

"It's so important that people can talk to and understand each other. What Inside-Out is doing is letting people see each other, and really talk. That's the value of education. Bringing young people into prisons for classes means that they really meet each other. They hear each other's stories and see each other as real people. That's so important in creating justice in this world."

– Sister Helen Prejean
Author of *Dead Man Walking*

"If you don't already know about the Inside-Out program, check it out and get involved! It's so important that we end the separation between 'us' and 'them' – those labeled 'prisoners, criminals, felons.' It is this separation and demonization of the 'others' – and our failure to truly see, hear, and engage with those who have been locked up and locked out – that makes it easy for us to remain in deep denial about what we, as a nation, have done. Inside-Out challenges that denial in a powerful way."

– Michelle Alexander
Author of *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*



The Inside-Out Center

International Headquarters
of The Inside-Out Prison
Exchange Program
and Alternative Dialogue
& Exchange Initiatives

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Lori Pompa
Founder and Executive Director

*More than a program...
Changing the world...*

The Inside-Out International Instructor Training Institute

Inside-Out is a model of transformative education. Its unique pedagogical approach focuses on **change** for everyone involved: college students, prison participants, as well as the educator facilitating the class. Inside-Out has a growing **international network** of educators who are taking this pedagogy forward in their own areas, both in geography and discipline, often bringing a unique insight to the practice of the Inside-Out teaching model.

As of Fall 2025:

- **1575+** educators have been trained from **49** states and **15** other countries
- Inside-Out has conducted **102** International Training Institutes
- **100s** of Inside-Out classes are offered every semester around the world each year
- Classes are **offered** by small liberal arts colleges, community colleges, and large research universities
- Courses are **hosted** by county jails, state prisons, and community correctional facilities
- Inside-Out classes include a **range of disciplines**, spanning the humanities, social sciences, law, education, social work, and community health, etc.
- More than **65,000** inside and outside students have taken an Inside-Out class so far

Currently, Inside-Out Trainings are being held **virtually**, consisting of 40 hours over a five-day period. A team of **formerly incarcerated coaches** works with two co-facilitators to familiarize the training participants in the various aspects and dimensions of the program.

Inside-Out 2026 Training Dates:

All trainings are virtual and synchronous.

#102: January 5th to 9th – completed

#103: March 16th to 20th – cancelled

#104: May 19th to 22nd – NOW #103

#105: June 15th to 19th – NOW #104

#106: July 13 to 17th – NOW #105

– possibly in-person (Chicago)

#107: August 3rd to 7th – NOW #106

#108: October 19th to 23rd – NOW #107

For information: trainings@inside-out-center.org

The Inside-Out Prison Exchange Program

Changing the World from the Inside-Out: A Global Movement of Transformative Education

Founded in 1997, The Inside-Out Prison Exchange Program was based on the simple hypothesis that incarcerated individuals and college students might **mutually benefit** from studying crime, justice, and related social issues together as peers, through a dialogue of equals.

Inside-Out has become a **movement**, driven by students on both sides of prison walls and educators who design and offer Inside-Out courses in their own subject areas. These students and educators continue to demonstrate Inside-Out as a model of prison-based, post-secondary education that is financially and programmatically sustainable. Inside-Out creates a paradigm shift for participants, encouraging transformation, leadership, and change agency in individuals and, in so doing, serves as an **engine for social change**.

Through Inside-Out's college classes and other community exchanges, individuals on both sides of prison walls are able to engage in a collaborative, dialogic examination of issues of social significance through the particular lens that is the **"prism of prison."**

"Most college courses are lectures and readings which, later on, we are supposed to apply to real-life situations. This class was a real-life situation itself... The students in the class gave it life – we taught each other more than can be read in a book."

(Outside Student)

"My brain never stopped processing information as each student was able to add a piece to the steadily growing mosaic. For me, this is what a college class is all about. I left class with my mind racing to place all of the pieces discussed into their proper places."

(Inside Student)

Over the years, students have said that Inside-Out was not simply another learning experience – it **transformed** the way they viewed themselves and the world. Inside-Out classes deepen the conversation about and our approaches to understanding crime, justice, freedom, inequality, and other issues of social concern.

Inside-Out facilitates dialogue and education across profound social differences.

The core of the Inside-Out Program is a semester-long academic course, meeting once a week, through which 15–18 "outside" (i.e., undergraduate) students and the same number of "inside" (i.e., incarcerated) students attend class together inside prison. All participants read a variety of texts and write several papers; during class sessions, students discuss issues in small and large groups. In the final month of the course, students work together on a class project.

Inside-Out brings people together to share learning experiences in which we are continually reminded of our own **humanity** as stereotypes dissolve, layer after layer. In this process, we recognize both differences and similarities in experiences, perspectives, and beliefs.

By sustaining the practice of listening and seeing more deeply, Inside-Out creates a temporary but significant place for us to **invite forth** our own and others' **best selves**, inspiring us to create more such places in the world.

"There is a power in the collective actions of good people. Inside-Out lets us find the source of that power. We do it. We grow. We change the world one class at a time."

(Inside-Out Instructor)

These courses **ignite enthusiasm** for learning – encouraging participants to find their unique voice and to consider how they can make change in the world.