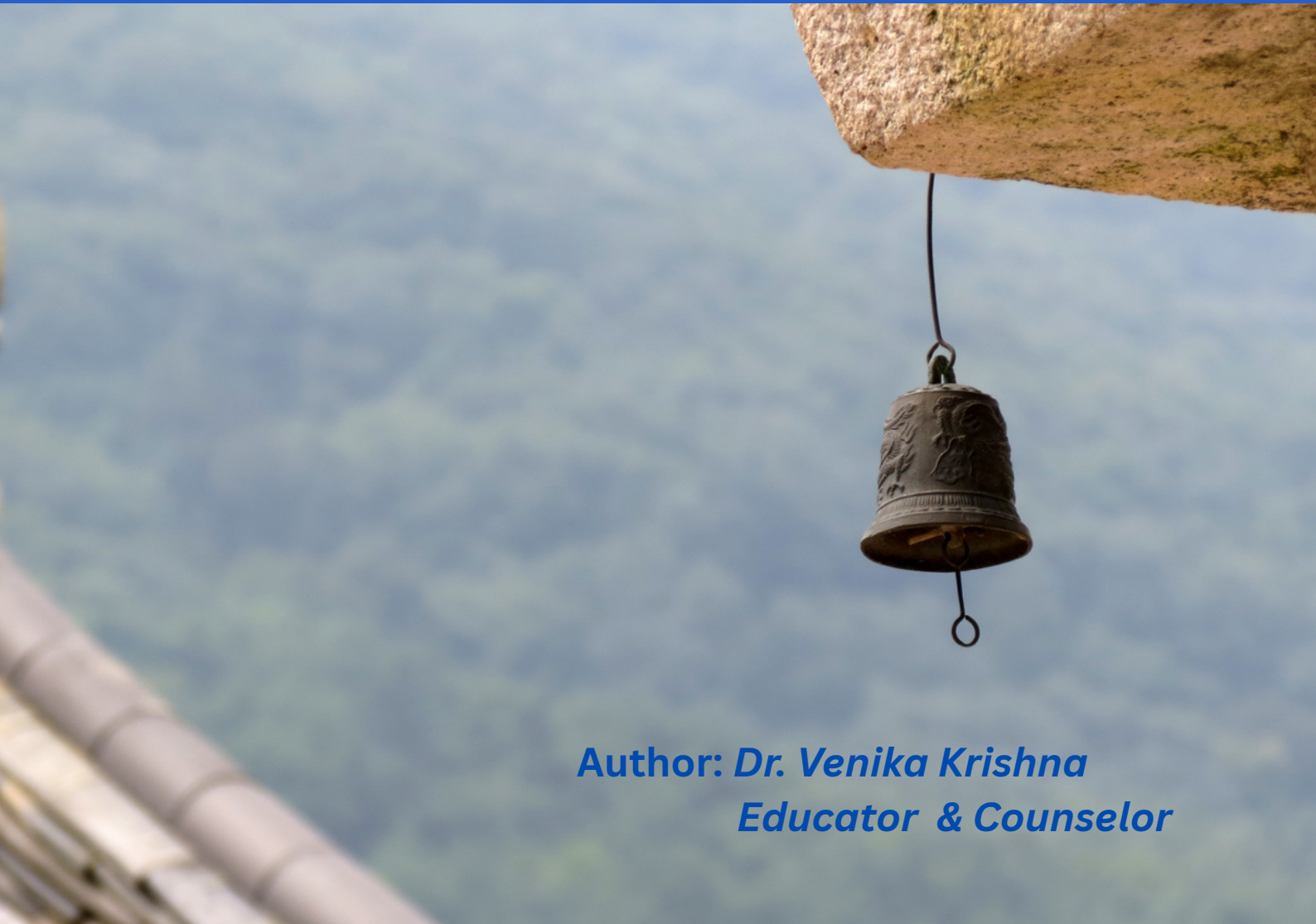


PROPOSAL BY:
COUNSELING SOULS OÜ



*Author: Dr. Venika Krishna
Educator & Counselor*

**BUILDING REFUGEE INTEGRATION, DIGNITY &
EMPOWERMENT
(BRIDGE EESTI)**

A COUNSELING SOULS INITIATIVE

ASUNDUSE 6, TALLINN,
ESTONIA. 11416

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OBJECTIVES

- To provide **educational and personal- social support** to refugees families, particularly children aged 6- 20 years old and women.
- To promote cross- cultural understanding and reduce social exclusion.

KEY ACTIVITIES

Educational Support

- in **Mathematics** (basic or advanced level) and **English as a foreign language** – aligned with the CEFR framework(B1- B2 level) and Estonian national curriculum to support integration into local schools.
- **IELTS preparation** for older students aiming for higher education or international opportunities.

Personal–Social Support

- **Counseling sessions** and assistance including behavioral difficulties, study management, abuse, addiction concerns, family and relationship issues and career-related uncertainty.
- Individualized support for children showing low engagement or **at risk of dropping out early from education & training**, with tailored learning plans and mentorship.

Additional Activities

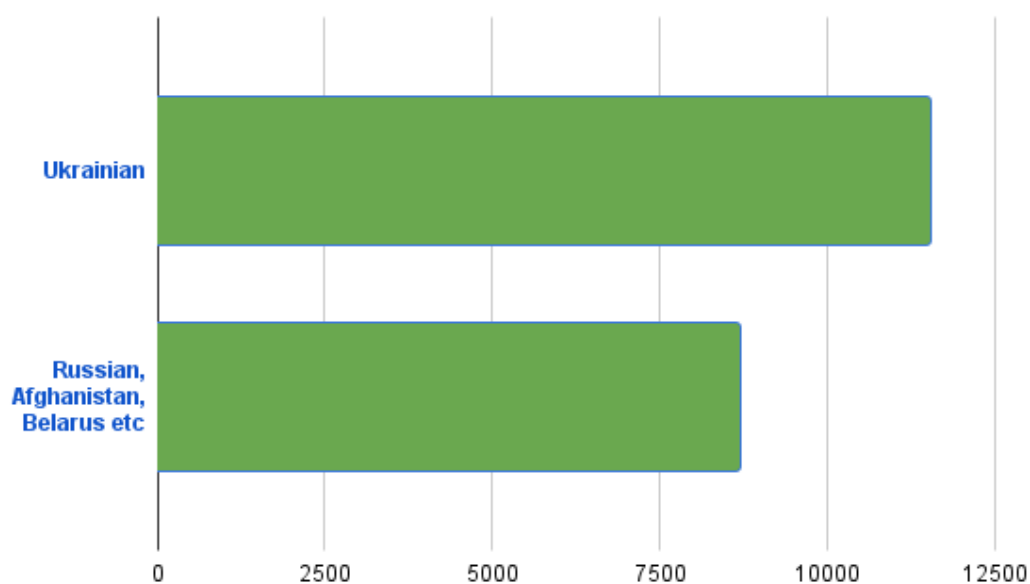
- Hosting paid **workshops/ talks** aimed at raising awareness and fostering sensitivity on key social issues such as domestic violence and mental well-being.
- Collaborating with schools to provide extra educational and personal- social support to low- performing students, with migrant background.

Target Beneficiaries

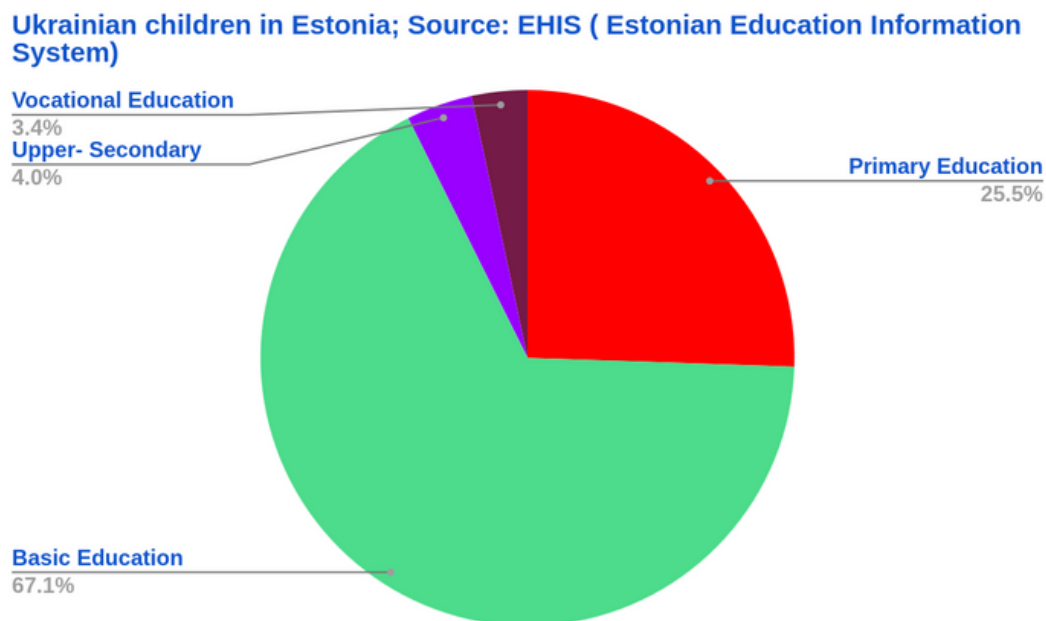
Refugee and subsidiary protection status holding families, particularly their children.

According to Statistics Estonia, as of January 2024, a total of **20,209 people immigrated to Estonia** with 57% of all immigrants were from Ukraine while remaining were from other countries.

Migrants in Estonia



As of January 2024, 4095 young people from Ukraine are registered in the Estonian Education Information System (EHIS).



Refugees, particularly children, in Estonia face a multitude of challenges including

- trauma from displacement,
- difficulties with social integration,
- language barriers,
- **navigating a new education system**
- and risk of exploitation.

So, approximately **4000 refugee children in Estonia are our potential beneficiaries.**

Expected Outcomes

- **Smooth transition** into Estonian education system.
- Greater **intercultural understanding** between communities from across borders, fostering empathy, inclusion, and overall well- being.

Budget & Grant Utilization (€ 24100 Estimated Budget)- for supporting 5 individuals (August 2025- May 2026)

Category	Description	Estimated Cost
Educational Support for 5 individuals	Two classes per week @ 30 Euros per hour	30x 2x 4x 5x 10= 12000 Euros
Personal- social Support	Two sessions per week @30 Euros per hour	30x 2x 4x 5x 10= 12000 Euros
Miscellaneous	100	100 Euros
Total for 5 individuals	For 10 months (August 2025- May 2026)	24100 Euros
Total for 5 individuals	For one month	1200+ 1200+ 10= 2410 Euros
Total for 1 individual	For 10 months	2400 Euros
Total for 1 individual	For one month	240 Euros

BRIDGE Eesti has already supported one refugee family and is currently assisting two children with educational and personal- social guidance.

How Project “*BRIDGE Eesti*” Supports Estonia ?

- Offers **personalized educational support** in Mathematics (basic or advanced level) and English as a foreign language, based on the Estonian national curriculum to refugee children, **easing transition into Estonian schools** and institutions.
- Provides **proactive intervention** to reduce the **risk of leaving education early, mental health issues or radicalization** among refugee youth through structured mentorship.
- **Sensitization** around issues like diversity, domestic violence, and mental well-being.
- Encourages volunteering and civic participation across cultures, including the Indian diaspora.
- Strengthens **Estonia’s image** as a humane, inclusive, and globally responsible society.

How Project “*BRIDGE Eesti*” Strengthens Estonia–India Relations ?

- The initiative reflects the shared values of compassion, inclusion, and social responsibility embraced by both Estonia and India.
- An initiative led by a company “**Counseling Souls**” **founded by a member of the Indian diaspora** highlights meaningful India’s contribution to Estonia’s social fabric and community well-being.
- Demonstrates India’s soft power and commitment to global well-being through meaningful, local action.
- India seen as a collaborative partner to Estonia in social integration.

Alignment with Indian Values

Project “**BRIDGE Eesti**” echoes India’s values of **वसुधैव कुटुम्बकम् - Vasudhaiva Kutumbakam** (The world is one family) by extending compassion and solidarity across borders. Bharat being a secular nation, is a unique example of unity in diversity and has always been committed to human dignity and peace-building.

BRIDGE Eesti is a humble contribution to these values- aimed at fostering global harmony. The project also honours the true spirit of Indian diaspora, reflecting through following quotes:

“ Our diaspora can play a major role in furthering the country’ s bond with the world.”

“ The world is seeing India with a ray of hope & our diaspora can play a crucial role in further spreading it. Wherever they go, they think and act towards benefit of the society.”

- Mr. Narendra Modi, Prime Minister of India

How Project “**BRIDGE Eesti**” Contributes Globally ?

- **Addresses global migration challenges** with a focus on human dignity, education, and empowerment.
- **Contributes to the UN Sustainable Development Goals (SDGs)**—especially SDG 3 (Good Health & Well- Being), SDG 4 – Quality Education, SDG 10 (Reduced Inequalities), SDG 16 (Peace, Justice, and Strong Institutions) and SDG 17 – Partnerships for the Goals.
- Provides early intervention to reduce risks of radicalization, particularly among refugee youth who may be vulnerable due to trauma, exclusion, or identity loss.
- **Demonstrates the power of diaspora**-supported initiatives in global humanitarian response.

Counseling Souls OÜ, and it's mission

Counseling Souls was born during the pandemic times in India, and was subsequently registered in 2023 in Tallinn, Estonia with a mission of **“no person should be left behind in the fight against mental health problems”**.

The project “BRIDGE Eesti” is a natural extension of this mission.



About Founder- Dr. Venika Krishna

As an Educator, International Counselor and a Career Guidance worker, her journey began in India and extended across Europe exemplifying her commitment to foster mental well-being and career development in diverse cultural contexts, globally- **A calling of her life.**

International experience

- **Eduson Kool, MTÜ Edu Valem, Estonia, Europe** – Worked with Russian-speaking students in Estonia, contributing to the national transition initiative of moving Russian-medium schools to Estonian language instruction.
- **HZ University of Applied Sciences, Netherlands, Europe-** Worked on the project "Cultivating a Global Community: Fostering International Student Well-being and Academic Success at HZ"
- **KiNESIS(KNowledgE alliance for Social Innovation in Shrinking villages), Netherlands-** Worked on the project “Navigating Zeeland’ s Exodus: Understanding Youth migration & Interventions”
- **Counseling Souls OÜ , Tallinn, Estonia-** Provides educational support in Math, Science and English. Also, conducts counseling sessions addressing personal-social, educational, and career concerns.
- **Hindu College, University of Delhi, New Delhi, India-** Assisted students in overcoming personal- social and career challenges through individualized, family, and group counseling sessions.
- Provides free counseling sessions for Ukrainian women affected by war.

To know more about her work, kindly refer to:

LinkedIn: www.linkedin.com/in/dr-venika-krishna

Why “*BRIDGE Eesti*” ?

Migrating to a new country is never easy- especially when it is not by choice. War, economic hardships, any kind of abuse are few reasons that compel families to take refuge in another country, leaving behind everything they had built over years. This transition is filled with chaos, anxiety and with uncertainty looming over heads all the time.

Among those most deeply affected are children. Uprooted from their homes, they suddenly find themselves separated from two of the most stable parts of their lives: their school and their friends. This may give rise to tremendous disruption and emotional disorientation that can make it difficult for them to adapt to a new environment.

We all know making friends is not easy. Similarly, adapting to a new school has its own problems. The pressure to perform academically while silently struggling with adjustment can often manifest in behavioral and emotional challenges.

*As a migrant herself who has experienced similar uncertainty and emotional upheaval Dr. Krishna deeply relate to the challenges refugees face. **Through this project, she aims to offer the kind of support she once needed: personalized educational assistance and compassionate person- social guidance.***

The goal is to help refugee families and children navigate the transitional phase and gradually build confidence, stability and a sense of belonging in the new country, school and life.

Call for support for “**BRIDGE Eesti**” !

- The project had **already supported one refugee family** in their transition and adjustment journey.
- Currently, providing personalized educational and personal- social **support to two children aged 13- 16 years.**

To continue and expand this initiative, we are currently seeking financial support and strategic partnerships.

For the period August 2025 to May 2026, the project *aims to support 5 individuals* through personalized educational assistance, personal- social counseling, and cultural integration activities.

The estimated budget for this phase is €24,100, which will be utilized for:

- Tutor and counselor honorariums
- Educational materials and learning tools
- Community outreach

(Kindly refer to page 5 for detailed break-up)

Your support can help build a sustainable, scalable model for refugee integration. Together, we can empower vulnerable individuals, promote intercultural understanding, and reduce the risks of marginalization or radicalization among displaced youth.

This is not just a support project- it's a step toward creating a more compassionate and inclusive society.

*Thank you for taking out time to go through the project proposal “**BRIDGE Eesti**”. For further information, kindly contact:*

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