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Newsletter for April 2026

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## Exciting news this April

The Spouse Program is now launching the Singles Program... 😊

**April Fools!** Or “**aprilia, aprilia, syö silliä!**” (“April Fool’s, April Fool’s, eat herring”) as you would say in Finland.

Remember to watch out for pranks on 1 April – or to innocently prank a friend if you prefer! There will also typically be a false story in Finnish news publications that tend to be quite silly and obvious so you’re less at risk of getting tricked.

For the rest of April, the Spouse Program continues with varied activities to help you settle into life in the Helsinki region. Make sure you join the community on 7 April for our next Coffee Room, which is all about learning and sharing our best tips about life in Helsinki!

Later in the month, we’ll also have our second Napoli Kaverikahvila, as well as other exciting activities we’re working on behind the scenes. There’s also a bunch of other interesting opportunities we’re sharing to make sure there’s something interesting for everyone this month.

See you at one of our activities!

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## Spouse Program activities



## April Coffee Room: Helsinki Exchange

Community event | 07.04.2026

**Do you want to become more familiar with Helsinki? Would you like to find out things you can do and experience locally? Join the April Coffee Room to find out more about your new home city and meet potential friends!**

As the days get brighter and longer, our springtime Coffee Room has a special theme of exploring the best of what Helsinki has to offer. With the theme of “**Helsinki Exchange**”, we’ll come together to share tips, experiences, and hidden gems about life in Finland and Helsinki.

Come and share your favourite places, events, and activities, and get inspired by recommendations from others. It’s also a wonderful opportunity to make new connections and plan future adventures together!

**Whether you’re still settling in or looking for new friends to explore Helsinki with, this Coffee Room is a great resource for your Spring!**

[Sign up for the Coffee Room](#)



## Napoli Kaverikahvila

Community event | 20.04.2026

**Join other professionals with a background in tech, practice your Finnish language and learn more about Finnish culture with a local friend!**

At the Kaverikahvila, people with a technology background come together to meet Finnish professionals and learn the Finnish way of life. The goal is to find a local friend you can regularly meet and learn Finnish with over time.

You can join our second Napoli Kaverikahvila with the Spouse Program this 20 April to start learning the Finnish language and culture and make local friends. Our first Kaverikahvila on 25 March was a great success, so come along to have a good time, meet lovely people and break into Finnish society!

**People with a technology background are especially encouraged to join.**

[Learn more and sign up](#)

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## International House Helsinki (IHH) activities



## Employment coaching Career Group

### Employment coaching service

IHH Employment Coaching Career Groups for April are now open!

The Career Groups are a series of three workshops designed to help you create a roadmap for your job search. There will be one group meeting in the morning and one in the afternoon, and the sessions take place in person in central Helsinki.

Please sign up only if you can commit to attending all sessions, and remember to cancel your registration if you are unable to participate.

[Learn more and sign up](#)



## Employment coaching Drop-ins

### Employment coaching service

Do you have a quick question about job searching in the Helsinki region?

IHH's Employment Coaching Drop-in offers fast, one-to-one advice from an employment coach – no booking needed. The online drop-in is available every Wednesday from 14.00 to 16.00.

Each discussion lasts about 10–15 minutes, so it's best to prepare one or two questions in advance.

[Learn more and join a drop-in](#)

## Friend Program – SuomiKamu information session

Community activity | 30.04.2026

The Friend Program helps international newcomers make new friends in the Helsinki region!

As part of this, SuomiKamu friend activities help people who recently moved to Helsinki and are looking for a friend who can help them settle into their new home, speak the Finnish language, and learn about local culture.

Together with your SuomiKamu friend, you can take part in a range of everyday activities such as attending local events, exploring the area, or going for a walk. You can also practice Finnish together.

[Learn more and sign up](#)



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## Other opportunities



## The Shortcut Academy: Amplify

**Do you feel like you need support in your career, business or start-up? Do you have a career related issue that you struggle with solving or do you feel like you are searching for inspiration?**

The Shortcut Academy now offers a chance to boost your ambitions and help you towards the right path within their latest programme, **Amplify**.

The Amplify programme includes expert-led sessions and weekend bootcamps that require your active, in-person participation. At these sessions, you will have a chance to network, brainstorm and problem solve together with your peers. Depending on your goals you will be placed in one of three tracks:

- **The Essentials Track:** Our core business-building experience focused exclusively on the Intensive Bootcamps, open to everyone.
- **The Women's Track:** The full Bootcamp experience plus dedicated expert sessions and a peer network for female leaders.
- **The Explorer Track:** A hybrid path for students and young professionals, pairing our entrepreneurship bootcamps with career coaching to help you strategically map your future.

**Whether you are an aspiring entrepreneur, a budding professional, or established in your career, you are welcome to join the Amplify programme.**

[Apply now](#)



## Game Talent Fair Finland

[Game industry conference | 23.04.2026](#)

The leading recruitment event for the games industry in the Nordics, Finland Game Talent Fair, is set to take place on 23 April 2026.

This spring, the event focuses on AI in games, investments and career opportunities. The event offers game

developers and creative professionals a great opportunity to connect with Finland's growing games studios. Organised by Games Factory Talents, the event takes place at Helsinki City Hall.

For more information and registration, visit the event website.

[Read more and sign up here](#)

## Cultural tip: Witches on the street

This upcoming Sunday 29 March you might see children dressed as witches, carrying colourful branches and a basket for candy.

Like trick-or-treating during Halloween, it is tradition on Palm Sunday for children to go door to door, do a short rhyme and give a decorated willow branch in exchange for candy. The custom called “[virpominen](#)” is a mix of an Orthodox, eastern Finnish tradition and western Finnish easter witch traditions with influences from Sweden.

Nowadays the tradition is mostly regarded as a secular practice, with children joining in for the fun costumes and chocolate! It is usually common for apartment buildings to announce whether it is permitted to “virpoa” in the building or alternatively decide with the residents whether “virpominen” is allowed.

If you have children and “virpominen” is permitted in your building, it could be fun to help them with the willow branches and accompany them on their tour. Otherwise, it might be a good idea to reserve some wrapped up candy at home if small witches come knocking on your door!



[Learn more about the traditions](#)

## Final words

We're excited to see many of you in our Coffee Room and Kaverikahvila in just a few weeks. Start thinking about your favourite local places and hobbies and we'll all share and learn together.

With spring arriving, it's the perfect time to discover fun new activities to try out with friends - and perhaps with a little help from allergy medicine, if any seasonal allergies make an appearance!



The Spouse Program

[spouseprogram.fi](http://spouseprogram.fi)



International House Helsinki

[ihelsinki.fi](http://ihelsinki.fi)

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