

# CREA TIVI TEIT BE VRIJDT

creativity liberates\*



YOUNG IN PRISON  
ANNUAL REPORT 2019





## IN 2019 WE ASKED YOUNG PEOPLE IN DETENTION TO SHARE SPECIAL MEMORIES AND LIVED EXPERIENCES.

*“I once rescued someone from the water. The mayor even came by to thank me in person.”*

**This is a fragment of the life story of Tim\*. In 2019, we asked young people in detention in the Netherlands to share special memories and lived experiences. Staff of the detention facilities were invited to listen to their creative stories.**

Young people often explain to YiP how they struggle to recognize themselves in the reports included in their case files; the stories that travel with them from police to court, and from institution to probation. What if they could add something to their files? What would they say? The stories were not to be overly positive or counter what is written in their files. Instead, the invitation was to make them complete and more personal.

Neda Boin and Lamyn Belgaroui, experienced creative facilitators at YiP, supported young people like Tim to produce their stories. Together, they created spoken word, rap and song writing recordings. Fragments included stories about brothers and sisters, dreams, regrets and their roots.

The recordings opened up new conversations with the staff and doors for improved relationships of trust. At the same time, we invited the young protagonists to look at their own stories with new eyes: why did you select this fragment? What does it tell you about the things you find important in life?

**2019 was an incredible year for Young in Prison. We found new partnerships for the Urban Arts and Sports Programme and the Youthlab.** We also challenged ourselves to look at our own story with new eyes. That is why we started developing new tools to ask young people for feedback and stories of how our programmes impact their lives.

The YiP story started in South Africa almost 18 years ago. Much has changed since then, but we still believe exactly the same thing: creativity liberates!

Michiel van Wijk, *Chairman of the Board of Young in Prison*

\*For privacy reasons, we use a different name for external communications.

**Want to read more about the new project on life stories of young people? [Read the \(Dutch\) report here!](#)**

**The YiP story started in South Africa almost 18 years ago. Much has changed since then, but [we still believe exactly the same thing: creativity liberates!](#)**



# CREATIVITY LIBERATES

ANNUAL 2019 // YIP



INTERNATIONAL TRAININGS



YOUTHLAB

**2075**  
WORKSHOP  
HOURS

**1044**  
PARTICI-  
PANTS



YIP INSPIRE



URBAN ARTS & SPORTS WORKSHOPS

**ENJOY READING AND GET TO KNOW OUR HIGHLIGHTS**  
**A BEAUTIFUL AND CREATIVE 2019.**

This is a summary of the full annual report of 2019.  
[Find the complete version here.](#)

**YiP works in detention centres and other closed spaces.**

Using Urban Arts and Sports, YiP invites you to make a positive twist and find an alternative path without crime.



## I want to...

*"I feel stressed and don't want to be here. But when I rap, paint or box, I remember what it's like to be free.*

*The people of YiP are just like me, but so different at the same time.*

*Their stories trigger new ideas: My life can change and be better too."*

### Urban Arts and Sports workshops

Workshops and modules for closed (forensic) youth care.

## I am able to...

*"Inside I made a positive switch, but in the outside world nothing changed.*

*My YiP mentor says: 'Do you remember the things you told me? Together we make a plan: what pulls you back and who helps?'*

*I take steps forward, and sometimes one backwards too. Small moments of success are guiding my way."*

### Mentor programme

Volunteering mentors for young people who are (about to be) released.

## I am worthy...

*"I found my best path, because of the choices I made myself.*

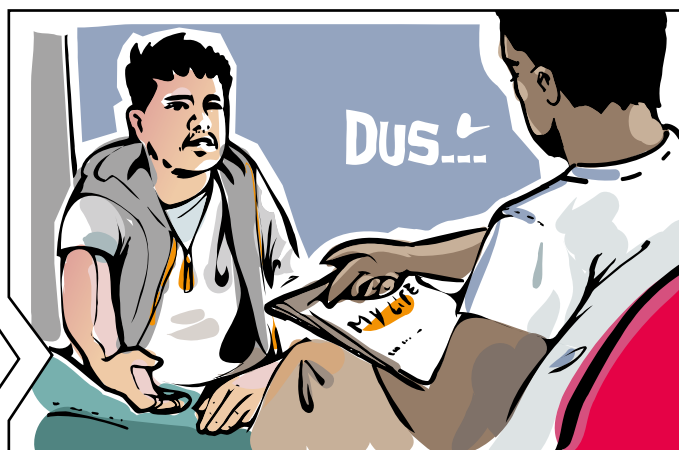
*My experiences are of value when I meet prosecutors, judges and lawyers.*

*The beautiful and hard lessons, what I messed up and accomplished, they are all part of me.*

*And my story is only just beginning."*

### Youthlab

Young experience experts train and advise justice professionals.



**YiP works with Urban Arts and Sports to reach young people in closed (forensic) care since 2002.**

The artists and athletes, the role models of YiP, connect intuitively with young people. They work as a critical ally of the formal judiciary system. The **5 Play Cards of YiP** are anchored in everything they do ►



**Energy** A contagious vibe, something you want to be a part of



**Imagination** Alternative and positive ideas about the future



**Competences** Learning something new, not too easy and not too difficult



**Relatedness** Feeling part of something bigger



**Autonomy** Your own choices in what and how you learn

**Internationally, YiP designs training programmes for NGO's, governments and other organisations who aspire to contribute to the reintegration of young people with arts and sports.**

YiP has been previously active in South Africa, Malawi, Kenya, Colombia, Kosovo, Albania, Belgium and Italy.



### SUMMARY TRENDS

The pre-release programme in the Netherlands grew in different ways in 2019. In a quantitative manner: almost 2300 hours of workshops were conducted by the team of creative facilitators. These workshops were conducted in 4 juvenile detention centres (out of the total 7 in the Netherlands) and one residential youth care facility.). The program also developed qualitatively: facilitators attended minimally 5 trainings in the methodology of Young in Prison in an upgraded training program. We designed and piloted new modules about sex education, job opportunities and narrative identities.

Workshops 2019	
RJI Hartelborgt - Spijkenisse	900 hours of workshops
JJI Teylingereind - Sassenheim	750 hours of workshops
JJI Het Poortje / Elker - Veenhuizen	450 hours of workshops
JJI Het Keerpunt - Cadier en Keer	15 hours of workshops (pilot)
JZ+ Woodbrookers - Kortehemmen	160 hours of workshops (pilot)
Staff	
1 program manager + support methodology coordinator	
3 methodology trainers	
27 facilitators of Urban Arts & Sports	

Workshops 2019	Hours	Participants
Storytelling	49	137
Live band	98	378
Tricking	46	337
Graffiti	363	852
Theater + Improvisatie	400	504
Acrobatics	56	171
Photography	95	178
Capoeira	43	273
Fashion & Styling / Graphic Design	68	144
Judo	38	155
Rap Songwriting	394	625
(Kick)boksen	116	275
DJ/Beats/ Podcasting	164	368
Urban Dance	13	28
Spoken Word	158	225
Brass band	121	572
Streetsoccer	24	144
Custom Made trajectory	30	0
<b>Total</b>	2275	5222
* Unique Participants	1044*	



**NIELS**

Programme Coordinator  
Pre-release programme

**YIP STARTED A NEW CHAPTER.**  
**FOR THE FIRST TIME WE WORKED IN**  
**A RESIDENTIAL YOUTH CARE FACILITY.**

## FRIDAY, 16 AUGUST 2019


**The past two weeks marked a new and exciting chapter for YiP. For the first time, we worked in a residential youth care facility.** *This is where young people are placed under civil law (and not criminal law as YiP is used to in juvenile detention centres). Compared with the juvenile detention centres, with mostly boys older than 17 years, this facility had mixed groups with boys and girls between 13 and 18 years old. Another big difference for the teachers was the focus on channelling and guiding their energy, instead of activating it.*

**One of the first things we experienced was how quickly the young participants opened up.** *Our workshops are low key and there is no therapist or behavioural scientist who demands something from them. This means they can just be themselves for a while and are free in expressing their feelings. One girl made a beautiful song about her imagination of the future and how she wants to stay true to herself.*

**The day ended with a final presentation, after which the participants were awarded a certificate.** *Many of the youths have had little to no experiences of success, so it means a lot to them to receive a certificate with personal notes from their teachers. Even the supervisors and the staff are often emotionally touched. These moments make our work valuable and remind us what we're doing this for. With this pilot we gained so much insights regarding this specific group of young people.*

**Listen to a (Dutch) song of Lakisha, one of the participants of our workshops!**



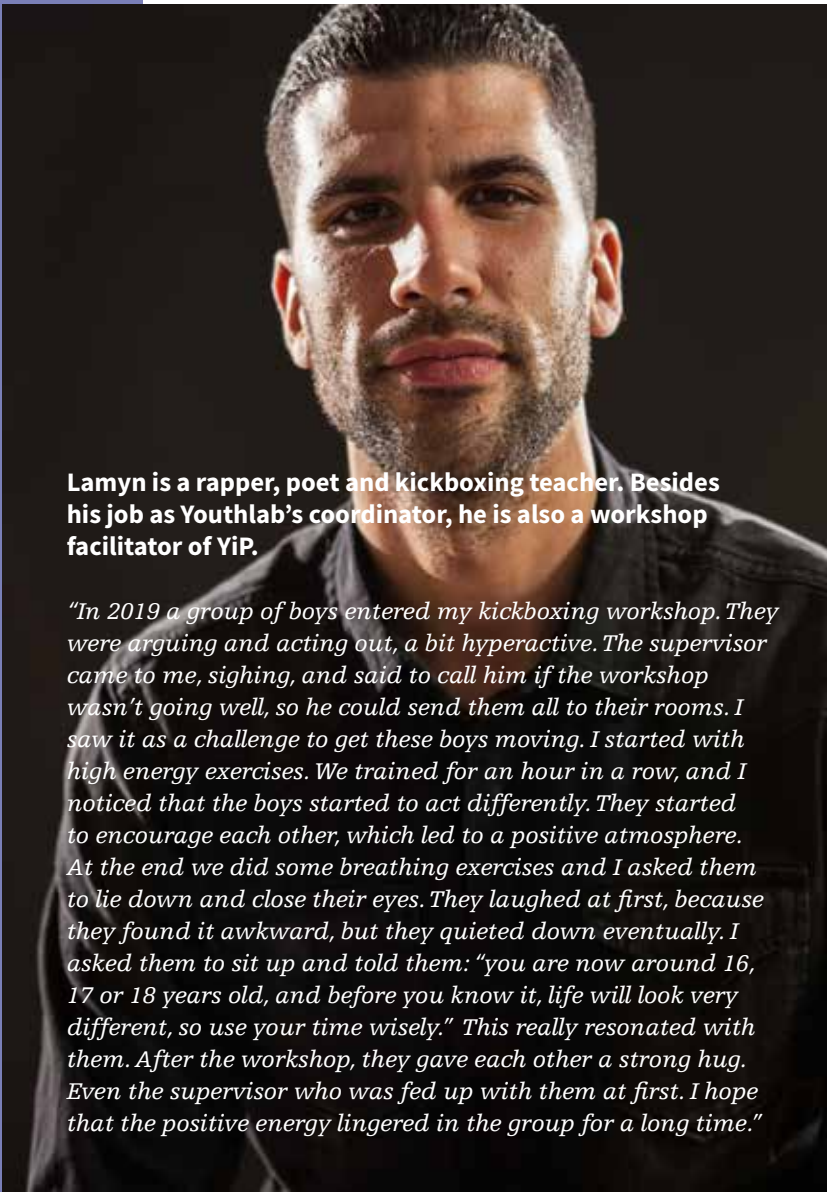


Tara is a theatre maker and one of YiP's workshop facilitators. Her workshops combine a lot of disciplines: acting, writing, spoken-word, dance and music.

*"At the end of a theatre workshop in 2019, one of the participants asked me if he could write something himself. As a teacher, this is what you are really after: that a participant is so inspired to actually start creating something new. As I was walking down the hall the next day, I saw him passing by with papers in his arms. Apparently, he was up all night, writing all kinds of theatre scenes. His work was very cinematic, with a lot of imagination. He created a whole*

*new word. I thought this is great, we have to implement this immediately in the workshops. The next day I skipped my entire preparation to do his play with him as the director. It was amazing. He turned out to be a very good director also. This was my best YiP moment this year."*

**AS A TEACHER,  
THIS IS WHAT  
YOU ARE REALLY  
AFTER THAT  
A PARTICIPANT  
IS SO INSPIRED  
TO ACTUALLY  
START CREATING  
SOMETHING NEW.**



Lamyn is a rapper, poet and kickboxing teacher. Besides his job as Youthlab's coordinator, he is also a workshop facilitator of YiP.

*"In 2019 a group of boys entered my kickboxing workshop. They were arguing and acting out, a bit hyperactive. The supervisor came to me, sighing, and said to call him if the workshop wasn't going well, so he could send them all to their rooms. I saw it as a challenge to get these boys moving. I started with high energy exercises. We trained for an hour in a row, and I noticed that the boys started to act differently. They started to encourage each other, which led to a positive atmosphere. At the end we did some breathing exercises and I asked them to lie down and close their eyes. They laughed at first, because they found it awkward, but they quieted down eventually. I asked them to sit up and told them: "you are now around 16, 17 or 18 years old, and before you know it, life will look very different, so use your time wisely." This really resonated with them. After the workshop, they gave each other a strong hug. Even the supervisor who was fed up with them at first. I hope that the positive energy lingered in the group for a long time."*





## SUMMARY TRENDS

**The mentoring programme connects volunteering mentors with young people in detention in the Netherlands.** The programme slightly underperformed in terms of numbers: 25 mentors were matched in 2019, where YiP expected to make at least 40-50 matches. But in qualitative terms the programme grew substantially: the entire programme was evaluated by an external evaluator, which led to a new training design for volunteers and a redesign of the programme towards the prison environment. This redesign gave support and renewed legitimacy to the release programme. In the last months of 2019 YiP saw the number of matches grow again and by early 2020 almost 10 matches were made. The programme also started in a second Juvenile detention centre with a pilot, which was positively evaluated and consequently transformed in a structural presence of the release programme in this facilitation.

Matches	Hours
RJJI Hartelborgt - Spijkenisse	22 matches
JJI Teylingereind - Sassenheim	3 matches
2 program manager + support methodology coordinator	46
App. 40 volunteers (25 active volunteers)	363

**VOLUNTEERING MENTORS ARE LOYAL TO THE PROGRAMME: BETWEEN 80% AND 90% OF THE VOLUNTEERS HAVE INDICATED THAT THEY WANT TO REMAIN INVOLVED AND START ANOTHER TRAJECTORY.**



**ELIZABETH**

Coordinator Release  
Mentoring Programme

**TODAY WAS THE ANNUAL  
YIPINSPIRE AN EVENT  
WHERE WE HOST OUR  
VOLUNTEERING MENTORS IN  
THE DETENTION CENTRE.**

**FRIDAY, 20 DECEMBER 2019**

**“Today was the annual YiPinspire, an event where we host our volunteering mentors in the detention centre. The mentees had a day off from school. We send them an invitation beforehand with a line-up of the special guests.**

**The event was opened by Kemp, a Dutch rapper. He did not perform, but talked about his personal life; about how he had a difficult childhood and ended up spending time in jail. The boys listened to him silently for an hour. One of them grabbed a piece of music from his room for Kemp to read. It was great to see how Kemp took his time to talk to them. One of the boys mentioned how special it was to him to experience this.**

**The next workshop was by Yousri Belgaroui, a world-class GLORY kickboxer. His theme was how to journey from being ‘questioned’ to being ‘interviewed’. Yousri told them: “You may be spending lots of time inside, but you still have your body, you still have your hope. If you are aware of this and know how to use it, you still have your whole future ahead of you”. Yousri continued with a kickboxing lesson and taught them the ‘secret moves’ of the famous Dutch fighters Badr and Rico, as it just so happens to be the day before their legendary match.”**

**MY HOPE FOR 2020 IS THAT WE CAN  
SUPPORT MANY YOUNG PEOPLE FROM  
YIP WITH THE SAME POSITIVE VIBE AND  
MOTIVATION, AND TO CONTINUE TO HOLD  
ONTO HOPE IN UNCERTAIN TIMES.**

**DORIEN IS 26 YEARS OLD AND LIVES  
IN AMSTERDAM. SHE STARTED AS A  
VOLUNTEERING MENTOR AT YIP IN  
2019.**

*"One of my highlights this year is mainly the growth in the relationship with my mentee. The fact we can have a healthy discussion now, where he feels free to open up and show his emotions, and then come back to the topic discussed. And that he calls to discuss small things but also seeks contact when he is uncomfortable, stressed or experiences difficult*

*moments with his loved ones. Together we've worked on a foundation of trust, and that creates special moments. Moments when he can be himself, express his vulnerable side and put his pride aside for a while."*

*"My hope for 2020 is that we can support many young people from YiP with the same positive vibe and motivation, and to continue to hold onto hope in uncertain times".*

**DORIEN**

Volunteering mentor







## SUMMARY TRENDS

The Youthlab in the Netherlands provides young people after their release with a leadership programme, to train and advise justice professionals. The programme now structurally provides training for Public Prosecutors, lawyers, bureau Halt and the national probation office. The Youthlab furthermore helps young people juveniles to express their opinions and advise in processes of policy-making. This entire range of activities further grew in 2019: never before were so many assignments conducted by Youthlab members, in both training and advisory trajectories. The Dutch practice also served as a best practice and was awarded with an EU-grant. The model will be shared by YIP with international partners in Belgium and Italy in 2020.

## Activities

**YouthLab Training:** professionals of the juvenile justice system are being trained in communicating through experiences and stories of Youthlab's young experience experts

**YouthLab Advice:** think along and advice policy makers

**YouthLab Stories:** the voice of youths is represented on events by creative contributions, like spoken word, rap or storytelling

**Assignments: 37**

**YouthLab participants: 11**

**Maximum** of 3 assignments a month per participant

**1 assignment** is a session of 1-5 hours

## Partners

**The Public Prosecution Office:** training for juvenile officers

**Probation Service Netherlands:** JOVO's (Probation Officers of the target group Young Adults)

**Other:** University of Amsterdam, Board of Criminal Justice & Youth Welfare Office, NSCR-VU, Het Zuidelijk Toneel, Nationaal Theater, Halt and more

**THE DUTCH YOUTHLAB MODEL**

**WILL BE SHARED BY YIP WITH**

**INTERNATIONAL PARTNERS**

**BELGIUM AND ITALY IN 2020.**


**LAMYN**

Workshop facilitator  
Coordinator Youth Lab

**TUESDAY, 29 OCTOBER 2019**

Today was the annual Halt (alternative sentences organization for young people) day, a training day for over 200 Halt employees. YiP was invited to open the event with a creative contribution about the world of youths in detention. Together we prepared a track and spoken word about what was going on in their lives and what they found important or difficult.

One of them mentioned he has been in contact with Halt before, but it was of no use to him. This made everyone laugh at first, but his honest and unpolished answer also made them listen. As moderators we asked the boys 'why is that?' and 'what should have gone differently?'. This led to interesting conversations between the two worlds.

The rest of the day we participated in the workshops. We looked at it with a critical stance 'what do we think about Halt's manner of working?' and 'what is the perspective of the youths?'. At the end the boys had to write and present a spoken word text about what they thought makes a good social worker.

Another highlight this year was the project with the Ministry of Justice and Security, about employment guidance in the detention centres and how the detention centre of the future would look like. One of the main questions was how to ensure that during time spend 'inside', there's adequate preparation for 'outside'. The boys worked on a mind map around the question from the ministry: 'How do you view work after detention?'. We changed

A few lines of the text:

**WE NEED PEOPLE WHO DID NOT FORGET ABOUT THEIR OWN YOUTH.**

**WE NEED PEOPLE TO BE ABLE TO LISTEN TO STORIES AND FEELINGS LIKE THOSE ARE THEIR OWN.**

**WE NEED PEOPLE WHO ARE CURIOUS**

**YOUTH IS STUBBORN AND UNPREDICTABLE**

**YOUTH IS IMPATIENT AND THINK THEY KNOW -IT-ALL BUT MOST OF ALL**

**YOUTH IS CREATIVE, ENERGETIC, BRAVE AND OPEN**

**YOUTH IS FULL OF DREAMS**

**YOUTH IS OUR TOMORROW.**

this to 'what motivates you?' and 'what do you consider important in a job?'. After this the professionals did a storytelling assignment where they had to interview the boys and make a story with their answers. This directly resulted in advice from the perspectives of young people.

At the beginning there is a 'we vs. them' feeling between professionals and juveniles, but this eventually disappears. There's an understanding that we are all humans, and these professionals are just doing their job. And the boys realize the importance of their advice, that even though nothing will change immediately for them, it can be of influence on future policy making. This led to an open atmosphere where both parties can speak honestly in a constructive manner."



**AT FIRST I DIDN'T FEEL LIKE DOING IT  
BECAUSE OF MY STAGE FRIGHT,  
BUT I ACTUALLY FOUND IT TO BE  
A GOOD EXPERIENCE.**

ORELÚS IS 20 YEARS OLD AND LIVES IN GRONINGEN. HE MET YOUNG IN PRISON WHEN HE WAS SERVING HIS TIME IN A JUVENILE DETENTION CENTRE IN LIMBURG, DURING AN INDIVIDUAL PROCESS WARD (ITA). HE JOINED THE YOUTHLAB AS A YOUNG EXPERIENCE EXPERT AFTER BEING RELEASED FROM DETENTION.

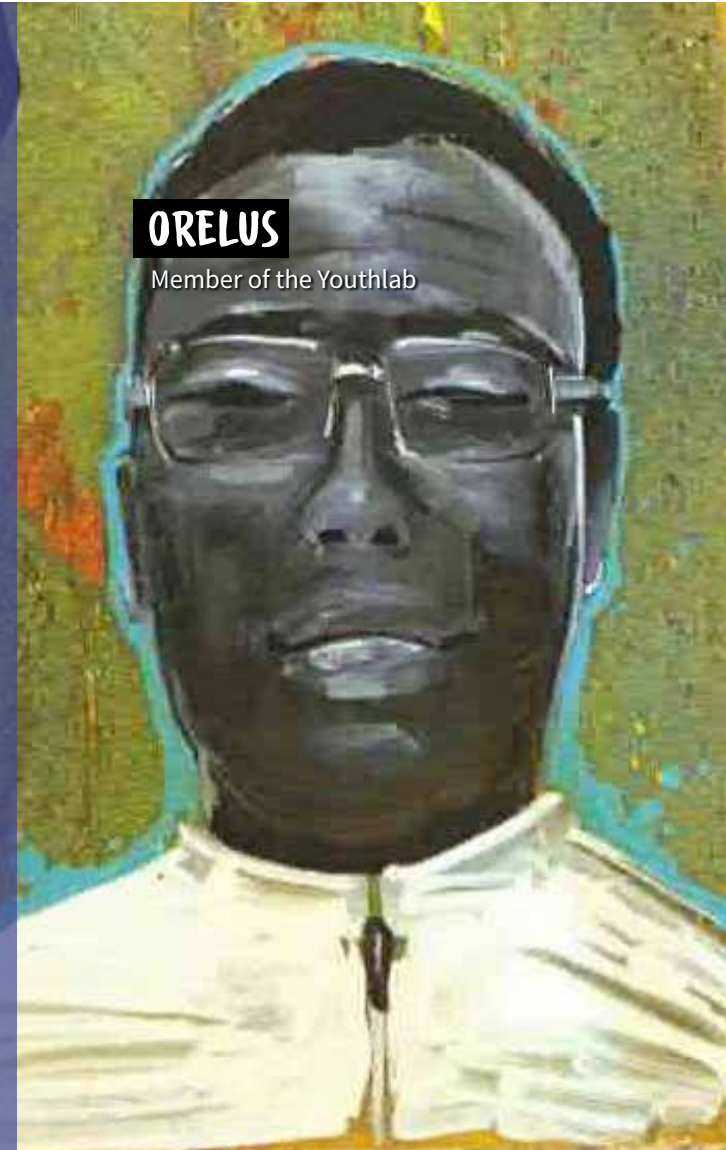
*"Youthlab gives me the opportunity to be a voice for youths who have been in contact with the law. One of my highlights this year has been the Halt event where, together with other boys from Youthlab, we had to write and present a spoken word poem. At first I didn't feel like doing it because of my stage fright, but*

*I actually found it to be a good experience. During the event I met some employees of Halt. One of the interesting discussions I had was about the generation gap between X and Z, and how difficult it is for them to understand each other. I have been in contact with Halt before, since I was eleven years old, and this broadened my view of them. They really wanted to learn and find out how to communicate with us better".*

*"My ambition for 2020 is to start an education in either security or management."*

**ORELÚS**

Member of the Youthlab





## SUMMARY TRENDS

**Our international training activities in 2019 mainly focused on the Balkans, as part of our joint programme together with the Netherlands Helsinki Committee**

In both Albania and Kosovo, we met with many local organisations and creatives, as well as management and staff of the juvenile detention centres Kavaja in Albania and Lipjan in Kosovo. In Albania, we decided to partner with Caritas Albania and Ortek, a school for martial arts. In Kosovo, a coalition was formed by Caritas Kosova and Q'art (Art Development Center). During a 3-day regional event in July 2019, we trained the local workshop facilitators, CSO and prison staff in the use of our COPOSO methodology. In November 2019 the local partners started with their COPOSO pilot project in Kavaja and Lipjan, which will run until mid 2020.

In 2019 we were also invited by the NGO Search for Common Grounds to introduce Young in Prison in Tunisia. YiP provided training to local CSO's that work on the de-radicalization of Tunisian youth deprived of their liberty.

Training activity	Country
<b>CSO introduction Training (COPOSO stands for Contributing Positively to Society and is the methodology of Young in Prison)</b>	Albania
<b>COPOSO introduction Training</b>	Kosovo
<b>3-day regional COPOSO training for workshop teachers, CSO staff and prison staff</b>	Albania
<b>COPOSO introduction Training</b>	Tunisia



**IT WAS GREAT TO SEE  
EVERYONE WORKING  
FOR THE SAME GOALS  
AND TO SEE THEIR  
COMMITMENT IN  
HELPING THESE YOUTHS.**

**TUESDAY, 4 JULI 2019**

This week I travelled with YiP to Tirana, Albania, for a three-day regional training, where we trained creative teachers and prison staff from Kosovo and Albania in the use of the methodology. The training is part of a prison reform project of the Netherlands Helsinki Committee and was held with all those involved in Kosovo and Albania, from coordinators, to creative teachers of local NGOs, as well as prison staff. Also present was the Albanian and Kosovar Director General of Prisons, who supported in organizing the event, and a representative of the Albanian ministry of Justice, who opened the training.



**BARBARA**

Coordinator YiP International

**We used large sheets on which we wrote down: their core values, what the pilot should look like in terms of activities, the frequency etc. so that a shared vision would become visible per country. We discussed: how many young prisoners are there? What kind of activities are already there? What is still missing? How can this be a valuable addition? This led to a very nice collaboration. It was great to see everyone working for the same goals and to see their commitment in helping these youths.**

**Even though it was hard work - we often worked until late at night in the restaurant, preparing the next day, to eventually get up early for a whole day of training - it was really rewarding to have accomplished so much. The fact that it was a regional exchange, made us all aware that together we are part of a larger international network."**



**SHQIPE PIRRAKU, WAS BORN IN 1981 IN KOSOVO. SHQIPE JOINED THE TRAINING OF YOUNG IN PRISON AS A WORKSHOP TEACHER FOR THE JUVENILES AT THE EDUCATIONAL AND CORRECTIONAL CENTER IN LIPJAN.**

*For more than ten years, Shqipe has been working as a workshop teacher for applied arts (origami, quilling, kirigami, string art, paper art) – a passion she developed since her childhood years. She was engaged in the “Play for All” kids festival and many other projects, implemented by Gishtat creative agency; volunteering for Down Syndrome Kosovo; volunteering for SOS Children Villages in Pristina.*

*“It is a good opportunity for me to be able to work with the juveniles as it brings me pleasure while we could see that it has helped the juveniles in increasing their confidence, creativity, calmness and motivation. Paper art workshops that we have taught are convenient for juveniles as paper is among the materials, they can easily have access to and play with it in their own time, and it serves as both therapy and to create something beautiful. I was amazed to see the beautiful cards and presents they have made for their beloved ones at home.”*

**SHQIPE**

Training Participant



**THE APPLIED ARTS HAS HELPED THE JUVENILES IN INCREASING THEIR CONFIDENCE, CREATIVITY, CALMNESS AND MOTIVATION.**



**We started 2020 with lots of energy and excitement for new initiatives such as:**

**An online learning environment for facilitators, trainers and international partners.** In this new space, users are invited to learn and exchange the COPOSO methodology. We are currently creating new learning materials, such as video tutorials and interactive exercises.

**New participatory evaluating tools** to collect impact and feedback stories about the pre-release and Youthlab programme in the Netherlands.

**YiPStream: the online space for young people** where YiP facilitators share workshops, tutorials and Urban Arts & Sports challenges.

**Youthlab goes EU: the programme for young experience experts was developed in the Netherlands.** In 2020, Defence for Children in Belgium and Italy will start their Youthlab inspired programmes with the support of the team in the Netherlands.

## FINANCIAL STATEMENT:

In 2019, the total income of Young in Prison was € 789.061,- and expenditures were € 796.757,-. For a more detailed financial statement and to view the full and formal annual report, find the pdf version [here](#).

