



**Project Title:** My dress, my choice

**Location of the Project:** Hungary

**Project Length:** 6 days (+ travelling days)

**Target Group:** 6 participants (including one team leader (18+)) aged 18-30

**Introduction:**

"My Dress, My Choice" is an Erasmus+ youth exchange project that explores the intersection of fashion, identity and ethics. The project addresses societal challenges such as discrimination, fast fashion's environmental impact and body image issues. Through non-formal educational workshops and hands-on activities, participants will reflect on their personal identities, promote inclusivity, and explore sustainable fashion practices.

**Objectives:**

- Combat discrimination linked to clothing choices.
- Raise awareness of fast fashion's environmental and social impacts.
- Promote sustainable fashion practices and ethical consumption.
- Nurture body positivity and challenge harmful beauty standards.
- Encourage critical thinking about media representations of culture and fashion.
- Empower participants as advocates for social and environmental justice.

**Partner Duties:**

- Provide ongoing support for participants throughout the project lifecycle.
- Support the proper selection and preparation of your participants.
- Share expertise and resources to enhance the quality and impact of the activities.
- Support dissemination of results to broader communities locally and online as well.

**Contact info:**

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