



Photo credit: Ninni West / Helsinki Partners



Spring has arrived in full force!

Last week's Thursday and Friday you might have noticed crowds of people in high spirits, with many wearing traditional white student caps. They were celebrating May Day, or Vappu as it's known in Finland.

For a lot of people, Vappu marks the return of warmer weather and brighter days after a long winter. For others, it's a major student celebration; you can spot students in the crowds from their colourful overalls with patches sewn in!

Vappu is also an important celebration of the working class, much like other May Day or International Workers' Day traditions from around the world.

Despite its many meanings, Vappu has some beloved traditions that bring people together. It is typical to enjoy 'sima' (a Finnish mead), doughnuts, and 'tippaleipä' (a type of funnel cake). Children often carry large helium balloons, and statues around the city, like Havis Amanda at the Market Square in Helsinki, are "crowned" with student caps.

Don't worry if you missed some of the celebrations - the Vappu spirit fills the streets every spring, and will return once again next year!

Spouse Program activities

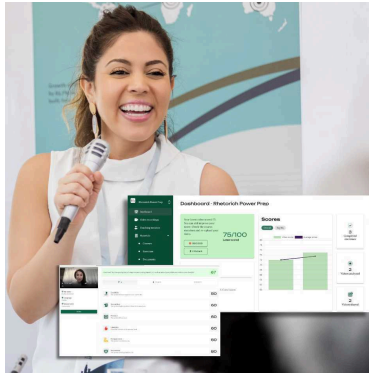
Communications Masterclass: Laughter Logistics

[Career support workshop | 22.5.2026](#)

Learn, laugh, and level up your skills by using humour in communication!

Spouse Program members are warmly welcome to join another workshop in our Communications Masterclass series this month on Friday 22 May.

This time, we'll learn how to use humour as a communications tool - and have fun at the same time! Participants will develop clarity, interpersonal awareness, and learn comedy as a practical discipline in communication.



During the workshop, you will:

- Understand how humour works across cultures and how it influences communication
- Learn techniques for using humour effectively and appropriately in different situations
- Gain tools to reduce tension and increase audience engagement through well-timed humour

Join us for this fun workshop to sharpen your communication skills —

and your sense of humour!

[Learn more and sign up](#)

Meet your facilitator

John Weston has been a teacher, coach, and lecturer for 15 years, specializing in professional and academic speaking and writing. He has a PhD in sociolinguistics — the social and cognitive science of communication and identity — giving him special expertise in how our word choices and styles of communication work together to project not just our intended meaning, but also our personas, ideologies, and values.



John's online workshops have been called "humane" and "nourishing". He has a low-key and supportive one-to-one coaching style, and a love of word play, good-natured sarcasm, and surreal humour. When John gives feedback on the professional speaking and writing of senior leaders and academics, they use words like "insightful", "thoughtful", and "real value added".

International House Helsinki (IHH) activities



Employment Coaching Online Drop-In

If you have a quick question about job seeking, join a **Employment Coaching Online Drop-In session!**

IHH's Employment Coaching offers drop in coaching every Wednesday at 14.00-16.00. To join, prepare one or two job related questions in advance, and wait for your turn in the virtual waiting room.

[Read more on IHH's website](#)

Friend Program Event: SuomiKamu information session

Community activity | 21.05.2026

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.



[Read more](#)



Newcomer Information Session about Housing

[Information about housing | 15.06.202](#)

Looking for a new home?

The upcoming Newcomer Information Session about Housing will share useful information about different housing options and finding a home in the Helsinki region. The session is

intended for newcomers looking for their first rental in Helsinki, as well as those who have been in Finland for longer and are now looking to buy their own home.

This Newcomer Information Session covers important questions you need to consider when renting an apartment in Finland, buying your own home, financing your purchase, what housing company concepts are and much more.

[Sign up!](#)

Other opportunities



Orientation for teachers in early childhood education

Have you completed a degree in Early Childhood Education abroad? Would you like to work as a teacher in a daycare centre in Helsinki?

The City of Helsinki is now hiring eight early childhood educators with a developing level of Finnish (B 1.1) and

with their degree from abroad. The city offers you a five-week free Finnish language course starting on 10 August 2026 at Stadin AO, the Helsinki Vocational College. The course also includes an orientation to the Finnish early education system.

Starting from 14 September 2026, you will begin a fixed-term contract at a daycare centre in Helsinki, where you will also be provided with guidance on how to get your qualifications recognised by the Finnish National Agency for Education.

Consider applying if you already know some Finnish and have an interest to learn more, while beginning your career in education here in Finland! **The**

application period ends 20 May 2026.

[Learn more and apply here \(in Finnish!\)](#)

Orientation for teachers in comprehensive education

Have you completed a higher education degree for teachers abroad? Would you like to get to know the Finnish comprehensive education system through a traineeship as a teaching assistant?



Stadin AO, the Helsinki Vocational College, is organising a course this autumn for teachers with a developing level of Finnish (B 1.1) and with their degree from abroad. The course includes an orientation period of five weeks (10.8.-11.9.2026), where you will learn about the comprehensive education system and professional language in Finnish. Lessons are held for a maximum of five hours, five days a week.

After the orientation you begin a teaching assistant traineeship at a public primary or lower secondary school in Helsinki, which lasts until 11 December 2026. Some of the positions are in classes with students with disabilities and special needs. The participants are required to be motivated to work with students who need extra support.

During the traineeship you will be provided with support in language learning and career support, like getting your qualifications recognised and further studies if needed.

The application period ends on 20 May 2026, apply now! The qualifying applicants will be invited to an information session that includes a language test and interview on 27 May 2026.

[Learn more and apply here \(in Finnish!\)](#)

It's flower watching season!

Late spring rivals autumn as one of the most colourful moments of the year. Everything turns a luscious green and flowers pop up everywhere.

Wood anemones (valkokuokko) have been carpeting the ground for weeks already, joined by cowslips (kevätesikko) and Lucile's glory-of-the-snows (isokevättähti).

There has been many sightings dandelions (voikukka), a big sign of the upcoming summer, and cherry blossoms have arrived too! The cherry trees in Roihuvuori are currently in full bloom, almost a full week before the official Hanami celebration. It might be worth a visit weekend.



There is still plenty more to come. Towards the end of May, many trees will start blossoming, including lilacs (syreeni). If our "extremely professional" estimation is correct, the Rhododendron Park in Haaga will probably be filled with colour by the end of the month as well. It is absolutely worth a visit, a nice chance to enjoy the outdoors while eating some ice cream from one of the many stands at the park!



SPOUSE
PROGRAM

The Spouse Program

spouseprogram.fi



INTERNATIONAL
HOUSE HELSINKI

International House Helsinki

ihelsinki.fi

Facebook
LinkedIn

You have received this newsletter because you have signed up on our website.
For information on how we handle customer data and communications, please see our [privacy policy](#).

[Click here to unsubscribe](#)

POWERED BY

