

«It is mental torture»

Sources expose a routine marked by inactivity, psychological stress and conditions that are «degrading»

ARXIU



Sources expose a routine marked by inactivity, psychological stress and conditions that they consider “degrading” for human beings.

EL PERIÒDIC
ESCALDES-ENGORDANY

Internal sources from the prison have exposed to ELPERIÒDIC a series of structural shortcomings and deficiencies that affect the daily lives of inmates, especially those detained in preventive detention. The citizen’s advocate, Xavier Cañada, for his part, confirms in an interview with this media that the Andorran prison model “is very severe” and considers that “everything can be improved, but in this case it can be improved a lot”.

The testimonies collected point to a routine marked by isolation and a lack of effective ac-

tivities. “We wake up every day at 6:30 a.m. to the sounds of walkie-talkies and doors. At 8:00 a.m. a loud alarm sounds, and an aggressive light comes on,” they detail, noting that “some inmates have noticed a decrease in their eyesight during detention.” Regarding food, the same source assures that meals are served in the cell: “Bland, tasteless food, only frozen and repetitive products.”

On the other hand, inmates spend between 7 and 8 hours locked in their cell, a situation that has been confirmed by Cañada himself: “People are locked in their cell for many hours, they eat their meals inside and there is very little possibility of doing ac-

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ANONYMOUS

«Some sleep in 10 m² cells with two more people and others have to sleep on the floor because there are no beds»

“[In calls] The guards put pressure when the time is getting longer and many prisoners can’t pay so many cards»

tivities outside of them.” Along these lines, leisure options are also limited. According to the same sources, «the yard is about 300 m², all concrete and without grass. The library is 25 m² and there is not enough space for all the inmates. There are three old computers without internet access». Access to the gym is for one hour a day, Monday to Friday, and the machines are «from the 70s». As for hygiene, the showers are subject to fixed time slots: «From 08:00 to 09:00, from 18:15 to 19:15 and from 22:00 to 23:00. There is no privacy».

Another of the complaints collected refers to the sharing of cells. «Some inmates sleep in 10 m² cells with two other people. Some have to sleep on the floor because there are not enough beds. It is a violation of human rights». Along these lines, the Citizen’s Advocate, in his 2024 report, acknowledges that «the cells are designed for three people» and that «so many hours locked up causes psychological harm that does not contribute to reintegration». Restrictions on communications with the outside world are also reported. «We can only make phone calls three times a week, 20 minutes each time. Calls abroad cost 1 euro per minute», the same source reports. «The guards put pressure when the time is long and many prisoners cannot pay for so many cards». ●

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CANOEING

Doria and Pellicer reach the kayak semi-finals of the European

In canoeing, both have suffered a little more and only Doria has reached the next round being 20th

FACC



Olympic medalist Mònica Doria during the competition.

EL PERIÒDIC
ESCALDES - ENGORDANY

The Andorran participation in the European canoe slalom that is being held in Vaires-sur-Marne (Paris) has started well, since the two representatives, Mònica Dòria and Laura Pellicer, have qualified for the kayak semi-finals. In canoe, however, the second competitor didn't qualify for just one position behind.

The first to compete this Friday was Pellicer, who arrived with the bib number 29 in the kayak qualifiers, making a very

solid descent that helped her to be 25th. In the same category and with bib number 8, Doria has once again shown that she is among the best on the continent: a descent without any penalty that has placed her in 3rd place and in a very comfortable position for tomorrow's semi-finals.

As for the canoe modality, both have suffered a little more. Pellicer has skipped a gate after a touch in the second intermediate. Even so, with an accumulated penalty of 52 seconds, the paddler was still in the fight to access the semi-finals, but a last touch



Mònica Doria

CANOEIST

«The objective of the day was to do the job and get into the top 30 in both categories, and it was done»

at gate 19 has left her in 31st position - the first eliminated. Doria also had to paddle hard, having managed to reverse a touch at the third gate and finish 20th to reach the semifinals.

«Today's goal was to do the job and get into the top 30 in both categories, and we did it,» said Doria, adding that Saturday «is the good day» and that she will fight to get into the top 12 in the final. For her part, Pellicer highlighted that in both kayaking and canoeing «navigation it was very good», especially in kayaking, because «I flew in the first part of the circuit». ●