



WELCOME TO THE
good life



Helsinki

Helsinki is a place like no other. Unpolished, yet completely modern and Nordic. And that's the way we like it. It means everyone's free to be themselves without preconceptions, and you're a part of making this city one that reflects our values.

Our idea of a lively city is not just urban hustle and bustle. It's something you can truly connect with – endless strips of calming seashore, untamed nature, ice swimming in the city center, spontaneous pop-up culture, and ad hoc parties under bridges.

So, that's a good life in Helsinki. Sometimes unexpected, a tad unconventional, and always welcome. As are you.



Helsinki



WORK AND LIVE in Helsinki

Did you know Helsinki has one of the best work-life balances worldwide?

In Helsinki, we don't burn the candle at both ends. The compact size of the city, reasonable working hours and support for families ensure that you can spend time with your loved ones, be creative, and find your passion – be truly you.

39.4 hrs.

Average weekly work time

360 working days

Duration of paid parental leave

29 min.

Average daily commute to work

The international Work-Life Balance Index named Helsinki the third best city for work-life balance in the world in 2022.



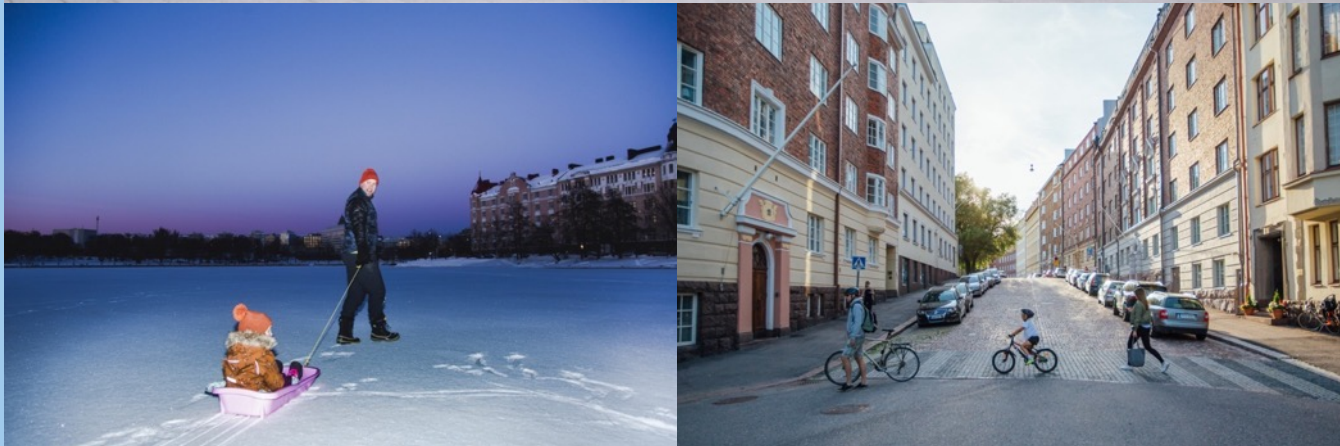


Why exactly is it so easy to live here?

Compared to the world's biggest cities, Helsinki is human-sized, but still full of urban buzz. The highly functional society and infrastructure make it one of the easiest and safest places to live. Helsinki has 13 diverse neighbourhoods, each with their unique local vibe and experiences. And you don't need a car to do it all. An excellent and reliable [public transport system](#) will have you exploring like a local.

[Helsinki has 26 popular sledding hills](#)

(And many more to discover for yourself)



Check out:
[36 reasons to live in Helsinki](#)

Yes, we call our bosses by their first names

Finnish people respect work, and, as you may have heard, we're quite punctual. Meetings start on time, but of course, it's OK to be late sometimes – happens to us all. We just love efficiency, partly because we want to leave when the workday ends and tend to avoid overworking if it isn't necessary.

Low hierarchy

We use first names when speaking to our colleagues, no matter what status they have. So that Heidi, Susan or Pekka could just as well be the CEO or a regular employee.

Straight to the point

In meetings, we like to get straight to the point and skip the sugarcoating. We may sound blunt at times, but you can put that on our love of efficiency.

We mean what we say

There's no need to read between the lines because Finns mean what they say. When we make promises, you can expect us to keep them.

Silence is not a threat

Don't hesitate to pipe in if you have something to add. But if there's a moment of silence during the conversation it's generally nothing to worry about.

4 – 5 cups in a day



People in Finland love coffee, and Helsinki citizens are no exception.



A photograph of two people standing on a large, dark rock in the foreground, looking out over a vast, lush green forested valley. The person on the left is a Black man with short dreadlocks, wearing a dark t-shirt and blue jeans. The person on the right is a white man with short brown hair and glasses, wearing a striped t-shirt and blue jeans. Both are wearing backpacks. The background is filled with dense green trees and a few houses visible in the distance under a bright, cloudy sky. The text "FREE YOUR curious mind" is overlaid in the center in a large, white, sans-serif font.

FREE YOUR
curious mind

Don't miss out on all the cool things

Although it's tucked way up north, Helsinki is bursting with culture, design and arts. Distinctive neighbourhoods offer local specialties – from public saunas to the [hottest new restaurants](#). Multiple events, concerts and exhibitions are on offer all throughout the year. The work of some of the most famous Nordic designers is on display all over the city, and in terms of neoclassical architecture, Helsinki is practically a living open-air exhibition.

[Helsinki combines the peace of nature and urban buzz](#)



Learn how to connect with nature all around you

Helsinki is one of the few capital cities in the world where real nature can be experienced in the middle of the city and all around it. Helsinki breathes the sea with 130 km of shoreline and the city area includes around 300 islands, many reachable by bridges and ferries. Helsinki feeds both sides of your brain. It's a unique combination of quirky urbanity and peaceful nature that offers silence and space to feel more, hear more and experience more.

[Want to do some island hopping?](#)



What's your favourite Helsinki island?



Some quick
links to dive
deeper into
the city



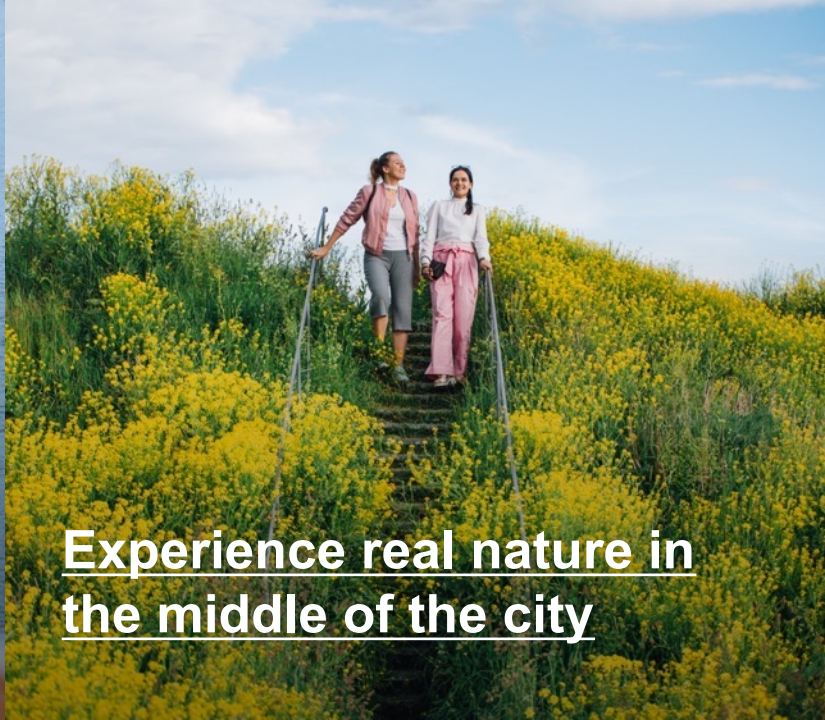
10 ways to enjoy
maritime Helsinki



Events in Helsinki



Top 15 sights
in Helsinki



Experience real nature in
the middle of the city



The clubbers guide
to Helsinki

SETTLING in Helsinki



Family benefits

Helsinki works for the whole family. 360 days paid parental leave, a free baby box full of necessities for every baby born in Helsinki, as well as an affordable daycare system all add to the well-being of both children and parents.



Employee benefits

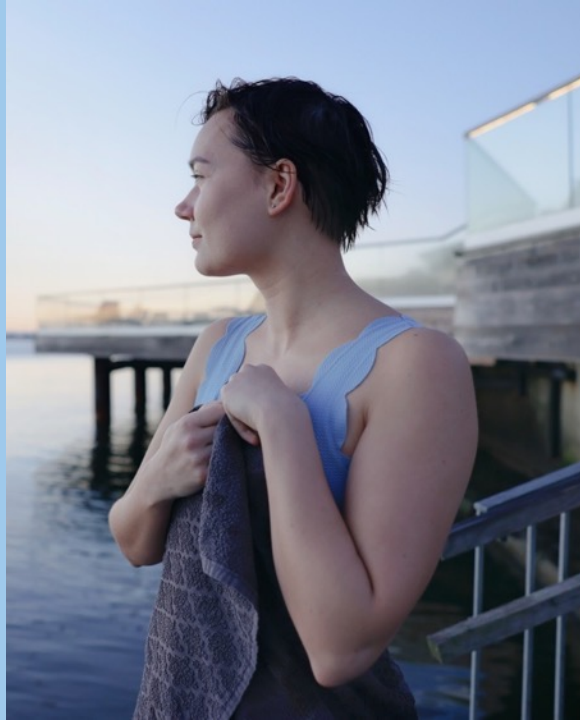
All permanent residents in Helsinki are covered under the National Health Care Insurance scheme. Paid vacation of four weeks is considered the standard and working hours are flexible. Many employers offer extra perks such as meal benefits, gym memberships and private pension plans.

Helsinki can make you better in so many ways



Universal healthcare

In Helsinki, accessing healthcare is quick and convenient for everyone. Maternity and child health clinics support families in pregnancy, parenting and child health.



Helsinki has some of **the cleanest air in the world**, and you can drink fresh water straight from the tap.

Here are just a few of them to think about



In Helsinki, you can have stress-free mornings. The average commute to work is **29 minutes**.

Free education

University education in Finland is entirely state-funded. Degrees taught in Finnish/Swedish are free for everyone and English-taught degrees are tuition-free for students coming from EU/EEA countries. Basic education from grades 1 to 9 is free for everyone.



Big and small in the same city

Helsinki is compact in size, but still has the urban buzz of a metropolis. Helsinki is practically a walking city with a smooth public transport system (also with a baby buggy or wheelchair).



Eco-conscious society

Ecological thinking is strongly present in everyday life in Helsinki. An extensive recycling system and ambitious climate aims make Helsinki a model city for sustainable development.



Check out these tips for moving to Helsinki

70%

of Finnish people speak English well enough to have a good conversation.

Housing

In Helsinki, it's rather easy to find a comfortable and affordable place to live. There are many options from [rental housing](#) to owning a home. High-quality local schools, services and public transport are available everywhere.



Weather

With four seasons, Helsinki has a lot of activities all year around. Summer is full of festivals and other events. Autumn is a great time for hiking and walking in forests filled with mushrooms and berries. [In winter you can go skiing, ice skating or sledding.](#)



Language

Finland has two official languages, Finnish and Swedish. [English is widely spoken](#) and it's typical for Finns to be fluent in one or two foreign languages. In many international companies, the work language is English.



We can't wait to have you in Helsinki!

Some useful words to learn in Finnish:

Hei

Hello

Kiitos

Thank you

Yksi, kaksi, kolme

One, two, three

Sisu

A specific Finnish word for having a lot of guts or resilience

Sauna

The only Finnish word known internationally

Stadi

A local nickname for Helsinki, especially for the downtown area

How to navigate as a newcomer

