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ReFashionized

Fashion Evolution towards Sustainability

WORKSHOP PLAN UNIT 4

By Lottozero



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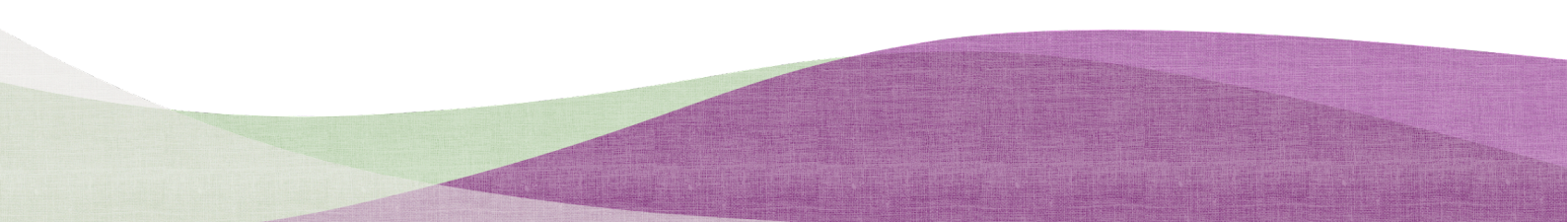
THE SUSTAINABLE FASHION BOOKLET

UNIT 4

The sustainable fashion
revolution has begun

WORKSHOP PLAN

DEVELOPED BY LOTTOZERO



THE SUSTAINABLE FASHION BOOKLET

UNIT 4: THE SUSTAINABLE FASHION REVOLUTION HAS BEGUN – WORKSHOP PLAN

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1. General Instructions

This comprehensive Workshop Plan will provide a structured framework to 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 4](#).

2. Workshop Plan

Unit Reference Code	<i>Sustainable Fashion Booklet: Unit 4</i>
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Title	The sustainable fashion revolution has begun
Workshop Duration	3 hours
Target Groups	Young people aged 16-25

Introduction
<p>In this interactive workshop, participants will explore innovative sustainable practices in the fashion industry. Although sustainable fashion is not a new concept, recent years have seen a surge of new practices that challenge the industry to be less harmful to both people and the environment while generating positive impacts. This workshop will explore the various aspects of this revolution, starting with understanding the garment life cycle, sustainable materials, principles of slow fashion and eco-design. Through discussions, creative exercises and group activities, the trainer will guide participants to reflect on fashion consumption.</p>

Workshop Objectives

Identify the skills and learning objectives acquired during the workshop.

At the end of the workshop, the participants will:

- ✓ Recognise the environmental impact of traditional fashion production and consumption methods;
- ✓ Understand sustainable fashion principles, including the garment life-cycle, selection of sustainable materials and customer experience;
- ✓ Apply this newfound knowledge and insights by providing practical strategies and tools for incorporating sustainable fashion practices into personal fashion choices

Preparation

The lesson plan requires familiarity with the textile industry and its impact. The facilitator is invited to evaluate the preparation using a checklist:

- ☐ verify necessary technical equipment beforehand.
- ☐ develop a set of questions for engaging with participants during explanations.
- ☐ prepare notes and key points about the lessons.
- ☐ read the PowerPoint in advance, in order to get familiar with the contents, and check that all the links/resources are working properly.
- ☐ read accurately the lesson plan and be sure that the space is arranged appropriately for the planned activities.
- ☐ gather all the materials needed

Methods

This workshop is structured to blend theoretical concepts with visual presentations and interactive group activities. The workshop aims to offer participants a thorough understanding of contemporary practices and methodologies driving positive change in the fashion industry and textile sector. Visual aids such as PowerPoint presentations, images, and graphs will illustrate and elucidate key points. Furthermore, group activities will be integrated to enhance understanding of the topic and cultivate skills such as critical thinking, communication, and public speaking.

Icebreaking Activity

Fashion Tales

This activity aims to create a relaxed and engaging atmosphere for participants to introduce themselves while sharing stories about what they wear. By exploring the origins, reasons for purchase, emotional attachments, and anecdotes related to their garments, participants will not only break the ice but also begin to map out consumption habits and understand the underlying motivations behind fashion choices.

Workshop Plan

1	Introduction	15	Presentation	Powerpoint
2	Fashion tales	20-30	Ice-breaking	//
3	The garment life-cycle	20	Presentation	Powerpoint
4	Understanding the environmental impact across a garment's life-cycle	30	Group discussion	Pen, paper, printed copy of the garment life-cycle image
5	Sustainable materials	15	Presentation	Powerpoint

6	Sustainable fabrics sourcing	30	Research, analysis, group discussion	Internet connection and laptop, pen, paper
7	Circular economy	15	Presentation	Powerpoint
8	True or false: circular VS linear economy	10	Reflection Debate Gamification	Annex I
9	Prolong the life of your garments	30/40 min	Group discussion, debate	Whiteboard, pen, paper
10	Re-design your garment	30	Creative and reflective activity	Paper, pencils, colours, laptop, internet connection
11	Conclusion	10	Presentation/ Discussion	Powerpoint
12	Learning tree	15	Feedback	Post-its, markers/pens and whiteboard.

Evaluation

The learning tree activity will provide valuable feedback on what participants have learned and visually will represent the collective knowledge gained during

the workshop. The activity encourages reflection, participation, and discussion, fostering a deeper understanding of sustainable fashion concepts.

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 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 about sustainable fashion practices!

In recent years the fashion industry has started a deep transformation, moved by the concerns for the environmental impacts and the social injustice it generates. In this workshop, we will explore different aspects of this revolution. We will start with the understanding of a garment lifecycle, going through all the phases of garment production, to understand how a garment is made and how it impacts

on an environmental level. We will then learn about sustainable materials, circular economy and eco-design principles. Adopting sustainable practices within the fashion industry not only reduces negative environmental impact but also fosters fair labour practices and offers new economic opportunities for the industry.

Join us in the revolution for a more equitable and respectful fashion industry!

❖ **The garment life-cycle (introduction)**

The fashion lifecycle is the journey that a garment goes through, from its conception to its disposal. It begins with the extraction or cultivation of the raw materials, a phase that usually implies intensive agriculture or mineral extraction, that may have a deep environmental impact, for example, on consumption and pollution of water, or use and degradation of the soil.

After the fibres are processed, the next stages involve the production of yarns and textiles, from which fabrics are created and sewn into final garments. These production phases also have a deep environmental impact, due to the consumption of energy, water and chemicals, and the pollution of air and waterways.

After the quality control, garments are packed and sent to wholesalers and shops, where they will be sold to the final consumer.

Once the garment is in the hands of the consumer, it continues to contribute to pollution through maintenance and disposal. Washing, drying and ironing all require energy and water. Moreover, synthetic fibres may release microplastics into the water when they are washed.

When garments are disposed of, whether they go to landfill, are incinerated or they are recycled, they still negatively impact the environment. Landfills are full of garments that take centuries to decompose, generating greenhouse gases in the process, while recycling requires extra energy, water or chemicals.

❖ **Sustainable materials (introduction)**

Raw materials contribute to the environmental impact of a product in terms of water, energy, emissions, waste, and land consumption.

The choice of material directly affects the supply of raw materials (the impact of agriculture and oil drilling), the processing of the material (energy and chemicals required to turn it into fibre), and end-of-life prospects, such as whether it can be

recycled or composted.

Many designers and companies in recent years are opting for sustainable materials that reduce the ecological impact of fashion production, not only reducing the industry's reliance on finite resources but also minimizing pollution and waste.

Organic cotton, grown without synthetic pesticides or fertilizers, reduces water usage, soil degradation, and exposure to harmful chemicals for farmers and surrounding ecosystems.

Recycled materials are made from waste materials instead of raw materials and therefore they use less energy, water and chemicals to process them, with less impact on the environment. In addition, as in the case of synthetic materials, which are produced from plastic waste, their processing is often associated with the collection of environmentally dispersed waste.

Additionally, other sustainable materials include linen, hemp, and Tencel, the latter crafted from wood pulp. These materials are renewable, biodegradable, and can exhibit lower environmental impacts compared to synthetic alternatives. Hemp, for example, requires a minimum percentage of water and no pesticides to be cultivated. Innovative materials such as pineapple fibres or mushroom-based leather substitutes are gaining recognition as sustainable alternatives to traditional animal-derived materials, including leather and fur, because they are cruelty free and biodegradable.

❖ **Circular economy (introduction)**

Until now, the fashion industry has followed a linear "take-make-use-dispose" model: generally nonrenewable raw materials are processed into yarns and then into textiles and garments, which after being used are disposed of as waste in landfills or through incineration.

In recent years, due to fast fashion, this linear pattern has accelerated time-wise, and clothes have become disposable products to be used and disposed of quickly, exponentially fueling the amount of textile waste produced annually, by the industry and by consumers.

The cycle of resource extraction, production, consumption and disposal has acquired faster and faster rates, exacerbating environmental degradation and resource depletion.

Circular economy revolutionises the fashion industry, moving away from the traditional linear "take-make-dispose" model, in favour of a circular model that reduces waste and maximises the value of resources. By designing durable garments that can be easily repaired or recycled, and by using waste materials

from this and other industries, circular fashion shifts the focus from disposable fashion to lasting quality.

Conclusion

❖ The garment life-cycle

Understanding the full lifecycle of a garment is essential for diminishing its environmental and social impacts. Knowing all the steps of this process and their impacts, you know exactly why and how your garment impacts people and the environment. By opting for more sustainable alternatives, for example using organic or recycled materials, reducing water and energy consumption during manufacturing, designing for durability and recyclability, and promoting circular economy initiatives, we can minimise the footprint of our clothing and move towards a more sustainable fashion industry.

❖ Sustainable materials:

Choosing sustainable materials reduces the environmental impact at different levels of a garment's lifecycle, from fibre production to garment disposal, by minimising the use of virgin materials, reducing the waste produced, and supporting more ethical labour practices. This choice is therefore essential for a more circular, regenerative and ethical fashion industry.

❖ Circular economy:

Circular fashion is the best solution to safeguard the health of our planet by polluting less and saving precious resources.

Replacing the linear model “take-use-dispose” with the circular model “repair-recycle-reuse”, the resources used will always remain within the circle taking new forms and limiting the use of virgin materials as much as possible.

Circular fashion can bring several benefits to the environment and businesses: reduced greenhouse gas emissions, reduced water and raw materials consumption, increased land productivity and lower costs for companies.

Additional Notes

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

External resources

- Fashion and the circular economy, Ellen Mc Arthur Foundation website
<https://www.ellenmacarthurfoundation.org/fashion-and-the-circular-economy-deep-dive>
- What is a circular economy? Ellen Mc Arthur Foundation website,
<https://www.ellenmacarthurfoundation.org/topics/circular-economy-introduction/overview>
- Preferred Fibers and Materials: Definitions. Initial Guidance, Textile Exchange website,
<https://textileexchange.org/app/uploads/2023/02/Preferred-Fibers-and-Materials-Definitions-Guidance-Jan-2023.pdf>
- Ecodesign for sustainable products regulations, ESPR, Sustainable Brand Platform,
<https://www.sustainablebrandplatform.com/articles/ecodesign-for-sustainable-products-regulation#:~:text=Ecodesign%20includes%20requirements%20such%20as,carbon%20and%20environmental%20footprints%2C%20and>
- How we care for our textiles matters: take a tour of the garment use lifecycle, Fibershed website,
<https://fibershed.org/2022/10/20/how-we-care-for-our-textiles-matters-take-a-tour-of-the-garment-use-lifecycle/>
- Life cycle assessment - five garments, Mistra Future Fashion website,
<http://mistrafuturefashion.com/output/lca-five-garments/>

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