

EXERCISE 10.

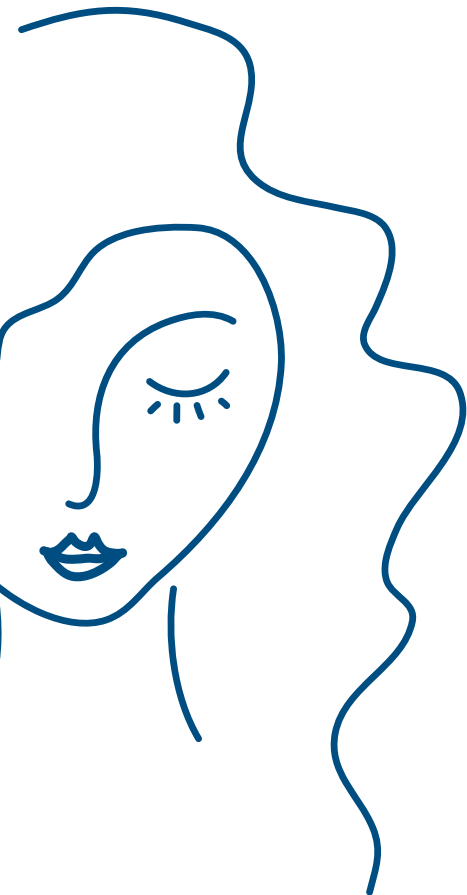


SARA AND HER JOURNEY TO SUSTAINABLE FASHION – A CASE STUDY

Read Sarah's story and consider:



- What other difficulties might Sarah encounter?
- What other strategies might help her change her habits?
- Have you ever tried to limit your clothing purchases?
- What are your experiences?



Sara was 22, studied graphic design and loved fashion. Her wardrobe was bursting at the seams with clothes bought on sale in popular chain stores. New collections appeared almost every week, and she often gave in to temptation - "it's only 30 PLN and it looks great!". She didn't think about where her clothes came from or what happened to them when they went out of fashion.

One day, she came across a documentary about the dark side of the fast fashion industry. She saw the terrible working conditions in clothing factories, rivers polluted with chemicals, and piles of clothes in landfills. She felt a pang of guilt. She began to wonder: Do I really need so many clothes? How can I change my approach to fashion?

Sara decided that from now on she would shop responsibly. But that was easier said than done.

Accustomed to regular shopping, she had to learn to control her impulse to buy. The first strategy? The 30-day rule – if she liked something, she would write it down on a list and come back to it after a month. In most cases, it turned out that she no longer felt the need to buy it.



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MODULE 1. FROM FAST FASHION TO SUSTAINABLE FASHION



Sara discovered second-hand shops and clothing swaps. She was surprised at how many great things she could find second-hand. She also learned the basics of sewing to refresh old clothes instead of throwing them away.

Not everyone understood her choice. Her friends wondered why she didn't buy anything new. Sara explained her reasons and even encouraged a few people to try a more conscious approach to fashion.

After a year, Sara had a smaller but better thought-out wardrobe. She stopped buying impulsively, saved money, and felt better knowing she wasn't supporting a harmful industry. Her story inspired others – she started a blog about conscious fashion and showed that style and ethics can go hand in hand.

