

TRAINING FICHE

05. HOW TO BECOME A MORE RESPONSIBLE CONSUMER OF CLOTHING

(Sections in italic only for internal use, not to be published)

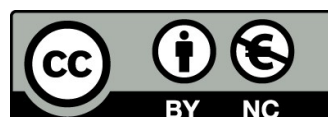
Area	<i>Clothing</i>												
Level	<i>BASIC</i>												
Topic	<table border="1"> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td>5. Tips and recommendations for a RC</td></tr> </table>												5. Tips and recommendations for a RC
	5. Tips and recommendations for a RC												
Module	<table border="1"> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td>First steps towards responsible consumption on Clothing</td></tr> </table>												First steps towards responsible consumption on Clothing
	First steps towards responsible consumption on Clothing												
Keywords	Clothing; Tips and Recommendations; To Do; Not to Do; You Can do More; less is more												
Citizens as the core agents of change on clothing	Sustainable fashion often gets a bad rap for being expensive and out of reach for most people. However, many people forget that the most sustainable thing to do is to consume less (thinking about whether or not you need to buy that piece)												

With the support of the Erasmus+ programme of the European Union. This document and its contents reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by
the European Union

Legal description – Creative Commons licensing: The materials published on the CARE project website are classified as Open Educational Resources' (OER) and can be freely (without permission of their creators): downloaded, used, reused, copied, adapted, and shared by users, with information about the source of their origin



<p>(500-1000 characters including spaces)</p>	<p>and consume better (in the most conscious, critical, solidary and sustainable way possible). Be intentional about every item you bring into your wardrobe and into your life.</p> <p>The idea is 'you can do more', starting with the clothes you already have and asking yourself:</p> <ul style="list-style-type: none"> • What do I like most about it? (Try to create an affective bond with each piece). • How can I prolong the life of the pieces I like the best? (Try to respect clothing washing, care labels, and reduce washing whenever possible). • How can I get rid of those that no longer serve me and/or I no longer identify with, but are still in good condition? (Consider targeted donation, exchange in dedicated markets, or transforming the piece to match what you would like it to be).
<p>Tips and recommendations</p> <p>To do / Not to do</p> <p>(2000-3000 characters including spaces)</p>	<p>We are what we do and we inspire others with our behaviors.</p> <p>To help you become a more fashion-conscious consumer, here is some practical advice that can drive you to change your fashion consumption habits:</p> <p>'TO DO'</p> <ul style="list-style-type: none"> • Before buying a new garment, think carefully if it is essential. Examine your clothes to find out which items of clothing you should keep and what you can get rid of; this will avoid mistakes, increase your budget, and protect the planet. • The right clothes for your body type make your best features look proportionate and even stand out. Highlighting your most

With the support of the Erasmus+ programme of the European Union. This document and its contents reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Legal description – Creative Commons licensing: The materials published on the CARE project website are classified as Open Educational Resources' (OER) and can be freely (without permission of their creators): downloaded, used, reused, copied, adapted, and shared by users, with information about the source of their origin



attractive traits is crucial to dress well, especially if you want to impress. Wear well-fitting clothes that showcase your unique attributes, accentuate your best features, define your figure, and make you look fabulous.

- There are many simple ways to shop for beautiful fashion. Think outside the box to easily update your wardrobe with fabulous pieces that help you look your best without breaking the bank.
- Choose natural fabrics and garments that you can wear at different times of the year. You will help reduce fashion's environmental impact if you buy clothes made from natural, organic materials that reduce pollution, energy consumption, water use, chemical releases and greenhouse gas emissions.
- Try different outfit combinations until you find the perfect match for your preferences and body type. Classic and timeless garments will not go out of style easily and help you dress well.

'NOT TO DO'

- Do not buy garments made from low-quality and cheap materials. They will simply fall apart quickly and you will not be able to wear them as often as you would like. It is much better for the environment, your budget, and your wardrobe if you primarily buy clothing made from high-quality, sustainable fabrics.
- Do not buy clothes that do not fit you perfectly. If they are one size too big or too small, it will be an unnecessary purchase; otherwise, your risk losing style and elegance.

With the support of the Erasmus+ programme of the European Union. This document and its contents reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by
the European Union

Legal description – Creative Commons licensing: The materials published on the CARE project website are classified as Open Educational Resources' (OER) and can be freely (without permission of their creators): downloaded, used, reused, copied, adapted, and shared by users, with information about the source of their origin



	<ul style="list-style-type: none"> You do not have to buy expensive and luxurious clothes to look fabulous. Resist the urge to spend your entire monthly budget on luxury brands; instead, try to buy clothes that are more within your price range. Do not fall into the trap of thinking you cannot look good without spending a lot of money on clothes. You can easily dress well and cheap even if your budget is limited. Do not buy clothes that do not match your fashion style and have nothing to do with you. Make sure you only buy clothes that you really like.
Language	English
Partner	UA
Further references	https://www.panaprium.com/blogs/i/consider-when-buying-clothes https://www.sustainablejungle.com/sustainable-fashion/how-to-avoid-fast-fashion/ https://cobaltstreet.com/blogs/news/7-steps-to-becoming-a-more-conscious-fashion-consumer https://thecanoshoe.com/blogs/blog/6-ways-to-become-a-more-conscious-consumer https://eco-age.com/resources/how-care-your-clothes-and-keep-them-longer/

With the support of the Erasmus+ programme of the European Union. This document and its contents reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by
the European Union

Legal description – Creative Commons licensing: The materials published on the CARE project website are classified as Open Educational Resources' (OER) and can be freely (without permission of their creators): downloaded, used, reused, copied, adapted, and shared by users, with information about the source of their origin

