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A Guide to Low Waste Fashion for Students



Why This Matters?




The fashion industry creates **92 million tons** of textile waste every year.

Most clothes are worn only **7-10 times** before being thrown away.


Low waste fashion helps you stand out without selling out the planet.



sustainable*
fashion



Fast Fashion = Fast Waste



Fast fashion brands produce clothing at lightning speed and expect it to end up in landfills just as fast. They're cheap, trendy and designed to fall apart.



Don't be part of the cycle!



What Is Low Waste Fashion?



Low waste fashion means:

1. Buying less
2. Choosing better materials
3. Reusing, repairing & repurposing



It's about intentional style that lasts.

Start with Your Closet

Before buying anything new:

1. Go through your clothes
2. Mix & match outfits
3. Rediscover old favorites



**The most sustainable outfit?
The one you already own.**

Repair, Don't Replace

Torn hem? Missing button?
Basic sewing can save a whole outfit.



**Learning to repair gives your clothes
a second life and saves you money.**

Thrift Like a Pro

Second-hand = second chance.

1. Thrift stores
2. Apps like Vinted, Depop
3. It's cheaper, greener and way more unique than fast fashion.



Swap Instead of Shop

Instead of buying new, host a clothing swap:

1. Bring clean items you don't wear
2. Exchange with others
3. It's fun, free and waste-free.



DIY & Upcycle

Get creative:

1. Cut old tees into crop tops
2. Add embroidery or dye stains
3. Turn jeans into shorts or bags



**DIY fashion:
self-expression + sustainability.**

Build a Capsule Wardrobe

- A capsule wardrobe has:
1. Timeless basics
 2. Coordinating colors
 3. Pieces you LOVE and rewear



It helps you spend less, waste less and stress less.

Wash Smarter

Clothes wear out in the washer, not just from use.

1. Wash in cold water
2. Air dry when possible
3. Only wash when needed



Preserve your clothes AND save water/energy.

Fashion on a Student Budget

- Low waste ≠ expensive.
1. Thrift instead of retail
 2. DIY instead of buying trends
 3. Borrow instead of buying formalwear



You'll save money AND reduce waste.



Make It a Movement



Start something at school!

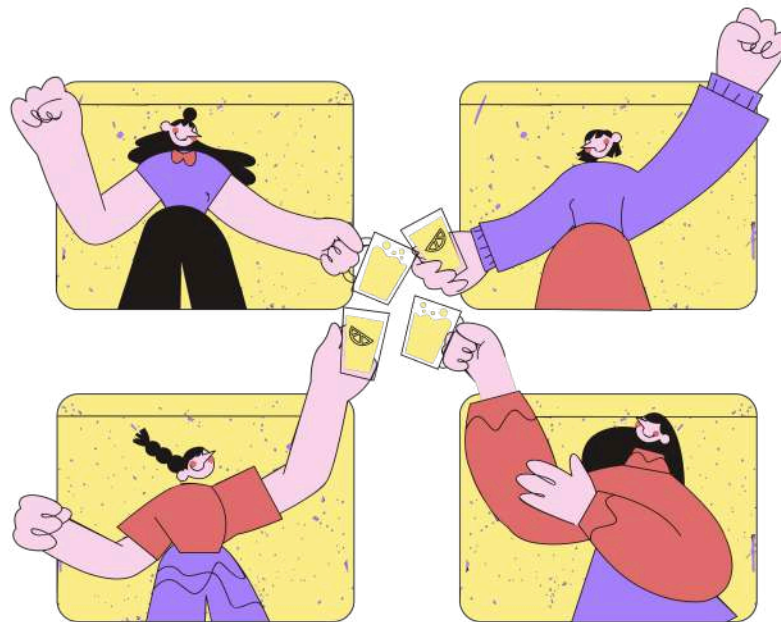
1. Host campus thrift swaps
2. Run a recycled fashion show
3. Post your outfits + tips



Change trends by starting your own.

Learn & Share

Knowledge = power.
Watch: The True Cost
Read: Loved Clothes Last



**Learn the story behind your clothes
and tell others.**



You don't need to be perfect.
Just start.

