



Photo credit: Anu Rossi, Helsinki Partners (c) All Day



The “not so dangerous” Midsummer

Summer is here, and so is Midsummer in a week. With this title, we are referencing a famous Finnish book in the title as a celebration of midsummer. Some of you might be familiar with the Moomins, the hippo-like creatures who get into many adventures. One of Tove Jansson’s famous works, “Moominsummer Madness”, is called “Vaarallinen Juhannus” in Finnish, which directly translates into dangerous midsummer. In the book, the Moomins end up in a voyage due to a flood. To find out more, maybe you should rent the book at one of Helsinki’s many libraries?

But unlike in the Moomin valley (or even the thriller movie “Midsommar”) juhannus does not involve any danger and is actually something exciting to look forward to.

In June, you can also look forward to a special walking tour organised by the Spouse Program! Read more about this exciting month in this newsletter.

Spouse Program activities

Photo credit: Svante Gullichsen, Helsinki Partners



Summer walking tour in central Helsinki

Group walking tour | 16.6.2026

The Spouse Program invites you to a special summer activity in the city!

Join us on Tuesday 16 June for a group walking tour that will combine a community gathering, local learning, and outside fun in in central Helsinki.

The Helsinki City Museum will give a group of Spouse Program members a walking tour of **Etu-Töölö**, one of the most picturesque and important residential areas in early 20th century Helsinki.

The tour will focus on the beautiful architecture of classicism found in Töölö, and is a great way to see and explore Helsinki and its history on a deeper level.

The walking tour can host up to a maximum of 25 people. Please only sign up if you will be there, and remember to cancel your registrations if you can't make it!

[Learn more and sign up](#)

The tour will begin from the idyllic Villa Hakasalmi, pictured below.



Photo credit: Yiping Feng and Ling Ouyang, Helsinki Partners

This is the Spouse Program's last activity before our summer break in July. We'll be back starting August 2026 with more exciting opportunities ahead!

International House Helsinki (IHH) activities



Newcomer Information Session about Housing

[Webinar about housing | 15.06.2026](#)

Are you considering buying your own home?

IHH's Newcomer Information Session about Housing will provide you useful information about different housing options. The session is intended those who have been in Finland for longer and are now looking to buy their own home, as well as newcomers.

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.

[Read more and sign up](#)

Friend Program activities over the summer

Looking for things to do over the summer?

While summer is usually pretty quiet in Finland and the Helsinki region, there are still events happening! The Friend Program organises activities free of charge over the holiday period. You can sign up, for instance, on a [tour of Suomenlinna](#).



[Keep an eye on IHH's event page](#)

Photo credit: Unto Rautio, Helsinki Partners



Juhannus, or Midsummer, in Finland

Traditional public holiday | Midsummer eve, 19.6.2026 | Midsummer day, 20.6.2026

Juhannus, or Midsummer, is one of Finland's most important celebrations.

Held around the longest day of the year in late June, Juhannus is a public holiday that marks the start of summer. It is a wonderful opportunity to experience Finnish summer traditions and the country's connection to nature.

Most people celebrate Juhannus together with a group of friends or family. Many Finns leave the cities for lake swimming and warm saunas in summer cottages. As a result, cities can feel unusually quiet during Juhannus, but you'll still see people enjoying summer life outside, and usually by the seaside or a lake.

You can enjoy the long and bright evenings outside, for example by having a picnic and sunbathing on the sea shores like many Finns do, or you can attend a local celebration such as the annual Midsummer bonfire in Seurasaari.

However you spend it, Juhannus is a uniquely Finnish experience!

[Check out midsummer events in Helsinki](#)

Things you can do for Juhannus



Picnic outside

There is almost nothing better about Finnish summer than a nice picnic! You can go all out and prepare something more elaborate, like sandwiches, pastries or different summery berries and fruits.

But it is important to remember that a picnic can be created from more simple ingredients. Sometimes all you need is a nice park, a quilt, a bag of crisps, a summery drink and good company!

[Check out some nice picnic spots in Helsinki](#)

Seurasaari bonfire

Something traditional during juhannus is to burn a juhannuskokko, which is basically a large bonfire. Kokko's are most commonly lit by the beach of a lake, therefore they are more common in eastern and inner Finland. They are also usually burnt at summer cottages, but this year you can see a midsummer bonfires at least in Seurasaari, if there is no warning for forest fires!



[Read more about Seurasaari midsummer bonfires](#)

Midsummer dances, juhannustanssit

Midsummer dances, or juhannustanssit in Finnish, are also a traditional way to celebrate. From our experiences, many older Finnish grandparents have met at these dances. Unfortunately, the most traditional dances can be difficult to come across in the Helsinki region, but there are certainly some festivities happening here as well.



[Learn more about juhannus](#)

Midsummer magic

You can also channel your inner witch or wizard during midsummer. There are several spells that can only be done during juhannus, such as the most common one, where you stick seven flowers under your pillow which will summon your future spouse to your dreams. Or you can look into a lake, well or spring to see an image of your future spouse. OR! Or you can sleep with your left sock inside out to dream of your future spouse...



Well, many of these spells seem to revolve around finding a future spouse, maybe not the most relevant kind of magic for you. The good news is, maybe you can come up with your own spells? In any case, the light night is pretty magical in itself, maybe no more magic is needed during juhannus!

Traditional Midsummer foods in Finland



New potatoes and pickled herring

New potatoes, also known as summer potatoes, are small, tender and thin-skinned. They are a delicacy available only during summer, and are a Nordic treat often paired with dill and pickled herring. Don't forget to eat them with a generous serving of butter!

[Read more \(#7 on list\)](#)



Grilled foods

Finns love grilling food in summer. You can grill many kinds of foods, such as vegetable skewers, corn, halloumi, mushrooms - and of course, sausages (try Finland's local veggie sausages, they're fantastic!). There are even many "grillipaikat", or public grilling spots, in nature areas around Helsinki.

[Helsinki grilling spots](#)



"Muurin pohjalettu" or Finnish pancakes / crepes

Moving into desserts, a very traditional one is "muurin pohjalettu". Fantastic paired with jam and whipped cream, some eat them with just sugar. Best prepared over an open fire, but normal "lettus" can be made at home on a basic frying pan.

[Here's a recipe in English](#)



Rhubarb pie

Rhubarbs are still in season. Useful for many things, but you cannot go wrong with a classic rhubarb pie. Best served with vanilla cream.

Other things you can make is rhubarb jam, juice or "kiisseli", another traditionally Nordic dessert.

[Recipe for raparperipiirakka](#)

Quick notice about a couple of changes

The City of Helsinki has updated the Spouse Program's privacy policy to unify it with other services for international newcomers. No significant changes were made to the Spouse Program service. [You can read the new privacy policy here.](#)

As part of these changes, the Spouse Program will also switch our newsletter platform over the summer break. Starting with our next newsletter in August, you may notice some visual changes, but all of our content will stay the same.

If you'd like to keep receiving this newsletter, there's nothing you need to do!

If you're not happy with the updated Privacy Policy and no longer wish to receive this newsletter, please unsubscribe using the link below by 30 June 2026.

Enjoy your summer!

Like every year, the Spouse Program will be on summer break over July.

There won't be a newsletter for July 2026. We'll be back with our next newsletter around mid-August.

Until then, have a wonderful and active summer!



The Spouse Program

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