



Co-funded by  
the European Union

# Smart Fashion



## Youth Exchange

3.06.-12-06  
Rezekne Latvia



Project number: 2024-3-LV02-KA152-YOU-000283539

## About the project

Youth Exchange focused around the topic of sustainable fashion, exploring the diversity of cultural clothing traditions around Europe, and promoting personal fashion sustainability, funded by Erasmus+ program.



## About the project

Bringing together 24 young people from Spain, Germany, Estonia and Latvia to share and celebrate the wide variety of European clothing traditions also allowed us to explore the fundamentals of the 'care-repair-reuse' mindset.



# Project Activities

## Fair garment cost

### 🇪🇺 Fair-Paid T-Shirt in Europe – Cost Breakdown (Example: €40 Retail Price)

1. Fabric & Materials €5–7 .
2. Labour (Sewing & Cutting) €6–9 /h Fair EU minimum hours per T-shirt.
3. Overhead (Factory Costs) €3–4 .
4. Transport & Logistics €2–3 .
5. Design & Patternmaking €2–3 .
6. Marketing & Packaging €2–3 .
7. Profit & Brand Margin €10–15



# Wabi sabi Workshop

Participants had the opportunity to explore different repair, care and personalisation techniques.

Stamps making

Painting on fabrics

Sashiko

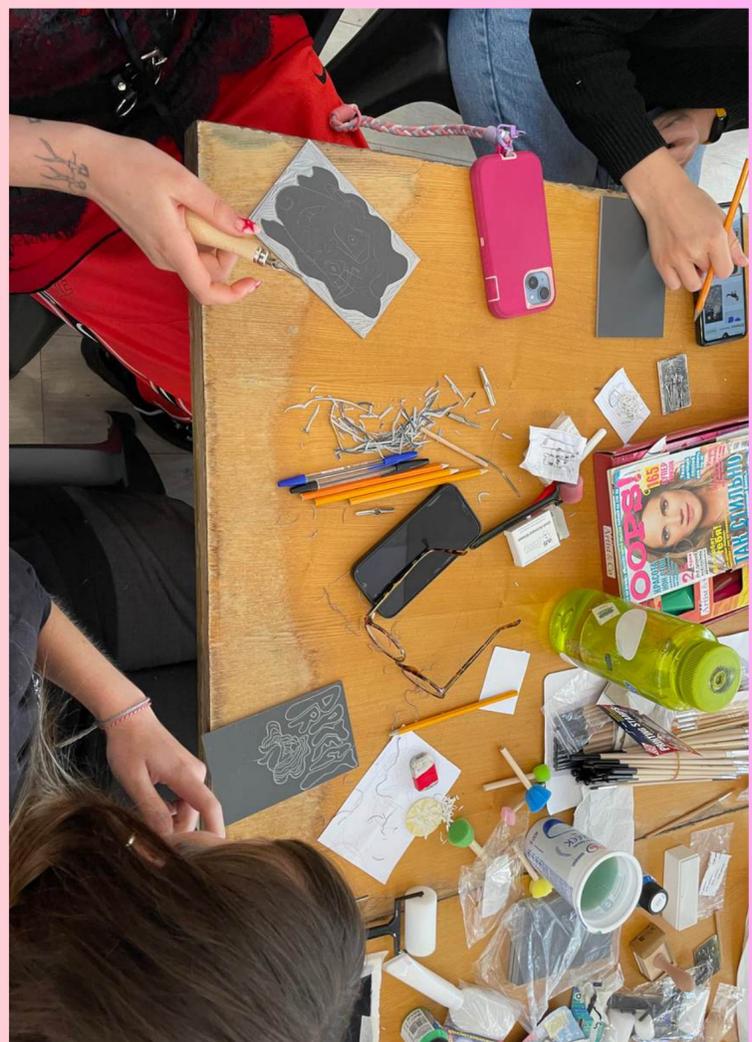
Sewing machine station

Macrome

Fabric collage

Bleach Painting on textiles

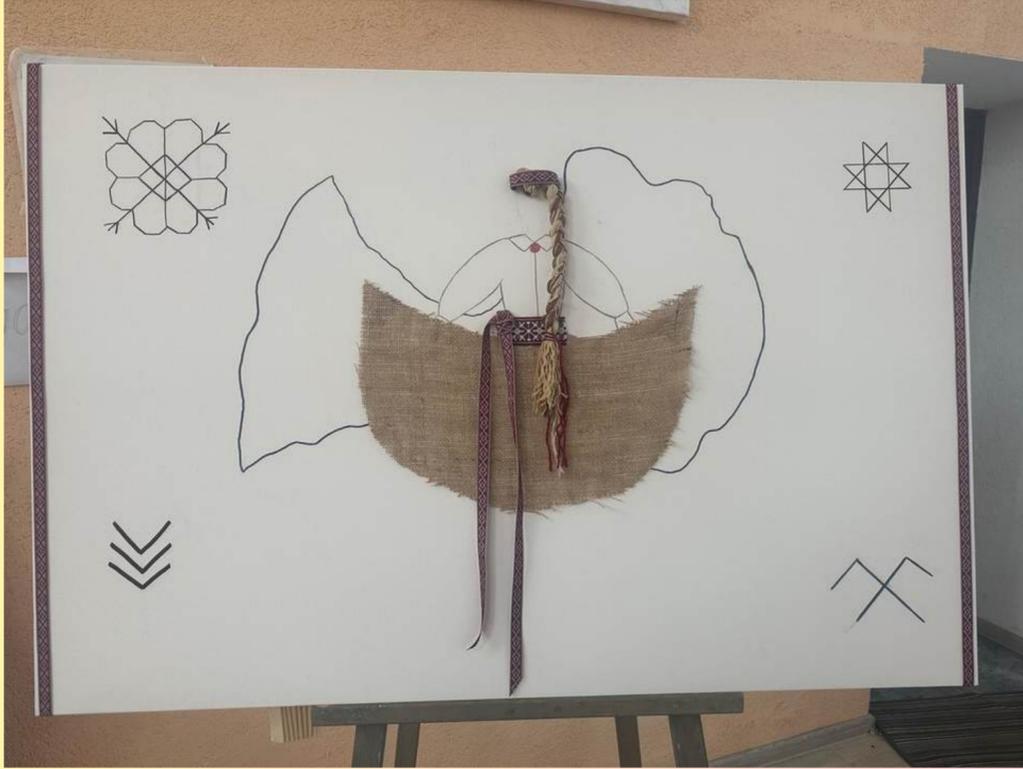
”





# Cultural threads

Sharing traditional cultural clothing



**Latvia**



**Germany**



**Estonia**



**Spain**

# Good Practices

## QUICK TIPS FOR A SUSTAINABLE WARDROBE

GO LOCAL

Go to Tailor

Second-hand shops ;)

Check Flea market

De-influence yourself

sewing skills

Prioritize your purchases

Upcycling

RESEARCH

RECYCLE

Clothes swapping

RE-WEAR

Online second-hand stores

# Decomposition Timeline

**It is an undeniable fact that most of the clothes waste ends up in the landfills, where the decomposition of fabrics takes different time. How much times it takes for different fabrics to decompose?**

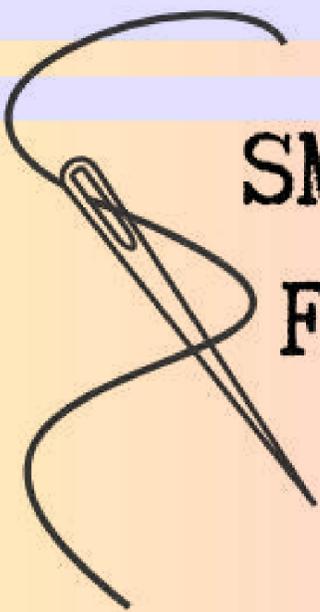
Fiber type	Typical landfill decomposition time (approx.)
Linen	Weeks to a few months
Rayon/viscose (cellulose-based)	6 weeks to several months
Cotton (pure)	Months to several years
Wool	1–5 years
Silk	1–4 years
Polyester	20–200+ years
Nylon	30–100+ years
Acrylic	Up to hundreds of years
Elastane/Spandex	Many decades to centuries





Co-funded by  
the European Union

# CREATE NOT CONSUME!



SMART  
FASHION



If you have any questions or would like to know more about the project contact us through email: [artmarketlv@gmail.com](mailto:artmarketlv@gmail.com)





Co-funded by  
the European Union

Palies

Dankeschön

شكراً

AITÄH

# Thank you

Спасибо

تشكر

Gracias



Funded by the European Union. However, the views and opinions expressed are those of the author(s) only and do not necessarily reflect the views and opinions of the European Union or the Youth International Program Agency. Neither the European Union nor the funding agency can be held responsible for them." Neither the European Union nor the granting authority can be held responsible for them.