

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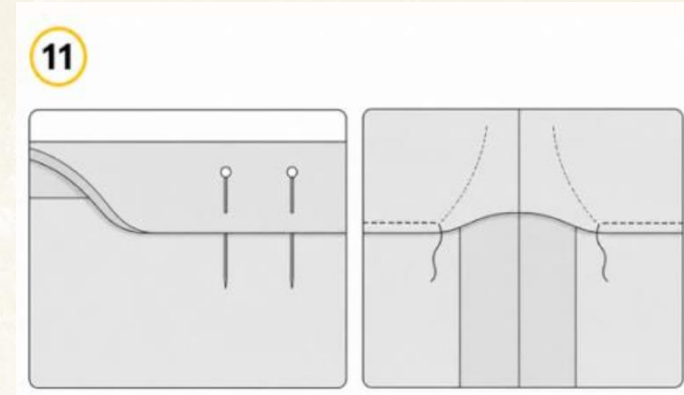
Session 5: Fitting Check, Waistband, Hem, Finishing and Quality Control

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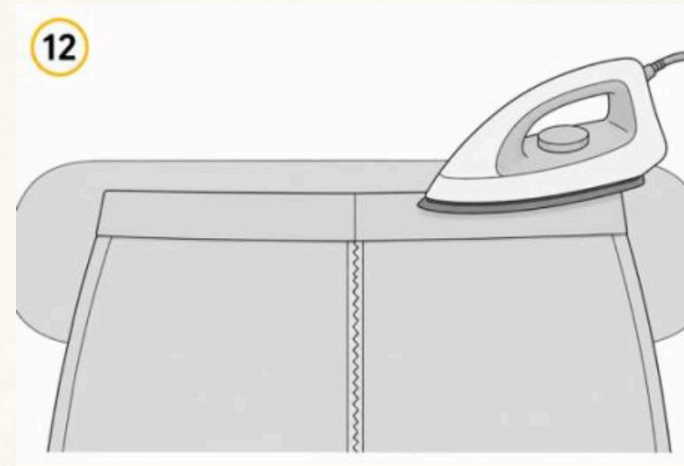
●●● Machine stitching the waistband and pressing



11. **Stitch the Waistband**: Align the waistband with the waist edge of the trousers, matching your seam allowances. Machine stitch it carefully but remember to leave a small opening so you can insert the elastic.



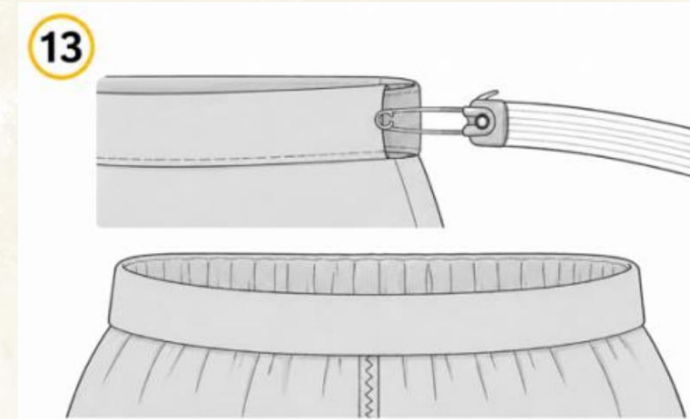
12. **Pressing the waistband**: Press the waistband to give it a neat look.



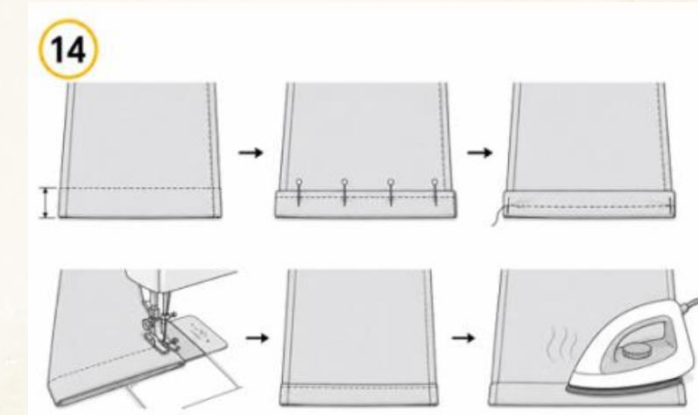
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●●● Inserting elastic and sewing the hem

13. **Insert the Elastic**: Attach a safety pin or bodkin to one end of your elastic. Guide it through the waistband casing, making sure it doesn't twist. Secure the ends evenly, stitch the waistband opening closed, and adjust the fabric gathers evenly.



14. **Sew the Hem**: Measure and fold an even hem allowance at the bottom of the trouser legs. Pin, tack, and press the fold. Complete the hem using a machine stitch or a hand slipstitch and give it a final press with the iron.



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Quality control

15. Quality Control:
Inspect your finished
garment using your
Quality Control Checklist!



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Quality Control Checklist



Quality Control Checklist

Participant Name: _____

Date: _____

Instructions: Before showing your finished trousers to the trainer, carefully inspect your work and tick (✓) Yes or No for each quality standard. If any improvements are needed, record them in the Notes / Adjustments Needed column.

Quality Standard	Yes	No	Notes / Adjustments Needed
1. Seams & Construction			
Are all seams straight, even and accurately stitched?	☐	☐	
Is the crotch seam aligned and securely stitched?	☐	☐	
Are all raw edges neatly finished with a zigzag stitch to prevent fraying?	☐	☐	
2. Waistband & Elastic			
Is the waistband aligned correctly with the waist edge?	☐	☐	
Is the elastic inserted evenly without twisting?	☐	☐	
Is the waistband opening completely stitched closed?	☐	☐	
Are the fabric gathers evenly distributed around the waistband?	☐	☐	
3. Hemming & Finishing			
Is the hem allowance measured, folded, and stitched evenly?	☐	☐	
Have all loose threads been trimmed?	☐	☐	
4. Final Appearance			
Is the trousers neatly pressed using safe ironing techniques?	☐	☐	
Does the garment meet the expected final standard demonstrated by the trainer?	☐	☐	

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Conclusion

Session 5:

FAME SKILLS PASSPORT

Participant Name: _____

Skill	✓ I can do this independently	✓ I can do this with some support	✓ I need more practice
I machine stitched the waistband.	☐	☐	☐
I pressed and neatened the waistband seam.	☐	☐	☐
I inserted the elastic correctly.	☐	☐	☐
I pinned, tacked and machine stitched the hem.	☐	☐	☐
I worked safely using sewing equipment.	☐	☐	☐

Reflection:

Today I am most proud of...

One skill I would like to improve is...

One thing I learned today....

Trainer feedback:



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THANK YOU



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Session 5 (Activity 4)

Quality Control Checklist

Participant Name: _____

Date: _____

Instructions: Before showing your finished trousers to the trainer, carefully inspect your work and tick (☑) Yes or No for each quality standard. If any improvements are needed, record them in the Notes / Adjustments Needed column.

Quality Standard	Yes	No	Notes / Adjustments Needed
1. Seams & Construction			
Are all seams straight, even and accurately stitched?	☐	☐	
Is the crotch seam aligned and securely stitched?	☐	☐	
Are all raw edges neatly finished with a zigzag stitch to prevent fraying?	☐	☐	
2. Waistband & Elastic			
Is the waistband aligned correctly with the waist edge?	☐	☐	
Is the elastic inserted evenly without twisting?	☐	☐	
Is the waistband opening completely stitched closed?	☐	☐	
Are the fabric gathers evenly distributed around the waistband?	☐	☐	
3. Hemming & Finishing			
Is the hem allowance measured, folded, and stitched evenly?	☐	☐	
Have all loose threads been trimmed?	☐	☐	
4. Final Appearance			
Is the trousers neatly pressed using safe ironing techniques?	☐	☐	
Does the garment meet the expected final standard demonstrated by the trainer?	☐	☐	



Session 5 (Conclusion)

Session 5:

FAME SKILLS PASSPORT

Participant Name: _____

Skill	✓ I can do this independently	✓ I can do this with some support	✓ I need more practice
I machine stitched the waistband.	☐	☐	☐
I pressed and neatened the waistband seam.	☐	☐	☐
I inserted the elastic correctly.	☐	☐	☐
I pinned, tacked and machine stitched the hem.	☐	☐	☐
I worked safely using sewing equipment.	☐	☐	☐

Reflection:

Today I am most proud of...

One skill I would like to improve is...

One thing I learned today....

Trainer feedback:
