

Wolfram Jarosch

Conditions of detention of my child Maja T.

I am Maja's father. My child describes herself as non-binary. I will therefore refrain from using pronouns (he/she) in the following.

Maja was extradited to Hungary on 28 June 2014 and has been in custody there ever since. Currently in Fövàrosi Bùntetésvégrehajtàsi Intézet prison, Nagy Ignac utca 5-11, 1055 Budapest.

Maja was extradited despite a temporary injunction from the Federal Constitutional Court. From day one, Maja's prison conditions have blatantly violated the European Convention on Human Rights, the European Prison Rules and the UN Recommendation on the Minimum Standards for the Humane Treatment of Prisoners. Hungary has assured compliance with these rules in general, but also specifically through a declaration of guarantee from the National Prison Command, which was sent to the Berlin Court of Appeal by a note verbale dated 29 April 2024 from the Ministry of Justice of the Republic of Hungary.

I will provide detailed evidence of the following offences in this dossier:

- Maja has been held for over 10 weeks in unfounded and indefinite long-term solitary confinement for almost 24 hours a day. This is tantamount to torture or other cruel, inhuman or degrading treatment or punishment.
- Maja is humiliated by daily unjustified procedures such as complete undressing, wearing handcuffs and 24-hour video surveillance.
- Maja is not allowed to take part in any activities. Even going out into the courtyard was repeatedly refused. Visits from relatives are hindered.
- Documents are not translated. Interviews take place without a lawyer.
- Medical care is inadequate. Repeated exposure to insecticides causes bodily harm.
- The food is inadequate and there are only two meals a day.

For each point, I will first quote extracts from the **European Prison Rules (EPR)** and/or the **Nelson Mandela Rules (NMR)** and then contrast them with the actual conditions of Maja's detention.

SOLITARY CONFINEMENT

- LONG-TERM SOLITARY CONFINEMENT

Rule 43 of the Nelson Mandela Rules (NMR)

Restrictions shall in no circumstances (...) amount to torture or other cruel, inhuman or degrading treatment or punishment. In particular, the following practices are prohibited: a) indefinite solitary confinement; b) long-term solitary confinement

Rule 44 NMR

For the purposes of these rules, solitary confinement means the segregation of a prisoner for at least 22 hours per day without any real interpersonal contact. Long-term solitary confinement means solitary confinement for more than 15 consecutive days.

Maja has been in long-term solitary confinement since 28 June 2014 (i.e. for well over 15 days), not just for 22 hours a day, but for most of 24 hours a day.

- LACK OF HUMAN CONTACT

Rule 53A European Prison Rules (EPR)

The following provisions (...) shall apply to the separation of a prisoner from other prisoners (...): a. Separated prisoners shall be offered at least two hours of meaningful human contact per day; (...). f. The longer a prisoner is separated from other prisoners, the more measures shall be taken to mitigate the negative effects of separation by maximising contact with other prisoners and providing them with facilities and activities; (...). h. Separated prisoners shall be visited daily, including by the head of the prison or a staff member acting on behalf of the head of the prison."

Maja writes: "I meet my lawyer and family members who visit me in a small room separated by a window. We talk on the phone and I have no physical contact with anyone. I'm allowed to talk on the phone for 80 minutes a week and have visitors for 120 minutes a month. Outside of the phone calls, I talk maybe 10 words a day and spend my time with books and myself alone. (...)

Between 10am and 12pm there is a second check almost every day (Mondays-Fridays), often accompanied by "Nevelö" (social worker). Also with handcuffs and a more thorough search where personal belongings often end up on the floor/bed and I am also patted down. This is the only opportunity to speak to the Nevelö, but often she is not there, leaves after the first question or doesn't give any answers. I haven't been able to talk to her for a week (8-16 July, today on the 16th I'm making a copy of the letter)." (Letter 11 July)

"Unfortunately I couldn't make a phone call... the system is down... I could have really used it today. (...) Maybe I'm just particularly down today because I haven't been able to talk on the phone for two days, which means I've hardly spoken and only a few sentences. It's amazing how much energy can be released by a ten-minute phone call

and I really miss that right now. Being able to talk on the phone will probably be the source of strength for the next few months alongside my daily rhythm, which is becoming more and more established." (Letter 17.07.24)

Maja is allowed 60-minute visits twice a month and 80-minute phone calls a week. In future, there will also be 2 hours of Skype calls per month. Instead of 2 hours of meaningful human contact per day, this is only about half an hour. There will be no contact with other prisoners. No facilities or activities are provided. There was no visit from Nevelö (reintegration officer) from 8 to 16 July 2014.

• LACK OF JUSTIFICATION

Rule 53.5 EPR

The application of such a measure is authorised by the competent authority for a certain period of time, and the prisoner receives a copy of the written decision and information on how to challenge the measure.

Rule 53.6 EPR

Any decision to extend the authorised duration of such a measure shall be subject to re-approval by the competent authority and a copy of the written decision shall be provided to the prisoner together with information on how to challenge the measure.

Rule 53.8 EPR

Such measures may only be based on the current risk posed by a prisoner, must be proportionate to that risk and may not entail more restrictions than are necessary to avert that risk.

Rule 53Ac EPR

the action (...) shall be for the shortest period necessary to achieve its objectives and shall be regularly reviewed in the light of those objectives

Maja has not received any information on solitary confinement, no authorisation, no justification, no decision on extension and no information on appeals.

• HEALTH CONSEQUENCES

Rule 43.2 EPR

A doctor or qualified nurse under the authority of such a doctor (...) shall pay particular attention to the health of prisoners held in solitary confinement, visit such prisoners daily and provide them with medical assistance and treatment without delay at the request of the prisoners or prison staff.

Rule 43.3 EPR

The doctor shall report to the Director if he considers that the physical or mental health of a prisoner is seriously jeopardised by continued detention or by conditions of detention, including solitary confinement.

Rule 53A EPR

If segregation is detrimental to a prisoner's physical or mental health, measures must be taken to suspend it or replace it with a less restrictive measure.

Maja writes: "The isolation is also affecting me mentally, at least I've managed to slowly start speaking Italian again, hopefully that will spark a bit more joie de vivre in me." (Letter 07.07.)

"I always hope you have people and things to distract you at times like this. This mind-wandering is driving me crazy. (...) A monastery of silence, I will have to learn to tame the voices in my head. The hours and days are long when there is so little to look forward to, no catching up with Nico and all the others, no table tennis or cooking, no Sunday eggs with a round of chess and no cappuccino at the "kiosk" two floors down. In retrospect, life in Dresden was pure luxury." (Letter 08.07.)

"I am completely isolated, which is a very stressful situation for me psychologically. Apart from going to the yard, I spend the whole day alone in my cell, I don't get to see my fellow prisoners. They are chased away before I go anywhere." (Letter 11 July)

"I have to say that I get exhausted more quickly, probably due to the lack of light, healthy food and people. (...) It's hard to bear, just so unfamiliar, of course I've already spent two months in iso detention in DD, but this was different again... Conversations with the counsellor or the psychologist and social worker, a clear end that gets closer every day and a German radio whose conversations have silenced my own self-talk in my head. There is only me here." (Letter 17.07.)

"I wanted to say one more thing, I have already reported on this in previous letters. Namely that I was taken to a permanently monitored cell on Thursday (27 July) because the prison considered there to be an acute risk of suicide, although I denied this, I still asked to speak to a psychologist and was assured that this would happen on Friday. That would mean that I was extradited despite the risk of suicide (the extradition would supposedly be the reason for the suicide risk), a rather shocking thought for me in retrospect, especially because this was not discussed during the extradition, nobody asked, not the police doctor, not the officers, although there was concern on the part of the prison that I was trying to take my own life because of the extradition." (Letter 11 July)

"I described the isolation > Asked about the camera; am I suicidal? > Denied and also stated so to the doctor/psychologist" (letter 01.08.)

Despite long-term solitary confinement, there are no regular or even daily visits to the doctor, and although Maja's descriptions reveal the severe psychological strain, no measures are taken to prevent the negative consequences of solitary confinement on her health.

- **CUTTING DISC FOR VISITS**

Rule 24.4 EPR

Visiting arrangements (...) shall be organised in such a way that prisoners can maintain and develop their family relationships as normally as possible.

European Court of Human Rights

Specifically, the European Court of Human Rights ruled on 12 October 2023 that the Hungarian state violated the complainants' right to family and private life by physically isolating them with a plexiglass screen during visits. ([https://hudoc.echr.coe.int/eng#{%22itemid%22:\[%22001-228027%22\]}](https://hudoc.echr.coe.int/eng#{%22itemid%22:[%22001-228027%22]}))

Maja writes: "I meet my lawyer and family members who visit me in a small room separated by a window. We talk on the phone and I have no physical contact with anyone." (Letter 11.07.)

Maja's lawyer applied for Maja to be allowed to visit her relatives without a separating disc. This application was rejected in a letter dated 23.07.24 without explanation. This contradicts the case law of the European Court of Justice.

HUMILIATION

Rule 1 EPR

All persons deprived of their liberty must be treated with respect for their human rights.

Rule 1 NMR

All prisoners shall be treated with the respect due to the dignity and worth inherent in them as human beings.

- VIDEO SURVEILLANCE

Rule 18.1 EPR

Human dignity and, as far as possible, privacy must be respected in the prisoners' accommodation, especially in the dormitories (...).

Maja writes: "There's a camera on the ceiling above the washbasin on the right that can see the whole room." (Letter 11.07.)

Maja's cell is under video surveillance 24 hours a day without justification.

- DEGRADING SEARCHES

Rule 54.4 EPR

Persons who are searched must not be humiliated by the search process.

Rule 54.8 EPR

Detainees must be present when their personal belongings are searched, unless this is prohibited by the examination techniques or the potential danger to staff.

Rule 54.9 EPR

The obligation to protect security must be weighed against the privacy of visitors.

Rule 50 NMR

Searches shall be conducted in a manner that respects the inherent human dignity and privacy of the person searched and complies with the principles of proportionality, lawfulness and necessity.

Rule 51 NMR

Searches must not be carried out for the purpose of harassing or intimidating a prisoner or unnecessarily invading his privacy. In order to fulfil its accountability obligations, the prison administration shall keep appropriate records of searches, in particular physical searches involving undressing and searches of cells, as well as of the reasons for the searches, the identity of those who carried them out and any results of the searches.

Maja writes: "As soon as I leave the cell I am handcuffed and searched several times, sometimes I have to undress completely." (Letter 07.07.)

"But no, they just wanted to search my cell thoroughly, for whatever reason. In the meantime I was sent to the yard, where I did my rounds for an hour and a half (I never know when it's time to go to the yard and how long depends on whether the officers think of me or not, they've already managed to forget me there for two hours... I've lost faith in my own sense of time...). When I came back, everything was scattered on the floor and I was the only one left to clean up... what a cheek. (...) That's how it is here, people don't talk much, they often shout (I rarely get caught) but I don't understand a word except "kurva" (whore)." (Letter 08.07.)

Maja writes: "Between 10am and 12pm there is a second check almost every day (Mondays-Fridays), often accompanied by "Nevelö" (social worker). Also with handcuffs and a more thorough search where personal belongings often end up on the floor/bed and I am also patted down. (...) When I leave the cell (for a visit, a visit to the yard, a doctor) I am handcuffed, patted down and accompanied by at least two officers (there have been up to 10 officers). When I come back, my clothes are searched in a separate room on the first floor and I have to take them off, including my underwear. I'm patted down again outside the cell. I have also been accompanied by officers in military clothing and bulletproof vests on three days so far. They also searched my cell on Monday (8 July) in my absence and left everything (clothes, letters, books, etc.) spread out on the floor, bed and desk. They said they would be back. If the officers didn't like something (wrong shelf organisation, hanging up towels/clothes to dry, ...) or if I did something wrong (smoking at the window, wearing the wrong shoes), they sometimes got loud and aggressive or threw things of mine on the floor. So there's a climate where I don't dare ask for anything or criticise anything." (Letter 11.07.)

"Otherwise nothing exciting happened, at lunchtime there was another search where all my things ended up on the floor and bed, one searched and 6-7 standing outside the door, I just find it silly now. (...) The guards are bearable, they make their jokes in Hungarian, so I can overhear them, and they don't harass me too much, but the fact that they handcuff me twice a day, pat me down and I have to undress in front of them almost every day doesn't make the situation of being alone any better. (...)

When I didn't want to sign, the officers got loud and threatened me ("You know what can happen to you here")." (Letter 17 July)

"I described a situation from two weeks ago where I had to undress in the loo. Officers sometimes aggressive, threw my things on the floor during checks." (Letter 01.08.)

Cell searches are carried out several times a day. Maja is scanned several times a day. Maja has to undress completely almost every day. Once, Maja was forced to undress completely in the toilet. The guards then left without searching her.

- **WEARING HANDCUFFS**

Rule 68.4 EPR

Handcuffs, restraint waistcoats and other body restraints (...) may only be used in exceptional circumstances. Where necessary as a precaution against escape during a transfer, provided that they are removed when the prisoner is brought before a judicial or administrative authority, unless that authority decides otherwise; or by order of the director if other methods of control fail to protect a prisoner from self-harm, injury to other persons or serious damage to property, provided that in such cases the director immediately informs the doctor and reports to the higher prison authority.

Maja writes: "My cell is under camera surveillance. As soon as I leave the cell I am handcuffed." (Letter 08.07.)

"The first brief cell check takes place at 7 a.m., and I am handcuffed. (...) Between 10am and 12pm there is a second check almost every day (Mondays to Fridays), often accompanied by "Nevelö" (a social worker). Also with handcuffs (...) Around 6 pm the siren rings again for the cell check, a short tour of the cell by two officers with handcuffs on (as in the morning). (...) When I leave the cell (for a visit, a visit to the yard, a doctor), I am handcuffed." (Letter 11.07.)

Maja is forced to wear handcuffs outside the cell at all times and also during the thrice-daily cell searches.

- **BEATING OF FELLOW PRISONERS:**

Maja writes: "However, my mood has just soured again because I've just had to listen to a fellow prisoner being beaten for the second time. The first time was on Saturday evening when they were handing out medication. Shortly after they got to me, one of the officers freaked out. You could hear 20-30 blows and the victim's moaning, as well as the officer swearing in Hungarian. I sat motionless in my bed, overcome by the feeling of powerlessness and the shame of not being able to do anything (...)" (letter 17 July) [Maja reports these incidents].

- **REPRISALS**

Rule 70.9 EPR

Prisoners (...) must not be subjected to sanctions, reprisals, intimidation, reprisals or other negative consequences because they have submitted a request or complaint.

Rule 93.3 EPR

No prisoner, member of prison staff or other person may be sanctioned for providing information to an independent monitoring body.

Rule 57 2 NMR

Appropriate safeguards (...) must be in place to ensure that prisoners can lodge applications or complaints safely and, if the complainant so requests, confidentially. A prisoner or other person referred to in Rule 56(4) shall not be exposed to the risk of retaliation, intimidation or other adverse consequences for making an application or lodging a complaint."

Maja writes: "In addition to the small round tablet there was an extra, the officer (bald and rather plump, he loves to shout and hit his fellow prisoners) was bothered by the fact that I keep my toothbrush etc. on the shelf above the sink. So everything flew out onto the floor, along with a few harsh words in Hungarian. They are angry not only because I wrote a complaint, because I was refused permission to go for a walk, but also because the public prosecutor's office apparently had the idea of opening an investigation into the mistreatment of prisoners. I didn't ask them to... and so not only did Nevelö come to me several times today to give me documents and ask for signatures that they must have forgotten about in the last 4 weeks with all the stress, but also 3 silent officers inspected my cell shortly after midday and took photos. They came in shirts and with clipboards, they didn't introduce themselves or ask any questions, but it seemed obvious to me that they had been sent by the public prosecutor's office or the Ministry of the Interior to investigate. So the last official here had probably lost all sympathy.

The visit apparently meant that my bed linen was changed today for the second time in a few days (previously 3 weeks not at all), I even got towels for the first time and I was allowed to go shopping, although I was only there last Thursday. Apparently I'm now allowed to do it weekly. There was even fresh fruit and vegetables, grapes, tomatoes, cucumber,..." (...)

I realise that they are very angry, and the officers are also very cold and dismissive. On Tuesday evening (around 8pm), one of the officers came into my cell when I was getting my medication and started shouting in Hungarian and then threw everything (toothpaste, cream etc.) from the mirror shelf onto the floor. I realised that this was a reaction to the examinations, which I never asked for. I also got new bed linen on Tuesday and 2 kitchen towels for the first time, but no new blankets or mattress. I was also allowed to go shopping on Tuesday for the 3rd time in July. (...)

Regarding the newspaper (Taz), last week I was given a Taz from 21 July, today Nevelö came to me with 10 newspapers and told me that I can't get them because they are "open" and the prison will destroy them. It would only work if the newspapers are sealed (parcel) or I buy them from the shop. (...) After the 2nd visit to the consulate (Wednesday 24th July?) my cell was searched by 7-8 officers and I had to hand in all my books (except for the chess book, forestry book, forest garden book and Italian books as well as 2 books of my choice). The others went to my storage and I have to write a request to get/exchange them. On Monday I applied to exchange the book and handed in one I had read, but the application was on plain paper and therefore invalid. Only today after 4 weeks the official application form was explained and handed to me. (...)

Contact with Nevelö is still difficult and very dismissive, even with most officials. I often get shouted at in the morning. " (Letter 01.08.)

In response to the complaint against the beating of fellow inmates and the subsequent investigation, several harassments took place. All but two of Maja's books were taken away. When Maja wanted to swap these books, Maja was not given any new ones, so that for days Maja had no books at all (apart from textbooks). No newspapers were handed out that week either.

EVERYDAY LIFE

- COURTYARD WALK

Rule 27.1 EPR

Every prisoner (...) must be given the opportunity to spend at least one hour a day in the fresh air, weather permitting.

Rule 27.2 EPR

In the event of bad weather, alternative arrangements must be made to enable prisoners to take part in sport.

Maja writes: "My motivation is quickly exhausted, which is probably mainly due to the following things: The solitary confinement, the constant camera surveillance, the fact that I was denied access to the yard (so far I've only been able to go out for an hour on Monday and Wednesday since Friday, it seems I won't be allowed again today)." (Letter 04.07.)

"I was then taken to a police detention centre (right next to the court), where I was kept in a two-person cell until Sunday morning. There was hardly any fresh air or light and I was not allowed to go outside for an hour either." (Letter 07.07.)

"I've also only been granted the daily free period every 2 days so far (Monday, Wednesday and today), so I'm sometimes alone on the cell for more than 24 hours at a time.

At the beginning of the first week, I asked to go out into the yard for an hour every day. Despite repeated requests, I was denied this on Sunday, Tuesday and Thursday, since then I have been going every day." (Letter 11 July)

"And so I was looking forward to going to court at some point, where I would also have the opportunity to call. (...) But nothing happened, except that there was lunch (a bowl of beans with a yeast roll). I was getting more and more restless, even though I had said at the cell check in the morning that I wanted to go for a walk and make a phone call. Because it's a matter of luck whether you can get into the yard with a phone, so I thought it wouldn't hurt to announce it. When nothing had happened by 4pm I started to press the emergency call button but nobody came and I slowly realised that it was too late. Anger and helplessness rose up in me, so much so that I burst into tears today, freshly rested and full of new energy, when I told Nevelö about it and asked them for a complaint form (I didn't get one). Then at 18:30 came the next cell check and the certainty that there would be no more séta (walking) and phone calls today. I was so incredibly angry and at the same time completely exhausted, simply not having the opportunity to talk to anyone. During the cell check, when asked about my refusal to go for a walk and make a phone call, the officer from the day only said that he only spoke Hungarian and the officer from the night that it was no longer possible to do both, and

he also refused my request to contact the lawyer, whereupon the officer from the day forcibly pulled my hands through the door flap, took off the handcuffs and the flap was closed and I was alone again." (Letter 17 July)

"Except for 21 July, I was always able to go to the séta (court), where the officer phoned me (also with my lawyer) and refused to let me go to the court despite several requests. I then wrote an official complaint." (Letter 01.08.)

On Friday 28 June, Saturday 29 June, Sunday 30 June, Tuesday 2 July, Thursday 4 July and Sunday 21 July, Maja was not allowed access to the yard. Maja was alone in the cell 24 hours a day.

• ACTIVITIES

Rule 27.3 EPR

Properly organised activities to promote physical fitness and ensure adequate opportunities for exercise and recreation are an integral part of the prison system.

Rule 27.4 EPR

The prison authorities facilitate these activities by providing suitable facilities and equipment.

Rule 27.5 EPR

The prison authorities make arrangements to organise special activities for prisoners who need them.

Rule 27.6 EPR

Recreational activities, including sports, games, cultural activities, hobbies and other leisure pursuits, shall be made available and, as far as possible, organised by the prisoners themselves. Prisoners shall be allowed to socialise with each other during exercises and to participate in recreational activities.

Maja is not allowed to take part in any activities.

• BOOKS

Rule 28.5 EPR

Each prison has a library that is available to all prisoners and is adequately equipped with a wide range of leisure and educational materials, books and other media.

Rule 64 NMR

Each prison (...) shall establish a library which is available to all categories of prisoners and has a sufficient selection of light and non-fiction books; prisoners shall be encouraged to make extensive use of it.

Rule 117 NMR

Remand prisoners shall be permitted to procure books, newspapers, writing materials and other means of occupation at their own expense or at the expense of third parties, insofar as this is compatible with the interests of the administration of justice and the security and order of the prison.

Maja writes: "The book was too much and so there was a cell check afterwards with 7(!) officers just to make sure that I didn't have too many books. A maximum of two are allowed, plus 10 textbooks, but that's just a matter of interpretation. I was allowed to keep most of them, but the book on meditation was too much for Nevelö and I had to keep it as one of the two novels." (Letter 01.08.)

There is not a single German-language book in the prison library. Maja is only allowed to receive one parcel a month, weighing a maximum of 5kg, so it is not possible to send enough books.

- **VISITS**

Rule 24.1

prisoners (...) shall be allowed to communicate as often as possible with their families, other persons and representatives of outside organisations by letter, telephone or other means and to receive visits from these persons.

Rule 24.4

Visiting arrangements must be organised in such a way that prisoners can maintain and develop their family relationships as normally as possible.

Rule 37.2 EPR

Particular attention should be paid to maintaining and developing foreign prisoners' relations with the outside world, including regular contact with family and friends.

Rule 59 NMR

Prisoners (...) are to be accommodated in prisons close to their place of residence or rehabilitation wherever possible."

Visits lasting one hour are only possible twice a month. The prison is around 1000 kilometres away from Maja's home. Parents, siblings and fiancés have to work or study on weekdays and often don't get any holiday. For this reason, an application was made to allow visits at the weekend. This request was rejected without explanation.

SPECIAL FEATURE FOREIGN PERSON

- MISSING TRANSLATIONS

Rule 30.1 EPR

Upon admission and as often as necessary thereafter, every prisoner shall be informed in writing and orally in a language he understands about the provisions of the Prison Rules and about his rights and obligations in prison.

Rule 38.3 EPR

Language requirements are taken into account through the use of competent interpreters and the provision of written material in the languages used in a particular prison.

Maja writes: "Then photos were taken and afterwards the items that were not handed over were documented again in another room and I was asked to sign several documents (they were not translated for me). Overall, contact with officials is difficult, questions/requests are hardly or not at all answered, and Nevelö rarely has time for this." (Letter 11 July) "Contact with Nevelö is still difficult and very dismissive, even with most officials." (Letter 01.08.)

Time and again, documents have to be signed in Hungarian. There are almost no translations into German. The reintegration officer (Nevelö) speaks English, but hardly takes any time.

- INTERVIEWS WITHOUT A LAWYER

Rule 23.1 EPR

All prisoners (...) have the right to legal counselling, and the prison authorities must provide them with access to such counselling in an appropriate manner.

Maja writes: "Yesterday I was taken out of my cell at around 8 a.m. Nevelö said I had a Skype appointment. She didn't allow me to call my lawyer. I then sat alone with handcuffs in the Skype room and spoke for about 50 minutes with a "senior prosecutor" and an interpreter, they said this was not a witness hearing but only a preliminary questioning. (...) I know I shouldn't have had the interview without a lawyer, but I was simply overwhelmed by the situation." (Letter 01.08.)

On 31 July, Maja was questioned by the public prosecutor for 50 minutes, after Maja had previously been refused permission to consult her lawyer.

HYGIENE AND HEALTH

• UNHYGIENIC CONDITIONS

Rule 17 NMR

All areas of a prison that are regularly used by prisoners must be kept in good repair and completely clean at all times.

Rule 18 NMR

Prisoners shall be required to maintain personal cleanliness; to this end, they shall be provided with water and the toiletries necessary for their health and cleanliness. (...)

Rule 19 NMR

All clothing must be clean and kept in good condition. Underwear must be changed and washed as often as is necessary to maintain hygiene (...).

Rule 21 NMR

In accordance with local or national customs, all prisoners shall be provided with their own bed with sufficient bedding of their own, which must be clean when issued, kept in good condition and changed frequently enough to meet the requirements of cleanliness.

Maja writes: "Yes, and so I (...) ended up in my cell, in a single cell, almost as big as in DD but dirty and with very old furniture. Unfortunately, I've also seen lots of little animals crawling around." (Letter 30 June)

"Overall, everything is very dirty (dead flies on the walls, dirty loo, dust and dirt on all the furniture etc.). At first there was only an old rag and a broken broom, but after a week I got a new broom, flannel and bucket. (...)

On the first day I asked for items for everyday use; toilet paper, soap, towel, plate/bowl and cutlery. On Monday (1 July) I was given disposable plastic cutlery (fork, spoon, knife and cup). Only a few pieces of toilet paper, no roll. I only got a towel from a relative on Thursday (4 July), which means I had to go without a shower until then, I only got soap yesterday (10 July), I bought it when I went shopping for the first time. I also only got enough toilet paper from my relatives. I haven't been given plates, bowls, new cutlery and soap despite asking several times. I eat from the table. (...) On the same day I asked the Nevelö to change my bed linen and that my clothes should be washed to kill the parasites. None of this happened. I can only wash my clothes myself." (Letter 11.07.)

"I now only wear the same three T-shirts and two pairs of trousers, nobody can see me and in this heat I actually have to wash them every day. (...) I have to do the washing myself but I get punched when I hang them out to dry. (...)

Bed linen changed for the first time after 3 weeks, but blankets and mattress not, first towel (2 pieces) received after 4 weeks." (Letter 01.08.)

The conditions are filthy and unhygienic, with a lack of opportunities for Maja to clean up.

• BEDBUGS AND COCKROACHES

"Today I discovered that my body is covered with red spots that itch (...) I will try to see a doctor about the bites in the next few days." (Letter 07.07.)

"I've had my first load of medication. Because for three days my body has been covered in red bites... the little bastards! (...) I hope the medication does something about the itching, but it seems inevitable that I'll have to live with these little parasites for as long as I'm here. (...)

It's now Saturday (13 July), it's still stiflingly hot, and today the first cockroach visited me in my cell and had to be killed. I wouldn't mind some company, but please not just insects and parasites. I'm still being cheerfully (...) bitten, the medication only makes the itching go away. The tablet forms are confusing and I am still not being told what I am actually swallowing." (Letter 08.07.)

"In addition to the cockroaches I encountered, I was often confronted with tiny animals (1mm in size/transparent) that ran up the walls. I reported the bites directly to the officials, they laughed and Nevelö sent me to the doctor. Over the next few days, the red spots spread all over my body and I still discover new ones every day. On Tuesday (9 July) I had a short conversation with a doctor, he said I had been bitten by animals and was given a medication (which one he didn't say) for a fortnight, which I should take every evening." (Letter 11.07.)

"I have just read the description of scabies and bedbugs in letter 7 and yes, they are definitely bedbugs, I also sent one in the last letter... although there are also some small transparent animals here, about 1 mm in size, whose rear end is filled with blood, but these will probably be the children. It reassures me that bedbugs are not dangerous. As for the tablets, the doctor said they are for the itching and I get one every evening. Sometimes they are small white oblong ones or round ones, mostly the oblong ones. I don't know what they are yet because the nurse doesn't speak English or German."

The bedbugs have not disappeared, I still have bites and find live animals, and I have also found cockroaches again and again. Last Friday (26 July) I went to the doctor again and was given "Cetirizine", an antihistamine. But only until tomorrow (02.08.) then the treatment should end. (Letter 01 August)

Bed bugs can be controlled by exterminators using heat treatment and steam cleaning. Hygienic conditions should be created by regular vacuuming and washing bed linen and clothes at a temperature of at least 60 °C. However, this is not done. However, this is not happening. Maja's cell is still infested with bedbugs and cockroaches.

- **INSECTICIDE EXPOSURE**

Rule 39 EPR

The prison authorities must protect the health of all prisoners entrusted to their care.

Maja writes: "Yesterday (10 July) someone came and sprayed a corrosive-smelling mixture in my cell while I was waiting outside, I wasn't told what was sprayed. Immediately after the spraying I had to go back into my cell, it burned my nose. It didn't help much, only a few hours later I saw another small transparent insect and the bites didn't stop." (Letter 11 July)

"If they spray chemicals again, I will ask them again. But they didn't answer my question last time and they've only sprayed once so far."

(Letter 17 July)

"In the morning (Tuesday) there was a chemical treatment of the cell for the second time, I waited outside and asked what agent was being used, the answer was; this is secret and my lawyer should ask the management. When I had to go back into the cell afterwards, everything was soaking wet. I already had a headache in the morning, but afterwards I also felt very weak, nauseous and dizzy. The bedbugs haven't disappeared, I still have bites and find live animals, I've also found cockroaches again and again." (Letter 01.08.)

By exposing Maja directly to the insecticides, it is suspected that she has suffered bodily harm.

FOOD

- **VEGETARIAN DIET**

Rule 22.1 EPR

Prisoners shall be provided with a nutritious diet, taking into account their age, health, physical condition, religion, culture and the nature of their labour. (...)

Maja writes: When I was admitted I said that I eat a vegetarian diet, but despite my objections I still get meat (dishes) almost every day. For example, today I had lunch and dinner (meat soup and pasta with mince), which left me with just a few slices of white bread, honey and margarine. (Letter 07.07.)

They "keep giving me meat (...) and claim it's soya... Yes, the Vienna sausages today were recognisable as such from a hundred metres away. It's probably a good thing that I gained a proud 6 kilograms in Dresden." (Letter 08.07.)

On the first day I stated that I was on a vegetarian diet, but for the first week I was given meat every day, sometimes pâté or sliced meat for breakfast, sometimes at lunch and dinner (sausages, meat soup, chicken etc.). When I pointed this out, they didn't react or falsely claimed it was vegetarian/soy. Nothing was ever replaced by plant-based products, which meant I had less to eat. I was only given fish pie today. (Letter 11 July)

"I kept getting meat for the first 2 weeks, despite my objection" (letter 01.08.)

After Maja was repeatedly given meat instead of vegetarian food in the first two weeks, this has probably improved following intervention by the consulate.

- **ADEQUATE NUTRITION**

Rule 22.4 EPR

There are three meals a day, with appropriate intervals between them.

Maja writes: "Today (11.07.) I received mouldy white bread.

As I had a visitor from 1pm to 2pm today, I wasn't in my cell during the lunch service. I was back around 2.20pm and 10 minutes later the bowls were collected. I had only finished one of two, the officer insisted that I throw the soup away and hand him the bowl. So I was "missing my supper". (...)

1 p.m. comes lunch and dinner, the corresponding metal bowls are collected again in the course of the afternoon." (Letter 11.07.)

There are only two meals a day instead of three. Mouldy bread, meat dishes and bowls that are collected too early mean that additional meals are missing.

HEALTHY NUTRITION

Rule 22 1 NMR

All prisoners (...) shall be provided by the prison administration at the usual times with wholesome, healthy and fortifying food that is wholesome and appropriately prepared and served.

Maja writes: "The food here is really horrible, I can't see white bread anymore. Honestly, I sometimes wonder if it would be healthier to eat nothing than what I'm served here." (Letter 08.07.)

"Overall, the food is very scarce and not balanced (one apple a week, otherwise no fresh fruit/vegetables), only white bread, lots of sugar and fat, not enough to cover the calorie requirement. There is no insight into which ingredients are in the food or which (animal) products have been processed, often the food consists only of an indefinable brownish mass. (...)" (Letter 11.07.)

The food does not meet the requirements of a healthy and wholesome diet.

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