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Creation of the FAME Creative Fashion Construction and Design Course Trainers' Toolkit

Resources Pack

Project Title: FAME (Fashion eMpowers NEETs)

Programme: Erasmus+

Work Package 2: Conceptual and Analytical Framework, and FAME Creative Fashion Construction and Design Course Development

Project website: <https://thefameproject.eu/>

Facebook: @fameproject

LinkedIn: <https://www.linkedin.com/company/fame-fashion-empowers-neets/>

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Module 1: Clothing Construction Techniques

Session 1: Welcome, Orientation, Safety and Confidence Building

Session 2: Measurements, Pattern Literacy and Fabric Planning

Session 3: Pattern Layout, Cutting, Marking and Sewing

Session 4: Shaping, Construction Workflow, Joining Leg Seams and Crotch Seam

Session 5: Fitting Check, Waistband, Hem, Finishing and Quality Control

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Session 1 (Introduction)



Hi, my name is...



Hi, my name is...



Hi, my name is...



Hi, my name is...



Hi, my name is...



Hi, my name is...



Hi, my name is...



Hi, my name is...



Session 1 (Introduction)

FAME Course Roadmap

1

Module 1: Clothing Construction Techniques

Focus: Workshop orientation, safety, and complete construction of basic trousers garment

- Session 1: Welcome, Orientation, Safety and Confidence Building
- Session 2: Measurements, Pattern Literacy and Fabric Planning
- Session 3: Pattern Layout, Cutting, Marking and Sewing
- Session 4: Shaping, Construction Workflow, Joining Leg Seams and Crotch Seam
- Session 5: Fitting Check, Waistband, Hem, Finishing and Quality Control

2

Module 2: Fashion Design Development

Focus: Fashion design communication, colour theory, template drawing, and capsule collection development

- Session 6: Colour, Seasons and Mood boards (Sustainability Lens)
- Session 7: Drawing on templates (Proportion, Styling Details and Annotation)
- Session 8: Developing a Capsule Collection (3 looks) and Presentation Skills

3

Module 3: Life skills and Entrepreneurial Opportunities

Focus: Work readiness, progression pathways, and industry engagement

- Session 9: Employability Skills: CV Workshop and Fashion Job Roles
- Session 10: Creating a Mini Portfolio and Preparing for a Job Interview
- Session 11: Basic Entrepreneurial Skills
- Session 12: Industry Engagement, Guest Speakers, Showcase and Next-step routing



Module 1: Clothing Construction Techniques



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Session 1: Welcome, Orientation, Safety and Confidence Building

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Activity 1: "Fashion and Me"



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Activity 2: Course Overview



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●●● FAME Course Roadmap



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●●● FAME Course Roadmap



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●●● FAME Course Roadmap



12-week blended learning program: 36 guided hours combining face-to-face practical workshops with digital micro-learning.

Module 1:

Practical Clothing Construction Techniques

Hands-on workshop experience focusing on machine use, safety, cutting, and full construction of wearable garments.

Module 2:

Fashion Design Development

Visual storytelling, understanding color theory, moodboard creation, and drawing/annotating on templates (croquis).

Module 3:

Life Skills and Entrepreneurial Opportunities

Building professional behaviors, teamwork, time management, CV writing, and job interview preparation.

Basic business concepts including costing, pricing, customer value, and micro-enterprise opportunities (e.g., alterations and repairs).

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Activity 3: Overview of Careers in the Fashion Industry



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●●● Overview of Careers in the Fashion Industry



Career

Fashion Design Assistant

Main Responsibilities / Job Description

Supports fashion designers with research, mood boards, sketches, fabric selection and preparation of collections.

Key Competences Required

Creativity, drawing/design skills, organisation, teamwork and attention to detail.



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●●● Overview of Careers in the Fashion Industry



Career

Sewing Machine Operator

Main Responsibilities / Job Description

Uses sewing machines to construct garments or garment components according to instructions and quality standards.

Key Competences Required

Sewing skills, accuracy, good hand-eye coordination, concentration and time management.



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●●● Overview of Careers in the Fashion Industry



Career

Pattern Cutting Assistant

Main Responsibilities / Job Description

Assists with preparing, tracing, adapting and organising garment patterns for production.

Key Competences Required

Measurement skills, accuracy, basic pattern knowledge and attention to detail.



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●●● Overview of Careers in the Fashion Industry



Career

Garment Production Assistant

Main Responsibilities / Job Description

Helps with different stages of garment production, such as preparing materials, checking garments and organising work.

Key Competences Required

Teamwork, organisation, reliability, accuracy and ability to follow instructions.



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●●● Overview of Careers in the Fashion Industry



Career

Fashion Retail Assistant

Main Responsibilities / Job Description

Assists customers, organises merchandise, maintains displays and supports sales within a fashion store.

Key Competences Required

Communication, customer service, teamwork, product knowledge and a professional attitude.



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Overview of Careers in the Fashion Industry



Career

Visual Merchandising Assistant

Main Responsibilities / Job Description

Helps arrange clothing, accessories, displays and shop windows to make products attractive to customers.

Key Competences Required

Creativity, visual awareness, organisation, teamwork and attention to detail.



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●●● Overview of Careers in the Fashion Industry



Career

Alterations/Sewing Assistant

Main Responsibilities / Job Description

Carries out or assists with simple garment alterations, repairs and adjustments.

Key Competences Required

Sewing skills, measuring, accuracy, problem-solving and attention to detail.



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●●● Overview of Careers in the Fashion Industry



Career

Marketing/Social Media Assistant

Main Responsibilities / Job Description

Helps prepare fashion products and content for websites and social media, including photographs, descriptions and posts.

Key Competences Required

Digital skills, communication, creativity, organisation and basic photography/content skills.



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●●● Key Competences Across the Fashion Industry



Although each career requires different technical skills, employers often look for several **transferable competences**, including:

- **Communication** – communicating clearly with colleagues, customers and supervisors.
- **Teamwork** – working effectively with other people.
- **Creativity** – developing ideas and finding creative solutions.
- **Attention to detail** – working accurately and noticing mistakes.
- **Time management** – completing tasks within deadlines.
- **Problem-solving** – identifying problems and finding appropriate solutions.
- **Digital skills** – using relevant digital tools and technology.
- **Adaptability** – being willing to learn new skills and respond to changes.
- **Professionalism** – being punctual, reliable, responsible and respectful.

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●●● Discussion Questions

Which career interests you most and why?

What tasks would you expect to carry out in that role?

Which skills do you already have that would be useful?

Which skills would you need to improve?

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Activity 4: Workshop Safety and Equipment



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Safety Regulations in the Workshop

Before you use any fabric or equipment, make sure you know these essential safety rules:



- **Sewing Machines:** Always maintain a correct, upright seating position. Keep your eyes focused on the needle area and control your sewing speed smoothly using the foot pedal. Always keep your fingers at a safe distance from the moving needle.



- **Cutting Tools & Pins:** Fabric scissors are sharp. Always carry them with the blades closed, pass them to others' handle first, and never leave them open on the table. Store your pins safely in a pin cushion or box when not in use.



- **Irons & Pressing:** Irons operate at high temperatures and release hot steam. Always stand the iron upright when resting, never leave it face down, and use a pressing cloth to protect both the fabric and your hands.

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Activity 5: Hand Stitching Practice



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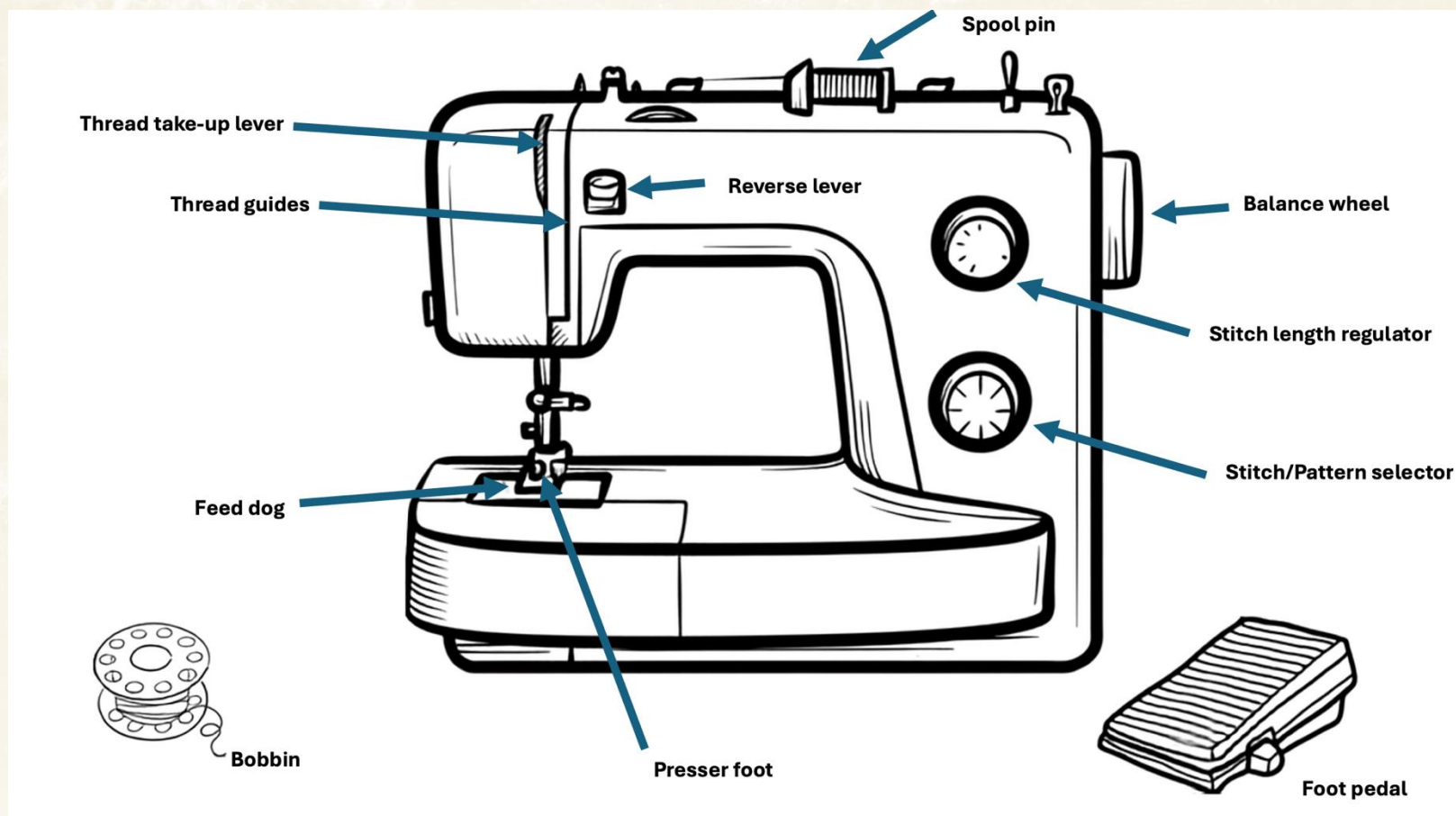


Activity 6: Sewing machine Introduction



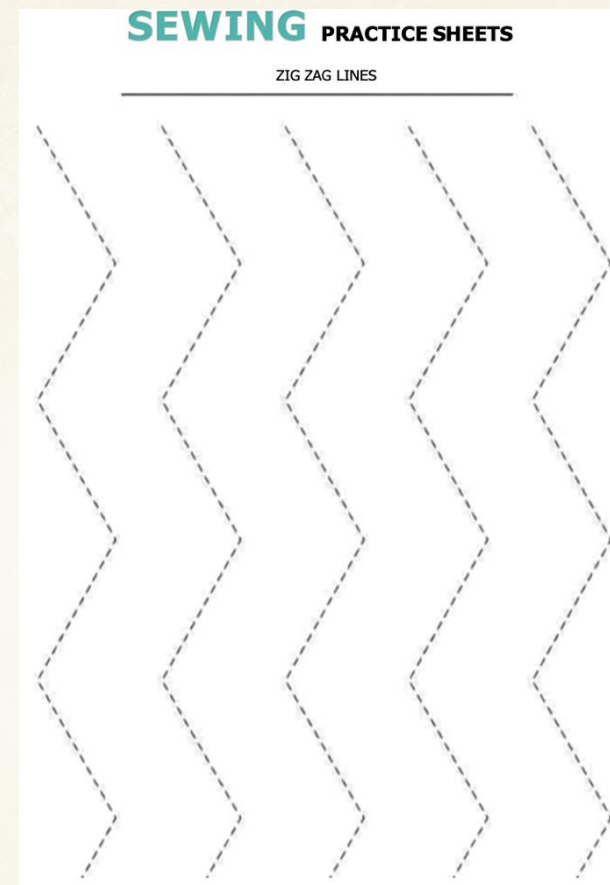
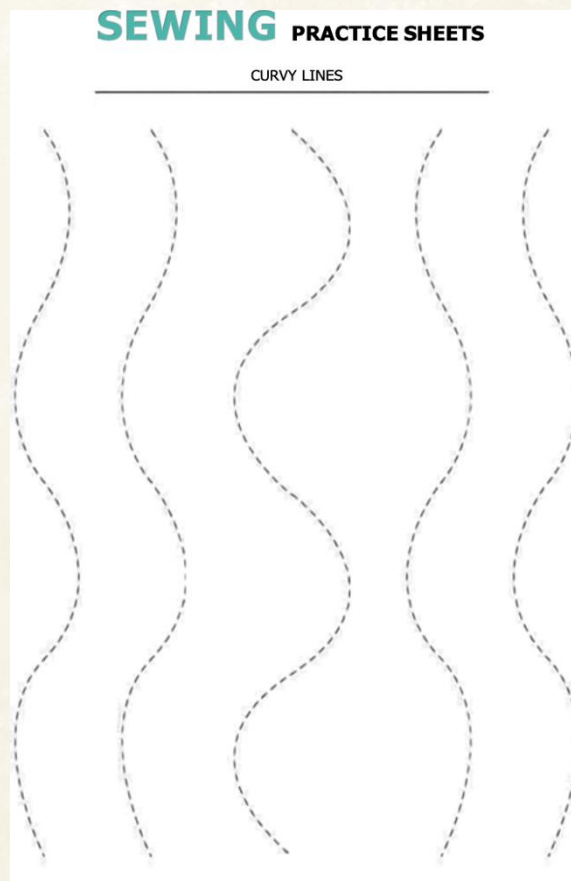
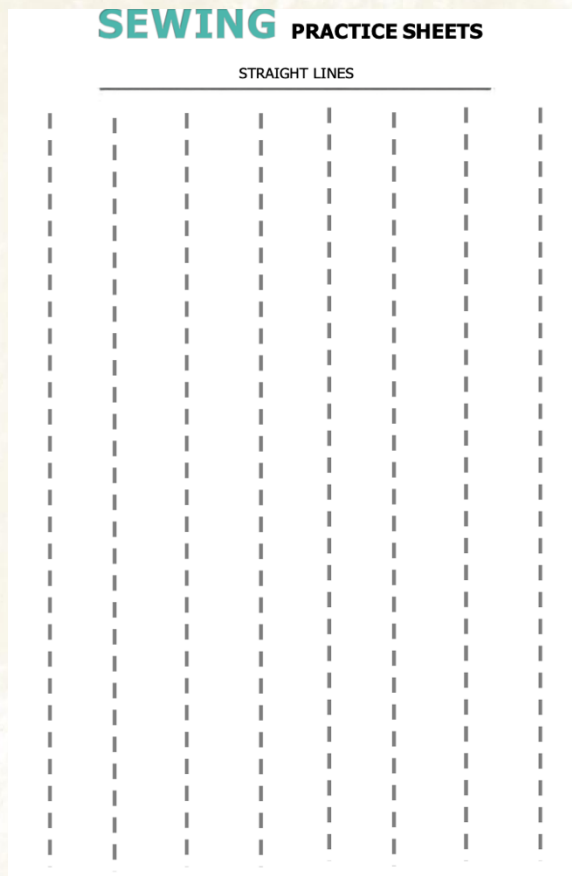
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Parts of the sewing machine



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●●● Sewing machine practice sheets



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●●● Conclusion



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Session 1 (Activity 4)

Health and Safety Checklist

Before the session

- ☐ I am wearing appropriate clothing and closed-toe shoes.
 - ☐ Long hair is tied back (if applicable).
 - ☐ Loose clothing and jewellery have been secured.
 - ☐ I know the location of the first aid kit.
 - ☐ I know the location of the fire exits and assembly point.
-

General Workshop Safety

- ☐ I follow the trainer's instructions at all times.
 - ☐ I use equipment only after receiving instructions.
 - ☐ I handle all tools and equipment carefully.
 - ☐ I keep my work area clean and tidy.
 - ☐ I report damaged or faulty equipment immediately.
 - ☐ I keep walkways and emergency exits clear.
 - ☐ I dispose of waste materials safely.
 - ☐ I avoid running or engaging in unsafe behaviour in the workshop.
 - ☐ I ask for help whenever I am unsure how to use equipment safely.
-

Sewing Machine Safety

- ☐ I use the sewing machine only after receiving instructions from the trainer.
 - ☐ I sit correctly with good posture while using the sewing machine.
 - ☐ I keep my fingers a safe distance from the sewing machine needle.
 - ☐ I keep my foot off the foot pedal until I am ready to sew.
 - ☐ I switch off the sewing machine before changing the needle, threading the machine, or carrying out any adjustments.
 - ☐ I do not pull the fabric while the machine is sewing.
 - ☐ I report any machine faults or broken needles immediately.
 - ☐ I never leave the sewing machine switched on when it is not in use.
-

Cutting Safety

- ☐ I use fabric scissors only for cutting fabric.
 - ☐ I cut away from my body and keep my fingers clear of the blades.
 - ☐ I carry scissors with the blades closed and pointing downwards.
 - ☐ I pass scissors to others with the handles facing them.
 - ☐ I return scissors to their designated storage area after use.
 - ☐ I keep the cutting area free from unnecessary materials and clutter.
 - ☐ I cut only on the designated cutting surface.
-

Personal Responsibility

- ☐ I treat others with respect and work safely with others.
 - ☐ I report any accident, injury, or near miss immediately.
 - ☐ I wash my hands after practical activities where appropriate.
 - ☐ I return all tools and equipment to their designated storage area after use.
 - ☐ I leave my workstation clean and organised before leaving the workshop.
-

Participant Declaration

I have read and understood the workshop health and safety requirements. I agree to follow these rules throughout the course and will seek assistance whenever necessary.

Participant Name: _____

Participant Signature: _____

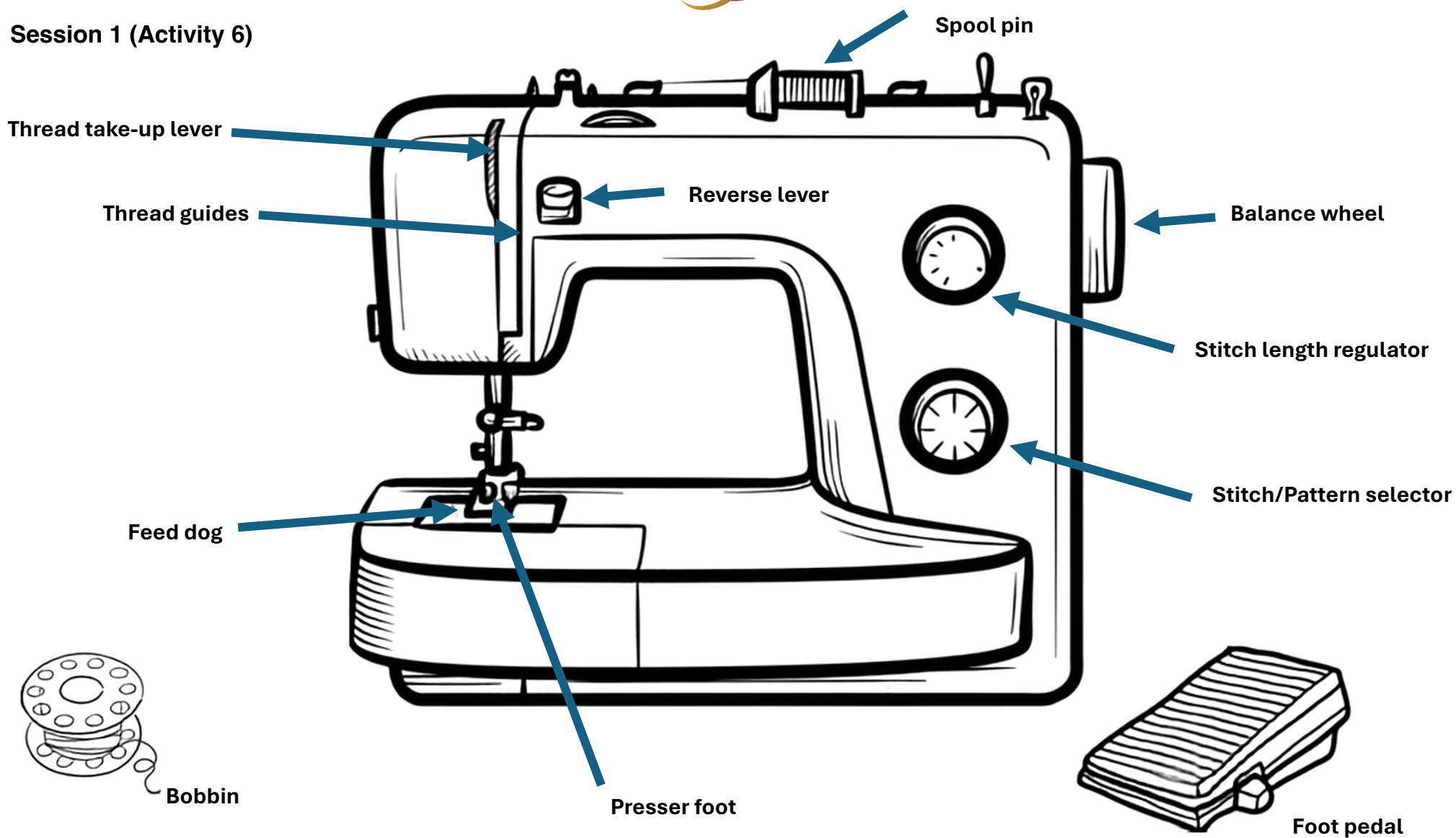
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Session 1 (Activity 6)



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Session 1 (Activity 6)

SEWING PRACTICE SHEETS

STRAIGHT LINES



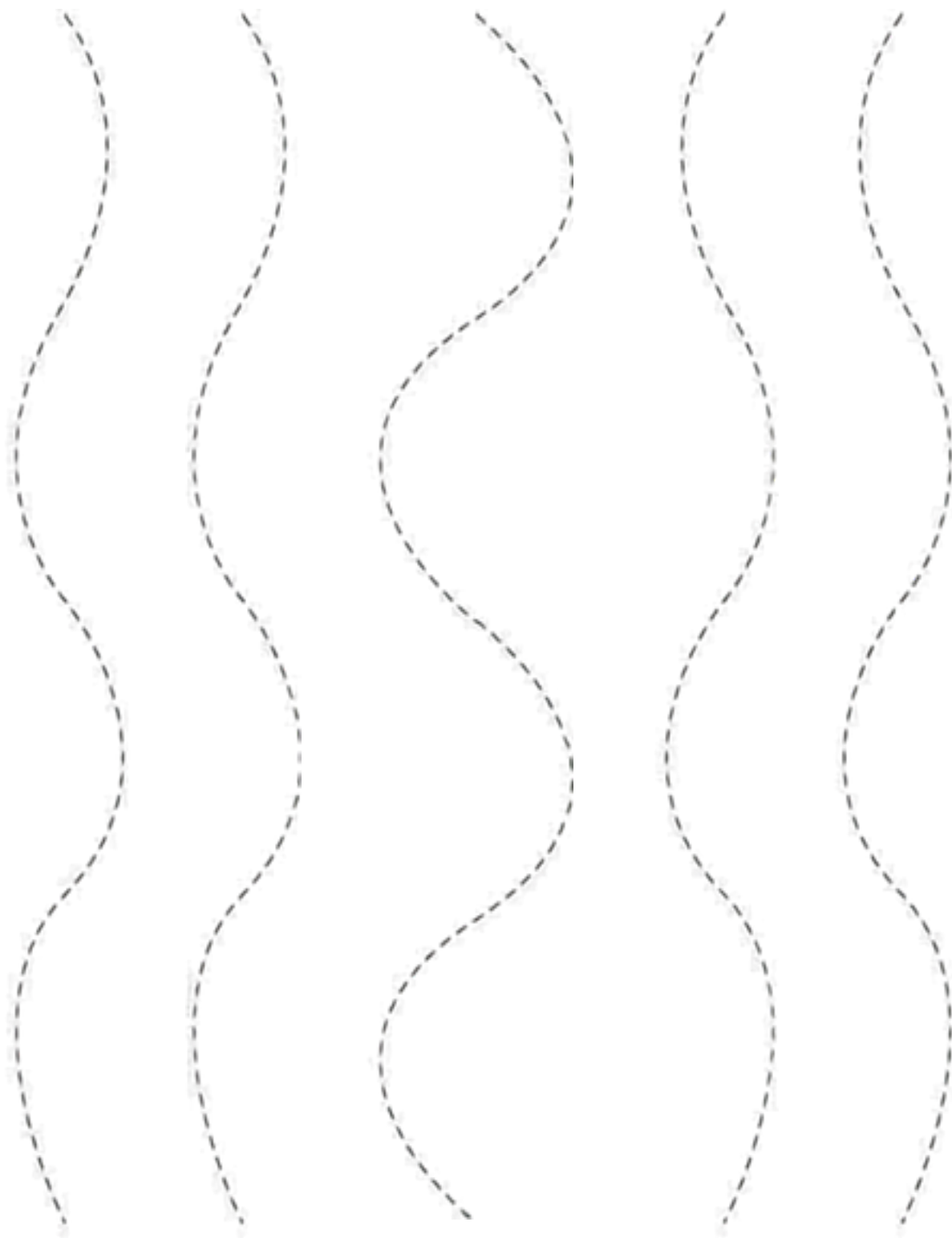
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Session 1 (Activity 6)

SEWING PRACTICE SHEETS

CURVY LINES



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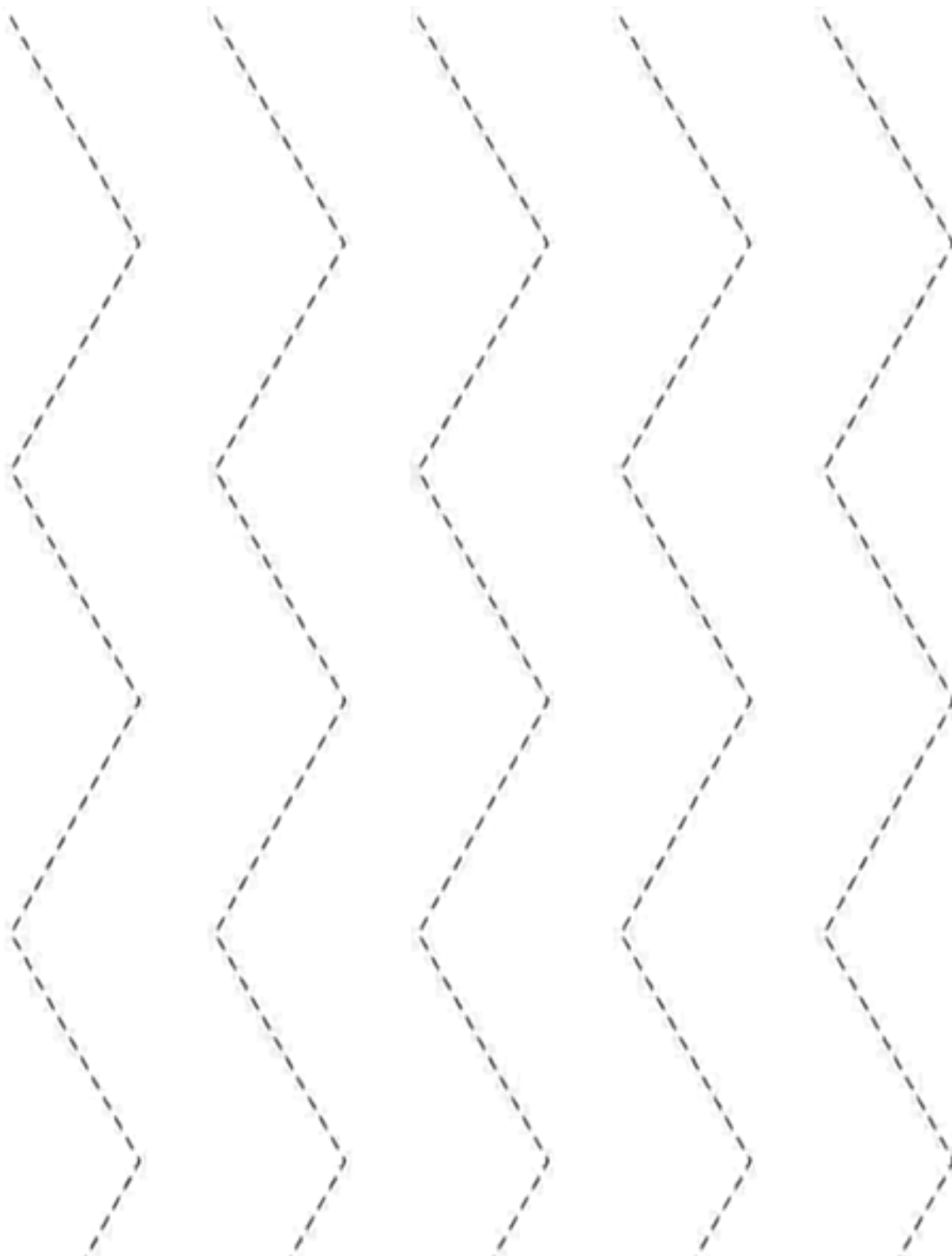




Session 1 (Activity 6)

SEWING PRACTICE SHEETS

ZIG ZAG LINES



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Session 1 (Conclusion)



Session 1 (Conclusion)



Session 1: Reflection Sheet

Thank you for taking part in today's session. Please complete this short reflection.

* Indicates required question

1. What did you learn today? *

Your answer

2. Which activity did you enjoy the most today? *

Your answer

3. Which safety rule do you think is the most important, and why? *

Your answer

4. How confident do you feel after today's session? *

- 1 – ★ Not confident
- 2 – ★★ Somewhat confident
- 3 – ★★★ Confident
- 4 – ★★★★ Very confident
- 5 – ★★★★★ Ready for the next lesson

1

2

3

4

5

