



Social Tailoring

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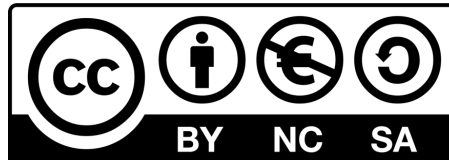
TRAINING MANUAL IN
TAILORING AND CRAFT
CREATIVITY WITH RECYCLED
MATERIALS

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INTRODUCTION

In recent years, there has been a significant increase in awareness about the environmental impact and social responsibility in production activities. Sustainable fashion aims to reduce its footprint on the planet and on people by making thoughtful choices in material selection and production processes. According to United Nations estimates, the global fashion industry—worth \$2.4 trillion and employing about 300 million people along the value chain—is responsible for 2-8% of global greenhouse gas emissions and about 9% of microplastic pollution in the seas. Each year, it consumes 215 trillion litres of water and wastes \$100 billion in underused materials. Fashion can play a crucial role in supporting the United Nations Sustainable Development Goals (SDGs) for 2030.

Efforts include addressing water and land exploitation for raw material production, reducing waste of fabrics and discarded items, and embracing the exciting potential of circular fashion. Moreover, fashion is distinguished by its social potential. It supports the professional and personal development of people in disadvantaged situations by providing them with training and job opportunities in a sector that combines creativity with responsibility. Through social tailoring projects and inclusion initiatives, fashion not only promotes environmental sustainability but also fosters social inclusion.

A significant part of this effort is the development of ideas and techniques for sustainable and circular fashion. Sustainable fashion focuses on using less polluting raw materials. For example, it prefers synthetic or recycled fibres over traditionally grown cotton, which requires large amounts of water and energy, or wool from intensive farming practices that lead to deforestation and land degradation. Moreover, a substantial part of the workforce involved in these practices often comes from vulnerable segments of society.

A key element is also the adoption of circular economy principles, which are based on recycling, reusing, and reducing waste. Circular fashion involves designing products for a long life, encouraging their reuse, and recycling materials at the end of their life to create new items. This vision turns waste into resources and promotes more responsible consumption.

Tailoring is an example of quality and product personalization in sustainable fashion. Creating unique and handmade items, such as custom-made clothes, personalized accessories, and home products, not only reduces waste but also values local craftsmanship and the quality of work. The revival of traditional techniques, such as



embroidery and crochet, combined with the use of recycled materials, allows for products that are environmentally friendly and meet consumer needs.

Sustainable fashion projects also focus on developing professional skills through specific training programs. These programs include courses in tailoring, sustainable production management, and circular design, providing participants with practical skills and knowledge on how to implement innovative solutions in the fashion industry.

Finally, to strengthen and coordinate these efforts, a HUB for sustainable fashion can be established. An HUB serves as a gathering centre for designers, artisans, trainers, and entrepreneurs, promoting collaboration and the exchange of ideas. This centre can host co-design workshops, training initiatives, and incubation programs for startups operating in the circular fashion sector. Moreover, the HUB could facilitate access to funding and resources and support the development of a network of sustainable businesses, encouraging innovation and responsible economic growth.

Practical examples of social tailoring are linked to the experience of Packaging, Gadgets, and Merchandising. This field combines craftsmanship, social inclusion, and environmental sustainability. The goal is not only to create unique and personalized products for special events but also to provide concrete opportunities for disadvantaged people. Through practical training and continuous support, participants gain valuable skills that improve their job prospects. Sustainability plays a crucial role by using recycled materials and eco-friendly techniques to reduce environmental impact and promote a circular economy.

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Besides creating personalized artisanal products, another key aspect of social tailoring is the repair service for clothing items. This activity helps extend the life of clothes, preventing them from becoming waste prematurely. Repairing a garment not only contributes to reducing waste but also raises consumer awareness about the importance of more responsible consumption. Social tailoring commits to restoring value to each garment by using traditional and innovative techniques to carry out high-quality repairs.

Additionally, a growing area is the creation of new garments from recycled materials. This approach gives value to textile waste and turns it into new creative opportunities. The process involves recovering fabrics from discarded clothes, selecting them, and reworking them to create new models, combining sustainable design and tailoring skills. This not only helps reduce the consumption of new resources but also promotes a circular economy where nothing is wasted.



By integrating these key elements into practical examples, sustainable fashion not only represents a more ethical and conscious choice but can also become a real driver of social and economic change, aligned with a sustainable and inclusive development model for the future.



1. TAILOR-MADE REPAIRS

THEORETICAL BACKGROUND

In this module, we will explore clothing alternations and reparations that can lead to a more sustainable future.

Tailoring Training and Creative Workshops

Clothing alterations and repairs offer a custom fit and promote sustainability. They are simple, cost-effective ways to maintain and update your wardrobe. Tailors provide expertise for a tailored look on all garments, from casual wear to formal attire. Taking steps towards personalizing your clothing not only saves money but also extends the life of each piece, making every stitch count towards a more sustainable future.

Sewing and Thread Lessons

Sewing and Thread lessons offer a practical way to learn garment alteration and repair techniques. Participants gain the skills necessary for modifying ready-to-wear and handmade clothes.

These classes cover different fabric types, ensuring learners understand how each material behaves during alterations. Tailoring terminology also becomes familiar, empowering participants to tackle various clothing repairs confidently. With knowledge from stitching classes, individuals can customize their garments for a perfect fit or even reconstruct an outfit entirely. This skill set not only enhances one's wardrobe but also fosters creativity in fabric handling and garment modifications—essential aspects for anyone interested in fashion customization. Mastering sewing lessons equips participants with the expertise to personalize their wardrobe down to every stitch.

Tailors bring expertise and precision to clothing alterations, ensuring every adjustment matches individual body shapes perfectly. They use quality materials and specialized tools for precise tailoring, crafting garments that fit like a glove. Keeping a piece of clothing for nine months longer reduces CO₂ emissions by 27%, water usage by 33% and waste by 22%. This skill set training enables them to tackle a variety of customizations from simple repairs to complex modifications with expert craftsmanship.

Trained specialists understand the intricate details of various fabrics and construction techniques. They apply this knowledge to create unique designs that reflect personal styles while maintaining the integrity of the original piece. Precision tailoring transforms



off-the-rack clothes into customized outfits that elevate one’s wardrobe, demonstrating the benefits of professional alteration services in achieving a personalized fit. These lessons help participants create together a positive environmental and social impact, providing a solution against textile waste and unemployment, leading a transformative shift in the global clothing industry, fostering a sustainable and socially empowering sector.

We are pioneering a future where repairing garments is not only ethical but also a standard practice, contributing to a repaired, responsible world.

ACTIVITIES

ACTIVITY #1 – BASIC ATELIER SKILLS AND KNOWLEDGE OF MATERIALS	
OBJECTIVES	<ol style="list-style-type: none"> I. Understanding Materials: Gaining knowledge about various materials used in art and design in order to understand their uses and how to handle them safely.
TIME	Approximately 3 hours
MATERIALS & PREPARATION	<p>Materials:</p> <ol style="list-style-type: none"> I. Different types of fabric. II. Threads and needles. III. Embroidery hoops. <p>Preparation:</p> <ol style="list-style-type: none"> I. Gather a variety of fabric scraps in different colours, textures, and patterns. II. Provide additional accessories such as fashion decorative textile jewellery. III. Ensure that instructional materials and visual aids are available.



INSTRUCTIONS

- I. First, we give them instructions to look at where the raw fabric fibres come from. Natural fabrics like linen and wool come from natural sources like plants or animals. Synthetic materials like polyester or nylon come from oil or artificially made products.
- II. Woven fabrics generally have no stretch, whereas knit fabrics are woven together in loops to make them stretchy or have added elastic.
- III. After the theoretical explanation participants are given pieces of fabrics to combine them. They make different samples of combinations.
- IV. Participants arrange the fabric model pieces on the tables and compare them with the other participants' works.
- V. Encourage participants to add additional detail touches to their materials.

TIPS FOR FACILITATORS

- I. Encourage participants to experiment with different fabrics, colours, textures, textile jewellery and fashionable new patterns.
- II. Provide guidance on new materials and its use.
- III. Offer suggestions for adding personal creative touch to the material such as embroidery into the designs.
- IV. Emphasize the importance of creativity which materials to combine.

**DEBRIEFING/
EVALUATION**

- I. Discuss the challenges participants faced.
- II. Encourage participants to share what they have learnt and their favourite parts of the activity.
- III. Evaluate the quality of the fabric materials and provide constructive feedback.



- IV. Discuss the potential applications that can match the structure of the cloth.

ACTIVITY #2 – BASIC PATTERN DRAWING AND SEWING AND THREAD TECHNIQUES

OBJECTIVES

- I. To develop basic drawing skills and learn sewing and threading techniques.

TIME

Approximately 4 hours

MATERIALS & PREPARATION

Materials:

- I. Paper.
- II. Pencils.
- III. Markers.
- IV. Coloured pencils or paints.
- V. Tape measure.
- VI. Needles.
- VII. Scissors.
- VIII. Rotary cutter.
- IX. Different textiles.
- X. Wool, polyester and nylon.

Preparation:

- I. Collect online resources for inspiration.
- II. Prepare a variety of drawing materials (pencils, markers, coloured pencils, paints).
- III. Provide paper for participants to sketch on.
- IV. Provide different textiles and wool to work with.



INSTRUCTIONS

- I. **Inspiration:** Encourage participants to explore different online resources for inspiration.
- II. **Sketching:** Demonstrate basic figure drawing techniques and guide participants in sketching a fashion drawing.
- III. **Details:** Explain how to add details such as clothing elements, accessories, and patterns.
- IV. **Colouring:** Introduce different colouring techniques and encourage participants to experiment with colour combinations.
- V. Participants learn how to cut the thread, thread the needle, create a loop, hand stitches.
- VI. **Critique:** Facilitate a peer review session where participants can share their designs and receive feedback.

TIPS FOR FACILITATORS

- I. Encourage participants to choose easy patterns and fabrics to start out.
- II. Measure twice, cut once.
- III. Practice more to be successful.
- IV. How to use pins the right way.
- V. Choose the right sewing and thread machine.
- VI. Read the instructions first.
- VII. Use a magnet to collect pins.
- VIII. Experiment with different styles and techniques.
- IX. Provide guidance on proportion, perspective, and shading.
- X. Offer suggestions for incorporating personal elements into the designs.
- XI. Emphasize the importance of creativity and self-expression.



DEBRIEFING/ EVALUATION	<ol style="list-style-type: none"> I. Discussion about the challenges and successes of the activity. II. The achievement test was designed to measure the learning outcomes of the participants. Its results are the base for evaluation of the effectiveness of the success of the training. It shows the progress of the sewing performance of the participants. III. Evaluate the quality of the sewing and threading techniques and provide constructive feedback. IV. Personal development and possible paid position. V. Design planner tasks.
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ACTIVITY #3 – GARMENT ALTERATIONS	
OBJECTIVES	<ol style="list-style-type: none"> I. Participants follow various modules necessary to obtain the skill gaining theoretical knowledge, practical experience, focus on personal skills, and receive guidance from the practical supervisor.
TIME	Approximately 4 hours
MATERIALS & PREPARATION	<p>Materials:</p> <ol style="list-style-type: none"> I. Fabric scissors. II. Hand sewing needles. III. Seam gauge. IV. Wonder tape. V. Pins and wonder clips. VI. Seam ripper.



- VII. Chalk or friction pen.
- VIII. Detail scissors.
- IX. Notebook and pen.

Preparation:

- I. Participants bring minimum of 6 garments. The best garments to bring are the pieces that they or their loved ones want to wear but do not. They also must bring various colours and weights of threads.
- II. Additional materials are subject to anticipated repairs and alterations, for example depending on the garments they bring there may be the need for fusible interfacing, extra fabric, buttons, zippers, elastic, patches.
- III. Prior sewing experience is required to take this class. You must be comfortable threading and operating a sewing machine, and have sewn at least one garment pattern. This class is best suited for intermediate sewists or adventurous beginners with a little experience under their belt.

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INSTRUCTIONS

- I. Students are encouraged to bring a variety of garments, both handmade and ready to wear. Students gain knowledge and confidence to be able to continue their practice at home.
- II. What participants can expect to learn in class:
 - i. Effective seam ripping techniques for a variety of stitches, including straight stitches, surged finishes, and chain stitches.
 - ii. How to assess a garment's fit and style, and how to determine what changes need to be made.
 - iii. How to pin fit a garment and transfer the adjustments in preparation for sewing.



- iv. How to take apart a garment, look inside, and determine the best method for executing whatever adjustment needs to be made based on the construction of the original garment.

TIPS FOR FACILITATORS

- I. **Encourage and empower participants to make basic garment repairs:** To determine whether a garment can successfully be altered or repaired, best practices for using trial-and-error to approach for alterations on existing garments, and how to troubleshoot any problems that may arise.

DEBRIEFING/ EVALUATION

- I. **Discussions how successful we learnt:**
 - i. To alter a garment for a better fit.
 - ii. To make design changes to a garment → Shortening or removing sleeves, changing necklines, or collars, adding or removing style ease/volume, adding or removing pockets.
 - iii. To change hemlines → Topstitched, blind, rolled, using the original hem on jeans.
 - iv. Garment repairs → Holes, split seams, tears, replacing elastic, replacing buttons, replacing broken zippers, adding patches and repairing worn fabric.
 - v. Making a garment smaller or bigger.
 - vi. Repairing or replacing garment lining.
 - vii. Garments for friends, family members, loved ones.
- II. **Challenges and successes of the assignment:**
 - i. Encourage participants to share their favourite parts of the activities.



- ii. Evaluate the quality of the work done and provide constructive feedback.
- iii. Discuss the potential for further development and progress.

ADDITIONAL RESOURCES

- ↗ <http://udemy.com/>
- ↗ <https://sew-it-academy.thinkific.com/>
- ↗ <https://academy.burdastyle.com/catalog>
- ↗ <http://seracoder.com/>
- ↗ [What's She Creating - YouTube](#)



2. ORIGINAL TAILORING CREATIONS




THEORETICAL BACKGROUND

In this module, we will explore the art of creating unique and personalized clothing pieces through tailoring.

Originality in tailoring means creating unique and one-of-a-kind clothing pieces. It's like making a piece of art just for you! Instead of buying clothes off the rack, you get something that's completely different and special.




Original tailoring creations are characterized by their uniqueness, customization, and the ability to tell a story. We will focus on understanding originality in tailoring, tailoring techniques, design process and personal branding.

Why is originality important?

-  **It makes you stand out:** Your pieces will be different from everyone else's.
-  **It's personal:** You can choose the exact style and details you love.
-  **It's creative:** You can express yourself through your pieces.

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Where can you find inspiration?

-  **Your own life:** Think about your hobbies, memories, or favourite places.
-  **Other cultures:** Look at traditional clothing from different countries.
-  **Art and nature:** Get ideas from paintings, sculptures, or the natural world.

Remember that originality is about being creative and having fun! Don't be afraid to try new things and experiment with different styles.

ACTIVITIES

ACTIVITY #1 – PATCHWORK OF CREATIVITY

OBJECTIVES

- I. To stimulate creativity and develop design skills by creating unique textile collages.



TIME	Approximately 2 hours
MATERIALS & PREPARATION	<p>Materials:</p> <ol style="list-style-type: none">I. A variety of fabric scraps (different textures, patterns, and colours).II. Fabric glue or adhesive spray.III. Sturdy bases (e.g., cardboard, canvas).IV. Scissors.V. Rulers.VI. Pencils. <p>Preparation:</p> <ol style="list-style-type: none">I. Gather a variety of fabric scraps in different colours, textures, and patterns.II. Provide sturdy bases for participants to work on.III. Ensure that fabric glue or some sort of adhesive is available.
INSTRUCTIONS	<ol style="list-style-type: none">I. Inspiration: Encourage participants to find inspiration from their surroundings, personal experiences, or artistic styles.II. Design: Ask participants to sketch out a basic design or pattern for their fabric collage.III. Selection: Guide participants in selecting fabric scraps that complement their design and create a visually appealing composition.IV. Arrangement: Have participants arrange the fabric pieces on their bases, considering colour, texture, and pattern combinations.V. Adhesion: Demonstrate how to use fabric glue or adhesive spray to securely attach the fabric pieces to the base.



	<p>VI. Finishing touches: Encourage participants to add any additional details or embellishments to their collages.</p>
<p>TIPS FOR FACILITATORS</p>	<ul style="list-style-type: none"> I. Encourage participants to experiment with different colours, textures, and patterns. II. Provide guidance on composition and balance. III. Offer suggestions for incorporating personal elements into the designs. IV. Emphasize the importance of precision and attention to detail.
<p>DEBRIEFING/ EVALUATION</p>	<ul style="list-style-type: none"> I. Discuss the creative process and the challenges participants faced. II. Encourage participants to share their favourite parts of the activity. III. Evaluate the quality of the fabric collages and provide constructive feedback. IV. Discuss the potential applications of the created collages (e.g., home decor, fashion accessories).

<p>ACTIVITY #2 – SKETCHING YOUR STYLE</p>	
<p>OBJECTIVES</p>	<ul style="list-style-type: none"> I. To develop drawing skills and create original fashion designs.
<p>TIME</p>	<p>Approximately 2 hours</p>



**MATERIALS &
PREPARATION**
Materials:

- I. Paper.
- II. Pencils.
- III. Markers.
- IV. Coloured pencils or paints.
- V. Fashion magazines or online resources.

Preparation:

- I. Collect fashion magazines or online resources for inspiration.
- II. Prepare a variety of drawing materials (pencils, markers, coloured pencils, paints).
- III. Provide paper for participants to sketch on.

INSTRUCTIONS

- I. **Inspiration:** Encourage participants to explore fashion magazines or online resources for inspiration.
- II. **Sketching:** Demonstrate basic figure drawing techniques and guide participants in sketching a fashion silhouette.
- III. **Details:** Explain how to add details such as clothing elements, accessories, and patterns.
- IV. **Colouring:** Introduce different colouring techniques and encourage participants to experiment with colour combinations.
- V. **Critique:** Facilitate a peer review session where participants can share their designs and receive feedback.

**TIPS FOR
FACILITATORS**

- I. Encourage participants to experiment with different styles and techniques.
- II. Provide guidance on proportion, perspective, and shading.



	<ul style="list-style-type: none"> III. Offer suggestions for incorporating personal elements into the designs. IV. Emphasize the importance of creativity and self-expression.
DEBRIEFING/ EVALUATION	<ul style="list-style-type: none"> I. Discuss the challenges and successes of the activity. II. Encourage participants to share their favorite designs and the inspiration behind them. III. Evaluate the quality of the sketches and provide constructive feedback. IV. Discuss the potential applications of the created designs (e.g., fashion portfolios, design concepts).

ACTIVITY #3 – TAILORED TO PERFECTION: YOUR DESIGN GUIDE	
OBJECTIVES	<ul style="list-style-type: none"> I. To develop creative design skills, explore fabric options, and create a detailed design guide for a personalized tailoring creation.
TIME	Approximately 3-4 hours
MATERIALS & PREPARATION	<p>Materials:</p> <ul style="list-style-type: none"> I. Paper. II. Pencils. III. Markers. IV. Coloured pencils or paints. V. Fabric swatches.



- VI. Inspiration images.
- VII. Sketchbook.
- VIII. Scissors.
- IX. Glue.

Preparation:

- I. Collect a variety of fabric swatches in different colours, textures, and patterns.
- II. Gather inspiration images from fashion magazines, online resources, or personal references.
- III. Provide paper, pencils, markers, and other necessary drawing materials.

INSTRUCTIONS

- I. **Inspiration:** Encourage participants to explore their personal style, interests, and inspirations.
- II. **Sketching:** Guide participants in sketching basic garment silhouettes and experimenting with different designs.
- III. **Fabric Selection:** Have participants select fabric swatches that complement their design concept and consider factors such as colour, texture, and drape.
- IV. **Details:** Ask participants to add details to their designs, such as embellishments, closures, and pockets.
- V. **Design Guide:** Have participants create a detailed design guide, including sketches, fabric swatches, and a written description of the design concept.
- VI. **Presentation:** Encourage participants to present their design guides to the class and share their inspiration and creative process.



<p>TIPS FOR FACILITATORS</p>	<ul style="list-style-type: none"> I. Encourage participants to experiment with different styles and techniques. II. Provide guidance on design elements, such as proportion, balance, and harmony. III. Offer suggestions for incorporating personal elements into the designs. IV. Emphasize the importance of attention to detail and clarity in the design guide.
<p>DEBRIEFING/ EVALUATION</p>	<ul style="list-style-type: none"> I. Discuss the challenges and successes of the assignment. II. Encourage participants to share their favorite parts of the design process. III. Evaluate the quality of the design guides and provide constructive feedback. IV. Discuss the potential for further development and implementation of the designs.

<p>ACTIVITY #4 – FASHION DIY: CREATE YOUR OWN ACCESSORY</p>	
<p>OBJECTIVES</p>	<ul style="list-style-type: none"> I. To develop practical skills and create a personalized fashion accessory.
<p>TIME</p>	<p>Approximately 1 hour</p>
<p>MATERIALS & PREPARATION</p>	<p>Materials:</p> <ul style="list-style-type: none"> I. Basic crafting supplies (e.g., fabric, beads, buttons, thread, needle).



- II. Scissors.
- III. Ruler.
- IV. Measuring tape.

Preparation:

- I. Gather a variety of crafting supplies and ensure they are readily available for participants.
- II. Provide basic instructions or tutorials for the chosen accessory project.

INSTRUCTIONS

- I. **Choose a project:** Select a simple accessory project, such as a headband, bracelet, or necklace.
- II. **Design:** Encourage participants to design their own accessory, considering their personal style and the available materials.
- III. **Measurement:** Guide participants in taking the necessary measurements for their accessory.
- IV. **Construction:** Demonstrate basic sewing techniques or assembly methods.
- V. **Customization:** Encourage participants to personalize their accessories with embellishments or unique details.

**TIPS FOR
FACILITATORS**

- I. Provide clear and concise instructions.
- II. Offer guidance and assistance as needed.
- III. Encourage participants to experiment with different materials and techniques.
- IV. Emphasize the importance of precision and attention to detail.

**DEBRIEFING/
EVALUATION**

- I. Discuss the challenges and successes of the project.



- II. Encourage participants to share their creations and the design process.
- III. Evaluate the quality of the finished accessories and provide constructive feedback.
- IV. Discuss the potential for further development and customization of the accessories.

ACTIVITY #5 – RUNWAY READY

OBJECTIVES

- I. To showcase original tailoring creations and build confidence.

TIME

Approximately 1 hour and 30 minutes

MATERIALS & PREPARATION

Materials:

- I. Tailored garments (created by participants).
- II. Accessories.
- III. Music.
- IV. Runway space.

Preparation:

- I. Organize a venue or create a makeshift runway.
- II. Select appropriate music for the fashion show.
- III. Ensure that tailored garments and accessories are ready to be showcased.

INSTRUCTIONS

- I. **Preparation:** Assign models to showcase the tailored garments.



- II. **Rehearsal:** Practice the walking sequence and poses for the fashion show.
- III. **Showtime:** Introduce the fashion show and have each model walk the runway, showcasing their unique creation.
- VI. **Feedback:** Encourage participants to share their thoughts and feedback on the designs and the overall experience.

**TIPS FOR
FACILITATORS**

- I. Create a festive atmosphere with appropriate music and lighting.
- II. Encourage models to express their personality through their walk and poses.
- III. Provide guidance on stage presence and confidence.
- IV. Emphasize the importance of teamwork and collaboration.

**DEBRIEFING/
EVALUATION**

- I. Discuss the challenges and successes of the fashion show.
- II. Encourage participants to share their favorite designs and the inspiration behind them.
- III. Evaluate the overall impact of the fashion show and its contribution to building confidence and creativity.
- IV. Discuss potential future projects or collaborations related to fashion design.



ADDITIONAL RESOURCES

- ✂️ **Craftsy:** While this platform offers paid online classes, it also has a free blog with helpful sewing tips and tutorials → <https://www.craftsy.com/>
- ✂️ **BurdaStyle:** This website offers a wide range of sewing patterns and tutorials, including many for beginners → <https://www.burdastyle.com/blog/how-to>



3. PACKAGING, GADGET & MERCHANDISING

ACTIVITIES

ACTIVITY #1 – BOOKMARS	
OBJECTIVES	<p>I. Develop and implement innovative and sustainable solutions for packaging, gadgets, and merchandising, with a strong focus on product quality and environmental impact. The goal is to design and create distinctive and functional items that effectively meet the needs of the target audience, using recycled materials and eco-friendly production methods.</p> <p>Through practical training, participants will learn to design and produce bookmarks using sustainable techniques and recycled materials. This will not only enhance their professional skills but also support a commitment to environmentally responsible practices and the adoption of ethical production methods.</p>
TIME	2 hours
MATERIALS & PREPARATION	<p>Materials:</p> <ol style="list-style-type: none"> I. Recycled paper or cardboard to create the base of the bookmarks. II. Fabric scraps to cover the bookmark templates. III. Ribbons and other decorations to add tassels or decorative elements to the bookmarks. IV. Eco-friendly inks and paints for any drawings or embellishments.



- V. Glue and adhesives, scissors, hole punch, ruler, needles.

Preparation:

- I. Prepare templates or stencils for consistent shapes and sizes.
- II. Cut the recycled paper or cardboard to the desired size for the bookmarks.
- III. If using fabric scraps, cut them into shapes or strips to apply to the bookmarks.
- IV. Organize and arrange all other materials and tools needed for the project.

INSTRUCTIONS

- I. **Cutting and shaping:** Start by cutting the recycled paper or cardstock to the desired bookmark size. You can use stencils or templates to ensure consistent shapes and sizes. This step forms the base of your bookmark, to which you will add the fabric of your choice with hot glue.
- II. **Decorating:** Next, it's time to decorate your bookmarks. Use eco-friendly inks and paints to apply designs, patterns, or drawings.
- III. **Adding details:** Finally, add the finishing touches to your bookmarks. Use a hole punch to create small holes where you can attach tassels or other decorative features. You can then thread ribbons or attach charms to these holes, adding a personalized and unique touch to each bookmark.

TIPS FOR FACILITATORS

- I. **Ensure all materials and tools are organized and ready before the session starts:** This includes cutting the recycled paper or cardstock to the appropriate sizes and preparing stencils or templates for consistent shapes.



**DEBRIEFING/
EVALUATION**

- II. **Show participants how to use the tools and materials:** Demonstrate how to cut, decorate, and add details. This will help them understand each step and feel more confident in their abilities.

- I. **After the activity, it is important to reflect on the experience and evaluate the results:** Gather the participants in a circle or a comfortable setting, encouraging them to share their thoughts and feelings about the activity. Ask them what they enjoyed most about creating the bookmarks to identify the most engaging or enjoyable aspects of the activity. Discuss the challenges faced and the problem-solving strategies adopted. Invite them to reflect on the new skills learned, such as cutting, decorating, or using eco-friendly materials, and consider the importance of using recycled materials for crafts.
- II. **Evaluate the interest in future sessions by asking if they would like to participate in similar activities in the future and why:** Give the participants a few minutes to write down their thoughts individually, asking them to consider what they learned, how they felt, and what they might do differently next time. This process of reflection and evaluation will help gain valuable insights for both participants and facilitators, promoting continuous growth and improvement of future activities.



ACTIVITY #2 – PHONE HOLDERS

OBJECTIVES

- I. Develop and implement innovative and sustainable solutions for packaging, gadgets, and merchandising, with a strong focus on product quality and environmental impact. The goal is to design and create distinctive and functional items that effectively meet the needs of the target audience, using recycled materials and eco-friendly production methods.

Through practical training, participants will learn to design and produce phone holders using sustainable techniques and recycled materials. This will not only enhance their professional skills but also support a commitment to environmentally responsible practices and the adoption of ethical production methods.

TIME

2 hours

MATERIALS & PREPARATION

Materials:

- I. Recycled paper or cardboard to create the base of the phone holders.
- II. Fabric scraps to cover the phone holders.
- III. Ribbons and other decorations to add tassels or decorative elements to the bookmarks.
- IV. Eco-friendly inks and paints for any drawings or embellishments.
- V. Glue and adhesives, scissors, hole punch, ruler, needles.



Preparation:

- I. Prepare templates or stencils for consistent shapes and sizes.
- II. Cut the recycled paper or cardboard to the desired size for the bookmarks.
- III. If using fabric scraps, cut them into shapes or strips to apply to the bookmarks.
- IV. Organize and arrange all other materials and tools needed for the project.

INSTRUCTIONS

- I. **Cutting and shaping:** Start by cutting the recycled paper or cardstock to the desired phone holder's size. You can use stencils or templates to ensure consistent shapes and sizes. This step forms the base of your phone holders, to which you will add the fabric of your choice with hot glue.
- II. **Decorating:** Next, it's time to decorate your phone holders. Use eco-friendly inks and paints to apply designs, patterns, or drawings.
- III. **Adding details:** Finally, add the finishing touches to your phone holders. Use a hole punch to create small holes where you can attach tassels or other decorative features. You can then thread ribbons or attach charms to these holes, adding a personalized and unique touch to each phone holders.

TIPS FOR FACILITATORS

- I. **Ensure all materials and tools are organized and ready before the session starts:** This includes cutting the recycled paper or cardstock to the appropriate sizes and preparing stencils or templates for consistent shapes.



- II. **Show participants how to use the tools and materials:** Demonstrate how to cut, decorate, and add details. This will help them understand each step and feel more confident in their abilities.

DEBRIEFING/ EVALUATION

- I. **After the activity, it is important to reflect on the experience and evaluate the results:** Gather the participants in a circle or a comfortable setting, encouraging them to share their thoughts and feelings about the activity. Ask them what they enjoyed most about creating the phone holders to identify the most engaging or enjoyable aspects of the activity. Discuss the challenges faced and the problem-solving strategies adopted. Invite them to reflect on the new skills learned, such as cutting, decorating, or using eco-friendly materials, and consider the importance of using recycled materials for crafts.
- II. **Evaluate the interest in future sessions by asking if they would like to participate in similar activities in the future and why:** Give the participants a few minutes to write down their thoughts individually, asking them to consider what they learned, how they felt, and what they might do differently next time. This process of reflection and evaluation will help gain valuable insights for both participants and facilitators, promoting continuous growth and improvement of future activities.



ACTIVITY #3 – BREAKFAST SET AND KITCHEN POTHOLDERS

OBJECTIVES

- I. Develop and implement innovative and sustainable solutions for packaging, gadgets, and merchandising, with a strong focus on product quality and environmental impact. The goal is to design and create distinctive and functional items that effectively meet the needs of the target audience, using recycled materials and eco-friendly production methods.

Through practical training, participants will learn to design and produce breakfast set and kitchen potholders using sustainable techniques and recycled materials. This will not only enhance their professional skills but also support a commitment to environmentally responsible practices and the adoption of ethical production methods.

TIME

2 hours

MATERIALS & PREPARATION

Materials:






- I. Cotton or heat-resistant fabric for potholders such as an ironing board cover; decorative fabric for breakfast set items (like napkins or placemats).
- II. Heat-resistant batting for potholders.
- III. Matching thread for sewing.
- IV. Needle for hand sewing.
- V. Scissors for cutting fabric.
- VI. Pins to hold fabric pieces together.
- VII. Iron for pressing fabric.
- VIII. Fabric glue for no-sew options (optional).



Preparation:

- I. Draw or cut templates for the potholders and placemats according to the desired sizes.
- II. Cut the fabric and batting for the potholders and placemats according to the prepared templates.
- III. Make sure all tools and materials are available and organized.

INSTRUCTIONS

- I. **Measure and cut fabric:**
 -  **For potholders:** Cut two squares of fabric and one square of batting, each about 8x8 inches.
 -  **For placemats:** Cut two rectangles of fabric, about 12x18 inches each.
 -  **For napkins:** Cut fabric squares, about 16x16 inches each.
- II. **Decorating:**
 -  **For potholders:** Place one fabric square right side down, layer the batting on top, and then place the other fabric square right side up.
 -  **For placemats and napkins:** Ensure fabric pieces are aligned.
- III. **Pinning:** Pin the layers together to keep them from shifting while you sew.
- IV. **Ironing:** Iron the fabric pieces to remove wrinkles and make them easier to sew.
- V. **Sewing or gluing:** Started sewing or gluing your breakfast set and kitchen potholders.

TIPS FOR FACILITATORS

- I. Ensure all materials and tools are organized and ready before the session starts.
- II. Show participants how to use the tools and materials: Demonstrate how to cut, decorate, and



add details. This will help them understand each step and feel more confident in their abilities.

DEBRIEFING/ EVALUATION

- I. **After the activity, it is important to reflect on the experience and evaluate the results:** Gather the participants in a circle or a comfortable setting, encouraging them to share their thoughts and feelings about the activity. Ask them what they enjoyed most about creating the breakfast set and kitchen potholders to identify the most engaging or enjoyable aspects of the activity. Discuss the challenges faced and the problem-solving strategies adopted. Invite them to reflect on the new skills learned, such as cutting, decorating, or using eco-friendly materials, and consider the importance of using recycled materials for crafts.
- II. **Evaluate the interest in future sessions by asking if they would like to participate in similar activities in the future and why:** Give the participants a few minutes to write down their thoughts individually, asking them to consider what they learned, how they felt, and what they might do differently next time. This process of reflection and evaluation will help gain valuable insights for both participants and facilitators, promoting continuous growth and improvement of future activities.



ACTIVITY #4 – FAVOUR BAGS

OBJECTIVES

- I. Develop and implement innovative and sustainable solutions for packaging, gadgets, and merchandising, with a strong focus on product quality and environmental impact. The goal is to design and create distinctive and functional items that effectively meet the needs of the target audience, using recycled materials and eco-friendly production methods.

Through practical training, participants will learn to design and produce favour bags using sustainable techniques and recycled materials. This will not only enhance their professional skills but also support a commitment to environmentally responsible practices and the adoption of ethical production methods.

TIME

2 hours

MATERIALS & PREPARATION

Materials:

- I. Old clothing, sheets, or any other fabric you can repurpose.
- II. Matching or contrasting thread for hand sewing.
- III. Needle for sewing by hand.
- IV. Scissors for cutting the fabric.
- V. Pins to hold the fabric pieces together.
- VI. Ruler or measuring tape for measuring the fabric.
- VII. Ribbon or string to tie the bags (optional).
- VIII. Tags or labels for personalization (optional).



Preparation:

- I. **Choose the fabric:** Select recycled fabric, such as old clothes or sheets.
- II. **Cut decorative fabric pieces:** Cut any decorative fabric scraps, ribbon, or thread.
- III. **Organize tools:** Arrange all necessary tools, like scissors, needle and thread, and pins, on a clean work surface.

INSTRUCTIONS

- I. **Choose and prepare the fabric:** Select fabric from recycled materials such as old clothes or sheets.
- II. **Cut the fabric:** Measure and cut the fabric into the desired size for your favour bags. Common dimensions are about 15x20 cm (6x8 inches), but you can adjust based on your needs
- III. **Sew the bags:**
 - ✂ **Fold the fabric:** Fold the fabric pieces in half, right sides together, to create the shape of the bag.
 - ✂ **Pin the edges:** Use pins to hold the fabric in place along the sides and bottom edges.
 - ✂ **Sew by hand:** Use a needle and thread to sew along the sides and bottom of the bag. A simple running stitch or whip stitch works well. Leave the top open for filling.
- IV. **Prepare the bags:**
 - ✂ Turn the bags inside out so the seams are on the inside and the right side of the fabric is facing out.
 - ✂ If you want, you can sew or glue on ribbon or string to create a tie for closing the bags.
- V. **Add personal touches:** Optionally, attach tags or labels with a message or the event's details to personalize the bags.



VI. Fill and close the bags:

- ✂ Fill the bags with confetti or small treats.
- ✂ Tie the top with ribbon or string if you have added these.

TIPS FOR FACILITATORS

- I. **Ensure all materials and tools are organized and ready before the session starts.**
- II. **Show participants how to use the tools and materials:** Demonstrate how to cut, decorate, and add details. This will help them understand each step and feel more confident in their abilities.

**DEBRIEFING/
EVALUATION**

- I. **After the activity, it is important to reflect on the experience and evaluate the results:** Gather the participants in a circle or a comfortable setting, encouraging them to share their thoughts and feelings about the activity. Ask them what they enjoyed most about creating the favour bags to identify the most engaging or enjoyable aspects of the activity. Discuss the challenges faced and the problem-solving strategies adopted. Invite them to reflect on the new skills learned, such as cutting, decorating, or using eco-friendly materials, and consider the importance of using recycled materials for crafts.
- II. **Evaluate the interest in future sessions by asking if they would like to participate in similar activities in the future and why:** Give the participants a few minutes to write down their thoughts individually, asking them to consider what they learned, how they felt, and what they might do differently next time. This process of reflection and evaluation will help gain valuable insights for both participants and facilitators,



promoting continuous growth and improvement of future activities.

ACTIVITY #5 – KEYCHAINS AND JEWELS

OBJECTIVES

- I. Develop and implement innovative and sustainable solutions for packaging, gadgets, and merchandising, with a strong focus on product quality and environmental impact. The goal is to design and create distinctive and functional items that effectively meet the needs of the target audience, using recycled materials and eco-friendly production methods.

Through practical training, participants will learn to design and produce keychains and jewels using sustainable techniques and recycled materials. This will not only enhance their professional skills but also support a commitment to environmentally responsible practices and the adoption of ethical production methods.

TIME	2 hours
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MATERIALS & PREPARATION

Materials:

- I. Scraps of old clothing or fabric.
- II. Beads and charms from old jewellery or craft supplies.
- III. Metal rings for keychains (recycled or repurposed).
- IV. Strong craft glue or hot glue gun.



- V. Jewellery wire for making connections (optional).
- VI. Scissors, needle and thread, pliers (for wire work), and wire cutters (if using wire).

Preparation:

- I. Select and prepare the materials.
- II. Organize and cut the materials.
- III. Organize the tools.

INSTRUCTIONS

- I. **Select and prepare materials:**
 - ✂ **Buttons:** Choose a variety of old buttons for different designs.
 - ✂ **Fabric and other items:** Gather scraps of recycled fabric, beads, charms, and metal rings.
- II. **Create keychains:**
 - ✂ **Design the keychain:** Arrange buttons, fabric, and charms in a design you like.
 - ✂ **Attach buttons:** Use glue to attach buttons to a metal ring or directly to a keychain base.
 - ✂ **Add extra details:** Glue additional beads or charms if desired. Let the glue dry completely.
- III. **Make jewels:**
 - ✂ **Design the jewels:** Plan out your design, whether it's a necklace, bracelet, or earrings.
 - ✂ **Assemble pieces:** Attach buttons and other decorative elements to jewels wire or string. Use pliers to secure connections if needed.
- IV. **Finalize:** Ensure all parts are securely attached and the jewels piece is ready to wear or gift.

TIPS FOR FACILITATORS

- I. Ensure all materials and tools are organized and ready before the session starts.



**DEBRIEFING/
EVALUATION**

- II. **Show participants how to use the tools and materials:** Demonstrate how to cut, decorate, and add details. This will help them understand each step and feel more confident in their abilities.

- I. **After the activity, it is important to reflect on the experience and evaluate the results:** Gather the participants in a circle or a comfortable setting, encouraging them to share their thoughts and feelings about the activity. Ask them what they enjoyed most about creating the keychains and jewels to identify the most engaging or enjoyable aspects of the activity. Discuss the challenges faced and the problem-solving strategies adopted. Invite them to reflect on the new skills learned, such as cutting, decorating, or using eco-friendly materials, and consider the importance of using recycled materials for crafts.
- II. **Evaluate the interest in future sessions by asking if they would like to participate in similar activities in the future and why:** Give the participants a few minutes to write down their thoughts individually, asking them to consider what they learned, how they felt, and what they might do differently next time. This process of reflection and evaluation will help gain valuable insights for both participants and facilitators, promoting continuous growth and improvement of future activities.



ADDITIONAL RESOURCES

ARTICLES

- ↻ <https://www.weforum.org/agenda/2023/06/recycled-material-could-solve-most-of-fast-fashion-s-sustainability-problems-here-s-how/>
- ↻ <https://scrapcreativereuse.org/Post/Creative-reuse-in-community-building-and-sustainable-fashion>
- ↻ <https://www.projectcece.com/blog/586/recycling-in-fashion/>
- ↻ <https://www.cambridge.org/core/journals/business-and-human-rights-journal/article/fast-fashion-for-2030-using-the-pattern-of-the-sustainable-development-goals-sdgs-to-cut-a-more-genderjust-fashion-sector/326A2604C7FB89EAAC2B931B98F4C6A0>
- ↻ <https://www.genevaenvironmentnetwork.org/resources/updates/sustainable-fashion/>
- ↻ <https://www.linkedin.com/pulse/10-ways-sustainable-fashion-can-help-achieve-2030-king-a-cipr->

CASE STUDIES

- ↻ <https://www.ellenmacarthurfoundation.org/topics/fashion/examples>
- ↻ <https://www.ellenmacarthurfoundation.org/topics/fashion/examples>
- ↻ <https://textclothsustain.springeropen.com/articles/10.1186/s40689-016-0024-3>
- ↻ https://www.researchgate.net/publication/360609368_Sustainable_fast_fashion_-_case_study_of_HM

PODCAST

- ↻ <https://open.spotify.com/show/4PEzHBBcZpGwi5ahK3aN9R?si=e1fbff27636b45b8&nd=1&dlsi=3d8f3b8983de464d>
- ↻ <https://open.spotify.com/show/2qy5JZ5lFYWtrJoSfNaKOf?si=c9dc6c1b54164be2&nd=1&dlsi=23171ced07144cea>



<https://open.spotify.com/show/6O2siWIsYUAFKhTRz8Yx4f?si=e462cbde991947dc&nd=1&dlsi=acd2be92130b4c44>

<https://open.spotify.com/episode/1uwSrynTkrs9gvk72z0muT?si=903fe99ca82f4885&nd=1&dlsi=1ad30e33cb424f5d>

TUTORIAL

<https://www.youtube.com/watch?v=N68TgWB6hw4>

<https://www.youtube.com/watch?v=tC4i7WNeNil>

<https://www.youtube.com/watch?v=l0ao9abHt0U>

<https://www.youtube.com/watch?v=ELyOGDlfVlo>

<https://www.youtube.com/watch?v=aG7enRD97Nw&t=914s>

<https://www.youtube.com/watch?v=7rMrsd0Aa5M&t=877s>

<https://www.youtube.com/watch?v=j28xqqjeS7A>

<https://www.youtube.com/watch?v=4S2z9v8FAhI>

<https://www.youtube.com/watch?v=Z8p6x9UB2Ms>

<https://www.youtube.com/watch?v=77blsUcxLPE>



4. MANUFACTURE FROM WASTE MATERIALS

THEORETICAL BACKGROUND

This module presents a transformative opportunity for socially excluded individuals, aiming to foster practical skills and ignite creativity through the repurposing of discarded or recycled materials. This initiative aligns seamlessly with the principles of the circular economy, a paradigm-shift from the traditional linear model of consumption characterized by a "take-make-waste" approach. In contrast, the circular economy seeks to maintain the value of materials within the economy for as long as possible, thereby minimizing waste and promoting sustainability.

Engaging socially excluded individuals in the process of waste repurposing serves a dual purpose: it addresses pressing environmental challenges while simultaneously empowering participants on a personal level. The global concern surrounding environmental degradation and waste management underscores the urgency of innovative solutions. By providing participants with the tools and knowledge needed to transform waste into valuable resources, this module not only contributes to sustainable waste management practices but also cultivates a sense of purpose and self-worth among participants.

The hands-on nature of the activities within this module encourages the development of critical skills that are essential in today's job market. Participants learn practical techniques that can enhance their employability, as well as entrepreneurial skills that may lead to self-employment opportunities. This experiential learning approach fosters problem-solving abilities and creative thinking, enabling individuals to navigate challenges in their personal and professional lives.

However, it is crucial for facilitators to be mindful of the unique needs and challenges faced by participants, particularly those who may come from backgrounds characterized by social exclusion. Emotional and psychological barriers, such as low self-esteem, mistrust of institutions, or past traumatic experiences, can impact engagement and learning. Therefore, creating a safe and supportive environment is paramount. Facilitators should adopt tailored approaches that ensure inclusivity and accessibility, allowing all participants to engage meaningfully in the activities.

Furthermore, the module emphasizes the importance of sustainability not only in the materials used but also in the practices promoted throughout the learning process. Facilitators are encouraged to guide participants in critically assessing the life cycle of the products they create, fostering a mindset that prioritizes waste reduction and



resourcefulness. This critical engagement with materials helps participants develop a deeper understanding of their environmental impact and encourages sustainable practices in their everyday lives.

By integrating these elements —personal empowerment, skills development, emotional support, and sustainability— this emerges as a vital educational initiative. It not only addresses societal issues related to waste and environmental degradation but also empowers individuals to reclaim their agency and creativity in a world often dominated by consumerism and disposability. Through this module, participants are not merely learning to create; they are becoming active contributors to a more sustainable future, equipped with the skills and confidence to effect change in their communities and beyond.

Additionally, it is crucial to consider the environmental impact of the waste repurposing activities and promote sustainable practices throughout the module. Facilitators should encourage participants to think critically about the lifecycle of the products they create and explore ways to minimize waste and maximize the reuse or recycling of materials.

This forth module is an exciting opportunity to develop practical skills and unleash creativity. By repurposing discarded or recycled materials, the participants will not only learn valuable techniques, but also gain a sense of empowerment and contribute to a more sustainable future.

ACTIVITIES

ACTIVITY #1 – UPCYCLING WORKSHOP: TURNING WASTE INTO WONDERS

OBJECTIVES

- II. To empower individuals to transform waste materials into functional or decorative items.
- III. To foster creativity, problem-solving, and hands-on skills in the repurposing process.
- IV. To encourage participants to consider the lifecycle of products and the importance of waste reduction.
- V. To empower participants to upcycle and repurpose existing clothing items into unique, personalized garments.



	<ul style="list-style-type: none"> VI. To develop hands-on tailoring skills, including sewing, hemming, and garment alteration. VII. To encourage sustainable fashion practices and reduce textile waste.
TIME	10 hours
MATERIALS & PREPARATION	<ul style="list-style-type: none"> IV. Collection of gently used clothing items (donated or brought by participants). V. Sewing machines, needles, threads in various colours. VI. Fabric scissors, pins, measuring tape, chalk or fabric markers. VII. Assortment of buttons, zippers, patches, and other sewing notions. VIII. Inspirational examples of refashioned or upcycled clothing pieces.
INSTRUCTIONS	<ul style="list-style-type: none"> VI. Welcome the participants and introduce the concept of sustainable fashion and the benefits of upcycling clothing. VII. Guide the participants through a clothing inventory and selection process, encouraging them to choose items they no longer wear but see potential in. VIII. Provide demonstrations and hands-on instruction on various tailoring techniques, such as hemming, taking in/letting out seams, adding patches or embellishments, and repurposing garment elements. IX. Allocate ample time for the participants to experiment with their chosen clothing items, get creative with the modifications, and transform them into new, personalized pieces.



	<ul style="list-style-type: none">X. Facilitate group discussions and offer individual support throughout the tailoring process, addressing any challenges or questions that arise.XI. Conclude the workshop by having the participants showcase their revamped garments and share the stories behind their design choices.
TIPS FOR FACILITATORS	<ul style="list-style-type: none">V. Encourage a supportive and inclusive environment, where participants feel comfortable experimenting and learning from each other.VI. Provide access to sewing tutorials, pattern-making resources, or experienced tailors who can offer guidance and tips.VII. Emphasize the importance of mindful clothing consumption and the environmental impact of textile waste, inspiring participants to continue their sustainable fashion journey.
DEBRIEFING/ EVALUATION	<ul style="list-style-type: none">V. Invite the participants to reflect on the skills they've gained, the creative process they've experienced, and the personal satisfaction of transforming their wardrobes.VI. Facilitate a discussion on the broader implications of upcycling and sustainable fashion, exploring ways to extend these practices in their daily lives.VII. Encourage the participants to share their newfound knowledge and sewing skills with friends, family, or their local community, further promoting the circular economy of clothing.



ACTIVITY #2 – ECO-FRIENDLY ACCESSORIES WORKSHOP

OBJECTIVES

- I. To teach participants how to create stylish accessories from waste materials.
- II. To enhance creativity and practical skills in crafting.
- III. To raise awareness about the importance of reusing materials and reducing waste.

TIME

8 hours

MATERIALS & PREPARATION

- I. Collection of recyclable materials (e.g., plastic bottles, old jewellery, fabric scraps).
- II. Tools for crafting (scissors, glue guns, pliers).
- III. Decorative items (beads, paint, ribbons).
- IV. Inspirational examples of eco-friendly accessories.

INSTRUCTIONS

- I. Introduce the concept of eco-friendly accessories and their environmental benefits.
- II. Guide participants in selecting materials they wish to use for their accessories.
- III. Demonstrate various techniques for transforming waste materials into accessories (e.g., turning plastic bottles into bags or jewellery).
- IV. Allow participants time to create their accessories, providing support and guidance.
- V. Facilitate a showcase where participants present their creations and the inspiration behind them.

TIPS FOR FACILITATORS

- I. Foster an encouraging atmosphere that promotes experimentation.



	<ul style="list-style-type: none"> II. Share resources for sustainable crafting techniques and ideas.
DEBRIEFING/ EVALUATION	<ul style="list-style-type: none"> I. Discuss the creative process and the impact of using waste materials. II. Encourage participants to continue creating eco-friendly items at home.

ACTIVITY #3 – SUSTAINABLE HOME DECOR WORKSHOP	
OBJECTIVES	<ul style="list-style-type: none"> I. To empower participants to create home decor items from upcycled materials. II. To foster a sense of community through collaborative crafting. III. To promote sustainable practices in home decoration.
TIME	10 hours
MATERIALS & PREPARATION	<ul style="list-style-type: none"> I. Assorted waste materials (e.g., glass jars, wood scraps, fabric remnants). II. Crafting tools (paint, brushes, glue). III. Safety equipment (gloves, goggles). IV. Examples of home decor items made from recycled materials.
INSTRUCTIONS	<ul style="list-style-type: none"> I. Introduce the concept of sustainable home decor and its benefits.



- II. Organize a brainstorming session for participants to share ideas for decor items.
- III. Provide demonstrations on techniques such as painting, assembling, and embellishing.
- IV. Allow participants to work on their projects, offering individual support.
- V. Host a final presentation where participants can share their decor items and the stories behind them.
- VI. Facilitate group discussions and offer individual support throughout the tailoring process, addressing any challenges or questions that arise.

TIPS FOR FACILITATORS

- I. Encourage a supportive and inclusive environment, where participants feel comfortable experimenting and learning from each other.
- II. Provide access to sewing tutorials, pattern-making resources, or experienced tailors who can offer guidance and tips.
- III. Encourage collaboration and idea-sharing among participants.
- IV. Highlight the importance of sustainability in home decoration.

DEBRIEFING/ EVALUATION

- I. **Encourage Participants to Share Experiences:** Invite each participant to describe their creative process, including what inspired their projects, any challenges they faced, and how they overcame them. This sharing can foster a sense of community and allow participants to learn from one another.
- II. **Discuss Personal Growth:** Ask participants to reflect on how the workshop affected their confidence and skills. Questions such as "What new skills did you learn?" or "How did it feel to



transform waste materials into something beautiful?" can stimulate thoughtful conversations.

- III. **Highlight the Importance of Reusing Materials:** Facilitate a discussion on the environmental benefits of reusing materials, such as reducing waste and conserving resources. Participants can share their thoughts on how this practice not only benefits the planet but also encourages creativity and innovation.

ADDITIONAL RESOURCES

- [!\[\]\(511a36c244659513b679df9c639945de_img.jpg\) Introduction to Upcycling](#)
- [!\[\]\(2c0783baf87a2728b2fe49eb1c34c456_img.jpg\) 10 WONDERFUL RECYCLE DIY CRAFTS THAT WILL BRIGHTEN YOUR ROOM](#)
- [!\[\]\(7cfb20e3a97beaa6243bf39ce8dc849f_img.jpg\) How To Upcycle Clothes: Beginner Tips](#)
- [!\[\]\(4ec82d7d2c97e7458ec11741fc48dcdc_img.jpg\) Recycling fashion: The town turning waste into clothes- BBC News](#)
- [!\[\]\(8a3eeabae8fd8c34f983be60adf65fec_img.jpg\) Creating a circular economy for fashion | Rethink Sustainability](#)
- [!\[\]\(f8c4514865ca6cc7d15601f5b468a267_img.jpg\) 10 Sustainable Home Decor Brands For 2024 - The Good Trade](#)
- [!\[\]\(3e3a16082679d4e25573352df409eccd_img.jpg\) Eco-friendly Event Décor: Plant Walls, Living Centrepieces and More](#)
- [!\[\]\(9b1df3f6f95a7aa10cbc22e7842da063_img.jpg\) Resources from Workshops](#)
- [!\[\]\(7936f9bcfbfb218ad8be8ab6d2aa8317_img.jpg\) Home | Upcycle That](#)
- [!\[\]\(7b335444bdd8e9de4c89d81708f76337_img.jpg\) Crafting Sustainability: A Workshop in Reuse, Recycling, and Sustainable Living](#)
- [!\[\]\(65abe31c0ef71e56cf853e9b6273e467_img.jpg\) Workshops | OutOfTheBoxEcoStore](#)

