build your own tools and solutions—just bring your laptop!

[Learn more and register](#)

## Tips for exploring lifelong learning in Finland

Following up on last month's topic of lifelong learning, here is some quick practical information for Spouse Program members looking to study!

- The next application deadline to English-language programmes taught in English in most higher education institutions is in 7-21 January 2026
- If you decide to apply to any learning opportunities, make sure to check the necessary documents and relevant dates carefully on the institution's website

A very useful platform for is **StudyInfo**, the official website with all the information about study programmes leading to a degree in Finland.

You can use StudyInfo to find information about and apply to different degrees and studies across many educational institutions in Finland.

[Explore StudyInfo](#)

## Turn the dark into the cosy season

Winter is coming, the clocks have changed, the days are shorter and the sun sets earlier. What to do now?

The best way to enjoy this time of year is to get cosy!

Light some candles, wear wooly socks, eat soup - and don't forget to take vitamin D pills!



[Learn how to embrace the darkness on MyHelsinki](#)



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