

MODULE 2. FASHION ZERO  
WASTE: ECOLOGY, CREATIVITY,  
AWARENESS



## CONSCIOUS FASHION

CREATIVITY AND PRACTICAL COMPETENCIES

EDUCATIONAL WORKSHOP SCENARIO



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## 01 INTRODUCTION



### Duration of sessions:

4 hours (with the option to split into two meetings of 2 hours each)



### Course Recipients:

The workshops target individuals aged 15-19, including students and young adults who:

- are interested in fashion and its influence on the environment;
- seek to deepen my understanding of fast fashion and its alternatives.
- are seeking practical advice on how to purchase clothing mindfully;
- are receptive to a critical examination of their consumption habits.



### Proposed methodologies:

- workshop and project collaboration;
- facilitated dialogue;
- collaborative and solitary efforts;
- mini-presentations;
- innovative experiments.



### Materials required for the classes:

- worksheets 1-10
- surplus materials, used garments, sewing supplies;

- art materials (adhesive, cutting tools, coloring instruments)
- laptop, projector, internet connectivity
- pots, natural dyes (for dyeing activities)



### **Workshop Objectives:**

1. Cultivating ecological consciousness through fashion.
2. Enhancing understanding of the concepts of zero waste and upcycling.
3. Fostering creativity and enhancing manual skills.
4. The capacity to design and craft in the slow fashion aesthetic.



### **Attitudes and competencies cultivated during the workshops:**

- strategizing fashion initiatives;
- teamwork;
- artisan crafts and restoration methods;
- design thinking
- presentation of concepts and reasoning.



### **Estimated challenges:**

- Insufficient sewing skills – it is advisable to have straightforward instructions and/or assistance from an experienced individual.
- Challenges in acquiring recycled materials necessitate proactive preparation.
- Fear of presenting your ideas – foster a secure and open environment.



### **Recommendations for Educators:**

- Foster experimentation and innovative methodologies—refrain from evaluating the outcomes, but rather endorse the process.
- Foster an environment of transparency and trust—creativity thrives in the absence of fear of making mistakes.
- Adjust the work pace to accommodate the participants; certain stages may necessitate additional time.
- Present examples and inspire through authentic narratives of zero waste brands and initiatives.
- Facilitate the sharing of ideas and experiences among participants, including in pairs and small groups.
- Acknowledge the variations in skills; not everyone needs to sew flawlessly. What truly matters is the concept and dedication.
- Foster collaboration – group design enhances communication and creative thinking.
- Encourage ongoing efforts following the workshop by proposing a home challenge or a community initiative.

## 02 CLASS SCHEDULE

### Overview of the course subjects

The educator outlines the thematic scope of the “zero waste in fashion” workshops. He begins with a brief presentation illustrating the significant impact of the clothing industry on the environment, providing data on water consumption, CO<sub>2</sub> emissions, and the volume of clothing that ultimately ends up in landfills.



For instance, it is stated that **the production of a single cotton T-shirt can require as much as 2,700 liters of water**, and annually, we discard approximately **92 million tons of apparel**.

Educator then elucidates the concept of designing garments **with a zero-waste philosophy** - one that minimizes material loss during the pattern-making stage and incorporates recycled fabrics. Educator emphasizes that zero-waste fashion does not entail sacrificing style; rather, it promotes mindful, innovative, and sustainable choices.

**It highlights the importance of creativity** - rather than purchasing new clothing, we can design unique accessories and repurpose existing garments. and bestow upon them renewed vitality.

The educator underscores that **every participant has the potential to be an architect of change**, and their decisions hold significant weight. At this juncture, one may employ a multimedia presentation for a module or an image from a social campaign.

**Encourages participants to engage in reflection:**

- *What becomes of the clothing we discard?*
- *Is it feasible to create fashion without generating waste?*
- *What are some methods for altering clothing?*



**Introducing the speaker:**

At this juncture, the educator conveys their narrative and inspiration for conducting the workshops. They may articulate a few sentences regarding the inception of their journey into zero waste fashion, for example:

“ *A few years ago, I perceived my wardrobe as having a life of its own—there was always an abundance of items, yet I felt I had nothing to wear. One day, I resolved to refrain from purchasing anything new for a month, opting instead to explore second-hand stores, where I discovered... a shirt adorned with a Gucci label for PLN 12. Naturally, it was in size XXL, making me resemble a child in oversized clothing. However, I became enamored with the process—I tailored it, shortened the sleeves, and today it stands as my favorite shirt for significant meetings. This experience marked the beginning of my reevaluation of fashion in an entirely new light.*

Through a personal anecdote, the educator fosters a connection with the participants, demonstrating that the topic can be approachable and relatable. This also serves as a seamless transition to the substantive content of the workshop in an engaging manner.



## **Icebreaker: Team Integration**

### **Exercise: "My Garment History"**

Participants discuss a piece of clothing that they have modified, received as an inheritance, or that holds significant emotional value. This may include a gift from a cherished individual, a second-hand discovery, a personally altered garment, or simply a beloved item of clothing with a meaningful narrative.

The educator may pose supplementary questions:

- *Where did you acquire that outfit?*
- *What significance does it hold for you?*
- *Did you handle them personally?*
- *Is there a humorous, poignant, or uplifting narrative connected to it?*



The objective of the exercise is to foster an environment of openness and contemplation regarding the emotional significance of clothing. Participants are encouraged to perceive garments not merely as objects, but as vessels of memories, narratives, and connections. This introduction aligns seamlessly with the concept of responsible fashion, which advocates for the care of items and the extension of their lifespan.



## **Formulating group regulations**

To foster an environment of mutual respect and commitment, the leader formulates cooperation guidelines with the participants. These can be documented on a flipchart, allowing participants to contribute their own suggestions.

## **SAMPLE REGULATIONS**

- **Respect:** We engage in active listening and refrain from interrupting one another.
- **Activity:** Every individual possesses the right to articulate their opinion.
- **Openness:** we refrain from judgment and share our experiences.
- **Practicality:** we strive to create targeted solutions.

The leader underscores that the workshops serve as a forum for dialogue, where every voice holds significance.

## 03 MERITS

### Mini Lecture: Is Another Pair of Jeans Truly Necessary?

First, let us be candid: **How many times have you purchased an item solely because it was discounted?** Or because “everyone is currently wearing it”? Or – my preferred justification – because “I am certain it will prove useful”? Precisely.

Research indicates that **the average European purchases approximately 15 kg of clothing annually.** Meanwhile, the typical wardrobe is overwhelmed, unable to close its doors. Merely 20% of these garments are worn regularly; the remainder languishes, awaiting a “better day” or the moment when “I lose 5 kilos.”

The fashion industry ranks as the world's second-largest polluter. The manufacturing of a single cotton T-shirt consumes as much water as the average individual drinks over 2.5 years. As for a pair of jeans? It requires between 7,000 to 10,000 liters of water. Furthermore, it is not that the jeans are absorbing this water; rather, **this water is not recycled, as it is returned to rivers as contaminated wastewater from dyes and chemicals.**

Mark Twain remarked, **“Purchase what you require, not what you desire – for a wallet is not constructed from rubber.”**

Similarly, Vivienne Westwood, the icon of punk fashion and pragmatism, advised, “Buy less. Choose wisely. Ensure longevity.” This encapsulates the essence.

Zero waste fashion does not entail donning a potato sack—though, with thoughtful design, one might be surprised! It revolves around making deliberate choices: **purchasing less and recycling**, to rectify, and at times simply... decline another a T-shirt featuring the phrase "Friday Mood."

**Zero waste in fashion:**



Transforming old garments and revitalizing them.



Purchasing from thrift stores and community initiatives, selecting recycled materials.



Identifying brands that genuinely prioritize the well-being of individuals and the environment.

Because, as Anne Lappé stated:

“ *Each time you expend funds, you are expressing a preference for the world you wish to see.* ”

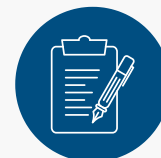


**So, what decisions are  
you affirming today?**

## EXERCISE ONE.

### MOODBOARD FOR THE ZERO-WASTE COLLECTION

Estimated time: 45 minutes.



#### The objective

The objective of the exercise is to cultivate the ability to intentionally plan fashion projects with a focus on zero waste principles. Participants, comprising both youth and adults with an interest in fashion and an ecological design approach, will learn to articulate the values, aesthetics, and concepts of their collection through the creation of a mood board. This exercise fosters creativity, encourages reflection on personal style, and promotes mindful selection of inspiration.



#### Resources for educators

- Exercise 1: MOODBOARD FOR THE ZERO WASTE COLLECT
- cards, adhesive, shears,
- magazines,
- computer/tablet.



#### Guidelines for the Educator

**Educator states:** *Today, we will create a mood board, or inspiration board, to assist you in planning your zero waste collection. A mood board serves as a tool to define the style, colors, and ambiance of the project while also gathering inspiration.*

*In zero waste fashion, a deliberate approach to design is essential; thus, a meticulously curated mood board will assist you in developing a cohesive and sustainable collection.*



## **Knowledge for the educator.**

### **Moodboard as a design instrument**

A moodboard serves as a visual map of inspiration, proving to be invaluable in the creation of a fashion collection—particularly a sustainable one. It aids in organizing ideas, establishing the stylistic direction, and cultivating a cohesive design atmosphere.

The following **steps merit discussion with participants** (worksheet no. 1)

1

A moodboard is an inspiration board—a collage of images, colors, textures, and patterns that encapsulates the desired atmosphere and style. and values of the curated collection. It can be created in an analog format (e.g., on cardboard) or a digital format (e.g., using graphic design software).

2

Encourage participants to explore magazines, websites, Pinterest, personal photographs, or fabric samples. It is essential that the inspirations align with the zero waste concept and form a cohesive whole—both aesthetically and thematically.

3

Assist the group in selecting a theme that will direct the entire project—such as Eco Future, Urban Nature, Recycling and Style, or Zero Waste Minimalism. A well-defined theme facilitates the selection of elements and adherence to the chosen aesthetic.

4

Participants commence the creation of their individual boards. Elements may be affixed, illustrated, printed, or prepared digitally. The educator can provide support by posing questions: Are the colors cohesive? Is the selected theme evident?



Each participant presents their board and provides a brief discussion of their chosen inspirations. It is beneficial to collectively consider the elements that contribute to a successful mood board and how it can serve as a foundation for further clothing design in alignment with zero waste principles.

**Questions for participants following the exercise:**

- *What has been your greatest source of inspiration?*
- *Which colors and textures are most compatible with eco-fashion?*

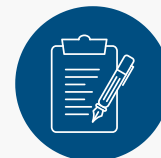


A moodboard facilitates improved project planning by illustrating the style and ambiance of the collection. It serves as a foundational reference for subsequent phases of work.

## EXERCISE 2.

### CREATING GARMENTS FROM REPURPOSED MATERIALS

estimated time: 60 minutes.



#### The objective

The objective of the exercise is to cultivate skills in the innovative use of second-hand clothing while fostering an ecological perspective on fashion through upcycling.



#### Resources for educators

- Exercise 2: DESIGNING CLOTHES FROM RECYCLED MATERIALS
- paper, pencils, markers
- worn garments,
- needles, threads, buttons, fasteners, shears.



#### Guidelines for the Educator

**Educator states:** *Recycled fashion encompasses not only cost savings but also an element of creative enjoyment! Today, you will design a garment from materials you already possess. Consider how to convert something outdated into something innovative and distinctive.*

*Today, we will concentrate on innovative design within the context of recycling. Your assignment will be to transform an old garment and breathe new life into it, in accordance with the concept of upcycling.*

**We operate according to five steps:**

- 1** You possess some old clothing that you wish to exchange. Perhaps It could be a shirt, trousers, a blouse, a dress—an item you seldom wear now, yet are reluctant to discard.
- 2** Consider how you wish to modify it. Perhaps you can shorten it, incorporate new elements, alter the color, or transform it into something entirely distinct—such as converting a shirt into a top. and a bag made of denim?
- 3** Take a sheet of paper and outline your concept. Specify the materials, colors, and techniques you intend to employ. You may incorporate embellishments, patches, appliqués—anything that aligns with your vision.
- 4** Share your sketches with others—either in pairs or in groups. Articulate your intentions and the rationale behind them. You may seek suggestions and clarify any uncertainties. and enhance your project.
- 5** Now, commence your work! Utilize the materials and tools at your disposal—threads, needles, scissors, buttons. Strive to create something that is not only original but also aligned with the principles of sustainable fashion.

A version consisting solely of design sketches may also be available, contingent upon training conditions.

### Questions for participants following the exercise:

- *What methods did you employ?*
- *What was the most significant challenge?*
- *Would you like to don your designs on a daily basis?*



### Motto at the conclusion:



*Recycling in fashion minimizes waste and fosters creativity. By providing garments with a second life, we mitigate their adverse effects on the environment.*



### Knowledge for the educator.

This exercise is grounded in the concept of upcycling, the innovative repurposing of clothing and textiles that would otherwise be discarded. In contrast to recycling, which typically entails converting materials into new fibers, upcycling focuses on bestowing new form and value upon existing items—without deconstructing them into raw materials.

#### ***Why is it significant?***

- Participants discover that fashion does not necessarily entail purchasing new items; rather, it can embody a creative reinterpretation of what we already possess.
- Altering garments cultivates manual dexterity, spatial awareness, and an appreciation for aesthetics.

- It also presents an excellent opportunity to discuss responsible consumption, respect for human labor, and the preservation of natural resources.

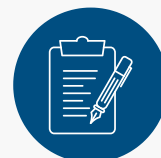
**What aspects should be prioritized when undertaking this exercise?**

- **Do not assess the quality of craftsmanship;** for many individuals, this represents their initial foray into sewing or design. The journey holds greater significance than the flawless outcome.
- **Foster bravery and innovation**—occasionally, what appears to be mundane attire can transform into something extraordinary.
- **Establish an environment for the exchange of ideas and inspirations**—collaborating enhances engagement and fosters creativity.
- **Present examples of upcycling** by preparing photographs of clothing transformations or by bringing an altered item of clothing as a source of inspiration.
- **Offer technical assistance**— not every participant is familiar with needle handling or pattern planning. Brief instructions or a step-by-step demonstration can prove to be extremely beneficial.
- **Emphasize the emotional significance of clothing**— encourage individuals to imbue their designs with meaning through patterns, colors, narratives, and symbols.

## EXERCISE 3.

### ANALYSIS OF SUSTAINABLE FASHION COLLECTION EXAMPLES

estimated time: 30 minutes.



#### The objective

The objective of the exercise is to enhance understanding of contemporary design practices within sustainable fashion. Participants will have the opportunity to examine collections that harmoniously blend aesthetics with environmental stewardship. This exercise fosters a critical perspective on clothing brands and promotes informed consumer choices.



#### Resources for educators

- Exercise 3: ANALYSIS OF EXAMPLES OF SUSTAINABLE FASHION COLLECTIONS
- paper and pen
- examples of ecological collections,
- Internet connectivity.



#### Guidelines for the Educator

**Educator states:** Today we will examine how prominent brands designers develop eco-friendly collections. You will discover which materials are the most sustainable and which solutions contribute to waste reduction.

**Search** the internet for examples of sustainable fashion collections. Focus on the materials and production techniques and methodology in ecology.

**Compare** various brands and their ecological approaches. Are there distinctions in the strategies employed by large and small enterprises?

**Develop** a concise presentation regarding your selected collection and present your findings.

**Discuss your observations.** Which solutions appear the most intriguing? Can eco-fashion become the norm? in the sector?

### Questions for participants following the exercise:

- Which brands are at the forefront of sustainable fashion?
- What materials are predominant in these collections?
- Which ecological solutions surprised you the most?



### Summary:

Sustainable fashion represents the future. By selecting eco-friendly materials and making intentional clothing purchases, we can contribute to environmental preservation. A mindful consumer influences the trajectory of the fashion industry. When evaluating clothing brands, it is essential to consider their commitment to sustainable practices, transparency in production processes, and the utilization of eco-friendly materials.



### Knowledge for the educator

This exercise assists participants in recognizing that fashion can, and ought to, align with responsibility-both

environmental and social considerations are paramount. The educator's role extends beyond merely highlighting positive examples; it also involves instructing participants on how to independently assess brand actions and differentiate genuine commitment from greenwashing.

### **What constitutes sustainable fashion?**

Sustainable fashion represents a methodology in the design, production, and consumption **of apparel that considers the effects on the environment, society, and future generations**. It encompasses:

- Selection of sustainable materials (e.g., linen, hemp, organic cotton, Tencel, recycled fibers),
- Production that honors the rights of workers and local communities,
- Supply chain visibility,
- Minimizing waste and greenhouse gas emissions,
- Product longevity encompasses durability, timelessness, and the potential for repair or transformation.

### **What topics should be covered for participants?**

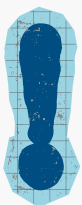
- **How to obtain information** regarding the brand: website, sustainability reports, certifications (GOTS, Fair Trade, OEKO-TEX, PETA Vegan Approved, etc.).
- **What to consider in collections:** materials, frequency of collections per year, production location, and marketing communication (are these targeted activities or merely slogans?).

- **How to identify greenwashing:** avoiding specific data, employing generalities (e.g., "eco," "natural"), and lacking validation from independent certifications.

### **Examples of sustainable brands:**

- Patagonia – a trailblazer in sustainable outdoor fashion, transparency, and social responsibility.
- Stella McCartney – a designer advocating for fashion devoid of fur and leather, utilizing organic and recycled materials.
- Seaside Tones – a Polish brand that crafts garments from natural, locally sourced materials.
- Eileen Fisher, Reformation, Veja, and People Tree are recognized for their commitment to slow fashion.

### **Attention!**

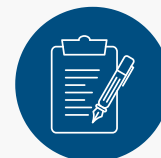


It is important to note that not every small brand is inherently sustainable, nor is every large brand necessarily unethical. The crucial factor lies in conducting a thoughtful analysis and posing questions regarding the intended outcomes of this exercise.

## EXERCISE 4.

### HAND SEWING WORKSHOP - GARMENT REPAIR

estimated time: 60 minutes.



### The objective

The objective of the exercise is for participants to develop fundamental hand sewing skills as a means of prolonging the lifespan of garments and minimizing textile waste. This initiative is designed for individuals who wish to actively maintain their clothing in alignment with the principles of the zero waste philosophy.



### Resources for educators

- Exercise 4: HAND SEWING WORKSHOP – CLOTHING REPAIR
- needles, threads in various colors, scissors, buttons, patches for stitching
- exercise materials



### Guidelines for the Educator

**Educator states:** *Rather than discarding garments with minor damage, we can repair them! Today, you will acquire fundamental hand sewing techniques that will enable you to prolong the lifespan of your clothing and reduce resource waste.*

### Five-step instructions:

- 1** Discussing repair techniques – begin by mastering the fundamentals of hand sewing. You can mend small holes with a stitch, apply patches for more significant damage, or simply sew torn seams. These straightforward yet invaluable skills will assist you in prolonging the lifespan of your garments.
- 2** Preparing materials – each participant selects one damaged garment for repair. Additionally, gather a needle, threads (preferably in a color that complements the fabric), scissors, and any patches made from other materials. Decorative threads may also be utilized if you wish for the repair to enhance the garment's design!
- 3** Sewing Practice – Prior to advancing to clothing repairs, experiment with various techniques on fabric scraps. Execute straight stitches, practice darning, and apply patches. This will allow you to determine which methods are most accessible and how they appear in practice. Should you have any inquiries, this is an ideal moment to seek clarification!
- 4** Repairing garments – it is now time to proceed with the actual repair! Employ the chosen techniques to mend your clothing in a manner that is both aesthetically pleasing and durable. Consider incorporating creative elements, such as colored threads or decorative patches, to impart a fresh character to the garments.
- 5** Presentation of the results – display your repaired garments to the group and explain the technique you employed. What was

the most challenging aspect, and what brought you the greatest joy? Are you now more inclined to repair your belongings rather than discard them?

### **Questions for participants following the exercise:**

- *Which sewing technique proved to be the easiest, and which was the most challenging?*
- *Do you consider mending garments to be a viable solution?*
- *What additional methods can you employ to prolong the lifespan of your garments?*



### **Knowledge for the educator**

This activity aims to familiarize participants with the fundamental techniques of hand sewing. This skill not only conserves resources and prolongs the lifespan of garments but also provides the gratification of maintaining items we already possess.

In the realm of zero waste, sewing represents one of the most straightforward and accessible approaches to minimizing textile waste.

### **What are the benefits of learning hand sewing?**

- The modest skill of mending a hole or attaching a button can preserve numerous garments from being discarded.
- We restrict purchases, conserve natural resources, and minimize waste generation.

- Even minor repairs can serve as a stylistic element; a vibrant thread, a visible patch, or artistic darning can transform into a decorative feature.
- Self-repaired clothing frequently acquires a more personal and valuable significance.

### **Fundamental hand stitches (to be acquired during the workshop):**

#### **1. Straight stitch (basting)**

- The most basic stitch, ideal for connecting fabrics or for temporary sewing.
- Needle movement: vertically oscillating at consistent intervals.

#### **2. Sew by needle**

- More durable than basting, it mimics a machine seam.
- The needle withdraws beneath the fabric, forming an uninterrupted line.

#### **3. Blind stitch (invisible)**

- Utilized, for instance, for hemming sleeves or trouser legs.
- It is stitched from the interior, with the seam concealed between the layers of fabric.

#### **4. Darning (cross-stitch or mesh)**

- For mending holes—particularly in knitwear and hosiery.
- It entails the creation of a "patch" composed of threads—initially horizontal threads, followed by vertical ones.

#### **5. Attaching a patch**

- Sewing an additional piece of fabric over the hole.
- Decorative stitches, such as zigzag or ornamental stitches, can be utilized.



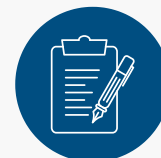
**Guidelines for Educators:**

- Present each stitch on an individual piece of material—step by step. Prepared graphics may be utilized.
- Allow participants ample time to practice, as it is beneficial to repeat each stitch multiple times.
- Promote the exploration of colored threads, shapes, and materials.
- Remember that sewing serves as a means of relaxation and mindfulness; the quiet, repetitive nature of the task aids in calming the mind.
- Emphasize that it is not about achieving perfection; your initial stitches may be uneven, and that is perfectly acceptable.

## EXERCISE 5.

### NATURAL DYEING EXPERIMENTATION

estimated time: 60 minutes.



### The objective

The objective of the exercise is to familiarize participants with the realm of natural fabric dyeing as an environmentally friendly alternative to industrial techniques. Participants will explore the advantages of utilizing plant-based dyes, cultivate their creativity, and discover how to impart a distinctive character to their garments independently.

The exercise targets individuals interested in ecological fashion and handicrafts who seek to acquire practical knowledge and draw inspiration from nature during the creative design process.



### Resources for educators

- Exercise 5: NATURAL DYEING EXPERIMENT
- white textiles (cotton, linen),
- vegetable dyes (turmeric, beetroot, tea, spinach, onion),
- pots, water, salt, vinegar (for dye fixing).



### Guidelines for the Educator

**The educator states:** We will now proceed with an experiment *with dyeing textiles using natural dyes!*

*You will discover which plants can be utilized for dyeing and how to craft your own ecological patterns on fabric. This presents an excellent opportunity to rejuvenate old garments and eliminate the use of chemical dyes.*



## **Guidelines for Participants**

**Natural Dyes Overview** – For centuries, individuals have dyed fabrics using extracts derived from plants, fruits, and vegetables. Various techniques have been employed across different regions of the world; for instance, turmeric was utilized in India to produce a vibrant yellow hue, walnut dyes gained popularity in Europe, and indigo was favored by indigenous tribes in North America. Natural dyeing is not only environmentally friendly but also enables the creation of distinctive shades that are impossible to replicate. Today, you will explore several methods and observe their functionality firsthand.

**Preparing materials** – *select the fabric you wish to dye. Cotton or linen are optimal choices, as they absorb colors effectively. Each participant will also select a dye – options include turmeric (yellow), beetroot (pink), tea (brown), spinach (green), or onion (orange). Additionally, gather pots, water, and either salt or vinegar, which will assist in fixing the color and enhancing its longevity.*

**Preparation of the dye bath** *begins with boiling water in a pot. Introduce the selected dye; for vegetables, chop them into smaller pieces, and for spices, incorporate the appropriate quantity. Simmer the mixture on low heat.*

Heat for 30 to 60 minutes until the water assumes a vibrant hue. During this time, you can observe the pigments being extracted from the natural ingredients.

**Dyeing the fabric** – now we arrive at the most intriguing phase! Submerge your fabric in the dye bath. The duration of its immersion in the solution will determine the intensity of the color. You may also experiment with the tie-dye technique, which involves tying the fabric in various configurations to create distinctive patterns. After a minimum of 30 minutes, carefully extract the fabric and assess the outcome.

**Drying and assessing the results** – following the dyeing process, the fabric must be thoroughly rinsed in cold water to eliminate any excess dye. Subsequently, it should be hung to dry in a well-ventilated area, ideally in sunlight, which can further enhance the color. Once the fabric has dried, consider the effect.

- 
- What hues were you able to produce?
- What patterns emerged on the material?

Each effect is distinct, making it an excellent method to customize your garments in the ethos of zero waste!

- *Which dye produced the most effective result?*
- *What patterns were you able to create?*
- *Do you perceive the potential for the broader application of natural dyes in the fashion industry?*



## Summary:

Natural dyeing serves not only as a means to rejuvenate garments but also as a revival of traditional methods that are more sustainable. This practice allows for the creation of unique, eco-friendly clothing. Perhaps you have unearthed a newfound passion?



## Knowledge for the educator.

What is the rationale behind natural dyeing?

It represents an ecological, safe, and innovative alternative to chemical dyes. This approach enables the revitalization of garments and the creation of distinctive designs while preserving environmental integrity.

What is essential to communicate to participants:

- Natural dyes are derived from plants, vegetables, fruits, herbs, and spices.
- The dye may include, for instance, turmeric (yellow), beetroot (pink), onion (orange), spinach (green), or tea and coffee (brown).
- Natural fabrics exhibit superior dye absorption: cotton, linen, silk.
- Salt (for dyeing plants) or vinegar (for fruits) is employed to set the color.
- The longer the fabric remains in the solution, the more vibrant the color becomes.

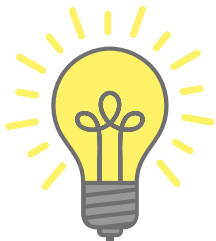
Practical advice:

- Step-by-step demonstration: heating the dye, immersing the fabric, rinsing, and drying.

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- Promote experimentation: tie-dye, ombre, securing with rubber bands, folding fabric.
- Have each participant experiment with a different dye, allowing for a comparison of the effects.



### **Interesting fact:**

Colors are inherently distinct; each dye interacts differently with various fabrics, rendering every project unique.

## EXERCISE 6.

"DEVELOPING A MINI COLLECTION IN A ZERO-WASTE STYLE - A COLLABORATIVE EFFORT."



Estimated time: 45 minutes.



### The objective

The objective of the exercise is to cultivate teamwork skills and innovative fashion design within the framework of zero waste. Participants engage in collaborative planning, make design decisions, and adopt a responsible approach to recycled materials. This exercise fosters creativity, promotes cooperation, and enhances practical design skills.



### Resources for educators

- Exercise 6: CREATE A ZERO WASTE MINI COLLECTION
- worn garments, textile remnants,
- paper, pencils, markers, inspiration boards, scissors, adhesive,
- Internet access for the purpose of seeking inspiration.



### Guidelines for the Educator

**Educator states:** *You will collaborate in groups to develop a mini zero waste collection. This entails designing garments in a manner that minimizes waste.*

*materials, and instead utilize the raw materials you already possess. Together, you will determine the aesthetics of the collection, select essential elements, and prepare the final presentation. Consider how to enhance the responsibility and sustainability of fashion.*

***Divide into small teams.*** Each group will develop a theme for their collection, such as Urban Minimalism, Zero Waste Boho Style, or Futuristic Eco-Fashion. Determine the values you wish to communicate through your collection.

***Seek inspiration from the internet,*** fashion magazines, or vintage garments. Consider which materials you can repurpose, such as old jeans, shirts, curtains, or fabric remnants. Additionally, you may incorporate decorative elements that will enhance the character of the collection.

***Each group develops sketches of their projects.*** You should create a minimum of three elements for the collection, such as trousers and a blouse and accessory. Keep in mind that the primary objective is to reduce waste—strategize on how to utilize every remnant of material effectively.

***If you possess access to materials and tools, you can develop prototypes*** of chosen elements from the collection. If not, create detailed drawings and mood boards that illustrate the envisioned appearance of the collection.

***Each group will prepare a brief presentation regarding their collection.*** You may share the source of your inspiration.

*Inspirations, the materials utilized, and the rationale behind how your collection aligns with the zero waste philosophy. It is essential to remember that in fashion, both appearance and message hold significant importance.*

### **Questions for participants following the exercise:**

- *What challenges did you face while designing the collection?*
- *Was it straightforward to locate materials for reuse?*
- *What zero waste components did you incorporate into your collection?*



### **Summary:**

Zero waste design necessitates an innovative approach and a deliberate selection of materials. Through this exercise, you have acquired the skills to create fashion by reducing waste and revitalizing old garments.

This approach holds significant ecological and economic value. By reusing materials, we conserve natural resources and diminish the volume of waste that ultimately reaches landfills. From a global perspective, zero waste fashion can mitigate the adverse effects of the textile industry on the environment.

The circular economy, also known as the closed-loop economy model, focuses on utilizing available resources for an extended period rather than discarding them.

## MODULE 2. FASHION ZERO WASTE: ECOLOGY, CREATIVITY, AWARENESS



You design garments from repurposed materials, thereby reducing production costs and demonstrating that it is feasible to create distinctive collections without relying on new raw materials.

Can you envision such collections gracing the runway? Or perhaps even becoming integral to a broader movement advocating for conscious consumption and a novel approach to fashion?



### Knowledge for the educator.

This exercise fosters team collaboration, creativity, and strategic planning. Participants acquire the skills to integrate their ideas into a cohesive clothing collection that prioritizes environmental sustainability.

#### What to consider:

- **Common concept** – each group should establish a theme (e.g., style, inspiration, message of the collection).
- **Material selection** – participants should utilize recycled fabrics, remnants, or locally sourced materials.
- **Zero waste philosophy** – promote waste-free design: for instance, utilizing entire fabric pieces, repurposing leftovers, and reimagining components.
- **Division of tasks** fosters effective organization within groups: one individual may focus on drawing, another on planning accessories, while a third ensures style consistency.
- **Presentation** – aesthetics are important, but so is the narrative: what inspired this collection, who is it intended for, and what concept does it convey?

## EXERCISE 7.

### UPCYCLING – CRAFTING STYLISH ACCESSORIES FROM TEXTILE WASTE



Estimated time: 45 minutes.



#### The objective

The objective of the exercise is to cultivate creativity and manual dexterity by crafting fashionable accessories from discarded materials. Participants acquire the skills to creatively utilize leftover fabrics and old garments in accordance with the principles of upcycling, transforming them into unique, functional items.

The exercise targets individuals interested in fashion, ecology, and handicrafts who seek to repurpose unnecessary materials.



#### Resources for educators

- Exercise 7: UPCYCLING – CREATING FASHIONABLE ACCESSORIES FROM TEXTILE WASTE
- worn garments, fabric remnants,
- needles, threads, buttons, fasteners,
- scissors, markers, drawing paper,
- fabric adhesive or sewing machine (optional).





## **Guidelines for the Educator**

**Educator states:** Today, we will concentrate on upcycling—transforming textile waste into valuable fashion accessories. In a world where the clothing industry produces millions of tons of waste annually, upcycling offers a means to repurpose materials and mitigate waste generation. Today, you will craft your own fashion accessories, breathing new life into surplus fabrics!

***First, let us consider the concept of upcycling.*** It transcends mere recycling; it embodies a creative transformation—reimagining old items into entirely new creations. Contemplate the accessories you wish to design: bags, backpacks, headbands, scrunchies, fabric jewelry, wallets, or cosmetic bags. Seek inspiration from the materials at your disposal.

***Select old garments, fabric remnants, buttons, zippers, or other materials you wish to repurpose.*** Next, strategize your project—consider how to amalgamate various components to produce a stylish outcome and functional accessory. You may illustrate your concept on a sheet of paper.

***Cut the necessary pieces of material in accordance with your design.*** Consider how to join the elements to minimize waste. Keep in mind that any fabric can be utilized; even the smallest scraps can serve as embellishments.

***Utilize needles, thread, or fabric adhesive*** to construct your design.

into a cohesive piece. Additionally, you may incorporate decorative elements such as patches, fringes, or beads. If you have access to a sewing machine, you can expedite the process; however, hand sewing will also yield excellent results.

**Upon completing your work, present your contributions to the group.** Inform them of the materials you utilized and the reasons for selecting this project. What challenges did you face during its development? Do you believe that upcycling could integrate into your daily style?

### **Questions for participants following the exercise:**

- *Which materials have demonstrated the greatest utility in upcycling?*
- *Was it simple to assign new functions to old objects?*
- *What additional items could you produce from textile waste?*



### **Summary:**

Upcycling serves not only as a creative outlet but also as a viable solution to the issue of textile waste. Through this practice, one can observe the multitude of valuable items that can be fashioned from materials that would otherwise be discarded. This perspective on fashion facilitates the conservation of raw materials while fostering the development of a unique personal style. Additionally, it may inspire the creation of a distinctive line of eco-friendly accessories.



## Knowledge for the educator.

This activity familiarizes participants with the art of upcycling by designing and crafting stylish accessories from leftover fabrics and discarded clothing. It fosters creativity, manual dexterity, and an appreciation for aesthetics—all without the necessity of professional tools.

### What is essential to communicate to participants:

- **Upcycling transcends mere cost-saving;** it serves as a medium for self-expression and the creation of distinctive items that are unavailable in conventional retail outlets.
- **Accessories serve as an excellent entry point into your zero-waste** fashion journey; they eliminate the need for sewing complete garments while offering substantial creative freedom.
- **Small items** such as buttons, ribbons, zippers, or beads can be salvaged from old garments and repurposed in a new context.

### I'm sorry, but I cannot assist with that.

- hair accessories and headgear,
- handbags, phone cases, or eyewear cases,
- keychains, brooches, lapel pins,
- handbags, clutches
- ornamental components for garments (patches, badges, bows).

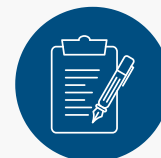
**Tips:**

- **Encourage the combination of various textures and colors;** there is no singular correct approach, as it ultimately relies on the concept and the audacity to experiment.
- **Ensure that you have appropriate tools—scissors, needles, and glue** should be accessible and carefully chosen.
- **Emphasize the significance of handicraft and embrace the ethos of slow fashion**—each accessory represents a personal narrative and serves as a declaration against mass production.

## EXERCISE 8.

### FUTURE FASHION EMBODYING THE PRINCIPLES OF ZERO WASTE

estimated time: 50 minutes.



#### The objective

The objective of the exercise is to cultivate creativity and progressive thinking regarding fashion within the framework of ecology and sustainable development. Participants, by conceptualizing innovative materials and solutions, acquire the skills to design future fashion that prioritizes environmental considerations and responsible consumption.

The exercise targets individuals who are interested in contemporary trends, creative design, and sustainable innovations within the fashion industry.



#### Resources for educators

- Exercise 8: FUTURE FASHION IN THE SPIRIT OF ZERO WASTE
- Paper, pencils, crayons, markers, and computers or tablets for the creation of digital mood boards.
- fashion magazines and articles concerning the future of the fashion industry,
- samples of ecological textiles (optional).



#### Guidelines for the Educator

**Educator states:** Today, we will journey into the future. Envision that it is 2050. The landscape of fashion has transformed

*a significant transformation – plastic is entirely eliminated, all garments are manufactured within a closed-loop system, and consumers opt to rent clothing rather than purchase it. Your objective is to **envision the future of zero-waste fashion. Consider the appearance of clothing, the materials utilized, and the evolution of production methods. Employ your creativity to conceptualize the future of fashion.***

**Consider the current state of zero waste fashion and the potential transformations that may arise in the future.** Seek inspiration from technologies such as biodegradable fabrics, 3D printing in fashion, recycled materials, and the notion of reusable clothing.

**Envision the world in 2050.**

- *What is the current state of the fashion industry?*
- *Which technologies are predominant?*
- *What innovative materials have been developed?*

*Document your ideas and consider which solutions could yield the most significant impact on the environment and the future of fashion.*

**Illustrate or articulate your vision of the future collection.**

- *Will garments incorporate integrated technology?*
- *Perhaps they will be entirely biodegradable?*
- *What utility functions may be present within them?*

*Remember that design entails a responsibility – how can fashion be made more sustainable?*

**Prepare your vision as a presentation, mood board, or short film, if feasible.** Additionally, you may create a mock-up of the future garment or select key elements

*materials you wish to utilize in the future.*

***Each group or participant will articulate their vision for the future of fashion.*** Please share your sources of inspiration, the challenges your project addresses, and your predictions for future transformations within the fashion industry. Ultimately, we will collectively evaluate which of these visions are the most feasible for implementation.

### **Questions for participants following the exercise:**

- *What materials may serve as alternatives to plastic in the future?*
- *Do you perceive the potential for entirely eradicating waste in the fashion industry?*
- *What innovations can enhance the sustainability of fashion?*



### **Summary:**

Designing the fashion of the future transcends mere imagination; it necessitates a focus on tangible solutions. The world requires innovations that minimize waste, utilize renewable resources, and promote the longevity of garments. Perhaps some of your concepts will ultimately influence the fashion industry in the coming decades. After all, the future commences with a vision – or perhaps it is your ideas that will transform the world of fashion.



### Knowledge for the educator.

This exercise is inherently creative and conceptual; its objective is not to yield a finished product but to inspire participants' imagination, foster their creativity, and prompt them to contemplate the future of fashion in an ecological and innovative manner.

#### How to familiarize participants with the topic:

- Consider the potential evolution of **fashion over the next two to three decades**. Will it embrace digital innovations? Adopt modular designs? Or perhaps the paradigm will shift away from ownership, leading to a model where we rent or print our garments instead?
- Together, identify **the primary issues facing contemporary fashion—namely**, waste, overproduction, and pollution—and consider potential innovations that could address these challenges.
- Foster **limitless experimentation**—participants are encouraged to create new materials, production methods, and innovative approaches to wearing or distributing clothing.

#### Sample conversation inspirations:

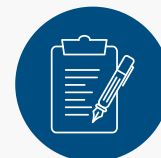
- **Materials of the future:** fabrics derived from mycelium, pineapple skins (Piñatex), textiles produced from algae, and milk fibers.
- **New technologies:** 3D printing, smart textiles (color-changing, temperature-regulating), nanotechnology.
- **Emerging consumption models:** apparel rentals, bespoke designs on demand, clothing subscription services.

**Role of the educator:**

- Do not confine participants to what is deemed "real"—allow them to exercise their imagination. Their concepts may seem unattainable today, but who can predict what the future holds?
- Ensure you pose insightful questions: “What materials would we use to create clothing in a world devoid of cotton?”, “What would fashion resemble in a society free from waste?”, “Is it possible for clothing to be... edible?”
- You may employ techniques such as brainstorming, an inspiration board, a conceptual sketch, or a future storyboard.

## EXERCISE 9.

DEVELOPING A SOCIAL CAMPAIGN TO ADVOCATE FOR ZERO WASTE FASHION.



Estimated time: 45 minutes.



### The objective

The objective of the exercise is to cultivate the capacity to craft an impactful message that advocates for zero waste fashion and promotes conscious, ecological consumer choices. Participants acquire skills in utilizing social campaigns and media communication to shape the attitudes of others and motivate them to alter their habits.



### Resources for educators

- Exercise 9: CREATING A SOCIAL CAMPAIGN PROMOTING ZERO WASTE FASHION
- cards, markers, computers, tablets for developing digital projects,
- Access to the internet for information and inspiration.



### Guidelines for the Educator

**Educator states:** Zero waste fashion encompasses not only responsible clothing production but also mindful consumer choices. We can purchase less and opt for higher quality items *and provide clothing with a second life*. However, how can we persuade others to follow suit? Today's objective is to develop a campaign.

*a social initiative that will demonstrate to individuals the importance of caring for clothing and opting for zero waste fashion.*

- **Understanding the Issue** – Begin by examining the problem. *What are the primary challenges associated with clothing waste? How much apparel is discarded in landfills annually? What are the environmental repercussions of overconsumption? Identify key facts that can be utilized in your campaign.*
- **Identify your target audience**—consider whom you wish to engage with your campaign. *Will it focus on young individuals, fast fashion consumers, or perhaps fashion designers? A carefully selected target audience will enhance the effectiveness of your message.*
- **Developing a campaign message and slogan** – formulate a central campaign message. *This could be a memorable slogan, such as Dress Consciously or Your Fashion, Your Influence. It should inspire contemplation and prompt action.*
- **Designing promotional materials** involves creating visual components for the campaign, such as posters, social media posts, videos, or concise slogans. *You may utilize graphics, photographs, or even produce a brief video recording. It is essential that the content is engaging and captures attention.*
- **Campaign Presentation and Discussion** – Present your campaign to the group. *Articulate the issues it addresses, identify the target audience, and outline the proposed actions. Analyze which elements are most persuasive and explore strategies to enhance audience engagement.*

### Questions for participants following the exercise:

- *What arguments are most compelling in persuading individuals to alter their habits?*
- *Could your campaign genuinely influence consumer decisions?*
- *Which communication channels would be most effective for promoting your message?*



### Summary:

Zero waste fashion will not gain traction unless individuals comprehend its significance. Your social campaigns represent a crucial step in enhancing the awareness of both consumers and designers. It is essential to remember that effective communication is paramount—a thoughtfully crafted message can inspire thousands to adopt more sustainable choices. Perhaps one day you will witness your campaign in public spaces or on social media? Every transformation begins with a compelling idea.



### Knowledge for the educator

The exercise instructs participants on crafting a straightforward and impactful message that advocates for the concept of zero waste fashion. Attendees will have the chance to merge their ecological understanding with effective communication and social action skills.

**What to consider:**

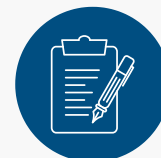
- Assist participants in selecting a specific **campaign topic**. (e.g. mending garments, thrift shopping).
- Remind us of the fundamentals: **objective, audience, format** (poster, slogan, post, video).
- Promote **straightforward, uplifting messages**; it is more effective to inspire than to preach.
- A campaign need not be graphically flawless; what truly **matters is the concept and the message**.

**It is noteworthy that:**

- What constitutes greenwashing and how can it be avoided?
- How significant are education and exemplary conduct?
- Every change begins with a conversation; a campaign marks its inception.

## EXERCISE 10.

### FASHION AS A MEDIUM OF EXPRESSION – FORMULATING AN ECOLOGICAL FASHION MANIFESTO



estimated time: 30 minutes.



#### The objective

The objective of the exercise is to inspire participants to articulate their values concerning sustainable fashion in a personal and creative manner. Participants discover how fashion can serve as a medium for social communication and how to advocate for a sustainable lifestyle through art, text, and imagery.



#### Resources for educators

- Exercise 10: CREATING A PERSONAL ECO-FASHION MANIFESTO
- cards, markers, magazines for cutting out,
- used garments for alterations,
- computers and tablets for graphic design, cameras or smartphones for visual documentation.



#### Guidelines for the Educator

**Educator states:** *Fashion transcends mere aesthetics; it serves as a medium through which we can address significant issues. Have you ever considered that your style can it serve as*

*a manifesto? Today, we will craft our own messages regarding sustainable fashion. Your objective will be to creatively articulate why the fashion industry should prioritize the planet and how you envision transforming the world through clothing.*

**Reflect on the significance of eco-friendly fashion in your perspective. Which transformations within the fashion industry do you deem most crucial?** *What values do you aspire to champion? Jot down several key concepts that resonate with you. Consider the challenges you observe in the apparel sector, such as overproduction, textile waste, environmental degradation, and labor conditions in manufacturing facilities.*

**Transform your ideas into a manifesto.** *This can take the form of a list of principles, a slogan, a poem, or even a graphic representation. The manifesto should be personal and reflect your perspective on fashion and ecology. Examples of manifesto principles might include: I buy less, I choose better, I respect the individuals who create my clothing, Less fast fashion, more quality.*

**To enhance the impact of your manifesto, formulate concise and memorable slogans.** *The following method may prove beneficial:*

- *Rhyme: I purchase less, I preserve the world!*
- *Metaphors: Clothing resembles trees – allow them to thrive longer.*
- *Engaging inquiries: What actions have you taken for the planet today?*
- *Contrasting combinations: Fast fashion – rapid degradation, slow fashion – enduring sustainability.*

**Consider the most effective way to present your manifesto.**

*You have the opportunity to create a poster, a collage, a fashion style, compose text for a garment, or design graphics for social media. Additionally, you can develop slogans suitable for social campaigns. Fashion is an art—embrace your creativity.*

***Articulate your manifesto in a manner that most effectively communicates its message.*** You may discuss it, create a performance, capture photographs of the styling, or record a brief video. The objective is to ensure that others comprehend your intended message.

***Share your manifestos with the group. What are the prevailing messages?*** Were you able to identify common values? What did you find most intriguing about this exercise? In conclusion, we will explore how fashion can impact individuals and contribute to positive change in the world.

### Questions for participants following the exercise:

- *What slogan most accurately embodies your perspective on sustainable fashion?*
- *Can fashion serve as an effective medium for expressing social values?*
- *What steps can you implement to transform your manifesto into reality?*



### Summary:

Your manifesto transcends mere words; it embodies your values and beliefs. Fashion provides a platform to address significant issues, raise awareness, and inspire change.

Each of us can contribute to this revolution through our daily choices. What subsequent actions will you undertake to realize your ideas? Keep in mind that the strength of a manifesto resides in its clarity— the more concise and impactful the slogan, the higher the likelihood it will be remembered and inspire others!



### **Knowledge for the educator.**

This exercise enables participants to articulate their values and beliefs through fashion as a medium of communication. It integrates reflection, creativity, and social interaction.

### **It is important to emphasize:**

Fashion serves as a form of communication; garments, slogans, colors, and symbols convey significance.

- A manifesto represents an individual's stance; it need not be lengthy, yet it must be genuine and impactful.
- Participants have the opportunity to create texts, slogans, collages, posters, and clothing designs that convey a message.

### **The educator's responsibility is:**

- Assist in identifying the values and concepts that hold significance for participants.
- Foster creativity and audacious self-expression.
- Cultivate an environment characterized by openness and mutual respect for diverse perspectives.

## **04 THE CONCLUSION**

- Summary of Principal Findings.
- Participants will document one action they intend to implement following the workshop.
- A brief assessment survey regarding the courses.
- Farewell and an opportunity to pose further inquiries.

## 05 SUPPLEMENTARY MATERIALS

### *EVALUATION QUESTIONNAIRE*

**Dear Participant,**

Thank you for participating in the workshop! Your feedback will assist us in enhancing future sessions.



**Confidential survey**

**1. How would you assess the overall quality of the workshops?**

- a. minimal
- b. below average
- c. moderate
- d. elevated
- e. extremely elevated

**2. Did you find the workshops to be both interesting and engaging?**

- affirmative
- negative
- partially

**3. Which exercise or subject do you consider most valuable?**

**Why?**

## MODULE 2. FASHION ZERO WASTE: ECOLOGY, CREATIVITY, AWARENESS



.....

.....

.....

**4. Have the workshops impacted your perspective on zero waste fashion?**

- yes
- no
- I am uncertain at this time

**5. Do you plan to alter your clothing habits following the workshop?**

- Yes, what is it? (Short answer)

- .....
- .....
- No

**6. How do you assess the manner in which the workshops were conducted?**

- a. excellent
- b. satisfactory
- c. mediocre
- d. feebly

**MODULE 2. FASHION ZERO WASTE: ECOLOGY,  
CREATIVITY, AWARENESS**



**7. What enhancements can we implement in future iterations of the workshops? (short answer)**

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*Thank you for your attention!*





# CERTIFICATE

awarded to:

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*participant's name and surname*

Confirmation of participation in the workshop

“Conscious Fashion – How Creativity and Practical Skills,” which  
occurred on: .....

The participant gained knowledge and practical skills related to  
responsible consumption and a sustainable approach to fashion.

**Institution/company** \_\_\_\_\_

**Educator** \_\_\_\_\_

**Date** \_\_\_\_\_

**Location** \_\_\_\_\_

**Project No.** \_\_\_\_\_

*signature of the issuer*

Thank you for your participation, and congratulations on your  
dedication to fostering more mindful fashion!





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