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SPOUSE
PROGRAM

Newsletter for January 2026



Starting a new season of activities for 2026

Welcome to a new year with the Spouse Program!

As we start to wind back up for 2026, we want to bring you opportunities to stay active and connected, even during the cold winter days.

Because *ystävänpäivä*, or friend's day, is happening quite soon (more on that in February), we're starting off the year exploring making friends in Finland.

Friends help make your new home more fun and the winter more bearable, so make sure to drop by our first **Coffee Room** in early February! There are also a couple of exciting **Friend Program** activities coming up to check out.

If you're more career-minded, we also have our first **employer partner activity** happening soon - a mock interview workshop to practice one-on-one with professionals from our employer partner. Additionally, as a sneak peak for the year ahead, the Spouse Program will likely launch an exciting and large new career coaching service later in 2026, so stay tuned.

We hope to see you soon as we all start getting active for the new year!

Spouse Program x EY: Mock Interview Workshop

[Employer partner activity | 4.2.2026](#)

The Spouse Program's next collaboration with EY Finland is happening soon, and you can pre-register for a chance to join now!



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

During a 15-minute one-on-one slot, one of EY's professionals will interview you and provide you with personalised feedback on how to boost your interview

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

[Learn more and sign up](#)

Please note that this activity is meant for Helsinki residents, and there are only 20 seats available. Participants will be chosen from pre-registrations.



Photo credit: Jussi Hellsten / Helsinki Partners

February Coffee Room: Making friends in Finland

Community activity | 12.2.2026

Join us for the first Spouse Program Coffee Room of 2026!

With ystävänpäivä (friend's day) right around the corner, our upcoming community activity is all about making friends and meeting people in Finland.

In this fun community event, we'll get together to explore and practice how to build your social circle and make friends as a newcomer. We will:

- Host fun networking games to meet and mingle amongst our community
- Hear from Amanda from Luckan Integration on her best social tips and tricks
- Welcome our newest members joining us over the holiday break
- Kick off a year of exciting upcoming activities for the Spouse Program!

This is a fun opportunity for you to meet people who might become your new gym partner, coffee buddy or someone you make fun weekend plans with.

As always, our Coffee Rooms are a fun and cosy hangout where all of our members are very welcome. We hope to see you there!

[Learn more and sign up](#)

Friend Program activities



Find a friend to help you settle in, one-on-one

Friend Program activity | 26.1.2026

Are you new to the Helsinki area?

Would you like a friend who can help you learn about local culture, your new home or the Finnish language?

In the **SuomiKamu** activity, the Friend Program connects newcomers with volunteers as friends. The volunteers help their friends understand and settle into their new country with shared activities.

Friends can choose their own activities, and do things like:

- everyday activities, go for a walk, explore the local area, and so on
- attend local events and discover local services
- explore other recreational and cultural opportunities around you

Next **Monday 25 January**, you can join a **SuomiKamu** information session to learn more and apply to find a friend for 2026!

[Learn more and sign up](#)

January Meet & Greet

Friend Program activity | 31.1.2026

If you want to make friends in a small group hangout, join the Friend Program's January Meet & Greet!

The event offers tea, coffee, and tasty snacks, fun ice-breaker games, and open discussions about winter traditions and everyday life in Finland.

Whether you're new to the Helsinki area or have lived here for years, this is a wonderful chance to meet new friends, enjoy shared experiences and embrace the snowy season together.

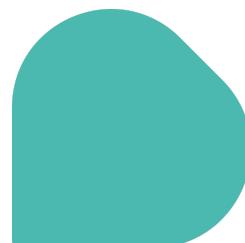


[Learn more and sign up](#)

Following up for February

Our next newsletter will arrive relatively soon, with even more activities for February and beyond.

Stay tuned, and enjoy the start of the year!



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The Spouse Program

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