Co-funded by the Erasmus+ Programme of the European Union

Upcycling clothes and mind

Workshops in Skopje, North Macedonia

Civil society organization Eco – Logic continued the series of workshops for the Erasmus+ project **“Upcycling clothes and mind”** with the number 2021-1-DE02-KA220-ADU-000026873, approved by the German National Agency.

The first workshop was successfully organized for the Erasmus+ project **“Upcycling clothes and mind”**

It was organized in the kindergarten “Astibo” -Shtip. Our project assistant passed on the knowledge to the 4 educators and later the children drew on old materials, together with their teachers, made new creations from already used materials.

Then the children's drawn textile creations were sewn onto aprons, which they made during the youth initiative "Don't buy new - remake old" from the project "Encouraging teachers and young people in North Macedonia to become drivers of change to reduce the vulnerability of communities" from climate change". They used the machine for sewing, which one was received from the project from Unicef. You can also check the post from the event on our fb page.

https://www.facebook.com/EcoLogic.mk/photos/pcb.5277994592281320/5277989348948511/ Here are some photos of the realization.

The second and third workshop was successfully organized on 28th March and 30th March 2023. It was organized in the premises of Eco - Logic.

The workshop was an embroidery workshop, with the goal to make older clothes more beautiful and to raise awareness about fast fashion. On the first workshop there were 8 participants, on the second we had 10 participants (lists of participants, agenda and feedback questionnaire attached in the drive).

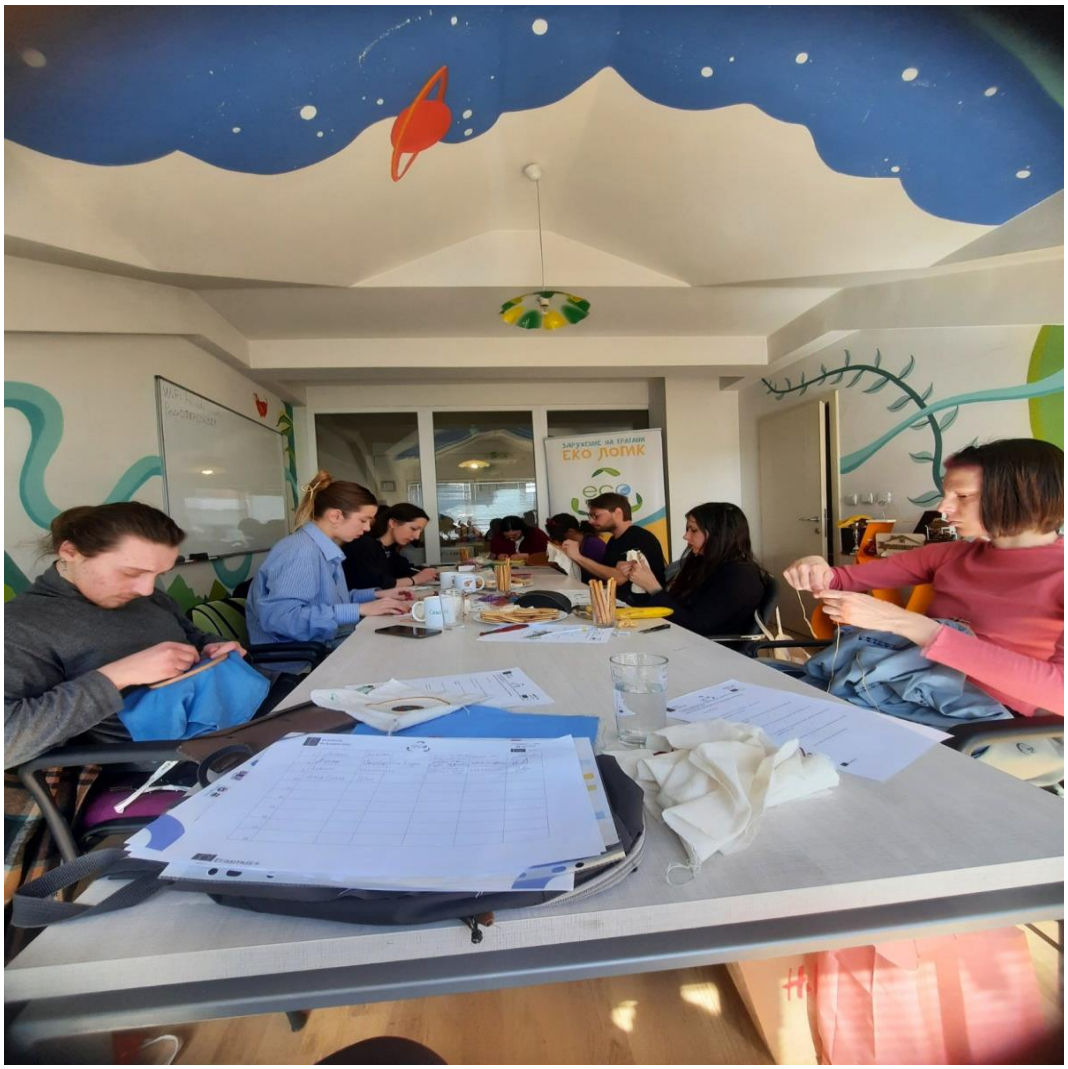
The workshop started with a brief presentation of the project, its goals and objectives, what's been done until now, what is the purpose of this workshop and what is next. Then the educator who is external collaborator of our association presented his work, his participations in such educations and he presented several embroidery techniques. The techniques which the participants learned were the running or skip technique, back or back and forth, satin, split or separation, as well as chain.

After the first class of showing the techniques, homework was given to participants in order to transfer the embroidery techniques where the pockets were sewn onto garments. Entering the second lecture, participants started new level into embroidery directly on pieces of clothing. In the end, the participants

left with knowledge, as well as two new pieces of clothing. This workshop was attended by 8 enthusiasts who got into the traditional techniques. Different materials as well as colorful embroidery thread colors were used.

On the second class after sharing the post on social media and after the participants shared their experiences among their peers 2 more participants joined the workshop. The participant's agreed embroidery is a sustainable way to give a new life to clothes, expressed their admiration for the project and filled the questionnaire about their satisfaction before and after the workshop. We can say they were impressed by the work of the project partners as well.

Here are some photos of the realization. https://www.facebook.com/EcoLogic.mk/posts/6036717283075710



It was agreed that after these 2 workshops we will make one big peace of clothes from the peace's that were made in the classes.

Q1: What was the aim of the activity you chose for your peer learning?

The workshops had the same objectives:

- Foster awareness of the issues associated with fast fashion.
- Inspire participants to openly discuss their encounters with both fast and slow fashion, as well as recycling practices.
- Provide education on effective ways to care for existing clothing and accessories, blend new and old items, and engage in the redesign of apparel and accessories.
- Cultivate a laid-back atmosphere that encourages enjoyable learning, facilitating the achievement of goals and promoting discussions and the exchange of experiences.

Q2: Which groups did you target? How many people participated in the activity?

The events were open to all interested participants but were mostly targeted at citizens who were interested in design and fashion. The workshops were well marketed through different social media: Facebook, Instagram, Phone. We made event where the participants can enrol.

Workshop 1 brought together 8 people between the age of 18-45

Workshop 2 brought together 10 people between the age of 18-45

Q3: When and where did your activity take place? How long did it last? How was the activity or process structured?

All the workshops were held in the It was organized in the premises of Eco - Logic. They all lasted 3 hours.

The events were structured in a similar way: first, the designer introduced themselves and what they do and what is their purpose of interest, and after that, there was a discussion and exchange of experiences and practical work. The practical part was different in each case. For example, during the 1nd workshop, the participants could choose materials thew broth from home or materials we provided to do the embroidery on them. In the 2rd workshop, they took the materials home to continue to embroider and then broth them back to finish them here.

At the end of the workshop, there was a feedback round and an evaluation questionnaire.

Q4: How did you describe the aim of the activity to the participants and how clear was it to them? Did you measure it?

Participants were briefed on the activity's objectives by both managers and designers, with additional clarification provided during joint discussion rounds. A comparison between pre- and post-discussion revealed that participants had gained valuable insights, indicating a successful learning outcome.

Q5: What were the expected outcomes of the activity? Did you record them?

The participants developed awareness and understanding of the issues of sustainability in fashion and gathered ideas on how to be more sustainable in making their everyday clothing decisions. We have pictures and answered questionnaire about the progress.

Q6: What peer-to-peer learning methods did you use throughout the process? What kind of activity was it and how did you do it?

Throughout the peer-to-peer learning initiative, diverse approaches were employed to cultivate an awareness of sustainability within the fashion industry

and everyday clothing practices. Participants actively engaged in open discussions, sharing their personal experiences and opinions. The incorporation of seminars and workshops proved instrumental in enhancing their comprehension of key topics such as fast fashion, recycling, and sustainability. The utilized methods and procedures fostered a collaborative and insightful learning environment.

- ❖ Learning by doing short presentations in the beginning to introduce them to the topics.
- ❖ Exchanging experiences
- ❖ Lots of practical work and trying out new things

- It was hands -on activity and it was done by competition for best outfit made by trash or used clothes.

Q7: How did you promote the activity? Did you achieve the expected reach?

The activity was advertised broadly, on every social media, by evets and invitations

TPM in Tartu Estonia

https://www.facebook.com/EcoLogic.mk/posts/pfbid0pPRCLhUtSjh3qufGmXkwWEGGAFEgfUv9gSSoYsM3PV8ZrZhsstDoDS2ihvEoRpuGl

Multiplier event

https://www.facebook.com/photo/?fbid=712317390936703&set=a.629005499267893

Pictures from the Multiplier event

https://www.facebook.com/photo/?fbid=728008239367618&set=pcb.728008372700938

TPM

https://www.facebook.com/photo/?fbid=4890418907705559&set=pcb.4890415794372537

Co-funded by the
Erasmus+ Programme
of the European Union

This project was funded with the support of the European Commission.
The author is solely responsible for the content of this publication, and the Commission is not liable for any further use of the information contained therein.

License

Creative Commons License: This work is licensed under a Creative Commons Attribution-Non-Commercial-ShareAlike 4.0 International License.
To view a copy of this license, please visit: https://creativecommons.org/licenses/by-nc-sa/4.0/
➔ Only a possible version