

# FASHION WORKBOOK

for young designers

A fashion **workbook** for young designers with the tools and resources they need to start and enhance their skills in **fashion design**. The toolkit will inspire creativity, encourage responsible design practices, and guide young designers through the **process** of turning their ideas into real products. Allowing to **document** your ideas, inspirations, and progress, it will also offer guidance on creating silhouettes of garments and developing unique design concepts.



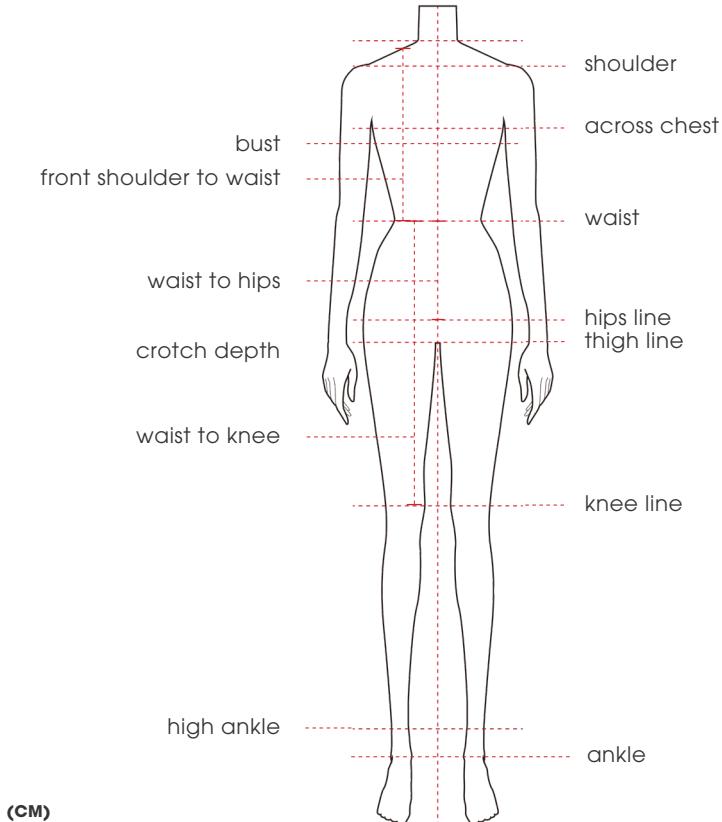
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## BODY MEASUREMENTS

### FRONT

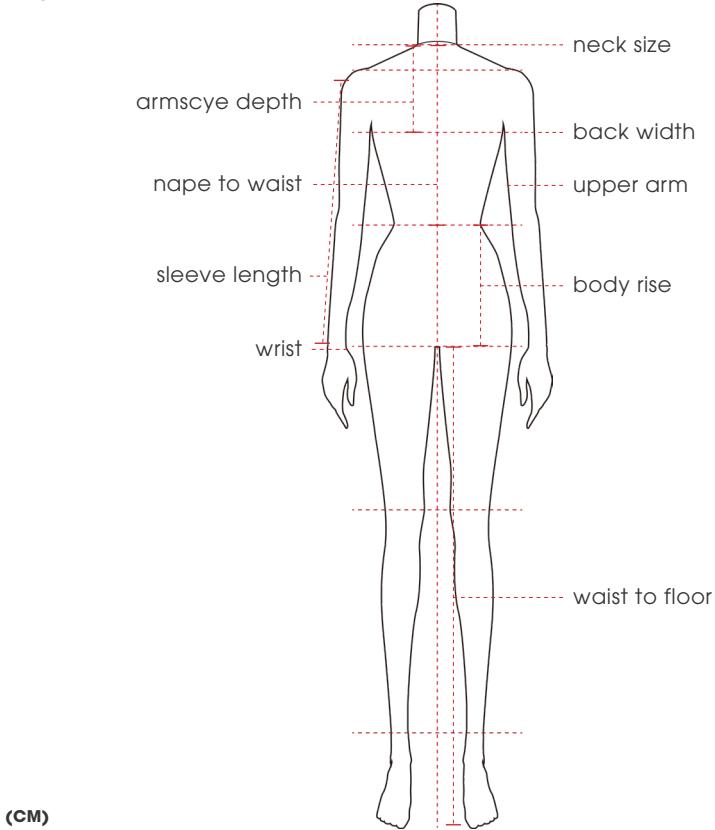


(CM)

Size (US)	4	6	8	10	12	S	M	L	XL
Bust	82	87	92	97	102	82	88	94	100
Waist	64	69	74	79	84	64	70	76	83
Hips	88	93	98	103	108	88	94	100	106
Across Chest	30.4	32	33.4	35.5	36.5	30.7	32.5	34.2	36
Shoulder	11.8	12.3	12.4	12.7	13.1	11.7	12.2	12.5	13
Dart	6.5	7	7.7	8.3	8.8	6.1	7	7.9	8.8
Ankle	23.5	24	24.5	25.3	25.8	23.1	24	24.9	25.8
High Ankle	20.5	21	21.5	22.3	22.8	20.1	21	21.9	22.8
Front shoulder to waist	40.4	41	41.8	42.7	43.5	40.4	41	41.5	42.2
Waist to Knee	58	58.4	59	59.4	60	57.8	58.5	59.3	60.1
Waist to hips	20.4	20.5	20.8	21.3	21.5	20.2	20.5	21	21.5

## BODY MEASUREMENTS

### BACK



Size (US)	4	6	8	10	12	S	M	L	XL
Back Width	33	34.3	35.5	36.5	37.8	32.7	34.5	36	37.5
Neck Size	35.5	36.8	38	39.3	40.4	35.5	37	38.5	40
Upper arm	26.5	28	29.7	31.3	32.8	26.4	28.5	30.5	32.5
Wrist	25.4	16	16.6	17	17.6	15.3	16	16.7	17.5
Nape to wrist	40.4	41	41.5	42	42.4	40.3	41	41.5	42.2
Armscye depth	20.4	21	21.7	22	22.4	20.4	21	21.5	22.2
Waist to floor	103	104	105	106	107	102.6	104	105.5	107
Body rise	27.4	28	28.8	29.5	30.1	27	28	29	30
Sleeve length	57.4	58	58.4	59	59.5	57	58	69	60
Elbow	22	22	23	23.5	24	22	22	23	24
Calf	31	32.5	34	35	36	31	32.5	34	36

## WOMENSWEAR SPEC SHEET SAMPLE

DESIGNER	DATE
SEASON	LABEL
TRIMS	FABRICATION
STYLE	SIZE
ACCESSORIES	
DESCRIPTION	
SKETCH	FABRIC & TRIMS
MAIN BODY MEASUREMENTS	
BUST / CHEST	ARMHOLE CIRCUMFERENCE
ACROSS SHOULDER	ARMHOLE DEPTH
SHOULDER SLOPE	UPPERARM
SHOULDER SEAM FORWARD	ELBOW
ACROSS FRONT	SLEEVE OPENING
ACROSS BACK	CB SLEEVE LENGTH
WAIST	SLEEVE OPENING
SWEET	DETAILS
FRONT / BACK BODY LENGTH FROM HPS	BUST DART LENGTH
CF / CB LENGTH	BUST DART PLACEMENT
SWEET HEM HEIGHT	TOP BUTTON PLACEMENT
NECK / COLLAR MAEUREMENTS	
NECK WIDTH	PLACKET WIDTH
FRONT / BACK NECK WIDTH	VENT / SLIT HEIGHT
MINIMUM NECK STRETCH	YOKE HEIGHT AT CF / CB / HPS
NECK DROP - FRONT / BACK	BLACK PLEAT DEPTH
COLLAR HEIGHT AT CB	POCKET PLACEMENT - VERTICAL
COLLAR BAND HEIGHT AT CB	POCKET PLACEMENT - HORIZONTAL
COLLAR POINT	POCKET HEIGHT AT CENTER
COLLAR SPREAD	POCKET WIDTH AT TOP EDGE
COLLAR TIE SPACE	POCKET HEM HEIGHT
LAPEL POINT	SLEEVE PLACKET LENGTH / WIDTH
LAPEL WIDTH AT WIDEST	SLEEVE PLEAT PLACEMENT
NOTCH SPREAD	LAST BUTTON PLACEMENT
	STITCHING

# DESIGN CHALLENGE

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## **Sustainable Design Challenge**

As a fashion designer, you have the power to create positive change in the industry by using sustainable materials and production methods. For this challenge, create a collection that is both stylish and environmentally conscious. Consider using materials such as organic cotton, recycled polyester, or bamboo, and explore techniques such as natural dyeing or zero-waste design. Your goal is to create a collection that not only looks great, but also has a minimal impact on the environment.

**DRAFT**

description. —

(collection name)

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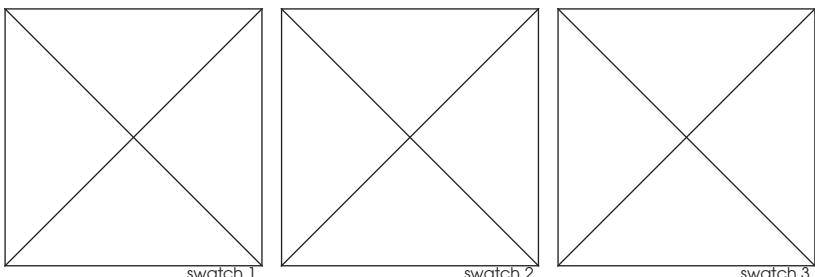
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colour.



fabric. —



pattern making. —

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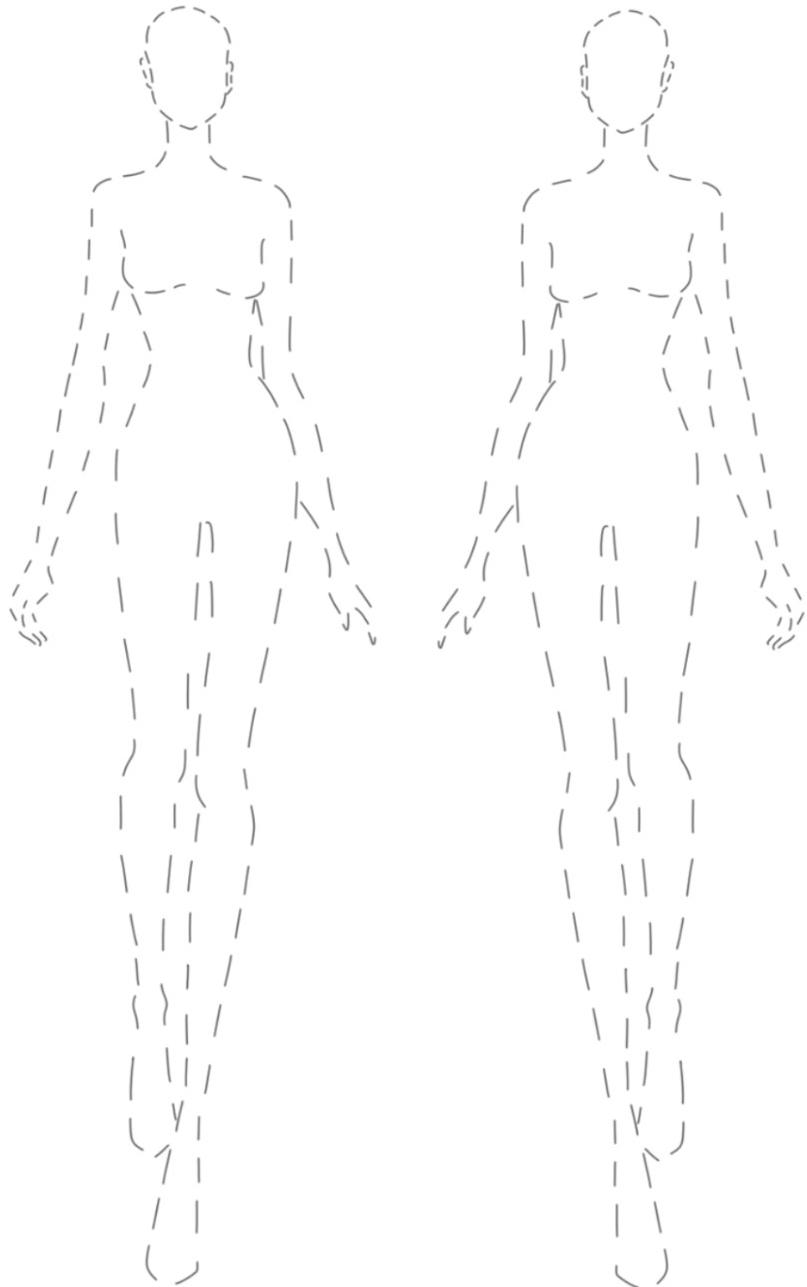
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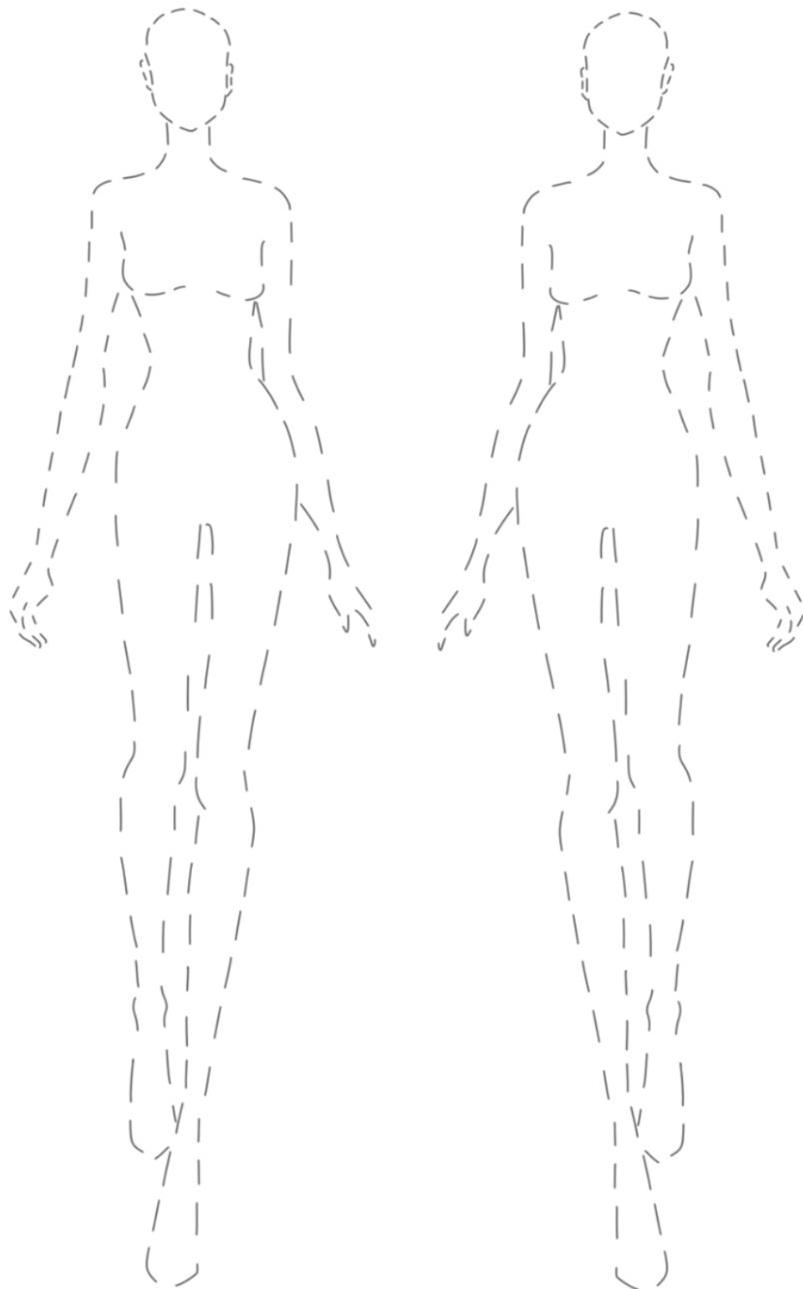
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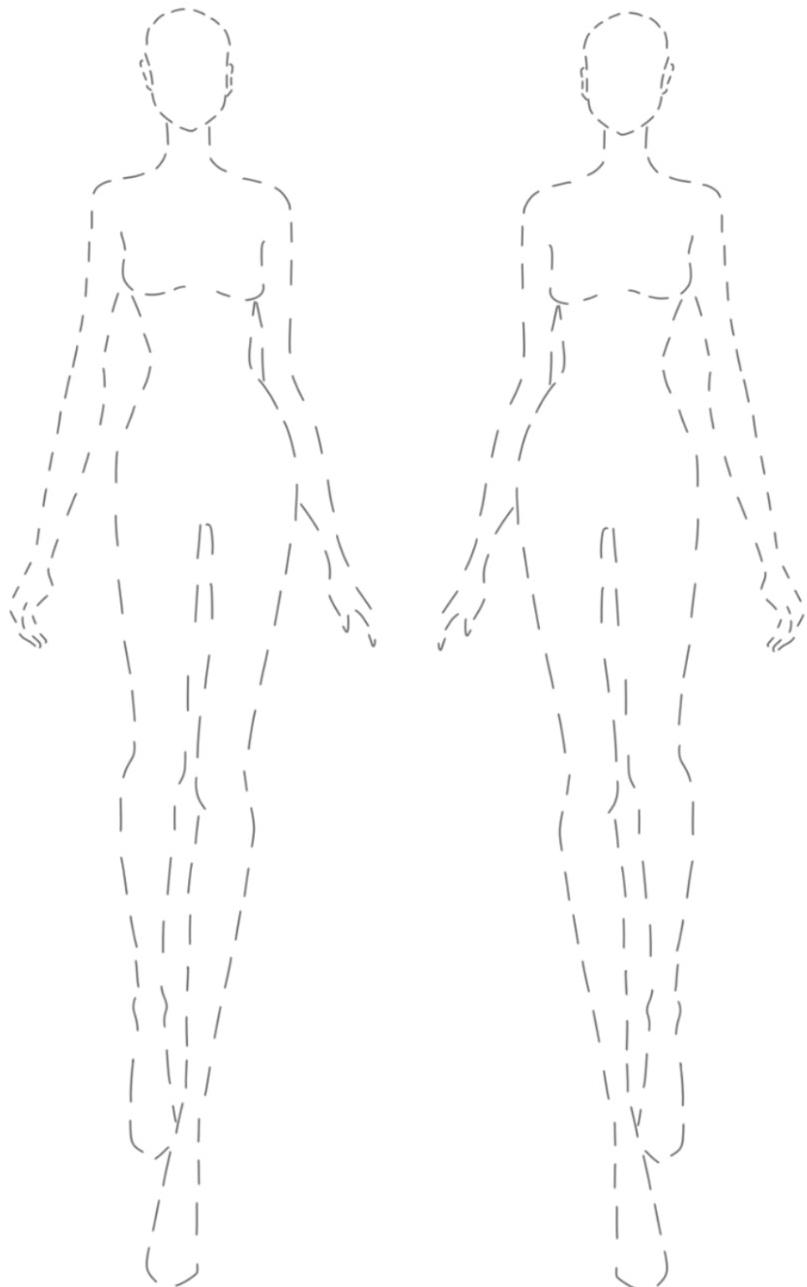
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## **Upcycling Challenge**

One person's trash is another person's treasure! In this challenge, transform an old piece of clothing or fabric into a new and unique garment. This is a great opportunity to exercise your creativity and problem-solving skills, as you'll need to figure out how to repurpose the materials you have in a way that is both functional and fashionable. Consider adding your own embellishments, such as embroidery or beading, to give your collection a personal touch.



**description.** \_\_\_\_\_

(collection name)

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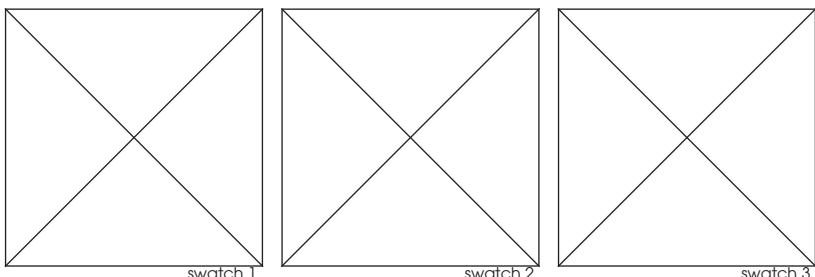
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**colour.** \_\_\_\_\_



**fabric.** \_\_\_\_\_



**pattern making.** \_\_\_\_\_

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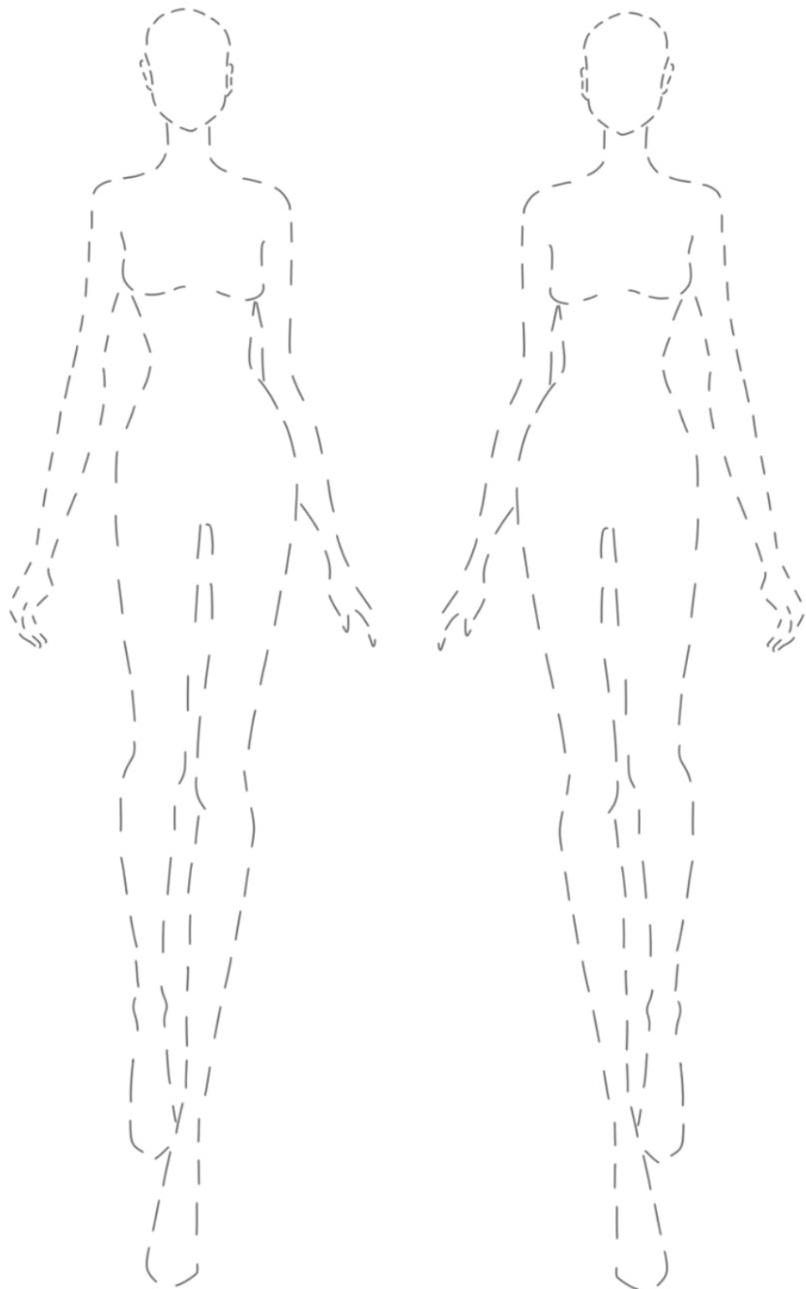
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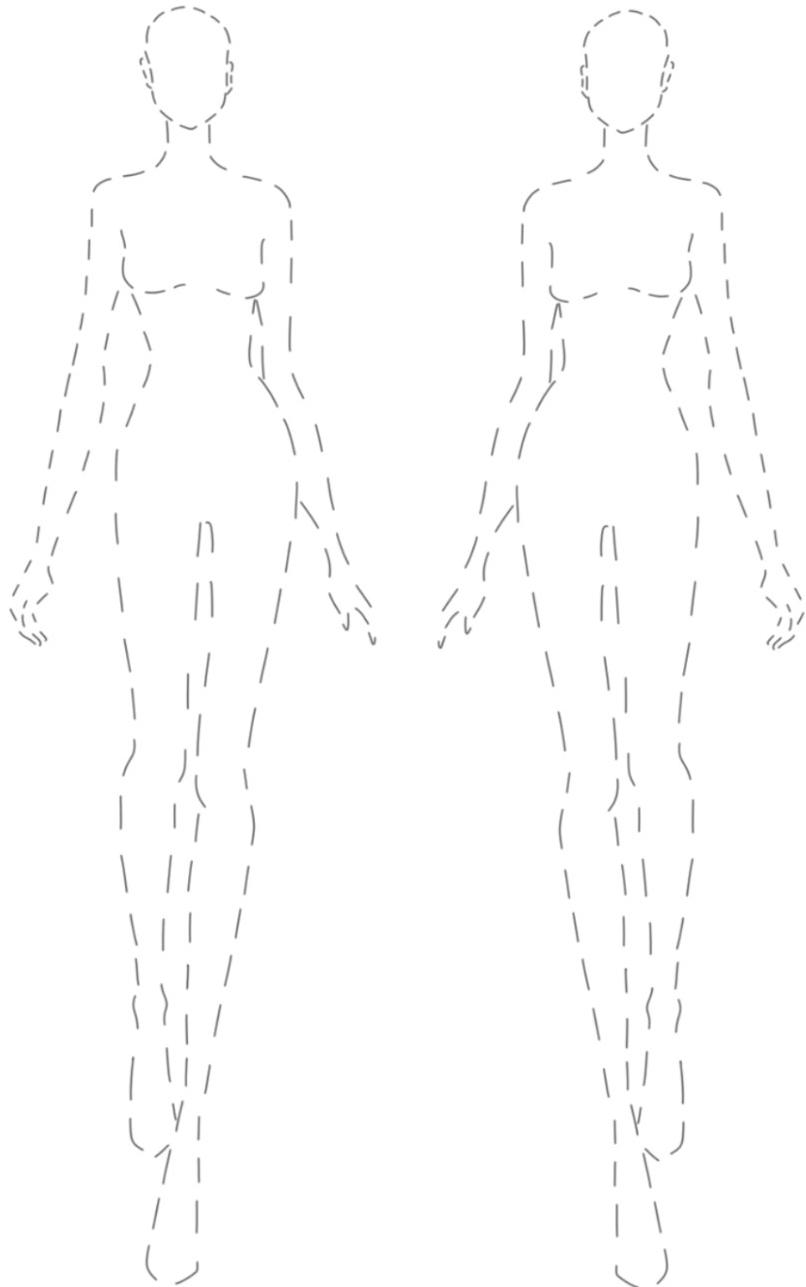
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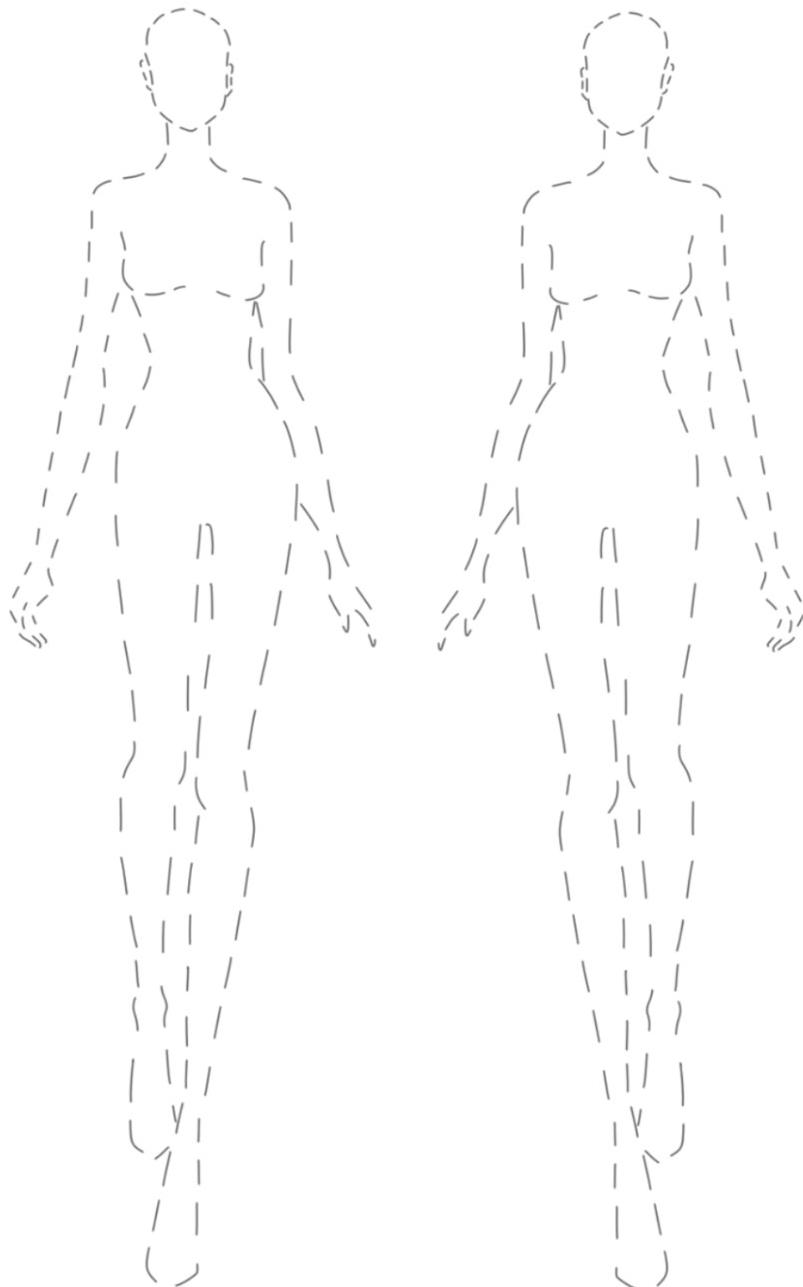
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## **Colour Story Challenge**

Create a collection based on a specific colour scheme. Colour can play a huge role in fashion and can evoke different emotions and moods. Choose a colour scheme, such as monochromatic, complementary, or analogous, and create a collection of garments that explores and showcases the chosen colours. Think about how the colors will work together in different ways and how they can be used to create interesting and unique looks. The final collection should be cohesive and visually striking, while also showcasing the designer's creativity and understanding of colour theory.

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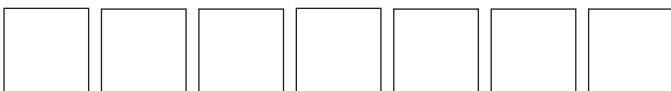
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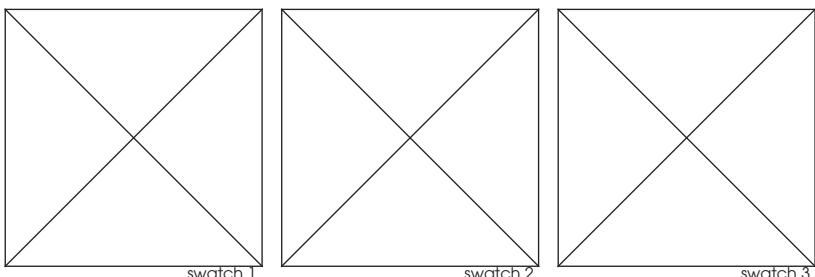
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colour. —



fabric. —



pattern making. —

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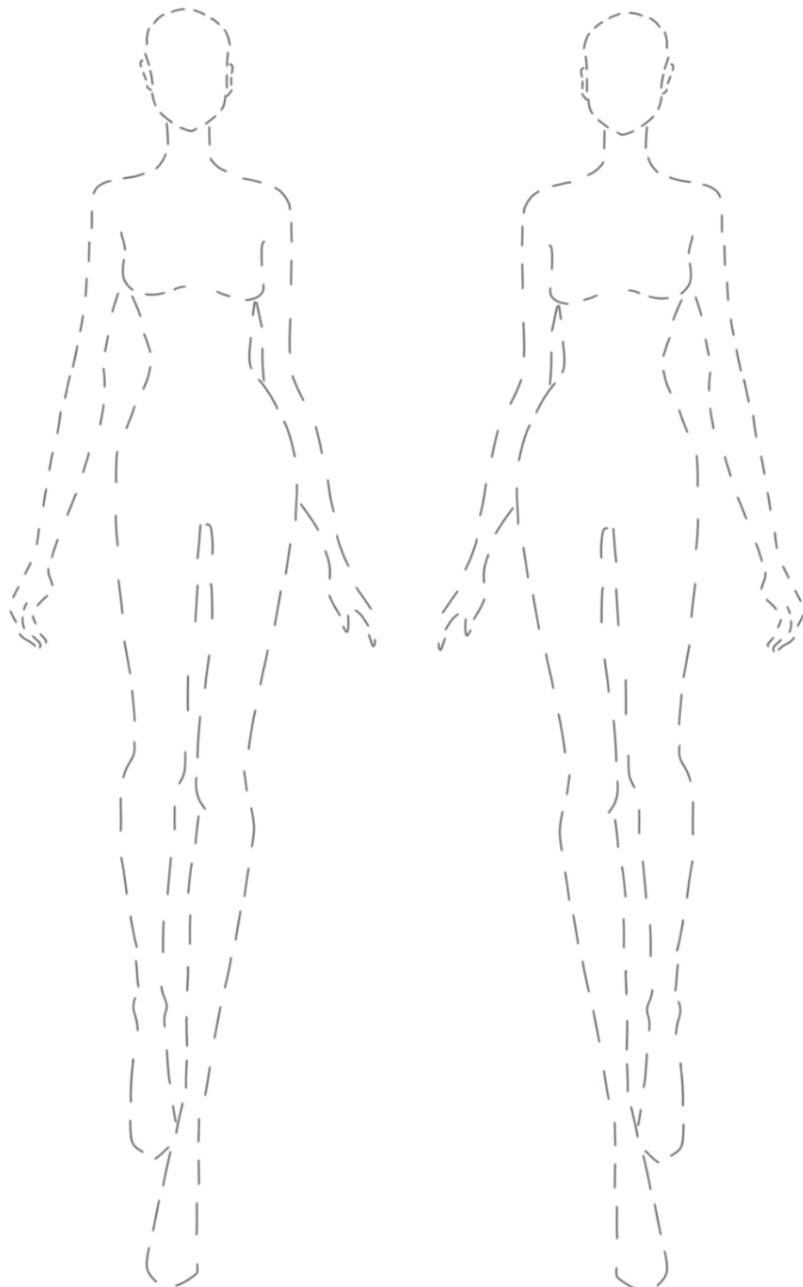
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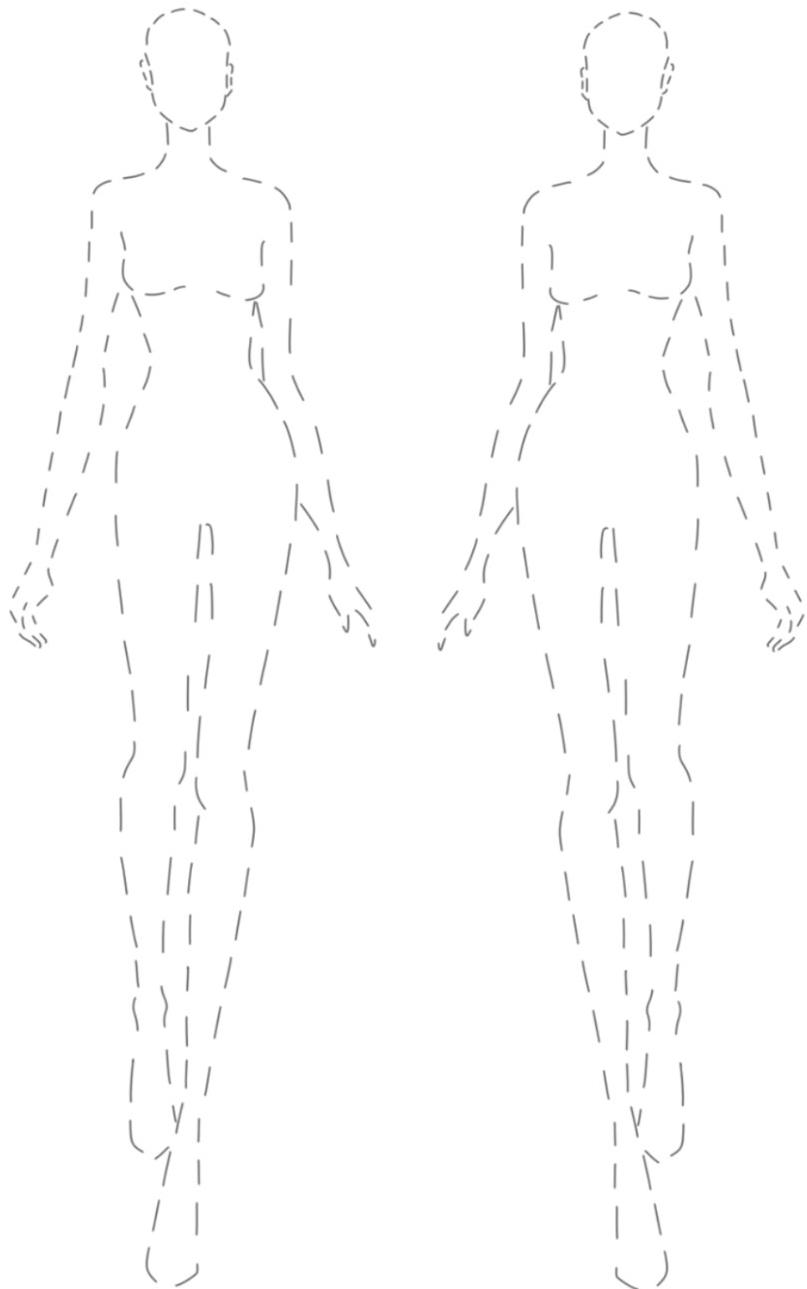
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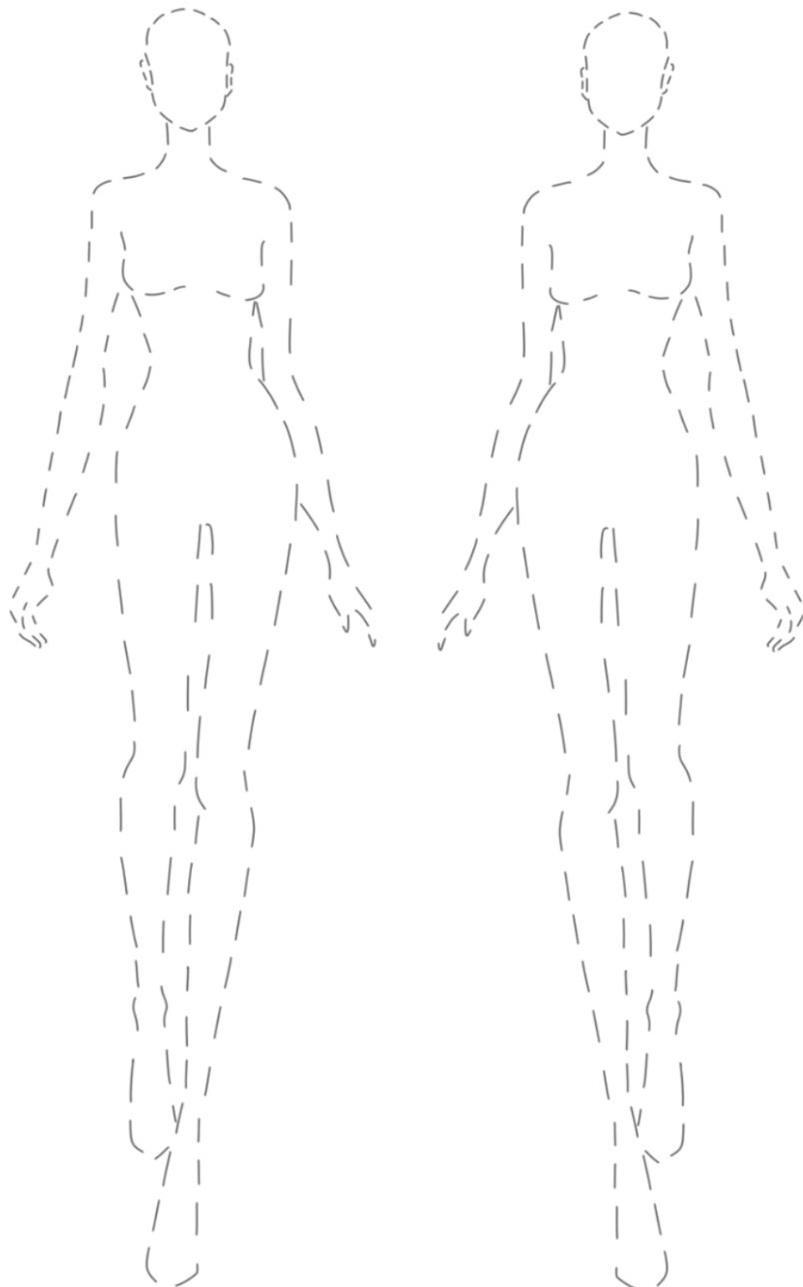
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## Texture Challenge

Fabric is not just about how it looks, but also how it feels. In this challenge, experiment with different textures and fabric combinations to create a collection that is visually interesting and tactile. Consider how you can use texture to create dimension, contrast, and movement. For example, you might combine a soft, flowing fabric with a more structured, textured fabric to create a dynamic and eye-catching look.



description. —

(collection name)

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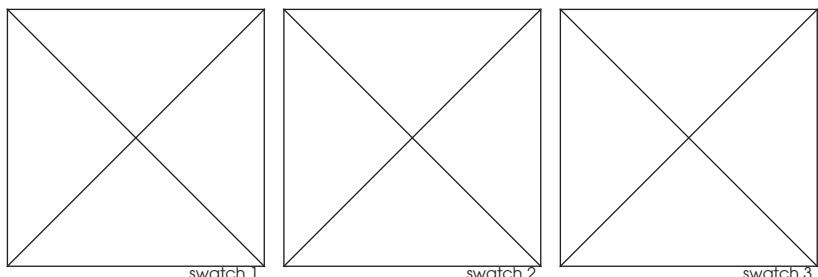
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colour. —



fabric. —



pattern making. —

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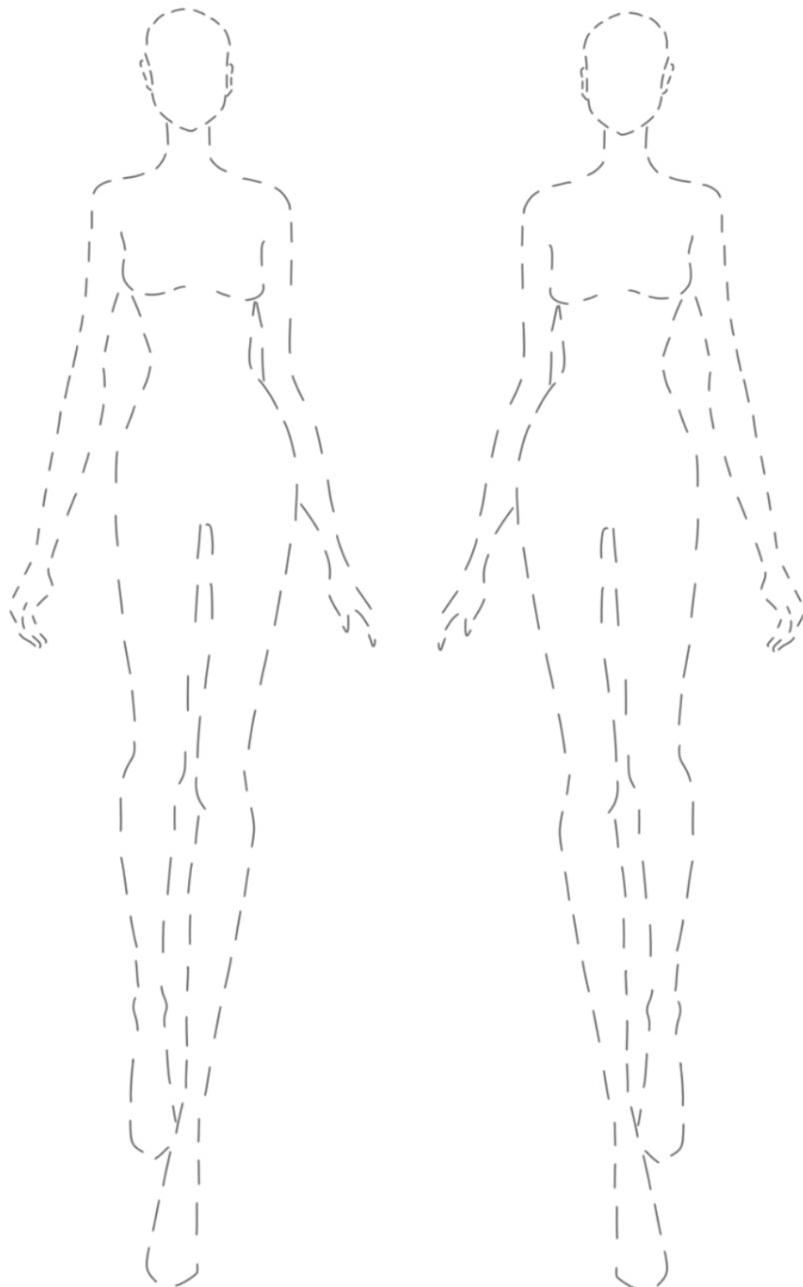
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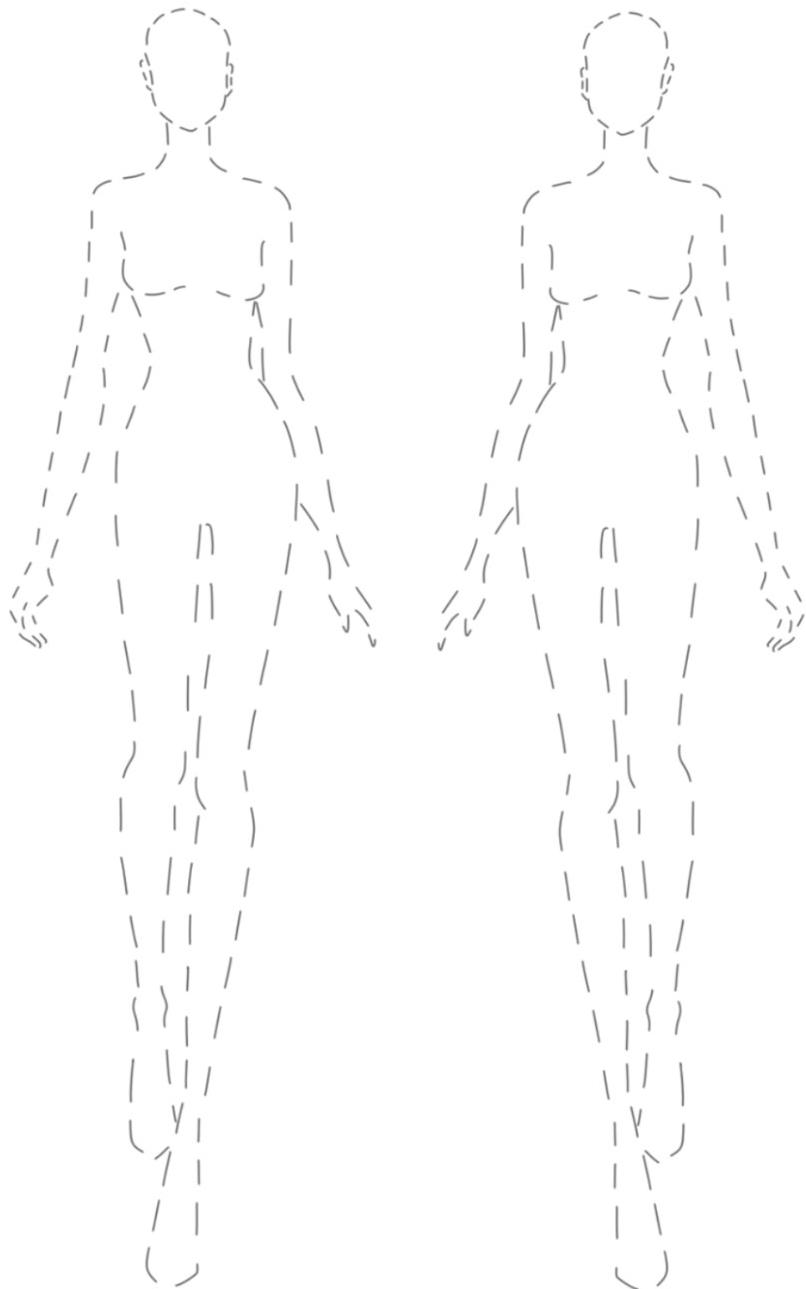
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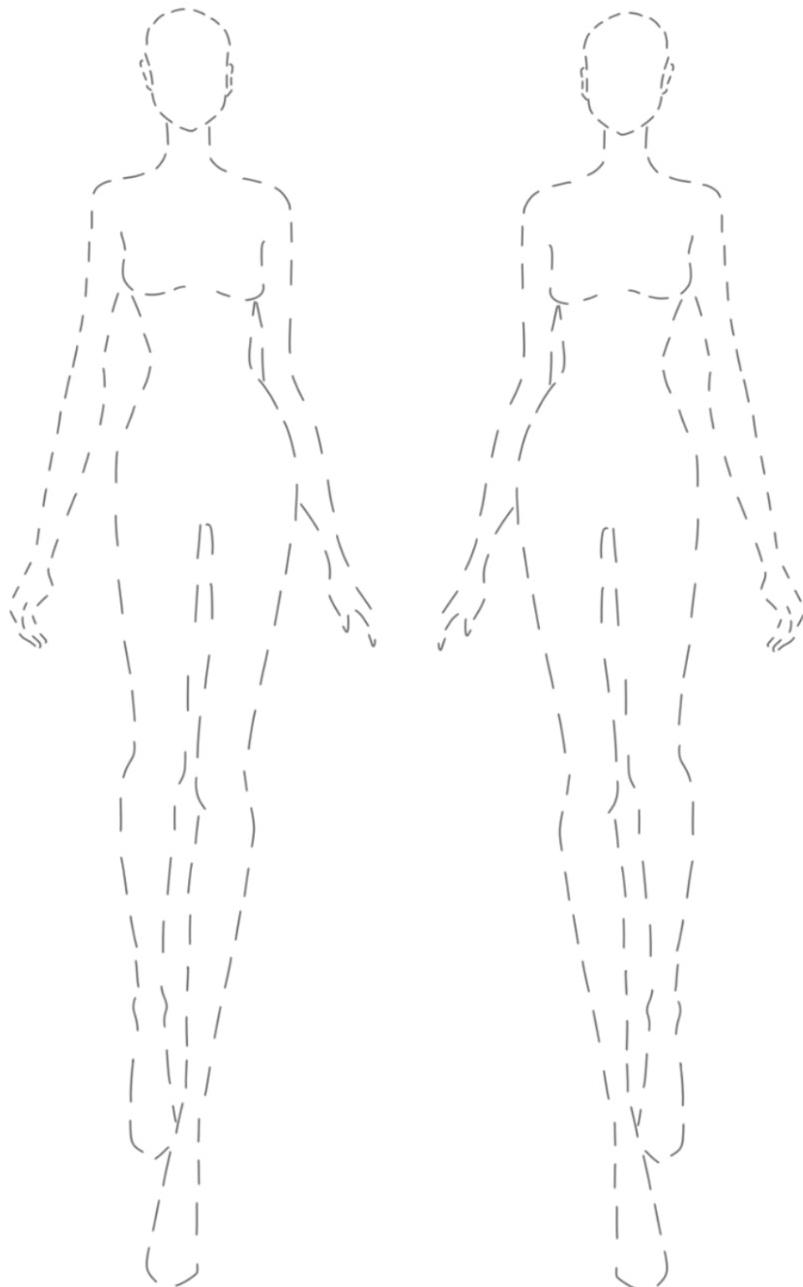
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## **Minimalism Challenge**

Sometimes, less is more. In this challenge, create a collection that focuses on simplicity, clean lines, and minimal embellishments. Consider how you can use design elements such as silhouette, proportion, and fit to create a striking and elegant piece. Minimalism is all about understated elegance, so choose your materials and colours carefully to create a look that is timeless and sophisticated.

**DRAFT**

description. —

(collection name)

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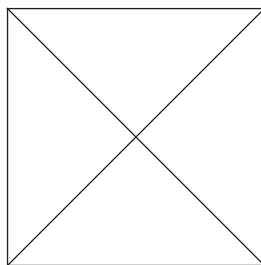
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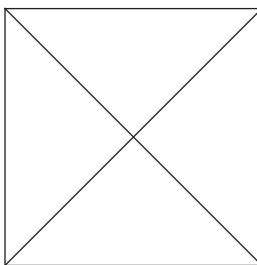
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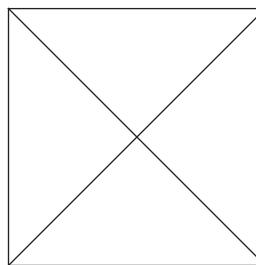
fabric. —



swatch 1



swatch 2



swatch 3

pattern making. —

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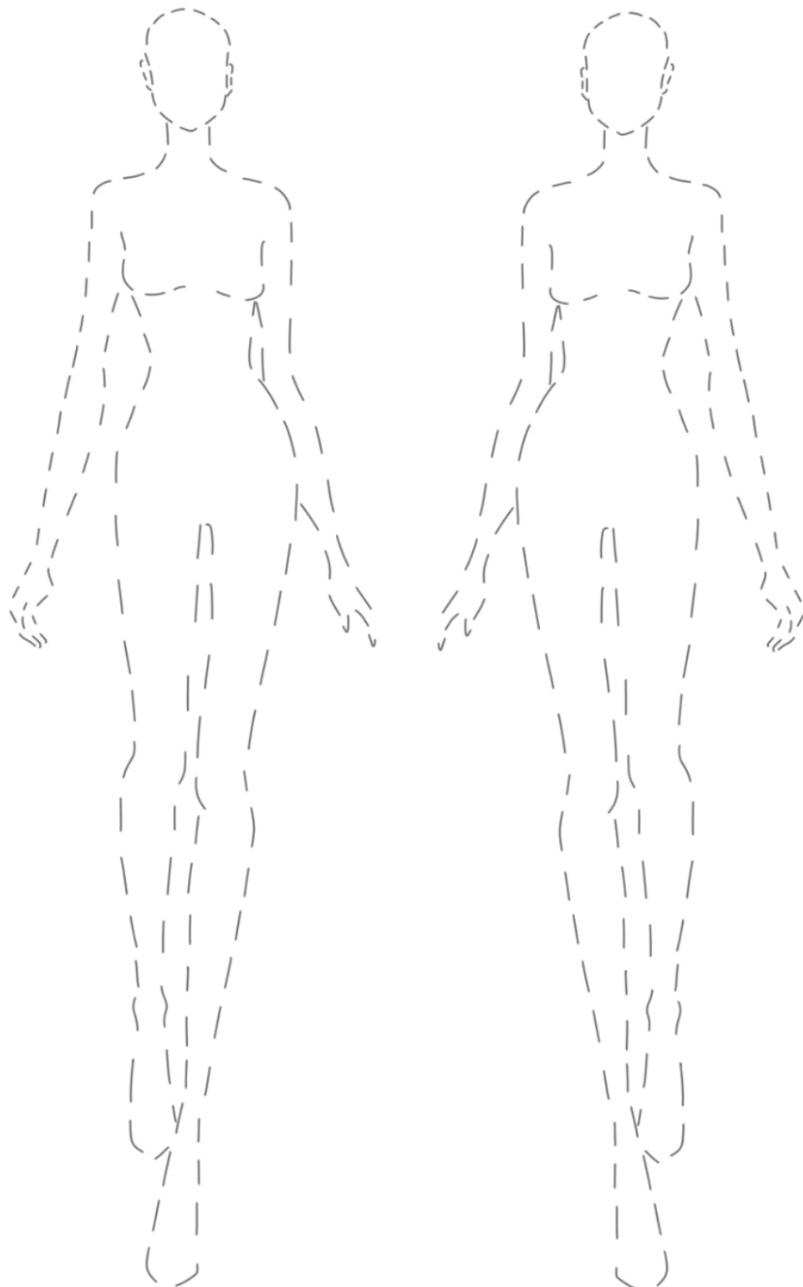
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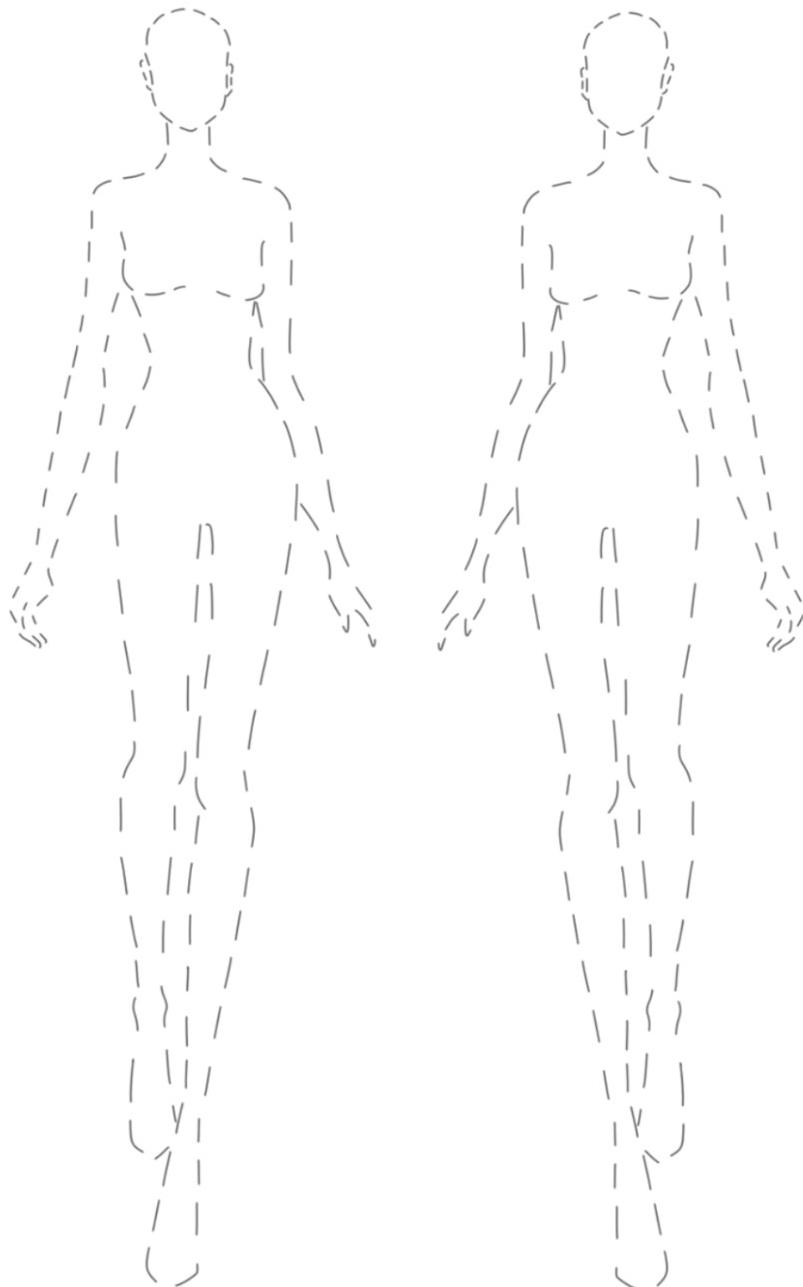
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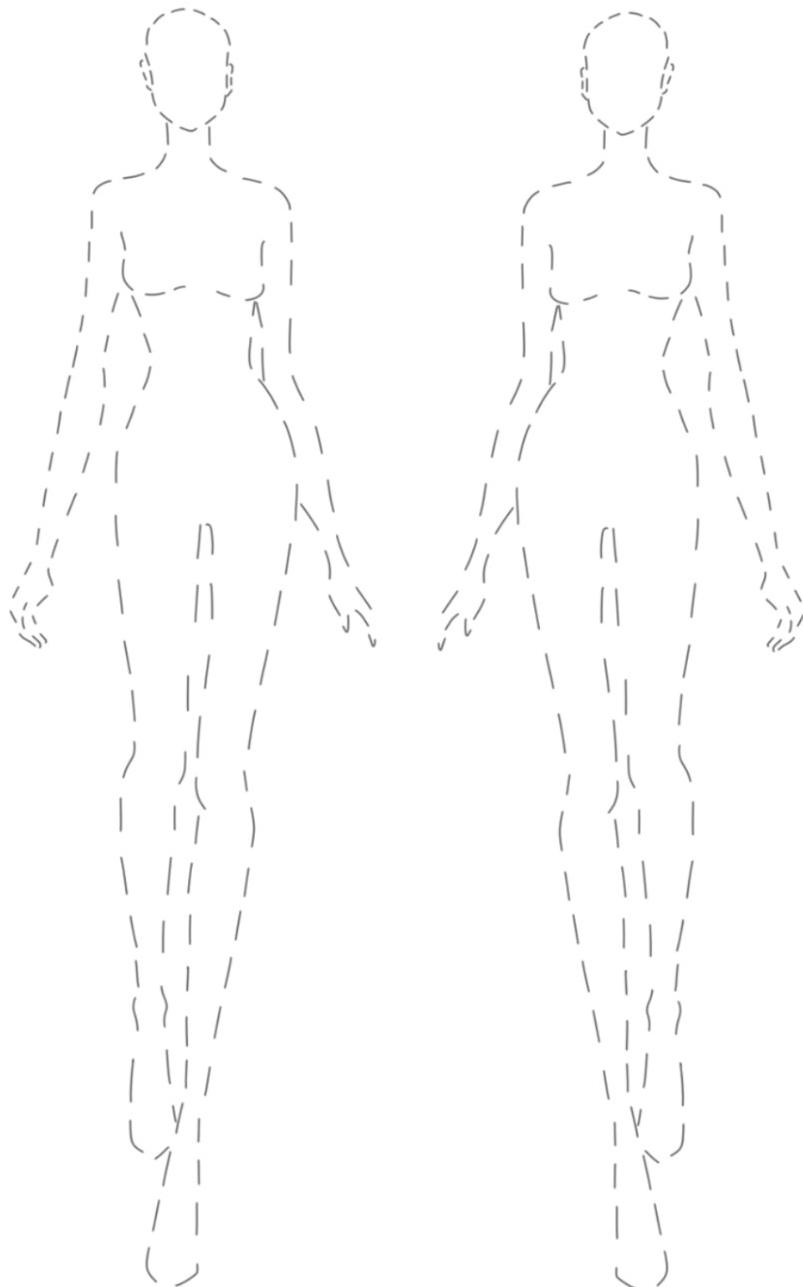
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## **Avant-Garde Challenge**

Fashion is all about pushing boundaries and exploring new ideas. In this challenge, create an avant-garde collection that challenges conventions and takes risks. Consider how you can use unexpected materials, shapes, and construction techniques to create a truly unique piece. This is your chance to be bold, so don't be afraid to think outside the box and try something new.



**description.** \_\_\_\_\_

(collection name)

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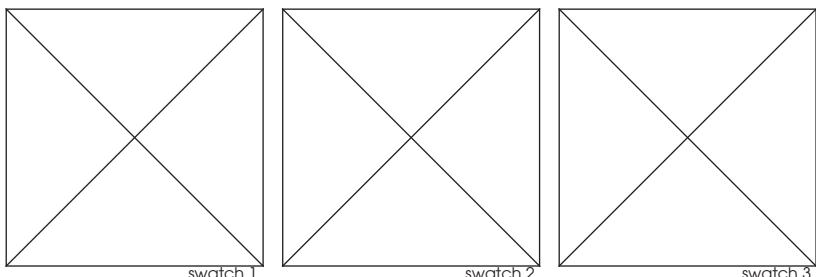
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**colour.** \_\_\_\_\_



**fabric.** \_\_\_\_\_



**pattern making.** \_\_\_\_\_

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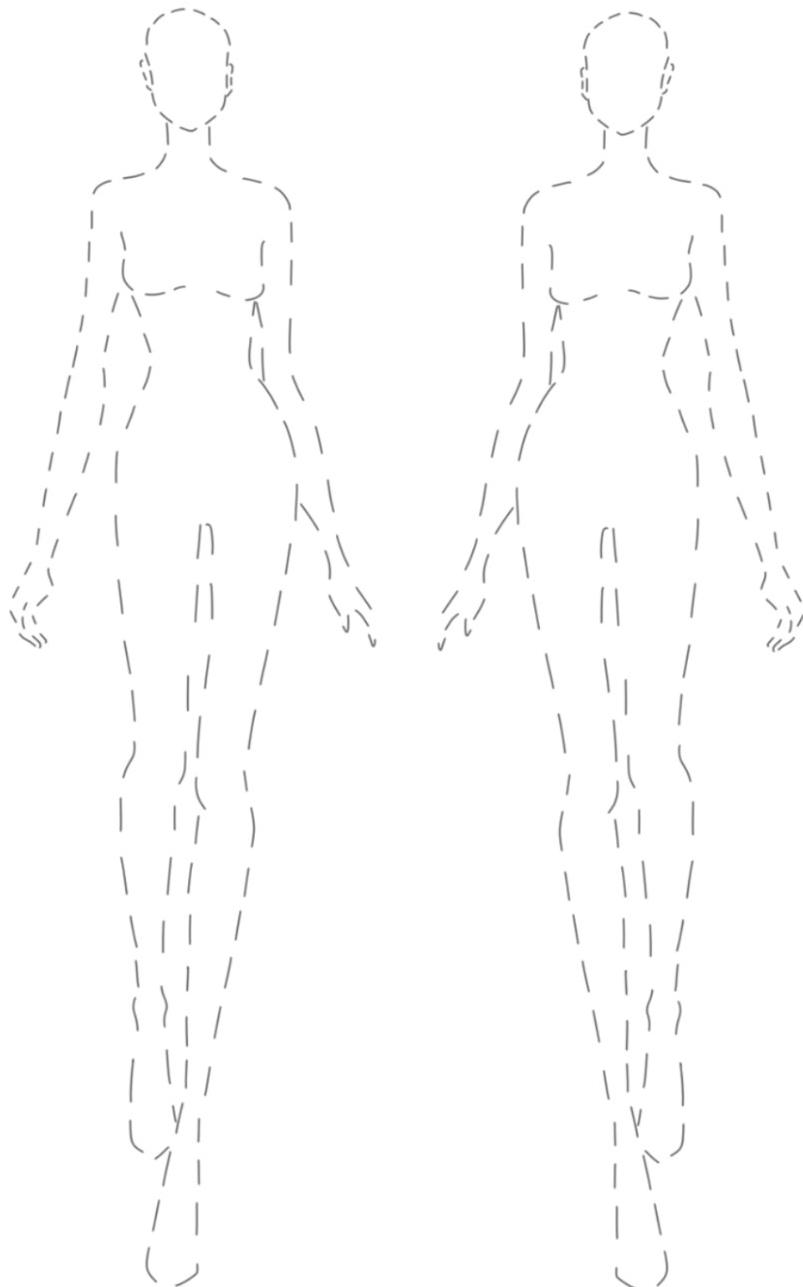
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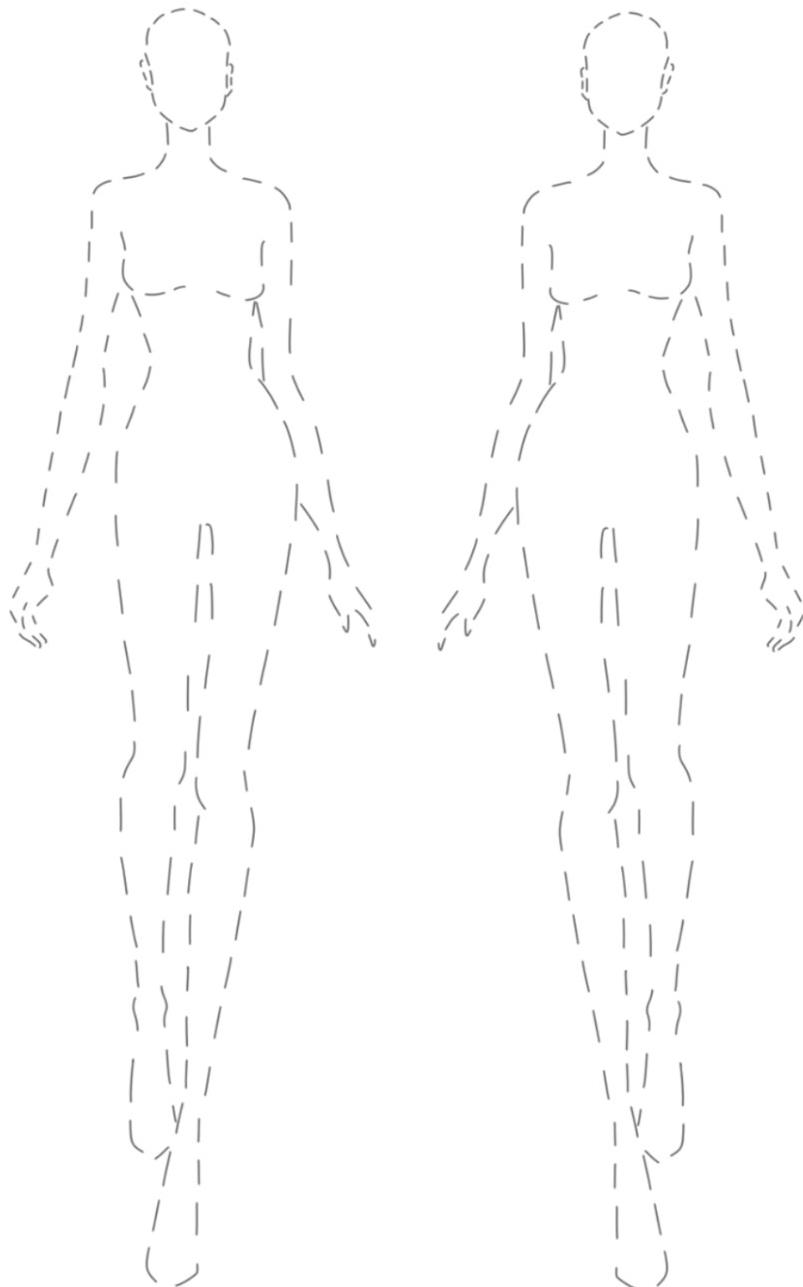
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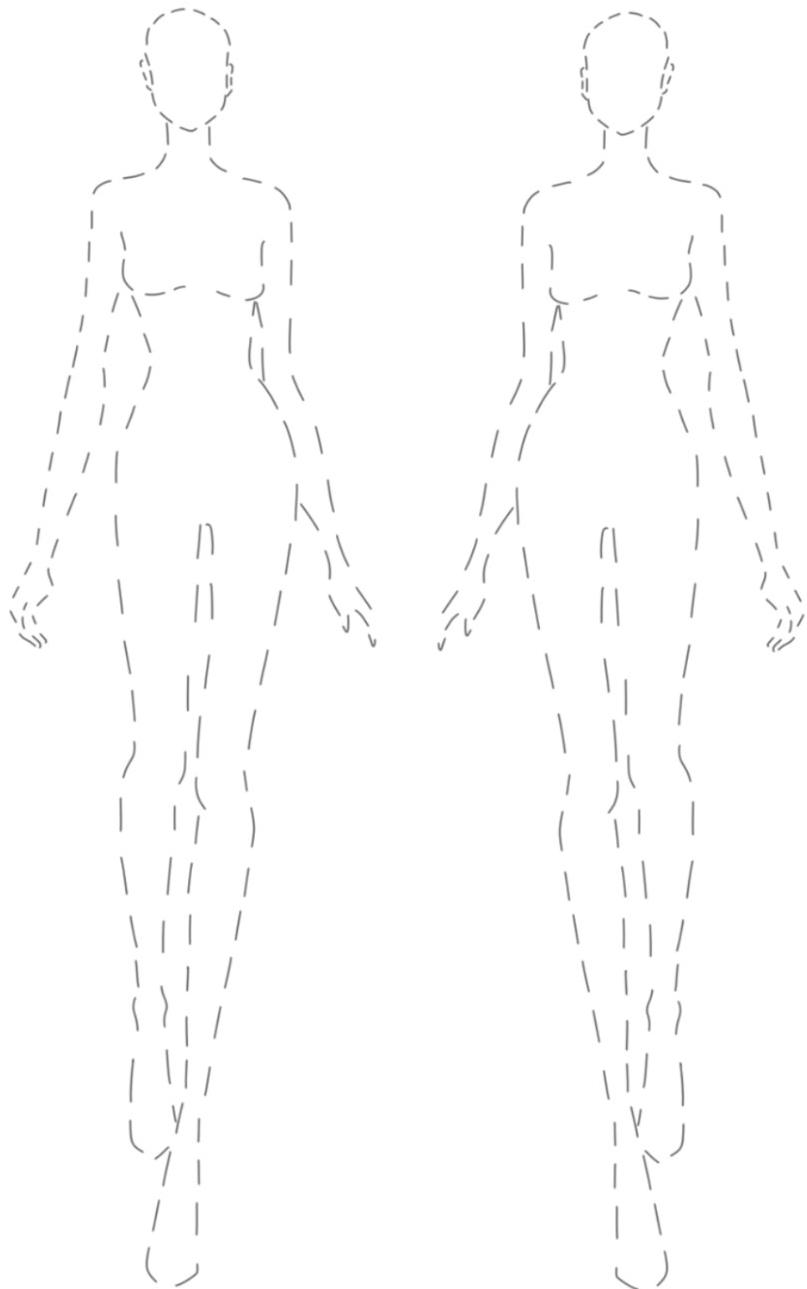
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## **Streetwear Challenge**

Streetwear is all about comfort, functionality, and style. In this challenge, create a streetwear-inspired collection that embodies these principles. Consider how you can incorporate elements of urban culture, such as graffiti, hip-hop, and skateboarding, into your design. Streetwear is all about self-expression, so let your personality shine through in your design.

**DRAFT**

**description.** \_\_\_\_\_

(collection name)

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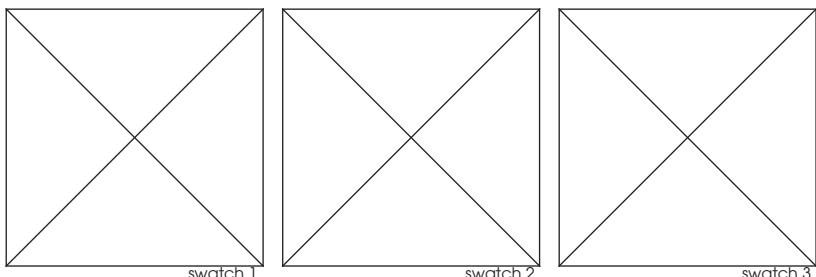
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**colour.** \_\_\_\_\_



**fabric.** \_\_\_\_\_



**pattern making.** \_\_\_\_\_

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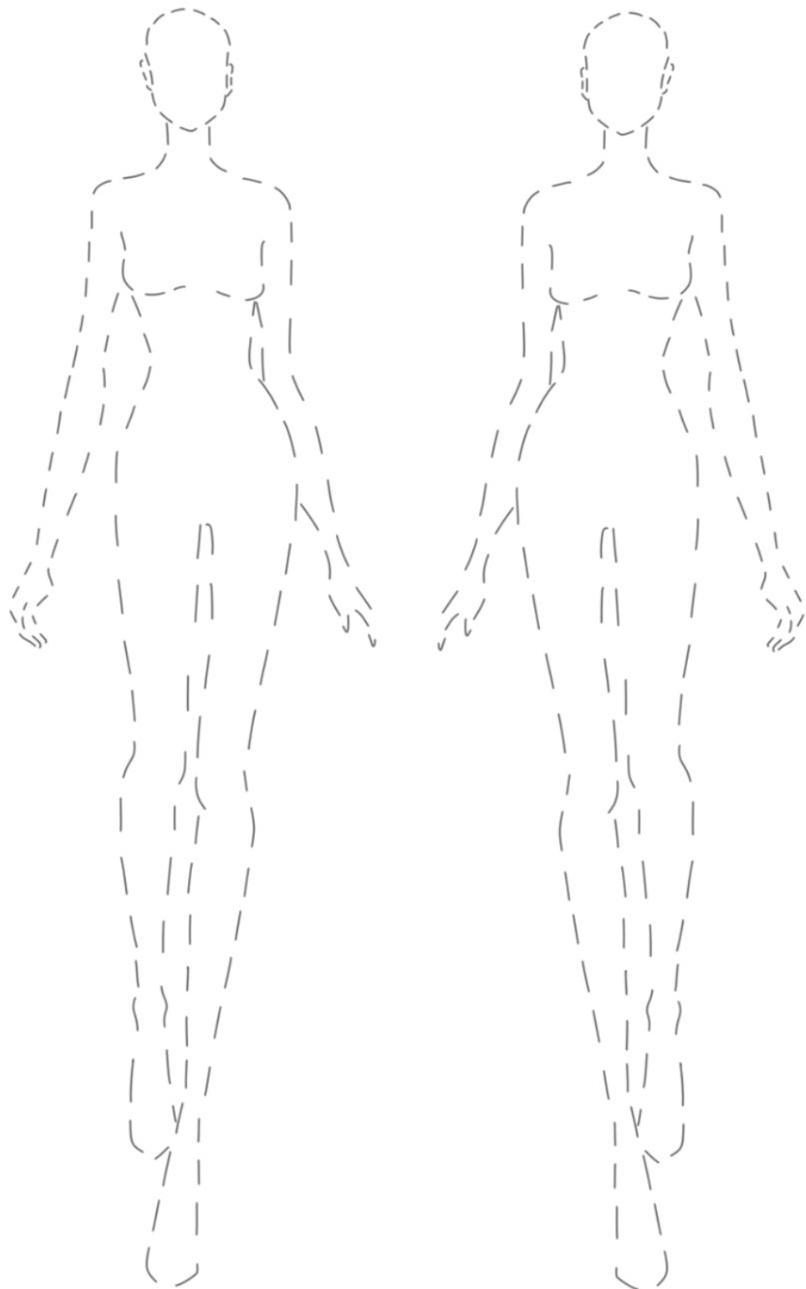
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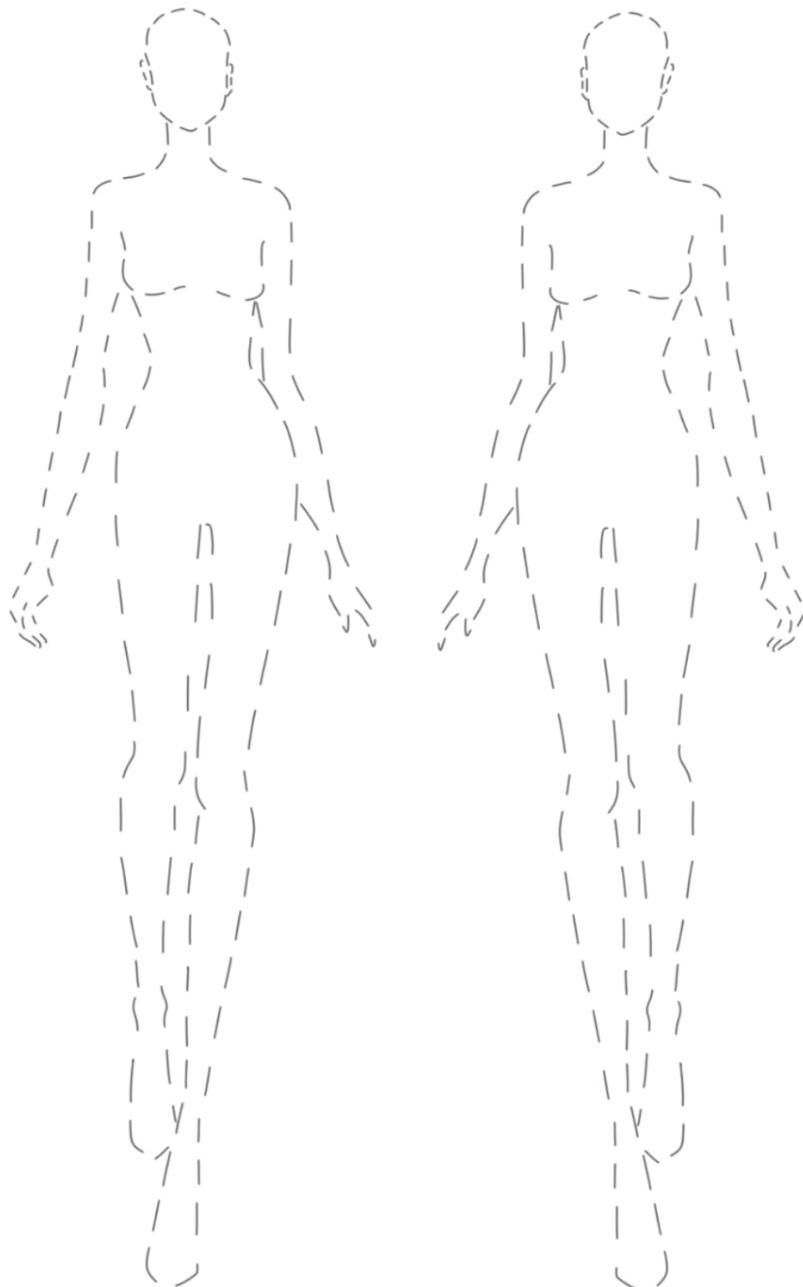
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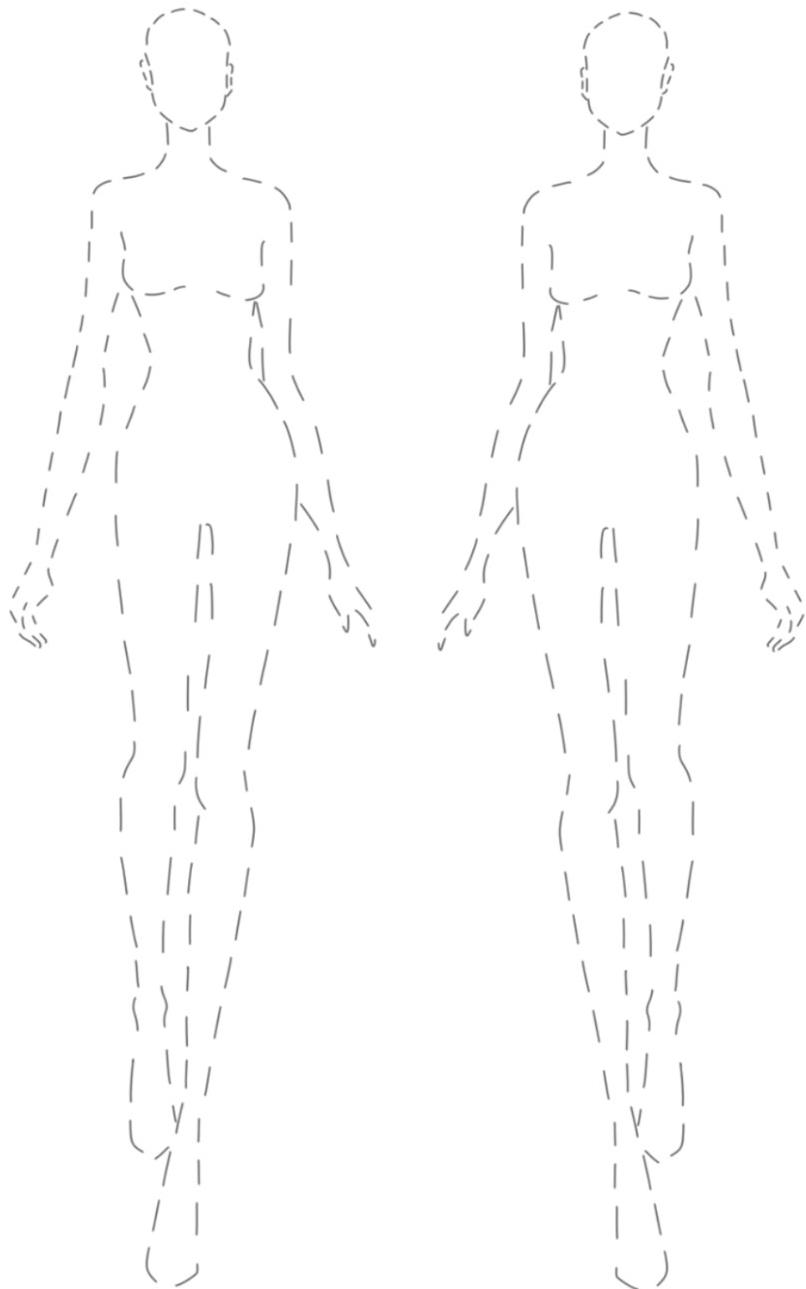
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## **Red Carpet Challenge**

For this challenge, imagine that you're designing a collection for a high-profile event, such as a red carpet premiere or gala. Your goal is to create a glamorous and sophisticated collection that will turn heads and make a statement. Consider how you can use materials such as silk, lace, and embellishments like beading or embroidery to create a stunning and memorable piece. This is your chance to show off your design skills and create a look that is worthy of the spotlight.

**DRAFT**

**description.** \_\_\_\_\_

(collection name)

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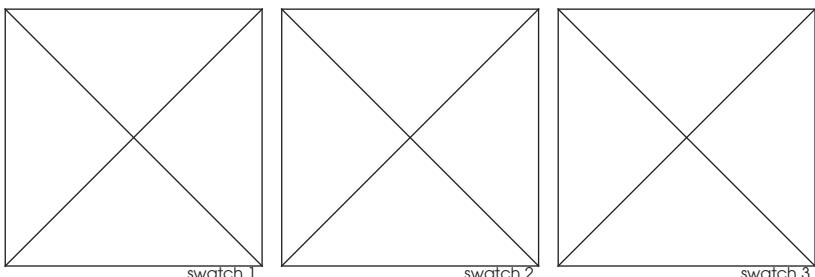
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**colour.** \_\_\_\_\_



**fabric.** \_\_\_\_\_



**pattern making.** \_\_\_\_\_

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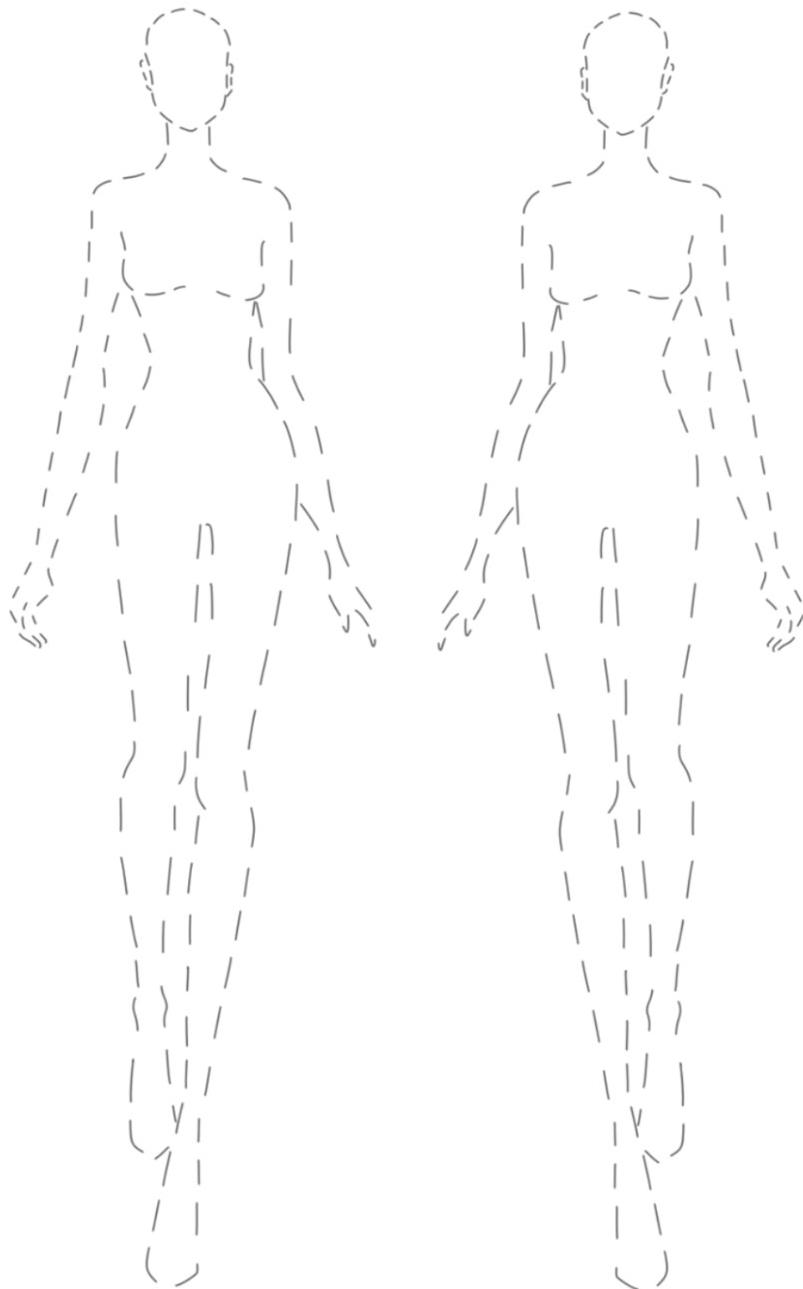
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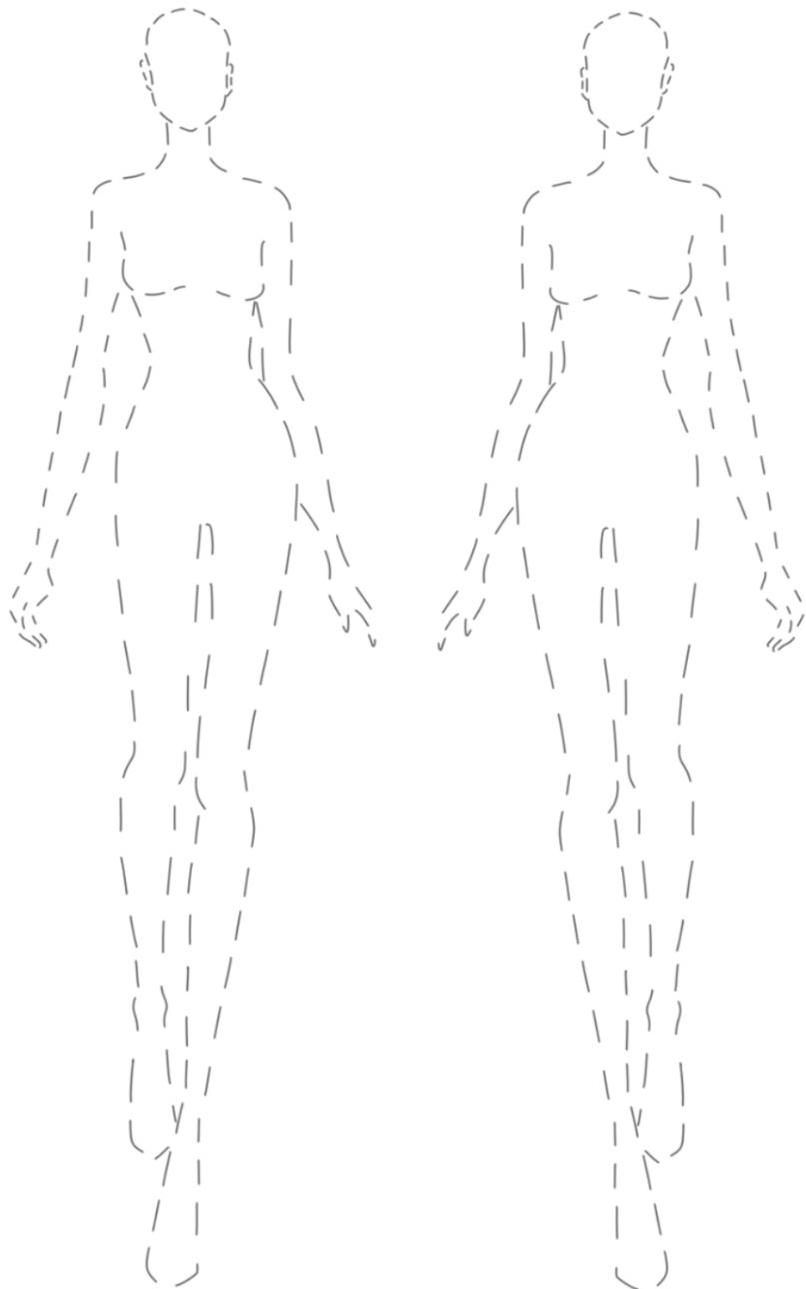
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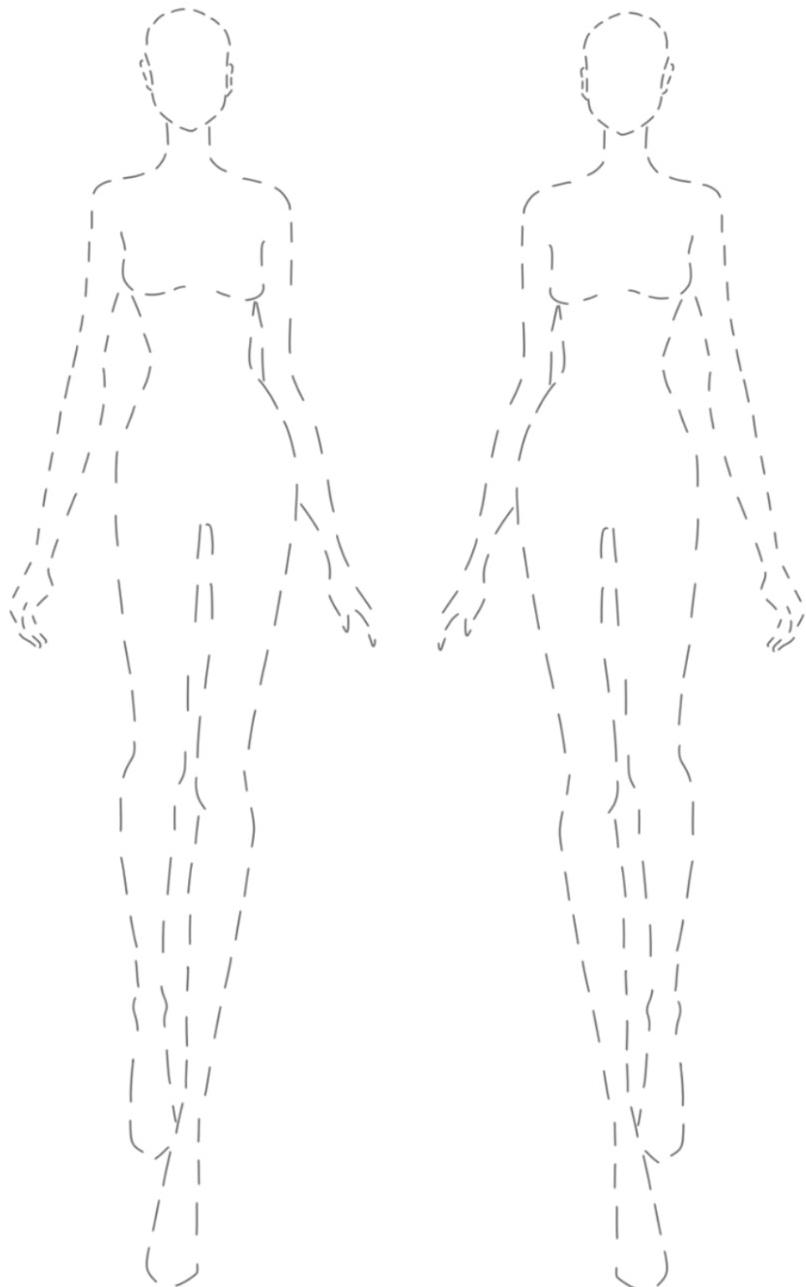
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