

Photo credit: Jirina Alanko / Helsinki Partners



Here's to a sunny winter season

As the light slowly returns to this beautiful winter, it's a good time to embrace the season's offerings! You can feast on the traditional pastries of Runebergintorttu and Laskiaspulla, celebrate the upcoming Ystävänpäivä (Friend's Day), and get ready to enjoy Hiihtoloma or the ski holiday period next week.

The Spouse Program also has a lot to offer you this time of year:

- Our first **Coffee Room** of the year is this Thursday, and in honour of Ystävänpäivä, its theme is friendship. Stop by, say hi and meet friendly people!
- Our **Communications Masterclass** series returns for 2026 - learn how to present yourself and network effectively in Finland's networking-based culture.
- **Onboarding to Finland**, our group workshops for newly-arrived international spouses, kicks off in early March. Get support to feel at home in Finland.
- Finally, Spouse Program members working on business projects can again apply to four **Flex Desk memberships at Epicenter and Maria 01**. Good luck!

There's a lot on offer during this sunny winter, and always something for everyone. We recommend you get out there and make the most of it!

Spouse Program activities



Group photo from our January 2025 Coffee Room

Join our Coffee Room this Thursday

Community activity | 12.2.2026

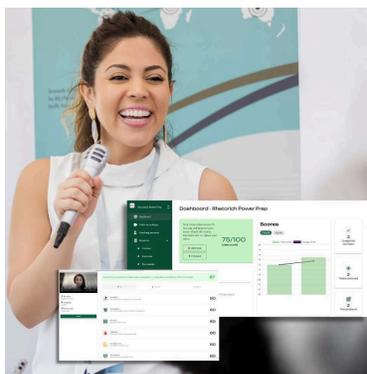
Our regular community gatherings are back for 2026 starting this week! Join us on Thursday for a Coffee Room themed around making friends in Finland.

With Ystävänäpäivä or Friend's day coming on 14 February, our upcoming community activity is all about friendship, getting together as a community and figuring out how to build your social circle as a newcomer in Finland.

At the event, we'll host fun networking games to meet and mingle one another, hear from guest speakers, and kick off a year of exciting upcoming activities for the Spouse Program.

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](#)



Communications Masterclass: Mindset to Impact

Career support workshop | 25.2.2026

The Spouse Program's **communications masterclass workshops** are back for 2026!

Would you like to learn how to present yourself clearly and confidently, build genuine relationships, and turn everyday conversations into real opportunities?

Everyone in Finland talks about the importance of networking, but what does this mean in practice? How can you actively network in a natural and effective way? These are the questions our communications workshops will answer.

In our February workshop called **Mindset to Impact**, you will discover practical tools to communicate with impact, recognise moments where opportunities can be created, and connect with others in a way that feels authentic and lasting.

[Learn more and sign up](#)

Please note that our career support activities are meant for Helsinki residents.

Onboarding to Finland

[Soft landing for spouses | 12.3.2026](#)

Have you arrived recently and are adjusting to life in your new home? Join us for this upcoming special workshop designed just for new international spouses!



Photo credit: Jussi Hellsten / Helsinki Partners

Onboarding to Finland is a workshop series built around the real experiences of relocating internationally as a spouse. It offers Spouse Program members with 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](#)



An exciting opportunity for Spouse Program members building their own businesses

Spouse Program partners **Epicenter** and **Maria 01** are once again offering four free **Flex Desk memberships** for entrepreneurs in the Spouse Program!

Flex desk memberships begin in 16 March, last 3 months and include:

- **Your own workspace desk** in a startup co-working space in central Helsinki
- **Total flexibility with hours**, meaning you can come and go as you please
- **Access to facilities** such as workspaces, gym, lounges, restaurant, etc.
- **The chance to join Maria 01 or Epicenter's startup communities and events**

If you're a Spouse Program member working towards a project, this is for you!

[Apply for a flex desk membership](#)

Successful applicants will be chosen by Epicenter and Maria 01 based on their needs and commitment. Hear from 2025 Spouse Program flex desks winners:

"The Maria 01 membership was a real asset for developing and challenging my initial business idea. I got to gather feedback from the local ecosystem, and luckily bring together new people to develop the project further." - **Maud Perchenet**

"Epicenter has been a great place for me to work and stay focused. I came in every week, usually a few days at a time, and also held meetings there, so it became an important part of my routine. It was also a nice way to meet people and feel more connected. The space and atmosphere were very supportive, especially while I was developing my environmental nonprofit project here in Finland." - Alejandro Aray

Cultural tip: Pastries and holidays

Photo credits: Ninni West / Helsinki Partners



Runebergintorttu

Runebergintorttu, or Runeberg's torte, are classic almond pastries with raspberry jam and icing. They have a historical background and are enjoyed from early January through early February, and especially around Runeberg Day on 5 February.

[Learn more](#)



Laskiaspulla

Laskiaspulla, or shrove-tide buns, are another traditional pastry this time of year. They're a bun split in two with cream in between and filled with either almond paste or jam. People are usually divided between team almond or team jam - which one are you?

[Learn more](#)

Photo credits: Jussi Hellsten / Helsinki Partners



Ystävänäpäivä

While many countries celebrate Valentine's Day as a romantic holiday, Finland takes a unique approach with **Ystävänäpäivä**, or "Friend's Day".

Celebrated on 14 February, Ystävänäpäivä is about cherishing all relationships. People exchange cards and small gifts with friends, expressing



Hiihtoloma

Hiihtoloma, or ski holiday, is an annual mid-winter holiday week in Finland. Originally created to give time for children to go skiing, nowadays families use the time for all kinds of winter sports, often up in Lapland.

Usually held in late February, the 2026 ski holiday in Helsinki begins on 16

appreciation for different kinds of connections. Try it with your own friends and loved ones!

[Learn more about Ystävänpäivä](#)

February. Schoolchildren will have holidays, and many working people take time to holiday with their families.

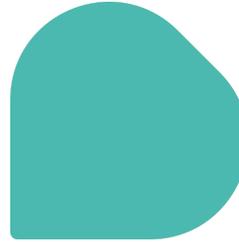
[Learn more about Hiihtoloma](#)

Photo credit: Jussi Hellsten / Helsinki Partners

We hope you take the chance to enjoy this beautiful, sunny, and crispy weather outdoors.

We look forward to seeing you soon and hope you enjoy everything the month has to offer.

Hope to see you in our coffee room this Thursday!



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The Spouse Program

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