



ReFashionized

Fashion Evolution towards Sustainability

WORKSHOP PLAN UNIT 1

By UPV

A large version of the ReFashionized logo, with the word "Re" in green and "Fashionized" in purple. The green leaf icon is positioned behind the letter 'F'.

TRAINER'S CORNER

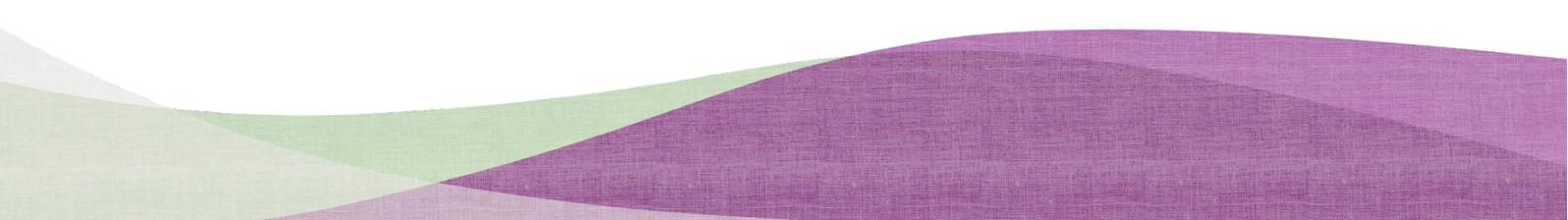
THE SUSTAINABLE FASHION
BOOKLET

UNIT 1

The Impact of the Fashion
Industry on Our Environment

WORKSHOP PLAN

DEVELOPED BY UPV

A decorative graphic at the bottom of the page consisting of overlapping, wavy shapes in shades of green and purple.

THE SUSTAINABLE FASHION BOOKLET

UNIT 1: THE IMPACT OF THE FASHION INDUSTRY ON OUR ENVIRONMENT – WORKSHOP PLAN

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1. General Instructions

This comprehensive Workshop Plan will provide a structured framework for workshops that delve into the raw and current situation of the fashion and textile industry and its future towards sustainability and respect for the environment and the sector's employees.

By following this plan, youth workers will obtain an overview of a potential structure to follow in the implementation of a workshop that combines and explores the connections between the fashion industry and sustainability. It aims to equip youth workers with the tools and resources needed to facilitate thought-provoking activities and interactive workshops focusing on the importance of achieving sustainable fashion.

On the other hand, more details on the activities foreseen and mentioned in the Workshop Plan are found in the [Activity Sheet Unit 1](#).

2. Workshop Plan

Unit Reference Code	<i>Sustainable Fashion Booklet: Unit 1</i>
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Title	The Impact of the Fashion Industry on Our Environment
Workshop Duration	3 hours
Target Groups	Young people aged 16-25

Introduction
<p>During this interactive workshop, you will learn about the impact of the fashion and textile industry on the environment, explaining the effect of high production on water consumption, CO₂ generation, the huge use of hazardous chemicals or the generation of large amounts of textile waste. The trainer will guide the participants in reflecting on fashion consumption through various activities, such as debates, creative exercises and group activities.</p>

Workshop Objectives

Identify the skills and learning objectives acquired during the workshop.

At the end of the workshop, the participants will:

- ✓ Understand the incredible impact of the fashion and the textile industry on the environment.
- ✓ Critically analyse the interconnections between excessive fashion consumption and the pollution of planet Earth.
- ✓ Understand how actions such as buying a T-shirt have major consumption and pollution consequences.

Preparation

The workshop plan requires familiarity with the textile industry and its impact, regarding natural resource consumption and waste generation. The facilitator is invited to evaluate the preparation using a checklist:

- prepare notes and key points of the different parts of the workshop.
- check in advance the technical devices that you might need.
- if the location does not have electronic devices such as laptops for all participants, notify participants days in advance to bring their own devices.
- create a series of questions that you can use to interact with the participants during the explanation.
- check in advance that the PowerPoint is complete and additional resources/links are available.
- check in advance that there is an open wifi connection or how participants can connect to it.

- ensure that the space is arranged appropriately for the chosen activities.
- gather all the material for the group activity (post-its, markers/pens, stickers...).
- prepare material for reflection and feedback collection

Methods

This unit has been designed to integrate a theoretical part with visual presentations and interactive group activities. The workshop aims to provide participants with a comprehensive overview of the human impact on the environment through the fashion industry and the textile sector. Visual elements such as videos, PowerPoint presentations and images will be used to depict and clarify key points. In addition, group activities will be included to deepen knowledge of the topic and to foster skills such as critical thinking, communication and public speaking.

Icebreaking Activity

Who is Who?

At the beginning of the workshop, the facilitator will comment in a very brief and schematic way on the steps to follow to make a T-shirt. For example: growing the cotton, spinning the fibres, weaving, dyeing, pattern making and cutting, etc. Then give each participant a piece of paper folded in half with a secret role on the inside, e.g. for cotton farming it would be a farmer.

Afterwards, participants will be encouraged to ask each other questions to which they can only answer 'yes' or 'no' (note that questions such as: are you the farmer? are not allowed) and they must find all the jobs in the production chain on the T-shirt. When they think they have found all the members of the production chain on the T-shirt, they should stand next to each other in order of production

and, with the facilitator in front of them, say out loud their profession, starting with the farmer.

The winning team will be the one that finds the whole production chain in the shortest time. (A minimum of 7 participants is required for this activity).

Workshop Plan				
Nr.	Activity name (title and description) brief	Duration (min.)	Method (presentation, discussion, roleplay, storytelling, gamification, art creation, etc.)	Materials (paper, pencils, boards, laptop, speakers, chairs, etc.)
1	Introduction	10	Presentation	//
2	Who is Who?	20-30	Ice-breaking	Paper, pens or pencils
3	When was the last time you bought a T-shirt?	10	Discussion	PowerPoint, laptop, screen and projector (Whiteboard and markers)
4	Fashion and Textile sector / Fast Fashion	15	Presentation	PowerPoint, laptop, screen and projector
5	Water usage in the fashion industry	15	Presentation	PowerPoint, laptop, screen and projector
6	True or false	10	Reflection	Annex I

7	Carbon footprint of the textile industry	5	Presentation	PowerPoint, laptop, screen and projector
8	Chemicals in the fashion industry	10	Presentation	PowerPoint, laptop, screen and projector
9	Find the most dangerous chemicals	30	Research Group discussion	Internet connection and laptop
10	Textile waste	10	Reflection and discussion	PowerPoint, laptop, screen and projector
11	Analyse your label	10	Reflection and discussion	Internet connection and laptop
12	Conclusion	10	Presentation	//
13	We are interested in your opinion!	10	Feedback	Post-its, markers/pens and whiteboard.

Evaluation

Divide the whiteboard into 3 columns called "Things I liked", "Things I didn't like" and "Things I would improve".

Ask participants to anonymously indicate their opinion by placing a minimum of 1 sticky note in each column.

Allow a few minutes for participants to share their opinions visually and then briefly discuss the responses as a group.

Trainers can distribute sticky notes in different colours and have each one associated with a different column.

Facilitator's Notes

Reflect on the effectiveness of the workshop. Use this section to make notes for future adjustments. Below you can find some inspiring questions to guide you in the self-reflection process.

- ❖ Did the activities engage and create an interactive and supportive environment for participants to learn?
- ❖ Did the participants interact easily? Did the assignments promote equal participation?
- ❖ Did you feel that at any point the participants were distracted from the session?
- ❖ Did the combination of presentations and group activity ensure coherency in terms of content and understanding?
- ❖ Was enough time allocated to all the activities?

Theoretical Framework

This section serves as the introductory page for the theoretical presentations. Here, we offer a summary and overview of the theoretical components integrated into the workshop plan. Its purpose is to guide youth workers and trainers regarding the topics covered in activities that *do not* follow non-formal education methods.

The content outlined here is also included in the PowerPoint presentation.

❖ **Introduction**

Welcome to our workshop, where we will embark on an interesting journey of sustainability in the fashion and textile industry!

Surely, in one way or another, on TV, social media, in a shop or talking to our friends, we have heard that we are creating a super consumerist society. But is the fashion industry a problem?

The answer is definitely yes, but I also want to know your opinion at the end of this workshop. Through various presentations, debates and group discussions, we will address various aspects of fashion and its impact on humans and the environment.

❖ **Fashion and Textile sector (introduction)**

This part of the workshop presents a general overview of the different ways the fashion industry impacts the environment and living beings. It shows how humans are completely to blame for the pollution produced, both in the production stage of the garments and by the consumption of fashion itself. Through images and graphics, the presentation aims to improve participants' understanding of the impact of the fashion industry on our planet, even for those with limited knowledge.

The topics covered during this workshop start with a presentation on the consumption of fast fashion, the water usage in the textile industry, the carbon footprint generated by the industry, the use of toxic and polluting chemicals and finally the textile waste generated during production and post-consumption.

The **textile and fashion industry** is one of the most controversial and largest industries in the world. Yet, it hides several important challenges related to the rise of **fast fashion consumption** in recent years.

The rapid and high production of garments, as well as the incessant consumption by society, has many **negative repercussions** in several respects. Firstly, the environmental impact is considerable: from water and air pollution to the generation of large quantities of textile waste. The mass production of garments due to fast fashion leads to the intensive use of non-renewable natural resources, such as water and oil. It contributes significantly to the current climate crisis.

Fast fashion is a business model that consists of quickly imitating the fashion trends of luxury brands and offering similar products at much lower prices, often using lower-quality materials. Brands such as Zara, H&M, and Uniqlo are

examples of this model, launching numerous collections throughout the year instead of the traditional two seasons spring-summer and autumn-winter. This constant creation of new clothes creates a sense of urgency for shoppers to get the latest fashions. Shein produces up to 10,000 new products a day.

❖ **Water usage in the Fashion Industry (introduction)**

One of the main natural resources consumed by the textile industry throughout its production chain is water. This is of great environmental concern.

The textile industry needs water for many of its activities, such as the cultivation of raw materials like cotton, fabric dyeing and garment manufacturing.

Fabric dyeing is known to be one of the most polluting aspects of the fashion supply chain, as large quantities of water are used for dyeing processes and for applying finishing chemicals. In addition, wastewater generated during dyeing processes often contains harmful chemicals and pollutants that can contaminate the water sources where they are discharged and local ecosystems if not properly treated beforehand.

In general, water use in the fashion industry poses environmental and social challenges. Water scarcity, water pollution and adverse effects on some local communities' access to clean water are problems generated by the fashion industry.

Finding solutions to these problems is and will be difficult. However, early efforts must begin within the industry by implementing water-efficient technologies, adopting sustainable practices and promoting responsible water management throughout its supply chain.

❖ **Carbon footprint of the textile industry (introduction)**

In recent years, the carbon footprint of the textile industry has become a major global concern, pointing out the global greenhouse gas emissions generated by the fashion industry.

One of the largest and most influential sectors in the world, the textile industry is made up of a long and complex supply chain involving the cultivation of raw

materials, manufacturing processes, transport and distribution of garments and textiles. The problem lies in the fact that each stage of the textile supply chain generates different levels of carbon emissions, generated by the use of energy-intensive production methods, reliance on fossil fuels and inefficient waste management practices.

❖ **Chemicals in the fashion industry (introduction)**

Toxic chemicals are routinely used throughout various stages of production, from the cultivation of the fibre, in processes such as dyeing, printing and treatment of fabrics, to the finishing of garments. This large number of chemicals endangers the environment and living beings, not only humans, but also animals and plants.

One of the main areas where toxic chemicals are used is in textile dyeing and printing. Synthetic dyes often contain harmful substances such as heavy metals, azo dyes, and formaldehyde, which can leach into waterways, polluting aquatic ecosystems and posing risks to human health. In addition, these toxic chemicals can be released into rivers and streams due to inadequate wastewater treatment at textile facilities. This can lead to water pollution and degradation of ecosystems.

❖ **Textile waste (introduction)**

Fast fashion consumerism, characterized by the continuous purchase of new garments and the elimination from the closet of those garments that are no longer in trend, has given rise to a worrying phenomenon known as **fashion waste**. This type of consumption contributes significantly to environmental degradation, consumption of natural resources and social inequality, making it a major problem within the fashion industry.

Frequent launches of new collections and low clothing prices encourage consumers to buy more and more often without thinking or considering the long-term consequences of their actions.

❖ **Conclusion**

Fast Fashion:

The fashion industry has been transformed by the rise of fast fashion, offering consumers clothes that are trendy, cheap and fast-paced. However, the fast fashion model is rightly criticised for its detrimental effects on the environment, labour rights and social welfare.

Water Consumption:

Water use in the fashion industry is a major and difficult challenge, with significant environmental, social and economic implications. From the cultivation of raw materials to the dyeing and finishing of fabrics, water is needed. It plays a crucial role in all stages of the fashion supply chain. Innovation, research and new technologies can solve this important problem.

CO₂ emissions:

Sustainable practices, such as the use of renewable energy, resource optimisation and circular economy models, are essential to reduce the sector's carbon footprint. Consumer awareness and demand for green fashion are also crucial to drive positive change and promote a more sustainable future.

Chemicals:

Addressing the use of chemicals in fashion requires collaborative efforts to promote safer alternatives, enforce strict regulations and ensure transparency and accountability within the supply chain. By prioritizing sustainable and ethical practices, the fashion industry can mitigate its chemical impact and move toward a safer, more environmentally responsible future.

Textile waste:

Finally, textile waste is as well an urgent concern in the fashion industry, stemming from the throwaway culture of fast fashion. This textile waste not only constitutes an environmental challenge, but it is also responsible for pollution, resource depletion and greenhouse gas emissions. To address this problem, a shift towards sustainable production and consumption practices is needed, as well as initiatives to promote circularity and extend the lifespan of all clothing items, regardless of trends. By adopting these strategies, the fashion industry can reduce its impact on the environment and move towards a more sustainable and responsible approach to textile waste management.

Additional Notes

Add any additional notes or requirements the trainer/youth worker/educator should take into consideration, if applicable.

External resources

Add any external resource that a youth worker/trainer can use to enhance their understanding of the topic and support the implementation of the workshop.

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