

Egyptian Prisons: Degradation, Torture and Hunger

The Conditions of Prisons and Places of Detention Under The New Interior Minister

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1- Introduction

In March 2015 prisoners and detainees for political cases had reported that they are facing violation of their rights and that their families are subjected to humiliation and harassment during their visits. According, the Egyptian Commission for rights and freedom monitored those violations

The ECRF had received information that proves the occurrence of those violations against the prisoners of political cases in the Egyptian prisons through the testimony of 27 witnesses form the families of those detainees who acknowledged the ill-treatment that they received in 7 prisons and one security camp. Those violations had taking place during the first month of the appointment General Magdy Abdel-Ghfar as minister of the interior and General Hassan Sohaqy as assistant minister of interior for prisons authorities

This report covers the period from 5th of March till 5th of April 2015. It contains the last developments in these following prisons;

- Abu Zaabal prison,
- Burg Al Arab prison in Alexandria,
- Al-Aaqrab High Security prison in Tura
- El-Abadya prison in Damanhur,
- Beni Suef public prison,
- Qena public prison,
- Benha public prison,
- and camp of the security forces in Aswan.

The report discusses Egypt's obligations to prohibit torture and to provide good treatment to prisoners and detainees under the national and international law. It also contains testimony about what happen in each of these prisons.

ECRF succeeded to collect testimonies about the ill-treatment that the political prisoners and detainees receive in these prisons and the violations that their families experience during their visits. As the families justified that they had been insulted and received humiliating inspection. They also reported that the prisons administration had shortened the visit duration to be 15 minutes instead of one hour as the law imposes and that they saw their relatives across barbed wire. The prisons administration also inspected the food and allowed only one meal and panned fruits, sweets and books which were allowed before.

During March all these prisons especially Al-Aqrab Supermax prison in Tura, Abu Zaabal Prison, El-Abadya prison in Damanhur, and Benha prison had witnessed attack on the prisoners' cells by the central security forces CSF accompanied with dogs; the prisoners were forced to stripe from their clothes and had been assaulted with sticks and hands. Those who objected to those practices were punished with being imprisoned in solitary confinement in very narrow cells and that what happened with Ahmed Gmal the journalist inside Abu Zaabal Prison.

These repressive policies are becoming as continuation to the practices that been used for decades in Egypt and getting even worse after political crisis that followed the 30th of June, 2013 especially the arbitrary detention, random arrest, imposing the new protest law, and the amendment of the Criminal Procedure Code regarding the remand restrictions. Those new laws resulted in constant increase in the number of detainees which are not fitting in the current conditions of these prisons, as they are not ready to serve all that number of prisoners and also the lake of capacity of the current management as well as the absence of independent oversight and legal accountability.

Along with that increase of prisoners numbers and politicization lots of the cases under laws that restrict freedoms; there was increase in convictions with sanctions that despoil the freedom of the political detainees. That was coincided with several death cases inside places of detention.

2- The legal protection of the right to life and torture prohibition and ill-treatment in penitentiary institutions and places of detention

The Egyptian constitution and the international human rights covenants are providing strict principle to prohibited torture and ill-treatment in penitentiary institutions and places of detentions; ensuring on prisoners and detainees right of life. These principles exist in The Universal Declaration of Human Rights in 1948¹, the International Covenant on Civil and Political Rights (ICCPR) in 1966, and the U.N². Convention Against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment in 1986³. However the absence of enforcing those laws and declarations the violations against the detainees and prisoners in Egypt are still uncontrollable and the perpetrators are always enjoying impunity.

¹ The Universal Declaration of Human Rights, 1948,
http://www.ohchr.org/EN/UDHR/Documents/UDHR_Translations/eng.pdf

² the International Covenant on Civil and Political Rights (ICCPR), 1966,
<https://treaties.un.org/doc/Publication/UNTS/Volume%20999/volume-999-I-14668-English.pdf>

³ U.N. Convention Against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment, 1986,
<https://treaties.un.org/doc/Publication/UNTS/Volume%201465/volume-1465-I-24841-English.pdf>

Egypt's Obligations under the constitution and national law

Article 56 defines prison as a place of correction and rehabilitation. Prisons and places of detention shall be subject to judiciary supervision, where actions inconsistent with human dignity or which endanger human health shall be prohibited. The Law shall regulate the provisions of reform and rehabilitation of convicted persons and facilitating decent lives after their release. Article 51 defines dignity as the right of every human being and may not be violated. The State shall respect and protect human dignity. Article 52 states that torture in all forms and types is a crime that is not subject to prescription. Article 55 also states that every person who is either arrested, detained, or his freedom is restricted shall be treated in a manner that maintains his dignity. He/she may not be tortured, intimidated, coerced, or physically or morally harmed; and may not be seized or detained except in places designated for that purpose, which shall be adequate on human and health levels. The State shall cater for the needs of people with disability.

Prisons and places of detention in Egypt in the national law are organized by law No. 396 of year 1956. This law was the fourth legislation in the Egyptian modern history. Despite the fact that drafting this law was to adopt the modern principles and reform of the penitentiary system; the law couldn't meet those principles. Apart of the supervision and monitoring of judicial bodies that is allowed in the article 85 and 86 of law No. 396; the supervision over the prisons and places of detention is giving to the interiors ministry presenting in, prisons authorities, Prisons Director General, and prison director. However, most of the reported torture cases were concerning those who were suspected of committing criminal offenses or had been convicted quality. The main suspected in those cases were police officers who used threats and violence to subdue their victims. Despite those facts law No. 396 for year 1956 didn't put any standards to fill the impunity gap or to prevent police officers from committing those violations against the prisoners and detainees.

Law No. 396 of year 1956 gave to the Prisons authority the right to inspect prisons (penitentiary institutions and places of detention) and it gives the prisons general manager along with the general administration the right of issuing prisons internal regulations. The law also gave the authority the right to execute humiliating and degrading disciplinary punishments, such as; solitary confinement or putting the prisoner in the disciplinary room up to six months in which the prisoner is not allowed any visits, contacting anyone, nor practicing exercising. In this room the prisoner has to stay all day and night without going to the bathroom

The law also gave the prison general manager the right to put cuff in the prisoner leg inside or outside the prison or the places of detention as a precaution to prevent the prisoner from escaping.

In contrast, law No. 396 didn't put any regulations that prevent the occurrence of any violation to the right of life being satisfied with mentioning how to deal with the prisoner's money when s/he in case of death and how to inform the family or burying the body.

As for prison inspections, according to Article 1747 of the General Instructions in respect of Prosecutions the prosecutors are responsible for inspecting prisons and places of detention on a regular and unannounced basis.

The monitoring mechanisms on the situation in the prisons and places of detention in Egypt are so weak and are not preventing the violations that the prisoners may face in those places and most of those who are responsible for committing torture can easily escape from being punished for their ill practices. However, the Egyptian judiciary had punished those who are responsible for torture prisoner in several occasions, as in 2002 the Cassation Court had

Egypt's Obligations under the International Human Rights Laws

Right of life is a bedrock principle of the of international human rights law as Article 3 of the universal declaration of human rights states that "Everyone has the right to life, liberty and security of person". Article 6 of the International Covenant on Civil and Political Rights (ICCPR) also states that every human being has the inherent right to life. This right shall be protected by law. No one shall be arbitrarily deprived of his life.

The right of life is non-derogable and non-derogable principle that is guaranteed by the International Covenant on Civil and Political Rights, "the principle of the inviolability of rights and freedoms with impunity."

Concerning Freedom from torture and inhumane and degrading treatment or punishment Article 5 of the universal declaration of human rights states that; "No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment". International Covenant on Civil and Political Rights (ICCPR) also states in Article 10; 1. All persons deprived of their liberty shall be treated with humanity and with respect for the inherent dignity of the human person. 2. (a) Accused persons shall, save in exceptional circumstances, be segregated from convicted persons and shall be subject to separate treatment appropriate to their status as unconvicted persons. (b) Accused juvenile persons shall be separated from adults and brought as speedily as possible for adjudication. 3. The penitentiary system shall comprise treatment of prisoners the essential aim of which shall be their reformation and social rehabilitation. Juvenile offenders shall be segregated from adults and be accorded treatment appropriate to their age and legal status. Article 7 of the declaration includes that no one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment. In particular, no one shall be subjected without his free consent to medical or scientific experimentation.

Article 1 of the Convention against Torture and Other Cruel, In human or Degrading Treatment or Punishment defined torture says any act by which severe pain or suffering, whether physical or mental, is intentionally inflicted on a person for such purposes as obtaining from him or a third person information or a confession, punishing him for an act he or a third person has committed or is suspected of having committed, or intimidating or coercing him or a third person, or for any reason based on discrimination of any kind, when such pain or suffering is inflicted by or at the instigation of or with the consent or acquiescence of a public official or other person acting in an official capacity. It does not include pain or suffering arising only from, inherent in or incidental to

lawful sanctions. 2. This article is without prejudice to any international instrument or national legislation which does or may contain provisions of wider application.

Article 2. This article is without prejudice to any international instrument or national legislation which does or may contain provisions of wider application. 1. Each State Party shall take effective legislative, administrative, judicial or other measures to prevent acts of torture in any territory under its jurisdiction. 2. No exceptional circumstances whatsoever, whether a state of war or a threat of war, internal political instability or any other public emergency, may be invoked as a justification of torture. 3. An order from a superior officer or a public authority may not be invoked as a justification of torture.

The right of life and the prohibition on torture are established as a matter of customary by the international community and that was reflected in the laws that control the usage of power by the authorities including using weapons. The United Nations General Assembly had adopted Code of Conduct for Law Enforcement Officials in 1979 (RES 169/34)⁴ which is considered as international comprehensive code of ethics. This code contains and focusing on the role of the public officials in protecting societal rights.

article 3 of this Decree determine the main goal of the use of force as it states that law enforcement officials may use force only when strictly necessary and to the extent required for the performance of their duty. That use if force was defined with four complementary principles which are; proportionality, accountability, legitimacy, and necessity.

3- Abu Zaabal Prison

In Abu Zaabal prison in El-Qalubia the political prisoners had been tortured and beaten with hands and batons by the central security forces on 18 and 19 of March. Their cells were violently inspected and their clothes, medicines, and blankets were taken away. Some of the prisoners were stripped from their clothes and been assaulted and beaten. More than 15 incarcerated were sent to discipline cell unfit for humans. Those practices forced some of those prisoners to go on hunger strike.

Belal El-Maadawy's mother told ECRF that his son is a detainee in Abu Zaabal prison for demonstrating on 25th of January, 2015 in downtown. She said that she managed to visit her son on the 21th of March, 2015, but she said that the visit was very humiliating and that she was subjected to abysmal inspection. She had to wait for 6 hours to see her son as their visits came after the visits of the prisoners of criminal cases. She also said that the prison administration had

⁴ The United Nations General Assembly had adopted Code of Conduct for Law Enforcement Officials (RES 169/34), 1979,
<http://www.un.org/disarmament/convarms/ATTPrepCom/Background%20documents/CodeofConductforlawEnfOfficials-E.pdf>

prevented the prisoners from receiving books, fruits, medicines, and sweets although those things were allowed before the new ministry take over.

She reported that Belal and other prisoners in his cell were violently beaten by the CSF with hand and batons on the 18th and 19th of March and they had been threaten with police dogs. During the visit she realized that he looks so ill and he feels pain when she tries to touch him. She also noticed that he has bruises in his neck which proves that he had been tortured. She said that their food became only 3 loaves of bread and the prison administration allow only hot meals to the prisoners.

Belal sent message through his mother which report that the political incarcerated were tortured and they cells were attacked by masked security forces. He said that there were some many injuries and some of the prisoners had fainted because of the tear gas. He also said that those forces take 15 detainees and tortured them in front of the others for 3 hours, as they had been stripped from their clothes and forced them to utter obscenities. Some of those prisoners were locked disciplinary cell among them; Abdel-Rahman Taraq and Mustafa Shehata who are arrested in the same case.

Amr Morsy's father who also is a detainee in the same case and charged with practicing violence against the security forces although he is paraplegic. In Amr's father testimony he said that they received ill-treatment by the jailers and they been humiliating inspected during their visit that lasted for only 15 minutes instead of 60 minutes according to the law. He also reported that books, fruits, medicines, and sweets were prevented and only one hot meal was allowed to the prisoners.

In Wednesday, March 18, 2015 Amr reported that he was tortured physical and psychological. According to what he told his family, the jailers had stripped and blindfolded him and beaten him with hand the thing that he can take because of his disability.

Mustafa Mahmoud who is also detainees for breaking the protest law, his mother added that those harassments that they face during the visits and the violations that the prisoners suffer from started with the new cabinet reshuffle.

She said that the prison administration prevented the incarcerated from exercising, and some visitors were prevented from visiting their relatives, despite they had permissions form the prosecutor, from 10/03/2015 until 03/21/2015. She also said that prison administration took the prisoners' belonging such as blankets and clothes. On 22/3/2015 they prevented the prisoners from receiving towels and medicines; and they only allowed one hot meal.

In a statement from the family of photojournalist Ahmed Gamal who was arrested in El-Azhar events on 28th of December, 2013; they said that their son was tortured on 19th of March 2015 inside Abu Zaabal prison.

Ahmed asked the prison administration to officially report the violation that he faced, but instead he been sent to disciplinary cell which is a dark cell that wider than a matter and half and without ventilation. He stays in this cell with other four prisoners. According Ahmed went on hunger strike

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to stoop those humiliating practices till he fainted on 24th of March and had been seen by the prison physician who reported that Ahmed's conditions are stable and didn't report the injuries he had before he went to the disciplinary cell.

Ahmed Ziada in his testimony that been published on El-Bydaia website he said that he spent 7 days in the disciplinary cell although he supposed to stay only 24 hours for "Individual rampage" for attacking some of the detainees. He said that it is like cemetery, it is three by four ochaabars without light, ventilation, nor a bathroom and the cell is not to be opened during the disciplinary period. They provide us with a dirty water bottle, rotten loaf of bread and a piece fetid cheese. He said he went on hunger strike, but the prison administration didn't take any action and one of the officers said "you are not here to eat". He told them that he is not going to end his strike till human rights monitors come to see this cell.

On Tuesday the 42th of March his health went worth and wasn't able to breathe till he fainted and then the prison physician saw him who gave him inhalation and asked him to break his strike but he refused.

Ahmed Ziada managed to send a message through one of the prisoners who had a visit as Ahmed was prevented from legal visits for a month. In this message he said that he was removed to unknown place to be not seen by the human rights delegation that was visiting the prison; as he had bruises on his body resulted from the brutally assault that he been though. He was combined with Mustafa Abu Donya who suffered from epilepsy after he was tortured. They stripped and blindfolded him and forced him to call himself with female name and call himself "whore".

In his testimony in Wednesday 18th of March he says during the daily inspection one of the prisoners who is a student objected to the humiliating insults that they receive. But in prisons there is no room for raising any objections as in return they receive revenge. That is what happened with this student along with other 11 student who had been brutally beaten and sent to the disciplinary cell. One of those students is Ali Qaaod who still has bruises on his body. The officers also selected one from each cell to be sent to the disciplinary cell to set an example to the other prisoners.

On 19th of March, they asked us to move to another cell leaving behind our belongings which were destroyed afterwards.

4- Al-Aqrab High Security prison in Tura

In Al-Aqrab prison the incarcerated see their family through glass partition and they speak through a phone. In case the phone broke down they cancel the visit as they take this as a sign that the call is recorded by the prisons administration. Al-Aqerab prison is located in Cairo and surrounded with 7 matter high fence. The office of the officers is located outside barriers and iron bars.

Each cell is completely separated from the prison when it is closed which make the incarcerated unable to communicate with each other like the other prisons.

According to what been said to the ECRF the families weren't allowed to see their relatives on the 16th of March although they had permission from the prosecutions under the pretext that those permissions are forged. They prevented them again next day although the families waited outside the prisons for 6 hours. That is continuously repeated as on 26th of March the prison administration took the permits from the families telling them that they are forged and on the 25th of March they took the permits and didn't allow the families to see their relatives and only few visits were allowed.

After the cabinet reshuffle the conditions of the incarcerated got very worse inside Al-Aqrab prison. The security forces violently inspected the cell and took all their belonging such as the blankets, clothes, and medicines. The security forces also assaulted some of the prisoners and sent some others to the solitary confinement.

Amr Rabie was subjected to enforced disappearance in El-Asouly prison and currently detained in El-Aqrab prison in Anser Bait el Maqdas case. His mother wasn't able to visit him after his father death although they supposed to have an exceptional visit for 10 minutes on the 8th of February 2015. She also had permission on the 22nd of February but she also couldn't see her son or even to allow him food.

She also said there is discrimination among the prisoners based on the nature of the case that they detained for; as the prisoners for criminal cases are allowed to meet with their families and set with them when those who are detained for political cases their visits must be through glass partition and their conversations with their families with are recorded and sometimes they allow them to great them through a barrier

Taha Mohammed's wife a detainees in El-Aqrab since 11th of August, 2014 till 2015; was prevented from visiting her husband although she had permission from the prosecutor. Her last visit was for only 3 minutes and through glass partition and she talk to him through the phone. She said that his conditions were very bad and his clothes were torn. They prevented them to receive books, fruits, medicines, and sweets. From 12 till 19 of March they stopped the prisoners from the exercising and the officers inspected their cells and took all their belonging.

Hassan El-Qabany who is detained in case no. 718 for year 2014 for of spreading false news which leads to harm Egypt and disturb the public security; he said to Doaa Mustafa his lawyer from the ECRF that was stripped from his clothes and forced to sleep on the floor for 12 days. El-Qabany now is in hunger strike objecting the ill-treatment in the prisons and not allowing to exercise and because of glass partitions that prevent him from contacting with his family.

5- El-Abadya prison in Damanhur

The ECRF had reached to information about El-Abadya prison in Damanhur that shows that some of the political prisoners went on hunger strike because of the inhuman conditions inside the prison, as they get unclean water and food and they are allowed to exercises for only one hour a

day. The prisoners suspended their strike after the prison administration agreed to improve their conditions. However on Thursday 26 of March security forces broke into their cells and inspected them with police dogs and assaulted the prisoner with hands and fired them with tear gas especially cell No. in ward No. 7, 18 and 10. They also took away all the prisoners' belonging like academic books and clothes forcing them to dress in dirty uniform, taking away their blankets. They also took the clean water that the prisoners had and gave them instead unclean water.

ECRF documented through testimonies of two families that the visits were stopped for more than three weeks after the cells were broken into. On Sunday 29th of March the prisoners told their families about what happened and showed them their injured hands. Food and water weren't allowed in as well as medicines for colds and allergies despite the fact that those diseases are widespread in the prison because of overcrowding inside the cells; as there are 20 prisoners in 5 meters cells. Now the visits last only for 15 minutes.

6- Qena Public Prison

This prison is a 100 year old dilapidated building that is located in Upper Egypt. It is overcrowded and its electricity service is so weak and there is no health care for the prisoners. Like the other prisons after the new minister took over Qena prison prisoner faced new security restrictions. There were allowed three hours exercising from 9 to 11 am now they allowed only one hour. They are locked in their cells from 3:30 pm till 7 AM without even allowed to the bathroom as they were before for one time in the night. Their cells get inspected every day and the prisoners reported once that their clothes were burned. Objections are not allowed and if someone did object he gets into the disciplinary cell without health care.

One of detainees relatives who requested anonymity; she said that the visits are lasted for not more than 20 minutes and they are allowed after the visits of the prisoners of criminal cases. They had to wait in a dark room and to set on the floor. They get humiliating inspections and the medicine are allowed to the prisoners only after the prison' director permission and most of time he refuses to give this permission.

7- Benha Public Prison

The conditions in Benha public prison for the political detainees from the other prisons are no. They received ill-treatment from the jailers as their steal their clothes or burn them leaving wearing the underwear and the improper prison clothes. They are allowed only 10 minutes exercising outside their cells.

The ECRF had seen a message from a detainee who is a high school student. He mentioned in his message the conditions are getting worse and officers had broken into their cells with police dogs and burned their clothes and school books and if anyone objects on those practices he get tortured.

A mother of one of the detainee said she goes every week for visiting her son. She got there at 8 am and the jailers inspect her in a very humiliating way and steal the food. She waits till 1 pm to see her son for 15 minutes. She saw her son in Wednesday 25th of March and he was wearing improper clothes and he told her about the assaulting that they faced in the prison and how the jailers burned heir belonging, like clothes, blankets, school books and Quran. On last Thursday a family of one of the detainees wanted to file a complaint to the public prosecutor about what happened in Benha prison but they weren't allowed into the court building by an officer.

8- Other prisons; Burg Al Arab prison in Alexandria and Beni Suf public prison

in Burg Al Arab prison after executing Mahmoud Ramadan in February 2015 was accused with killing a boy in Alexandria by throwing him from building roof in 2013; they started to attack the cells and take all the prisoners belongings and sending those who objected to the solitary confinement. According to a family of one of the detainee that the prion director was supervising those practices himself. They also prevented the prisoners from receiving their medicine in other prisons like in Beni Suf public prison.

Khalid Saaid, 46 year detainee from 2014 in Beni Suf public prison died in Sunday 22nd of March 2015 because of liver massive haemorrhage. The prison administration refused to take him to the hospital to get his treatment; as he was suffering from hepatitis C which needs high level of health care.

9- Security forces camp in Aswan

ECRF had received information that proves that there are detainees for political and criminal cases in the security forces camp in Aswan which is located away from the city center. The detainees and their family receive the same ill-treatment as in the other prisons.

A family of one of the detainees reported that the prisoners in that camp get assaulted and torture. Like in the case of detainees called Abdallah Yassin who received electric shocks and now he suffers from nervous shock and Urination. They also reported that the detainees get torture to confess with committing crimes they didn't do.

Another detainee's wife who requested anonymity said that they been inspected in a very humiliating way and the prevented any prepared food and juice to get to the prisoners. They also prevented any books and pens. She also said in the last visit her husband was injured and there were bruises in his neck and the visit lasted for only 10 minutes and now the detainees and their families receive threats to not speak about those violations.

10- The National Council of Human Rights visit to Abu Zaabal prison

On the 30th of March, 2015 a delegation from the National council of Human Rights visited Abu Zaabal prison to investigate the complains that had been field about the prisons conditions. However they didn't visit any other prisons.

During their visits they met with four prisoners; Ahmed Gamal Ziada, Amer Ali Goma, Abdel-Rahman and Ahmed Mahros Rostom. They listen to their testimonies complains to the public prosecutor of how they get assaulted and torture. The prison administration didn't allow the delegation to meet with other prisoners. That requires changing the regulation to give the council the right to make unannounced visits to prisons and detention places.

The initial council report that concluded the testimonies of the four detainees had mentioned the following;

- Applying the new prison rules regarding visit duration and exercising duration and places.
- The prison administration has taken a number of disciplinary proceedings against the four prisoners by placing them in disciplinary rooms for one week to 16 days which is unfit for humans with no bathroom and little of bad food and water and lack of adequate ventilation
- The delegations watched the bruises that the detainees have on their bodies which are resulted from torture.
- The delegation noticed that the prisoners were under extreme fear and stressed. They said they had been threaten by the prison administration to give any information to the delegation about what happen inside the prison.
- those who met the delegation are students and they been in detention for long time which affects their academic future
- The delegation had complied that their visit was very short as it lasted for only an hour and half. The delegation asked to reconsider the rules that organize the preventive custody and to activate the new prison bylaw and assigning an impartial commission to investigate the complaints about the conditions in Abu Zaabal prisons.

11- Recommendations

Egyptian Commission of Rights and Freedoms recommends the Egyptian authorities the following:

Firstly: Activate and strengthening monitoring mechanisms for prisons and places of detention and ending impunity for perpetrators

- Investigate promptly and impartially all allegations of torture or other ill-treatment by security or law enforcement officials of any rank. Torture and assaulting victims must receive appropriate compensation from the government in accordance with Egyptian law.
- Activate article No. 1747 of the General Instructions in respect of Prosecutions which give the right to the public prosecutions at all its levels to inspect the prisons and places of detention on a regular and unannounced basis.
- Allowing the national council for human rights to inspect the prisons and places of detention on unannounced basis and give it the right to reach to the incarcerated to monitor their condition. Also give access to human rights monitors.
- Ratify the Optional Protocol to the Convention against Torture and other Cruel, Inhuman or Degrading Treatment or Punishment for year 2002

Secondly: Protecting the legal rights of detainees and prisoners

- Protect the detainees' right to communicate with their families and lawyers and for the duration that is assigned by the law.
- Facilitate the access to lawyers and transfer of detainees to legal places of detention.
- Allowing the detainees and prisoners to visit their families without any barrier and not to eavesdrop on them or to put any kind of pressure on them.
- Allowing the entry of books and correspondence, food, clothing and personal belongings to the detainees.
- Providing adequate medical care in all prisons and moves those who have serious diseases to hospitals outside the prisons to be seen by specialized physicians.
- The prison physicians must be working under the Ministry of Health and have fully independence from the prison administration.
- Stopping the starvation policy with the detainees and to refrain from the disciplinary policy by sending them to solitary confinement cells which are humiliating and degrading.

Thirdly: releasing those who been arbitrarily detained and review the laws that suppress freedoms

- Reconsider the status of those who had been arrested since June 30, 2013 by an independent and neutral commission.
- The immediate and unconditional release of anyone detained for expressing his/her opinion or demonstrated peacefully.
- Drop all charges against the journalists, political activists, and peaceful protesters detained for expressing their freedom.
- Review the laws that restrict freedom of expression and the right to peaceful assembly such as the protest law of year 2013.