



Erasmus+



# READY...GO PROJECT FIRST MEETING

**CYPRUS PRISON DEPARTMENT**

**Bordeaux Meeting - November 28 to 30,  
2016**



Cyprus( Kypros, Cipros ) known officially as the Republic of Cyprus is the third largest island in the Mediterranean see, after the Italian islands of Sicily and Sardinia



# Facts and Figures



- **Official Name : Republic of Cyprus**
  - **Capital : Nicosia**
  - **Population : 862,000 (2011) at the free territory of the republic**
  - **Languages : Greek**
  - **Religion : Christian Orthodox : 99 percent, Other : 1 percent**
  - **Government : Presidential Republic**
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- **President: Mr. Nicos Anastasiades**
  - **Voting : Universal at age 18**
  - **Largest Cities:**
  - **Nicosia (336,000)**
  - **Limassol (241,000)**
  - **Larnaca (146,000)**



# About our Prison....



- The Nicosia central prison was built by the British in 1894.
- At first it was a place of detention for those sentenced by the court to imprisonment and also as a place of temporary detention for persons under trial.
- It is known for the “Imprisoned Graves” where 13 EOKA freedom fighters were imprisoned and executed.
- In 1960 Cyprus became an independent state.



# What we Represent?

- There is only one Prison in Cyprus.
- It is under the jurisdiction of the Ministry of Justice and Public Order.
- For both remand (arrested) and sentenced offenders, men & women from the age of 16 and older.
- The capacity of the prison is 528 inmates although the last few years it has been overcrowded. Presently we have 664 inmates.



# What we Represent?

- It is divided in 3 sections:
- i. The Closed Prison (the area within the walls), where detainees live, work and move under high security measures.
- ii. The Open Prison (the area outside the walls but within the prison area) where detainees live, work and move under lower security measures.
- iii. The Centre of Guidance and Out-of-Prison Employment which includes housing for prisoners that work in the free market but return to the prison after work. Semi freedom conditions prevail in these areas.



# Our Mission...

- The secure detention of individuals sent to prison from the courts.
- Respect of human dignity.
- Equal treatment of detainees without any unfavourable discrimination of race, colour, sex, language, nation, social origin or convictions.
- Providing education, creative entertainment, health and mental health services for the encouragement of self-esteem, being responsible for their actions, their linear reintegration to the society and change of delinquent behaviour.
- Social reintegration.



# Our Philosophy...

- New administration changes the philosophy of the prison system.
- We use the humanistic model.
- The society punish the inmate.
- The Administration reforms the prison system, establishes procedures and process.





# Prison Services

- Medical Services.
- Mental Health Services (Psychiatrist, psychologists, occupational therapists, mental health nurses).
- Social Welfare Services
- Education.
- Workshops.
- Physical education
- Other activities (dance, Theatre, music band, singing Groups)





# According to the prison law...

- Programs such as physical education, fitness, artistic gymnastics and treatments, inside and outside of the prison must be implemented by specialized staff.
- Each inmate has the right to participate in any of the physical education, fitness, artistic gymnastics and treatments programs in which the age, the physical, the natural and emotional condition of the permit him or her to participate.



# What steps we did.....

- New administration of Cyprus Prisons Department cooperates with the Cyprus Sport Organization (K.O.A) and other associations and create different sports programs for inmates. We have 6 gym centers.
- Several instructors come every day to the prison to all blocks for the physical education of the inmates.



# Sports Facilities for Inmates

- Football Field (one)
- Fitness center (six)
- Basketball courts (six)
- Volleyball courts (Four)
- Multipurpose Hall (two)



# Sports Facilities for Inmates



- Table Tennis (in all units)
- Table football (in all units)
- Badminton





# Fitness Programs

- Les Mills programs (body combat)
- Fitness program for empowerment
- Yoka
- Aerobics
- Zumba



# Teams

- Football team
- Basketball team
- Volley ball team



# Accessibility to physical and sports activities



- .Some of the activities are following weekend program. (football team).
- .Different sport program's for different units. (Yoka, Body combat, Zumba).





# Sport in prison / Opportunities



- All inmates have the opportunity to participate in the activities.
- All professional staff leads and coordinates the inmates, especially in gym centers.





# Sport in prison / Recourses

- Some of the sport programs have approved budget from the Ministry.
- Other sport programs operate on a voluntary basis by experts.
- Other sport programs don't need budget.



# Training of sport staff

- Professionals
- Volunteers
- Prison Staff (certificat





# Formal physical and sports activities

- Fitness program for empowerment, clamping.
- Professional football team
- Professional taekwondo team
- Basketball team
- Zumba
- Yoka



# Non-Formal and informal - physical and sports activities



- Les Mills programs (body combat)
- Aerobics
- Badminton
- Table tennis
- Table football



# Non-Formal and informal - physical and sports activities



- Football
- Basketball
- Volley ball
- Gym





# How we plans our sports activities

- .Questioners
- .Discussions
- .Signing cooperation memoranda



# Gender

- Male (several units).
- Female - 48 inmates (one unit).
- Young Inmates – 16 inmates (one unit).







# Age...

- The average age of arrest inmates is 36 years old.
- The average age of the inmates who have 2 years sentences and above is 40 years old.
- The average age of the inmates who have from 1 month until 2 years sentences is 37 years old.

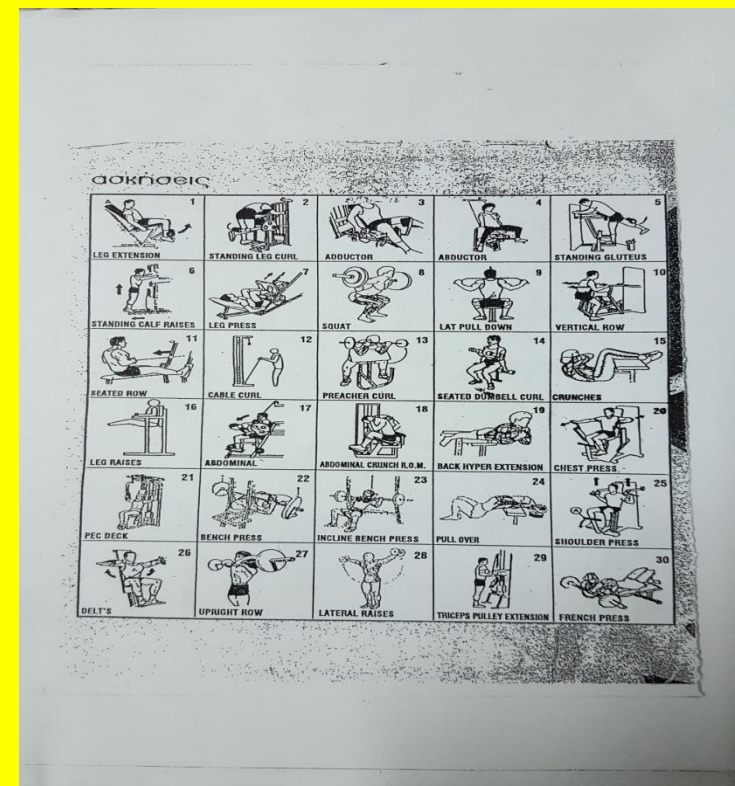
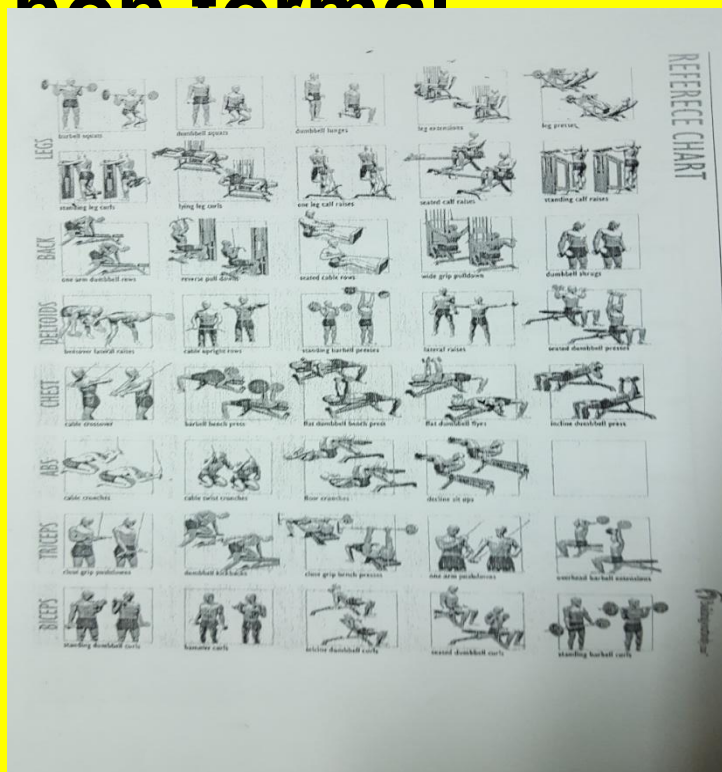
# Type of sentences

- .Drugs**
- .Offences against property**
- .Stealing**
- .Robbery**
- .Sexual Offence**



# Good practice

• All sports programs can be a good practice for the other inmates formal and non formal







# Policy recommendations

- Sport in prisons work as correctional methods for inmates.
- Developing teamwork.
- Development of communication.
- Reduction of racism among the detainees.
- Strengthening self-confidence.
- Strengthening of self-awareness.
- Preparing inmates for their reintegration

# Policy recommendations

- Healthy mind in a healthy body.
- Helps the inmates to stay away from drug.
- Helps the inmates to think creatively.
- They learn to respect their opponents.
- Development of cooperation.



# Inspiring practices

- Soccer tournament between the units.
- Soccer tournament between teams from the free society.
- Basketball tournament between the units.
- Table tennis between the units.



# Sport for staff

- Football team (events).
- Basketball team (championships).
- Gym center (in progress).
- Road groups.





# Our Expectations from the Project (Positive)



- Through this project we expect to learn and teach our fellow colleagues on new and helpful materials and tools.
- What systems and methods they use for sports.
- Their training methods for the excluded groups.
- New methods in formal and Informal for sports.

# Our Expectations from the Project (Negative)



- The co-operation of the offenders in achieving certain goals.
- The reluctance of external partners to engage in the project.
- Multiculturalism at the prison is a fact that may complicate the project.
- Lack of cooperation between partners.
- Lack of communications between partners.

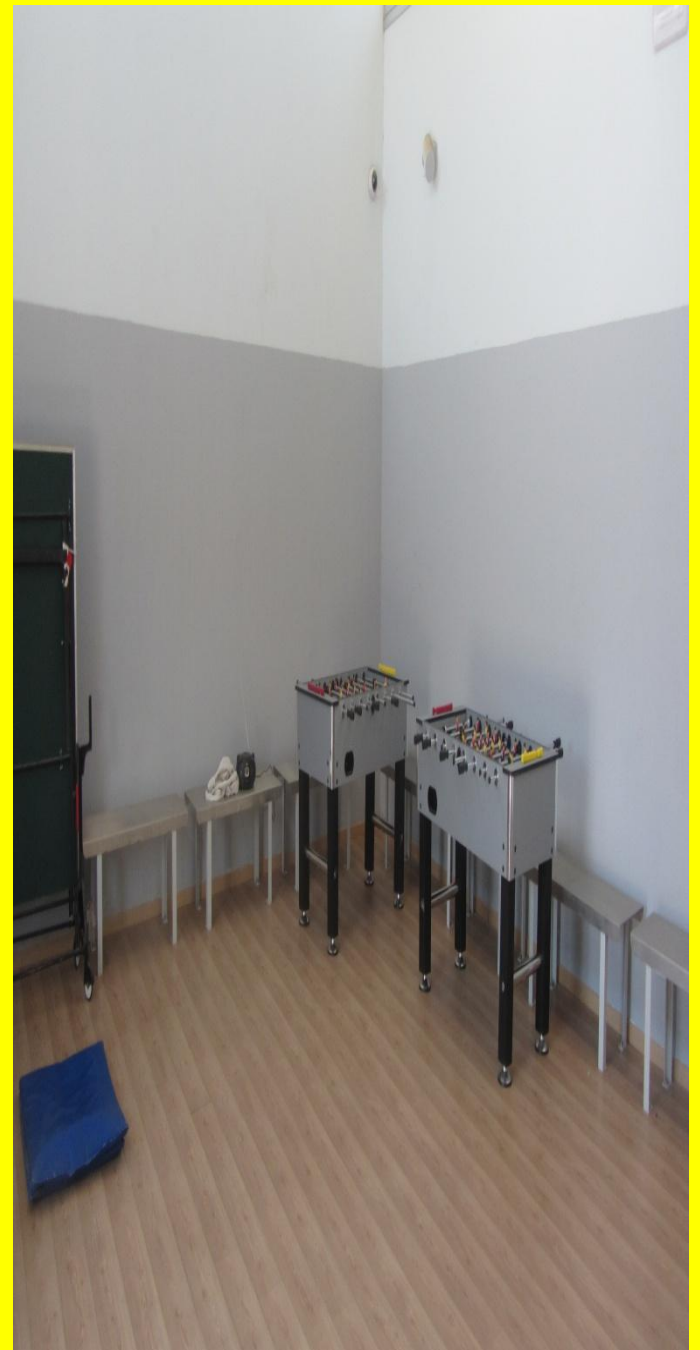
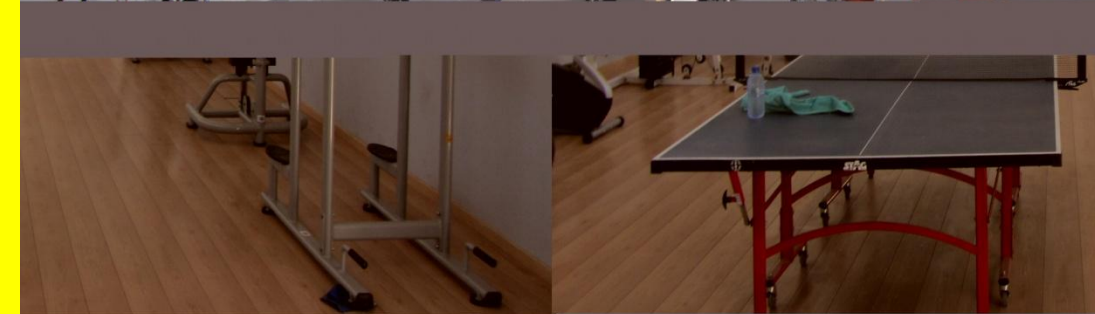
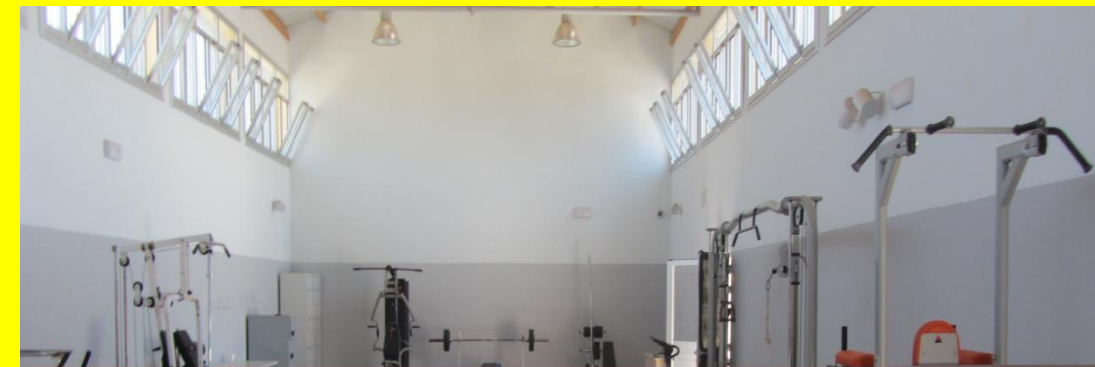
# Our Contribution about the Project



- Achievement the goals of the project.
- Smooth Cooperation and communication between partners.
- Proper preparation and organization of the partners.
- Discussion and exchange of methods and practices used by cooling in relation to the program objectives.
- Creation of new programs









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**Thank you  
for your attention**

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