

## About the project

**REFASHIONIZED** is a two-year Erasmus+ project that delves into the history of fashion, highlighting key events and factors that shaped its evolution. The project raises awareness on the environmental and social impacts of fast fashion while promoting sustainable practices like upcycling. Through innovative and hands-on outputs, participants can explore fashion's history, gain insights into sustainable practices, and learn creative ways to repurpose old garments.

## Target Groups



Young people & young adults  
15-24 years old



Youth workers, trainers and  
educators



Staff members of the partner  
organizations



# The Learner's Corner

The **Learner's Corner** is mainly designed for learners who want to enhance their skills and expand their knowledge of fashion history and sustainable fashion. It provides a comprehensive set of learning materials tailored to the needs of learners, offering insights into the main eras of fashion history and the environmental impact of the fashion industry and what conservation measures are currently being implemented. The **Trainer's Corner** on the other hand, is designed for youth workers and educators who wish to enrich their knowledge of fashion history, sustainable fashion and practices with the aim of leading interactive and engaging workshops for young people.

The **Refashionized Online Course** is free to access and provides a unique blend of historical insight, sustainability education, and interactive learning tools. The course, divided into two main sections, the History of Fashion and the Sustainable Fashion, is designed for learners aged 15 and older. It explores key eras of fashion history and their impact on society, human rights, and the environment from prehistoric times to the 21st century.



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The course includes interactive glossary activities, quizzes, and games such as word grids and memory cards to reinforce key concepts. Learners can also explore a wide range of curated resources, including visuals, case studies, external links, and success stories from around the world.

The **"Sustainable Fashion Glossary Activities"** are designed to engage learners in understanding the key terms and concepts shaping today's fashion industry from a sustainability perspective.



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Covering a broad range of topics – from eco-friendly materials and ethical production to conscious consumption and sustainable garment care – the glossary offers an accessible way to deepen knowledge of sustainable fashion practices. Learners can explore definitions and terms through a variety of engaging activities, including memory cards, word grids, matching games, and dominoes.





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The **Sustainable Fashion Game** invites players to explore the world of eco-friendly fashion in an engaging and educational way. The game uses gamification techniques to immerse users in a virtual journey that highlights both the personal and environmental rewards of sustainable choices. Through three progressive levels—Fashion Rookie, Trend Zen, and Eco Prodigy—players answer questions on topics such as textile production, dyeing, waste, and responsible sourcing. The game also offers practical tips to help users make environmentally conscious wardrobe choices.



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The Sustainable Fashion Game combines fun with learning to promote greater awareness of fashion's environmental impact.

**“Create your Fashion Portfolio”** is a guidebook aimed at helping young creatives develop and present their own fashion portfolios—with a strong focus on sustainability. This practical resource is designed to support aspiring designers in telling their unique stories through fashion.

A fashion portfolio is more than just a collection of work—it's a personal visual narrative that reflects a designer's values, skills, and creative direction. Rooted in the goals of the Refashionized project, this guide emphasizes key themes such as upcycled clothing, ethical design practices, and eco-conscious material choices.



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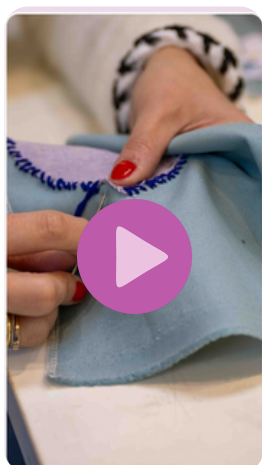
Inside the guide, readers are introduced to the various types of fashion portfolios and how to select the one that best aligns with their goals. The guide outlines the key components that make a sustainable fashion portfolio stand out, offering practical insights into how to present upcycled and ethically designed creations. It also includes a dedicated reflection section with guiding questions to help users explore their creative process and articulate their vision more clearly. Throughout the guide, inspiring examples of successful portfolio layouts and content provide valuable inspiration, while expert advice helps readers tailor their portfolios to suit different contexts and opportunities.



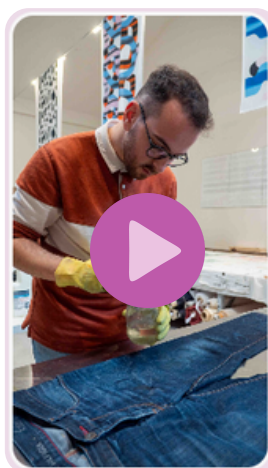
# The Learner's Corner

**How to Upcycle - Videos** is a vibrant collection of 10 short, easy-to-follow tutorials that guide viewers through innovative techniques for transforming old clothing and fabrics into stylish, functional new pieces. Designed to inspire sustainable fashion choices, the series helps viewers breathe new life into worn-out items while learning valuable DIY skills.

From mastering basic stitches to more advanced techniques like applique, embroidery, and needle punching, the videos offer clear, step-by-step guidance for every project. Viewers will also discover how to repurpose materials through tie-dye, patchwork, and bleaching, as well as how to creatively cover stains or reshape garments—like turning an old T-shirt into a trendy crop top. How to Upcycle empowers users to refresh their wardrobes with creativity and care for the planet.



In the **Applique** video viewers learn how to add stylish fabric shapes or patterns onto garments, turning plain pieces into eye-catching, one-of-a-kind creations.

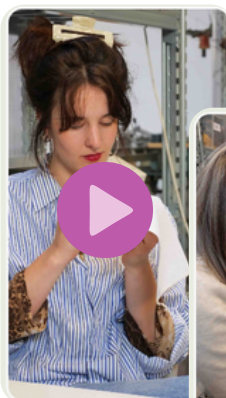


The **Bleach Like a Pro** tutorial shows viewers how to use bleach creatively to give old clothes a bold, artistic makeover.



This video guides you through safe and effective techniques for adding patterns, fading sections, or creating striking contrast designs on fabric.

In the **Master Basic Stitches** tutorials (Parts 1 & 2) viewers are introduced to essential hand-sewing techniques that form the foundation of any upcycling project. These videos break down common stitches—such as the running stitch, backstitch, and whipstitch in a clear, beginner-friendly way.





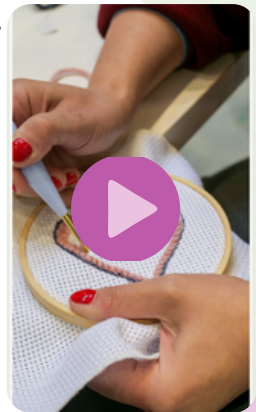


# The Learner's Corner



In the **Embroidery** tutorial, viewers learn how to turn accidental bleach marks into beautiful design features using simple embroidery techniques. Instead of discarding a stained favorite, this video teaches you how to cover the spots with creative stitched patterns—floral, geometric, or completely custom.

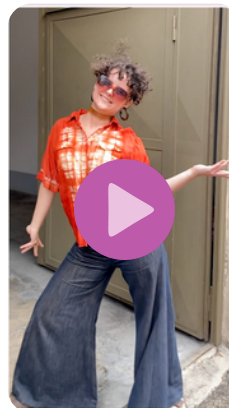
The **Needle Punching** tutorial introduces to a fun and tactile technique that turns fabric into textured, decorative art. This video shows how to use a punch needle to create embroidered and unique masterpiece.



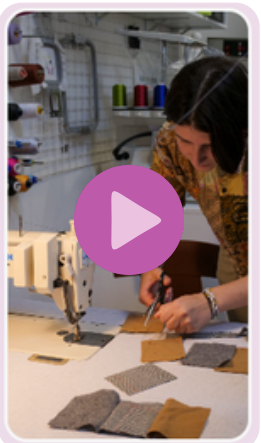
The **T-Shirt Crop** tutorial offers a quick and stylish way to give an old T-shirt a second life. In this video, you'll learn how to transform a basic tee into a fashionable cropped top with just a few simple cuts and adjustments, no advanced sewing skills required.



The **Rock Tie-Die** tutorial invites viewers to dive into the vibrant world of color by transforming plain, old garments into bold, expressive pieces.



This video covers the basics of tie-dye technique to dye application allowing you to experiment with patterns like spirals, stripes, or random bursts.



The **Patchwork** tutorial this shows how to combine scraps of old fabrics to create something both beautiful and practical. It's a creative and sustainable way to repurpose leftover materials, giving them new life while allowing you to experiment with bold, artistic combinations that reflect your personal style.

The **Repurpose** video encourages viewers to rethink old or unused clothing and materials by transforming them into entirely new, functional items.





Ready to start your sustainable fashion journey with the Learner's Corner?



**JOIN THE MOVEMENT  
TOWARDS SUSTAINABLE  
FASHION!**



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