

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.

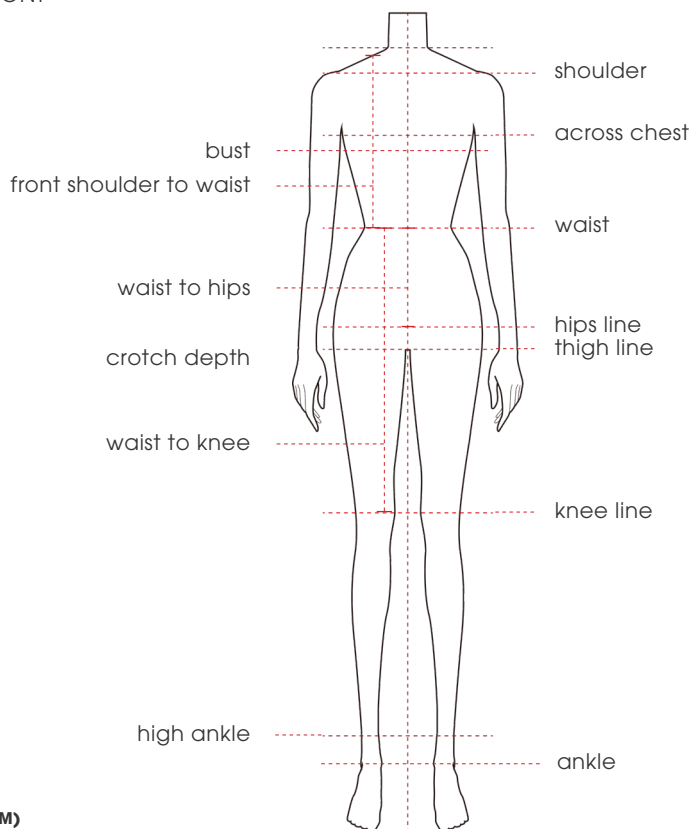
CONTENT

Body Measurements	4 - 5
Womenwear Spec Sheet Sample	6
Design Challenges	7 - 12
01	
02	13 - 18
03	19 - 24
04	25 - 30
05	31 - 36
06	37 - 42
07	43 - 48
08	49 - 54

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.

BODY MEASUREMENTS

FRONT

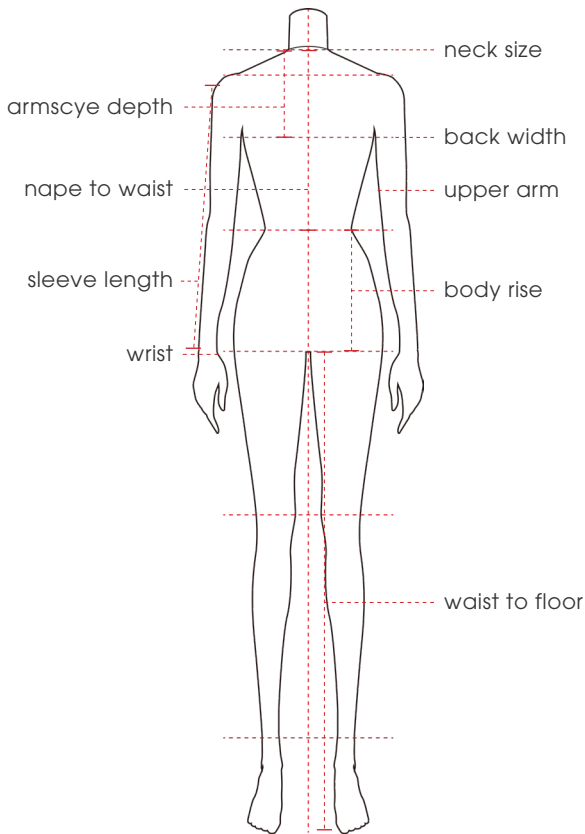


(CM)

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



(CM)

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		ARMHOLE / SLEEVE MEASUREMENTS	
BUST / CHEST		ARMHOLE CIRCUMFERENCE	
ACROSS SHOULDER		ARMHOLE DEPTH	
SHOULDER SLOPE		UPPERARM	
SHOULDER SEAM FORWARD		ELBIW	
ACROSS FRONT		SLEEVE OPENING	
ACROSS BACK		CB SLEEVE LENGTH	
WAIST		SLEEVE OPENING	
SWEEP		DETAILS	
FRONT / BACK BODY LENGTH FROM HPS		BUST DART LENGTH	
CF / CB LENGTH		BUST DART PLACEMENT	
SWEEP HEM HEIGHT		TOP BUTTON PLACEMENT	
NECK / COLLAR MAESUREMENTS		PLACKET WIDTH	
NECK WIDTH		VENT / SLIT HEIGHT	
FRONT / BACK NECK WIDTH		YOKE HEIGHT AT CF / CB / HPS	
MINIMUM NECK STRETCH		BLACK PLEAT DEPTH	
NECK DROP - FRONT / BACK		POCKET PLACEMENT - VERTICAL	
COLLAR HEIGHT AT CB		POCKET PLACEMENT - HORIZONTAL	
COLLAR BAND HEIGHT AT CB		POCKET HEIGHT AT CENTER	
COLLAR POINT		POICKET WIDTH AT TOP EDGE	
COLLAR SPREAD		POCKET HEM HEIGHT	
COLLAR TIE SPACE		SLEEVE PLACKET LENGTH / WIDTH	
LAPEL POINT		SLEEVE PLEAT PLACEMENT	
LAPEL WIDTH AT WIDEST		LAST BUTTON PLACEMENT	
NOTCH SPREAD		STITCHING	

DESIGN CHALLENGE DESIGN CHALLENGE DESIGN CHALLENGE

Sustainable Design Challenge

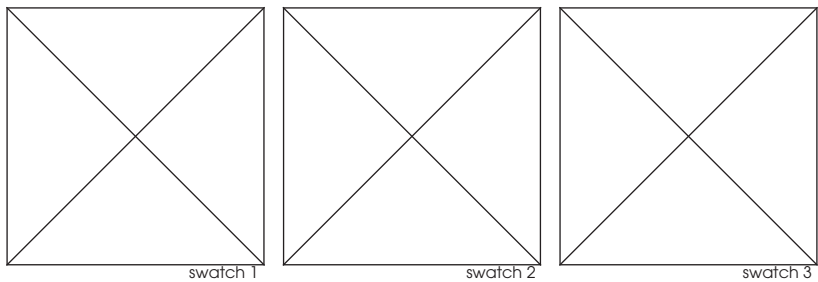
As a fashion designer, you have the power to create positive change in the industry by using sustainable materials and production methods. For this challenge, create a collection that is both stylish and environmentally conscious. Consider using materials such as organic cotton, recycled polyester, or 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.

description. _____

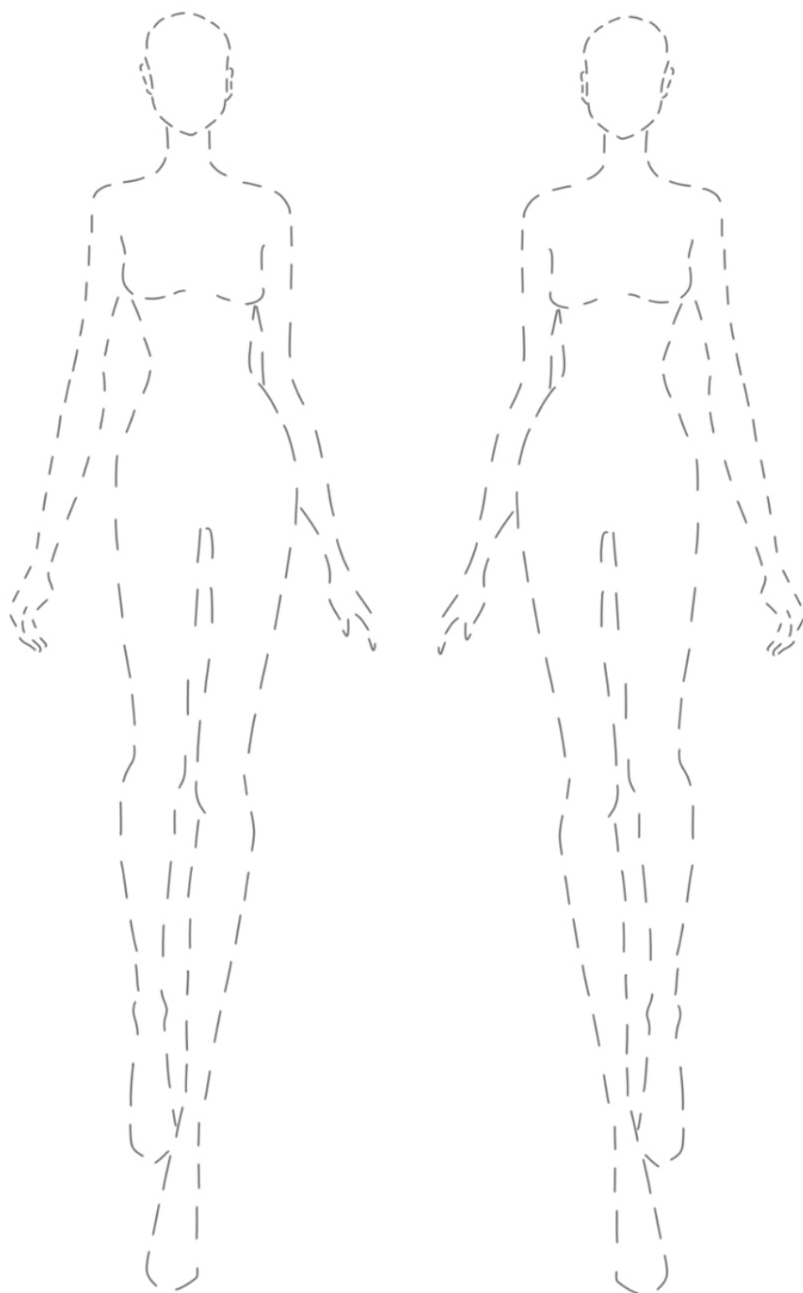
(collection name)

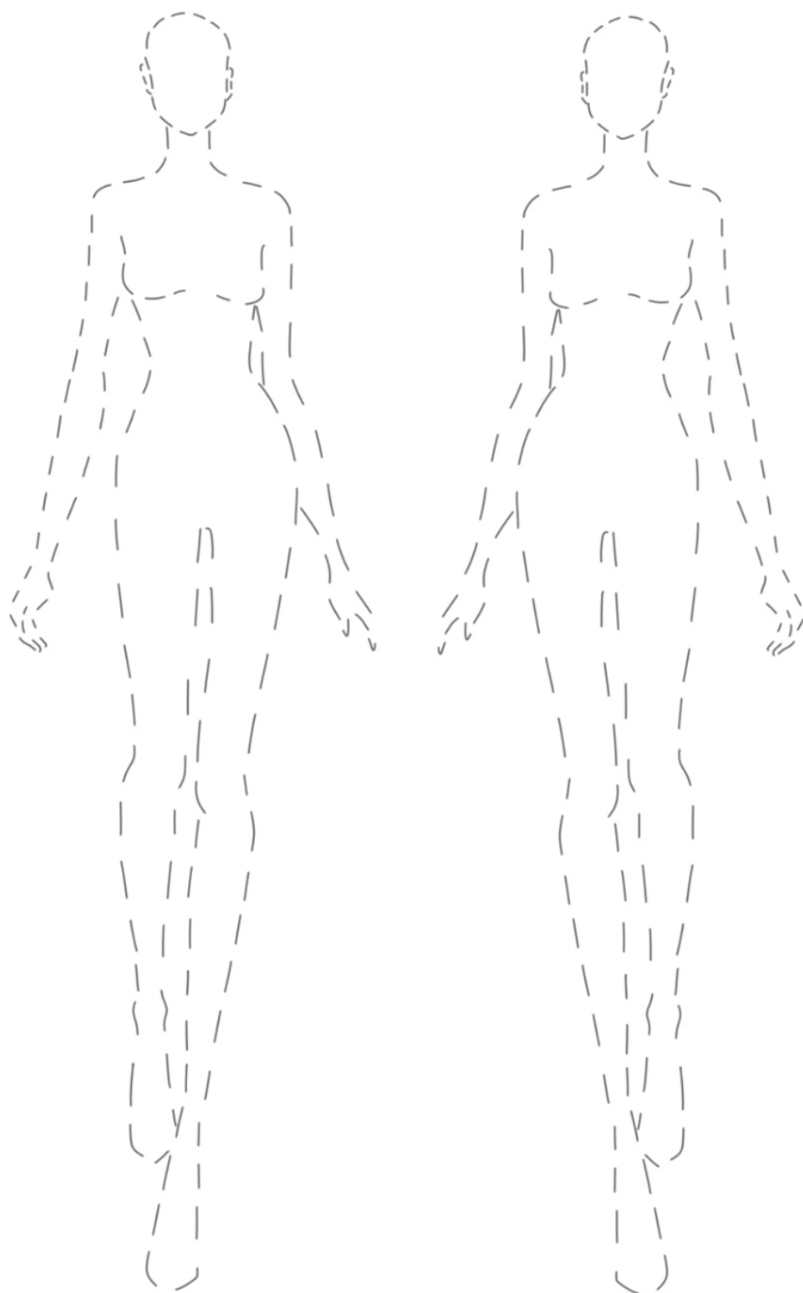
colour.

fabric. _____

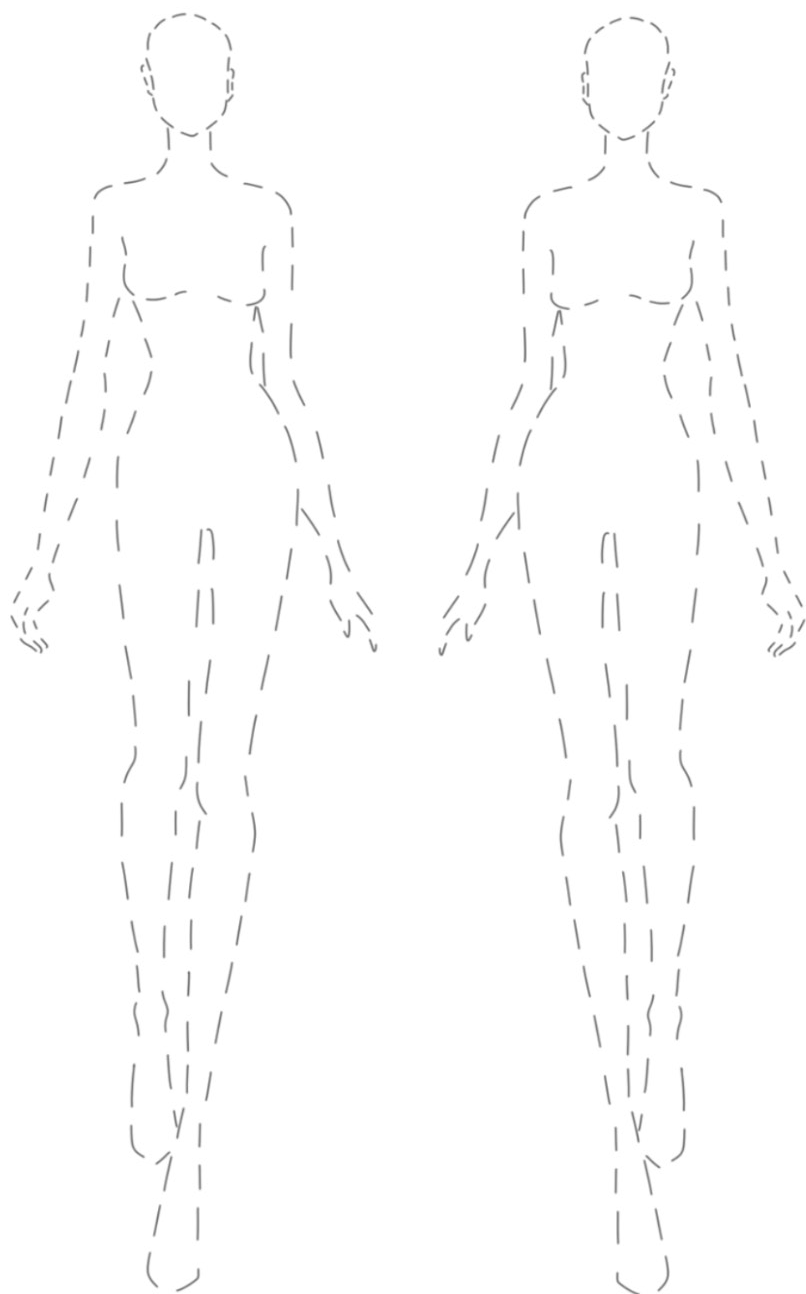


pattern making. _____





date . . .



DESIGN CHALLENGE DESIGN CHALLENGE DESIGN CHALLENGE



Upcycling Challenge

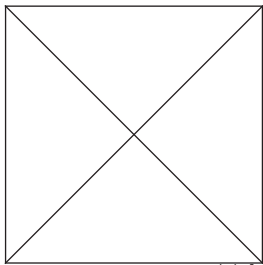
One person's trash is another person's treasure! In this challenge, transform an old piece of clothing or fabric into a new and unique garment. This is a great opportunity to exercise your creativity and problem-solving skills, as you'll need to figure out how to repurpose the materials you have in a 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. _____

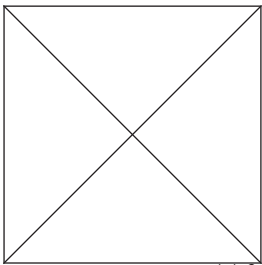
(collection name)

colour.

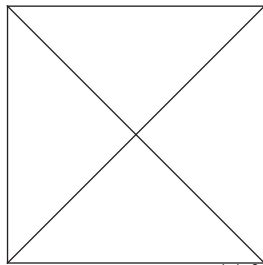
fabric. _____



swatch 1

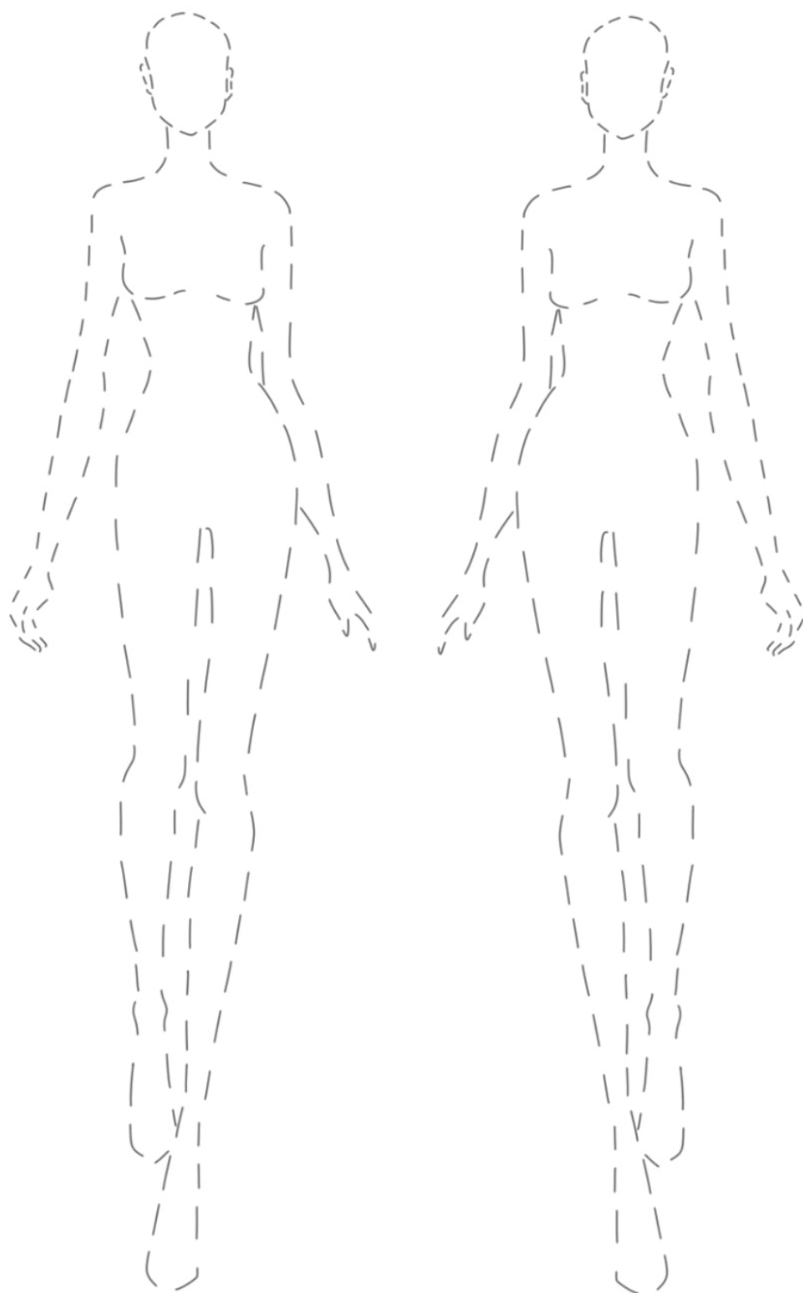


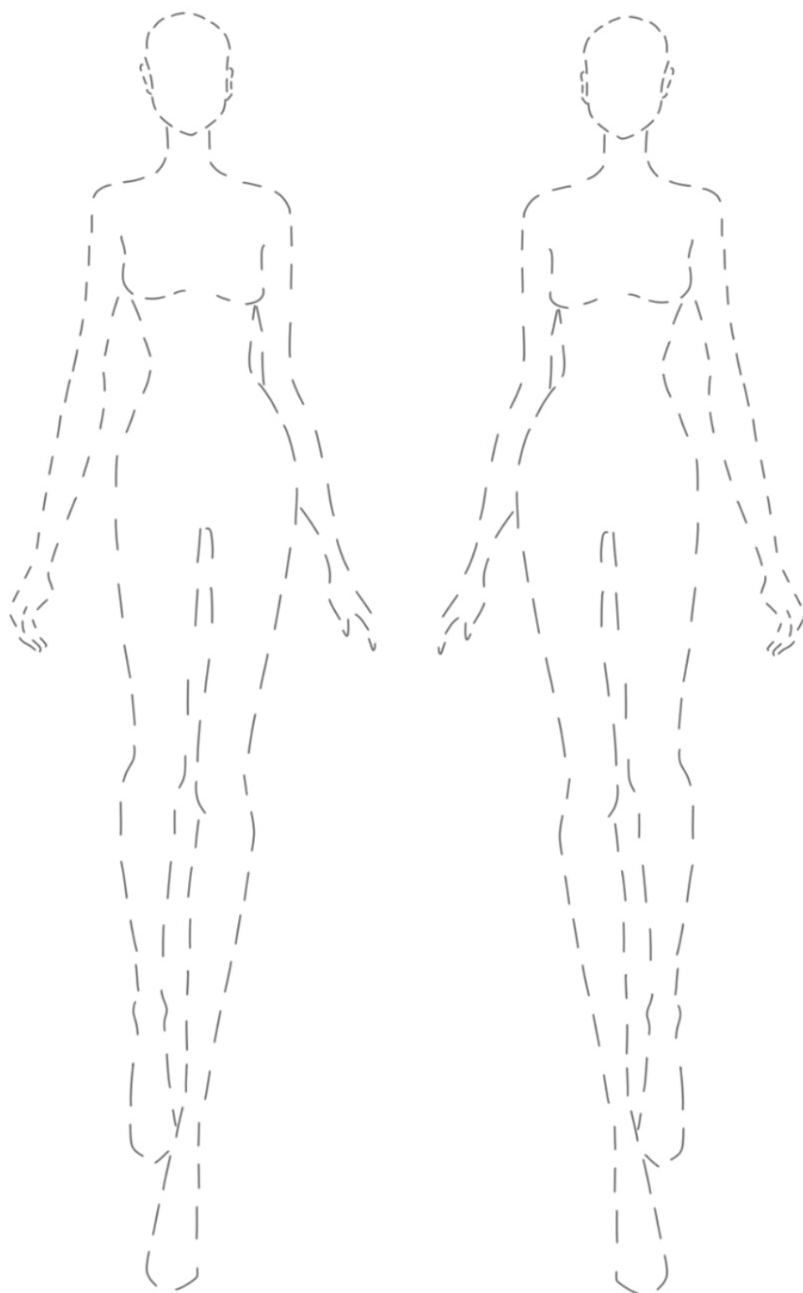
swatch 2

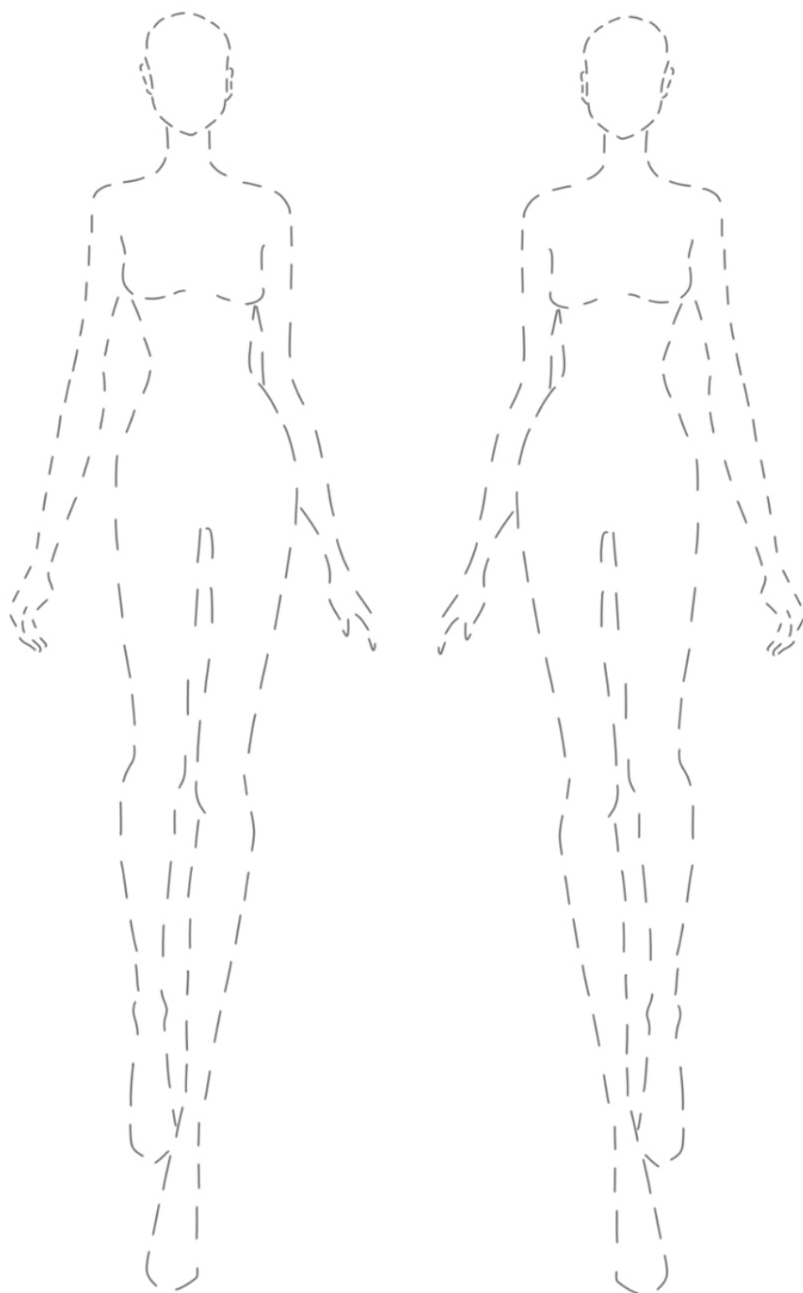


swatch 3

pattern making. _____







DESIGN CHALLENGE DESIGN CHALLENGE DESIGN CHALLENGE

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.

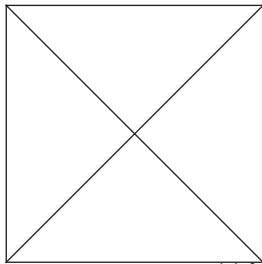
description. _____

(collection name)

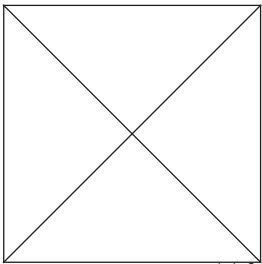
colour.

--	--	--	--	--	--	--

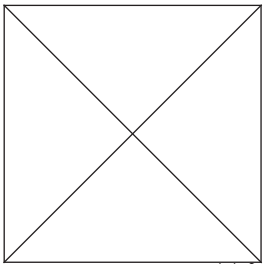
fabric. _____



swatch 1



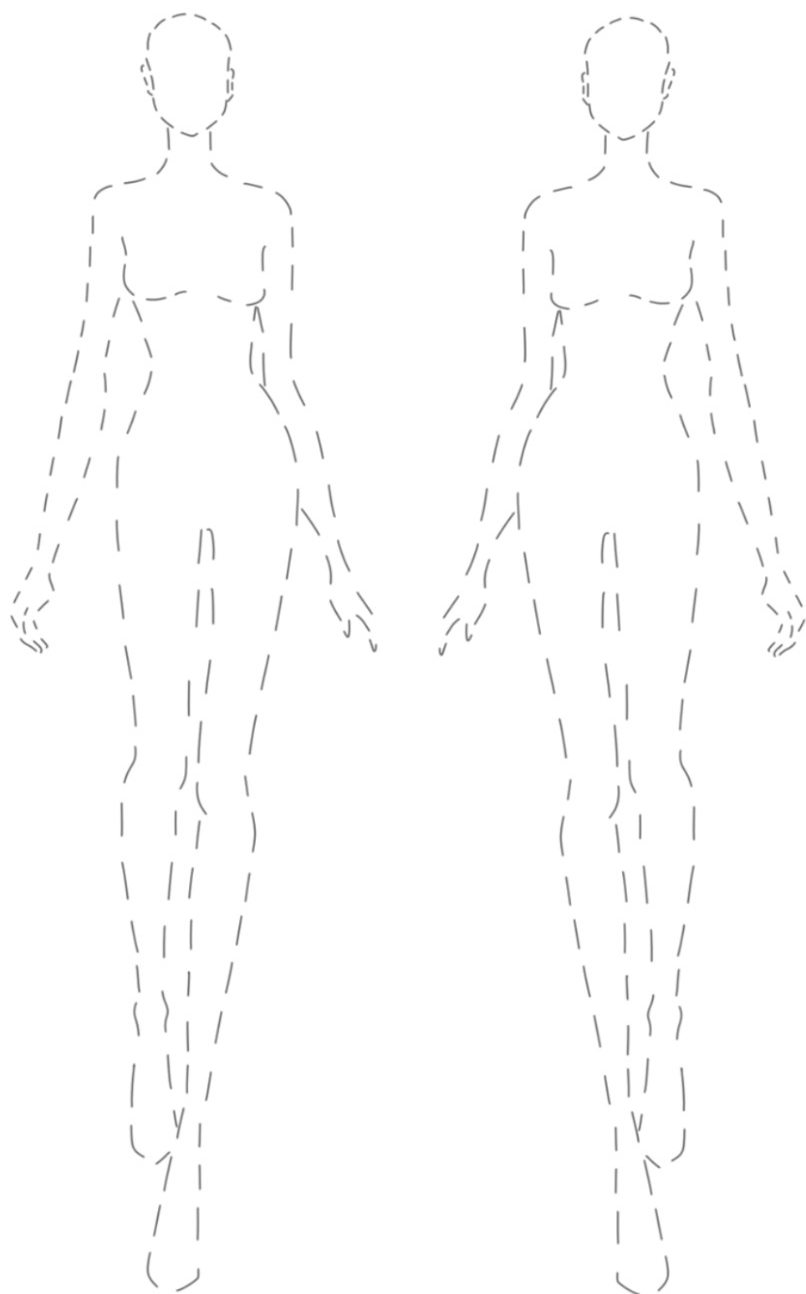
swatch 2



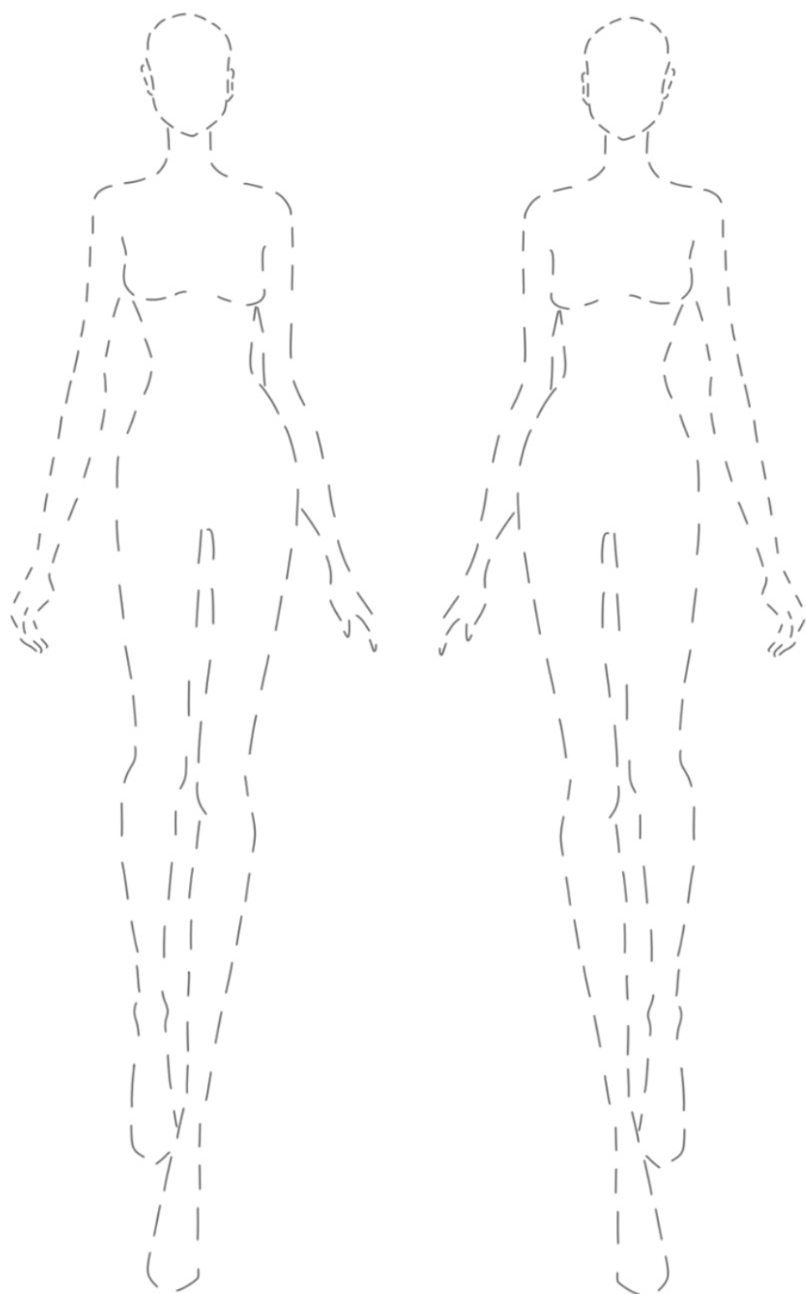
swatch 3

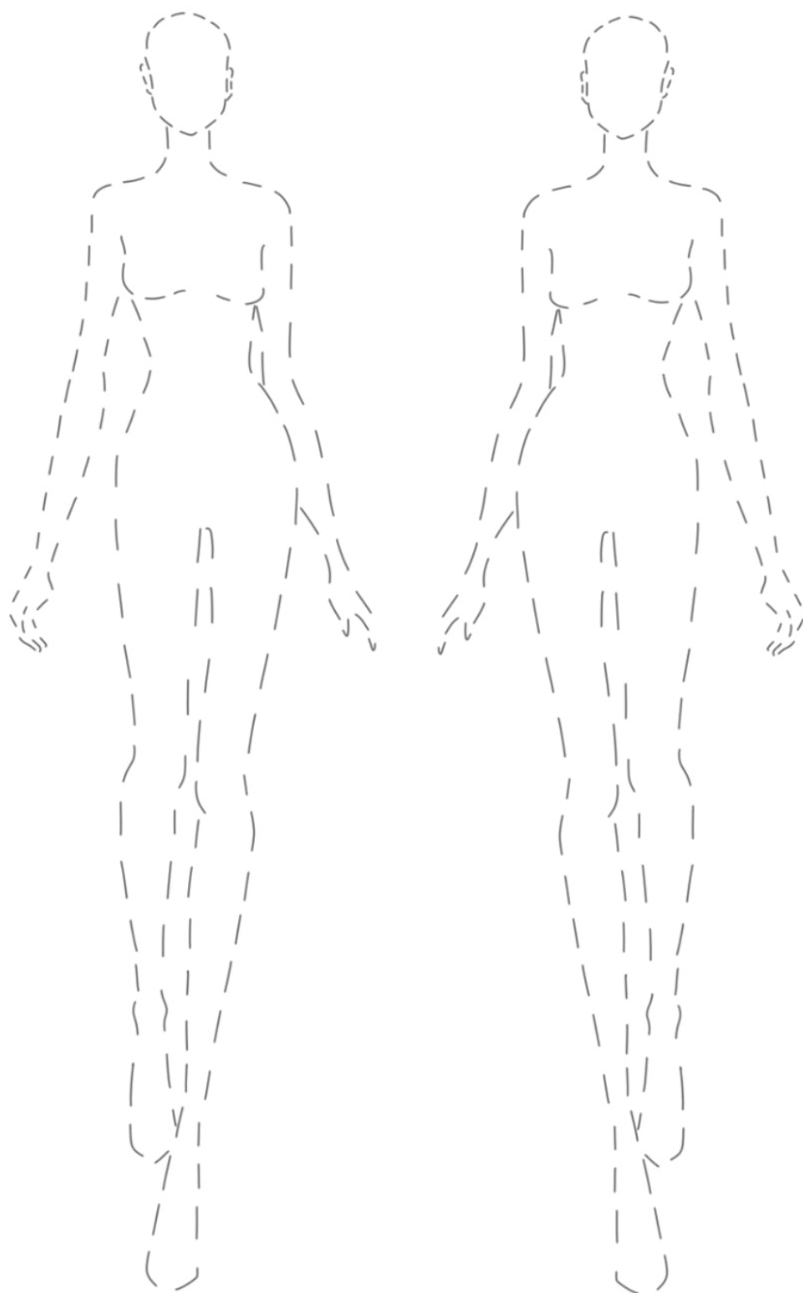
pattern making. _____

date . . .



date . . .





DESIGN CHALLENGE DESIGN CHALLENGE DESIGN CHALLENGE



Texture Challenge

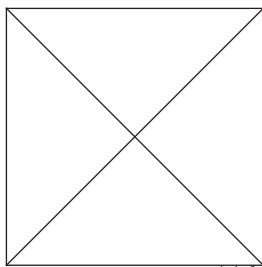
Fabric is not just about how it looks, but also how it feels. In this challenge, experiment with different textures and fabric combinations to create a collection that is visually interesting and tactile. Consider how you can use texture to create dimension, contrast, and movement. For example, you might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

description. _____

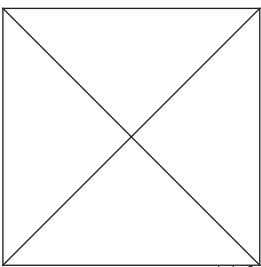
(collection name)

colour.

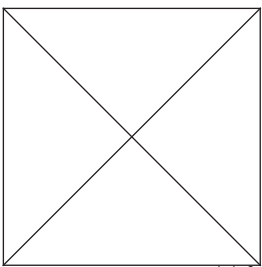
fabric. _____



swatch 1

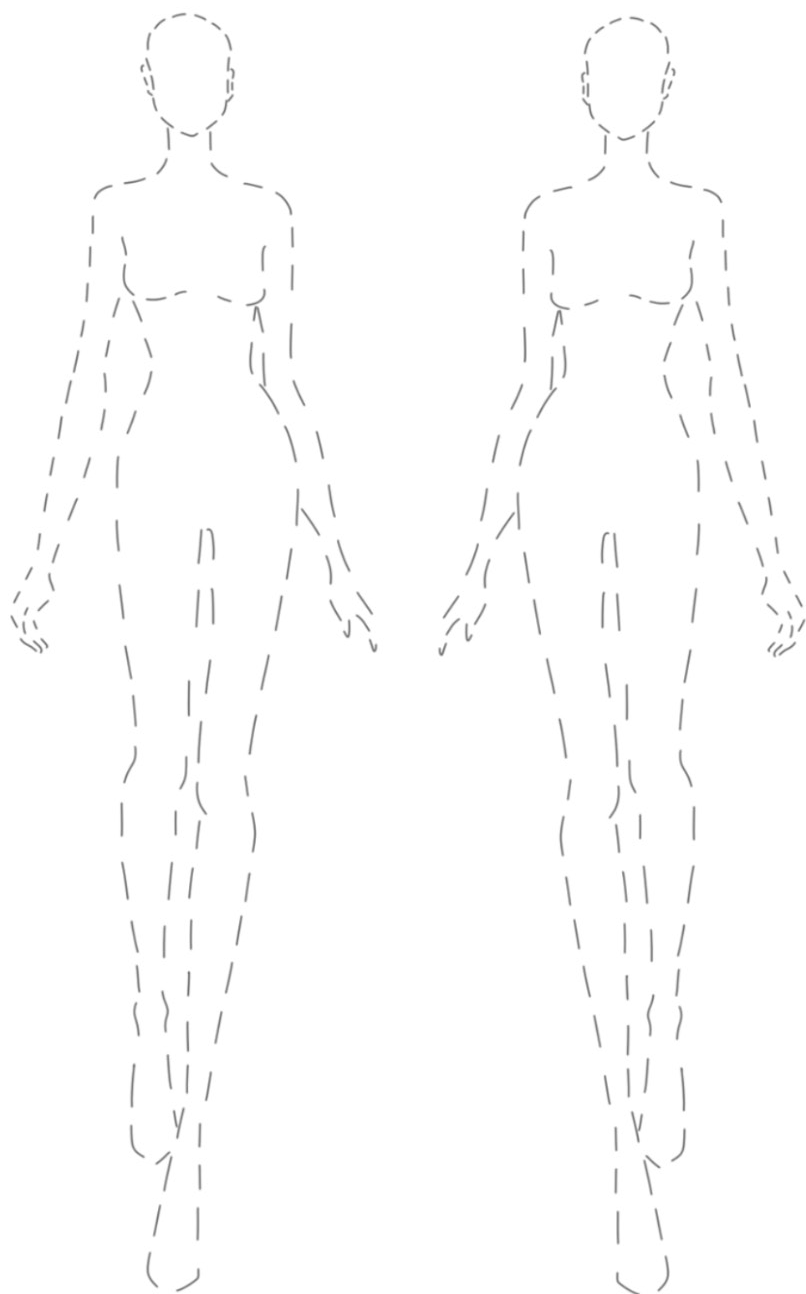


swatch 2

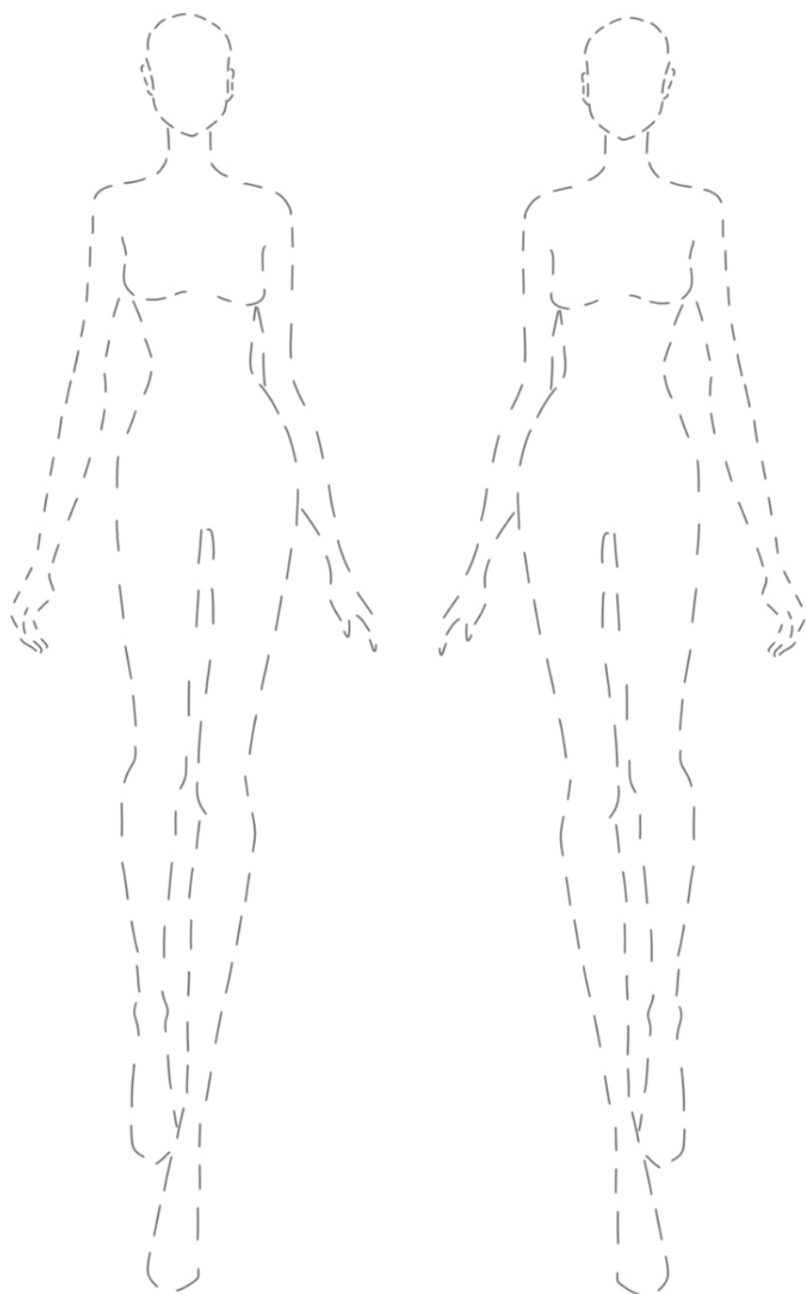


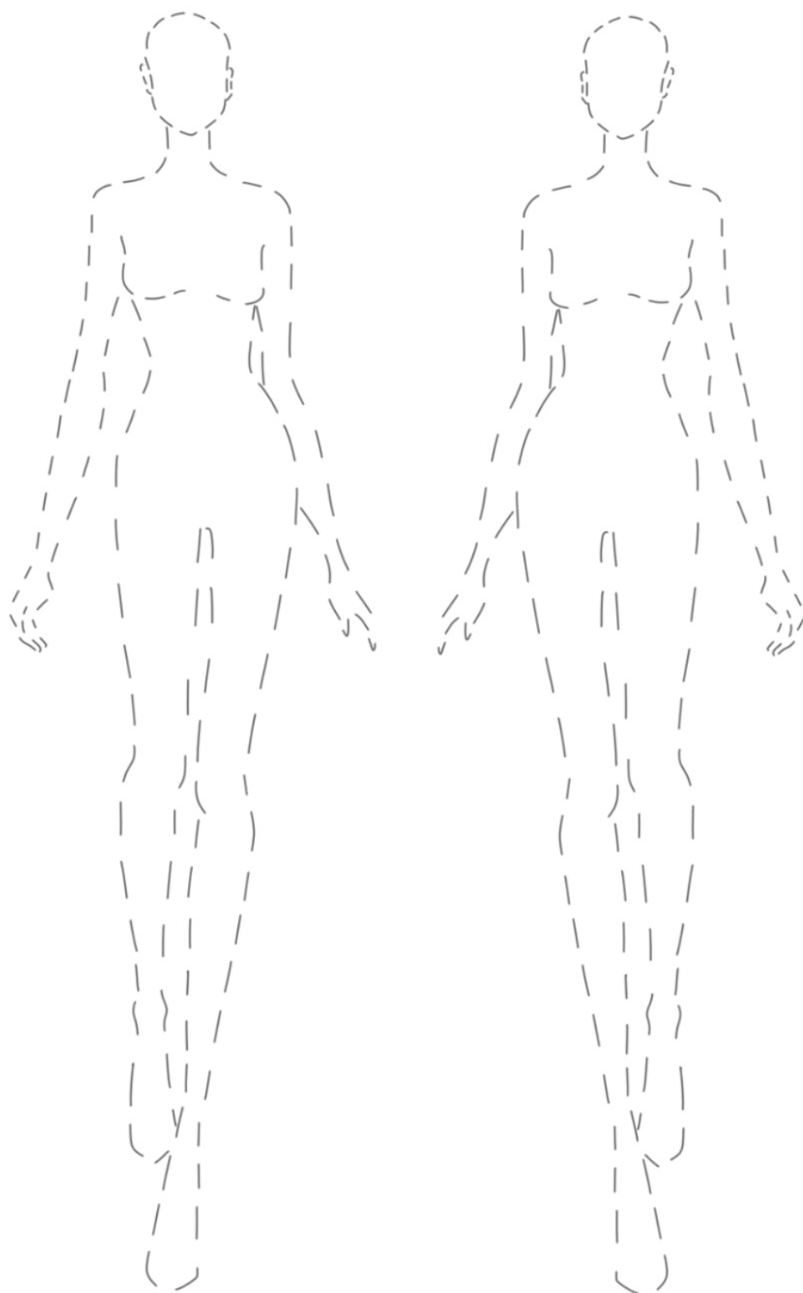
swatch 3

pattern making. _____



date . . .





DESIGN CHALLENGE DESIGN CHALLENGE DESIGN CHALLENGE



Minimalism Challenge

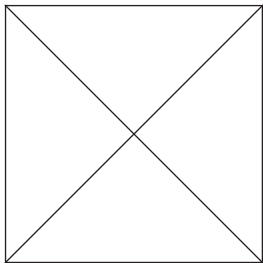
Sometimes, less is more. In this challenge, create a collection that focuses on simplicity, clean lines, and minimal embellishments. Consider how you can use design elements such as silhouette, proportion, and fit to create a striking and elegant piece. Minimalism is all about understated elegance, so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

description. _____

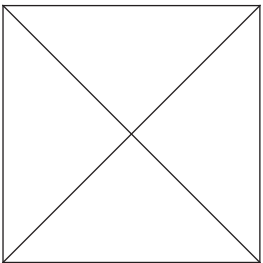
(collection name)

colour.

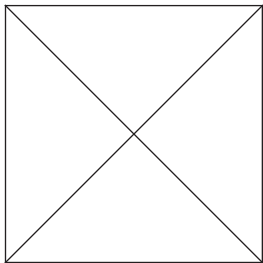
fabric. _____



swatch 1

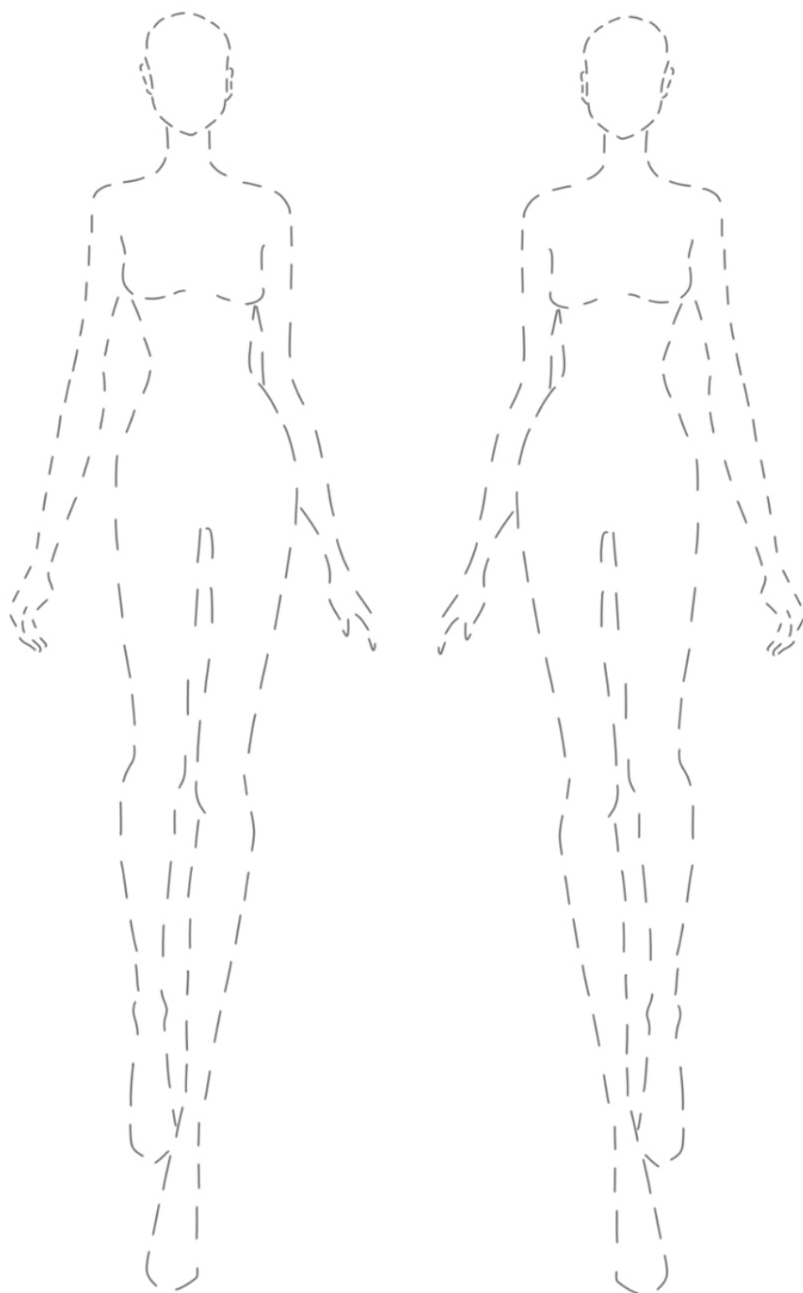


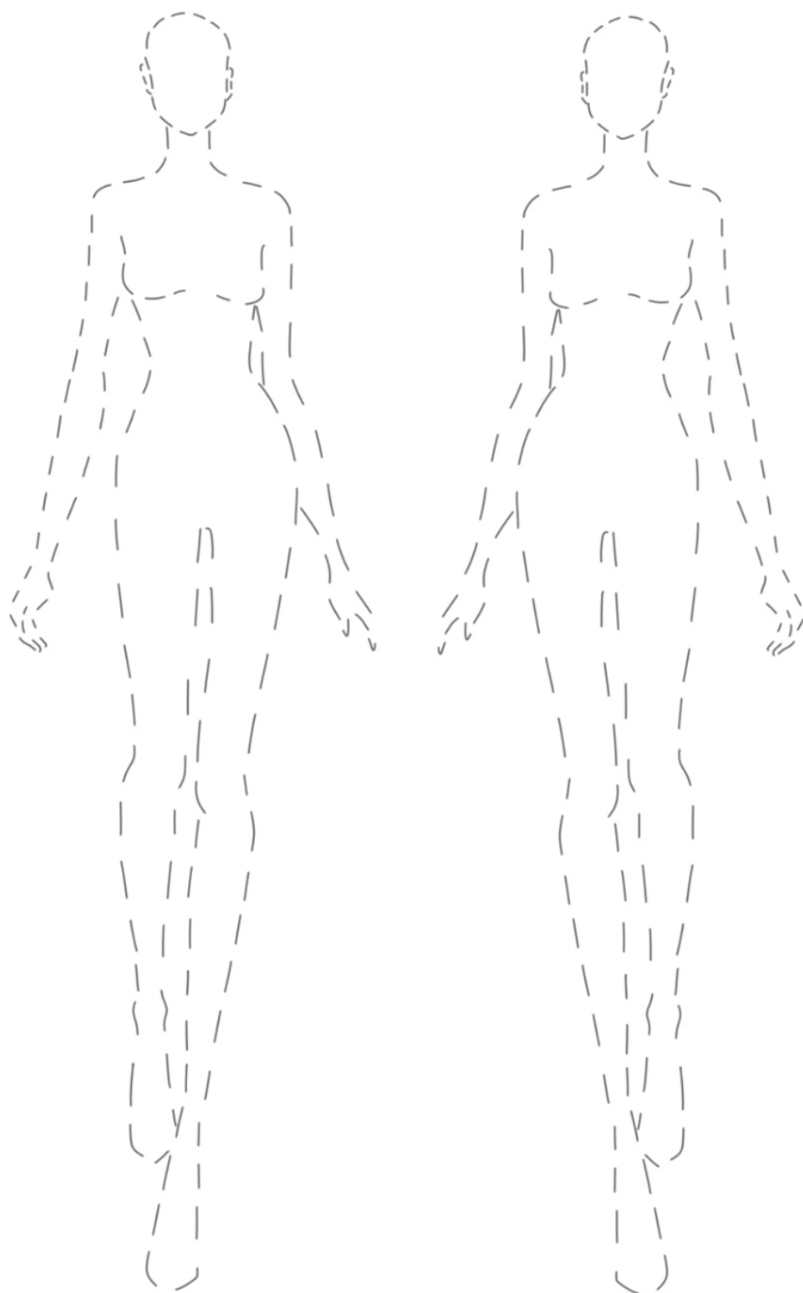
swatch 2

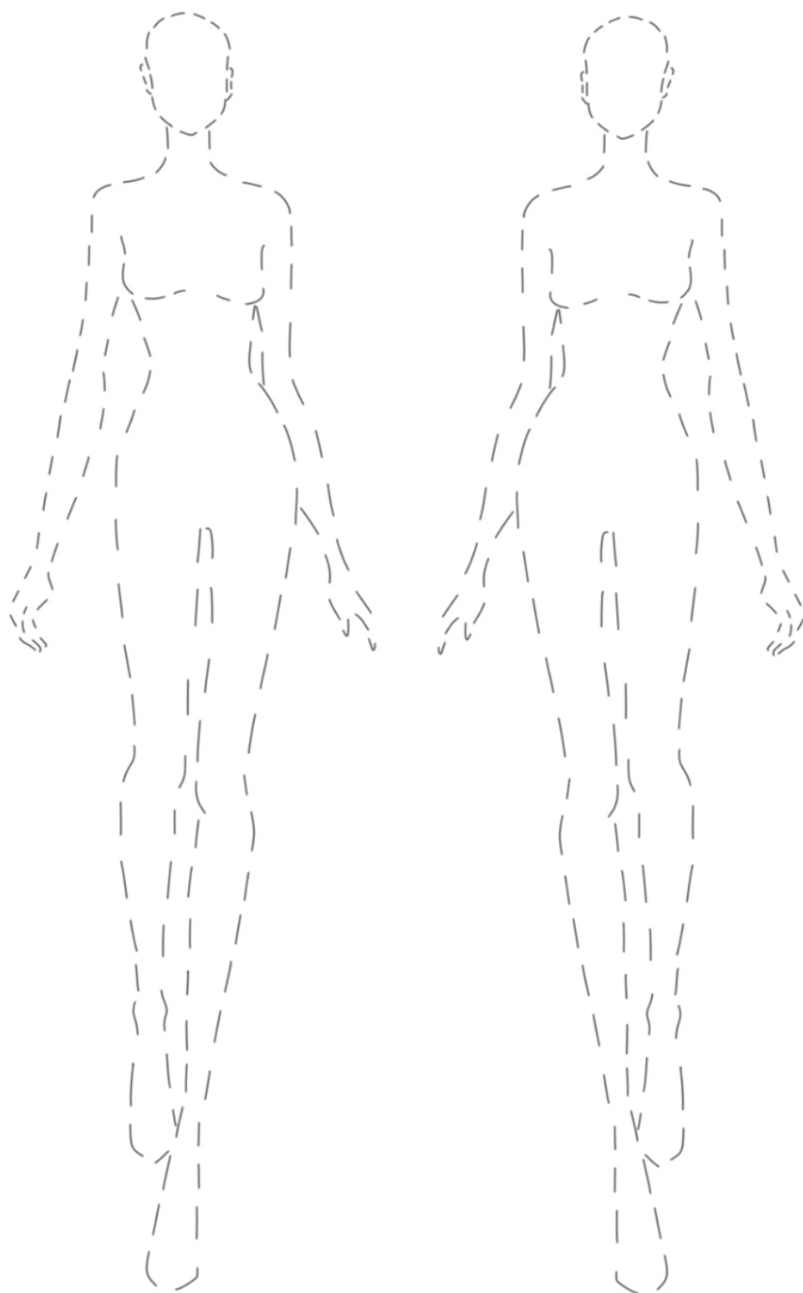


swatch 3

pattern making. _____







DESIGN CHALLENGE DESIGN CHALLENGE DESIGN CHALLENGE



Avant-Garde Challenge

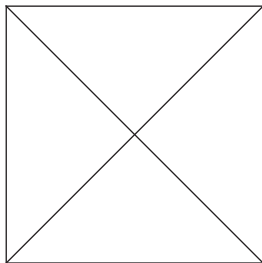
Fashion is all about pushing boundaries and exploring new ideas. In this challenge, create an avant-garde collection that challenges conventions and takes risks. Consider how you can use unexpected materials, shapes, and construction techniques to create a truly unique piece. This is your chance to be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

description. _____

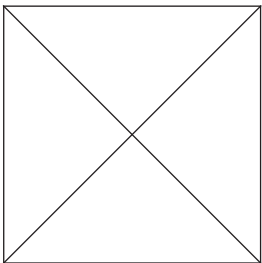
(collection name)

colour.

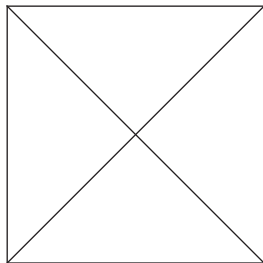
fabric. _____



swatch 1

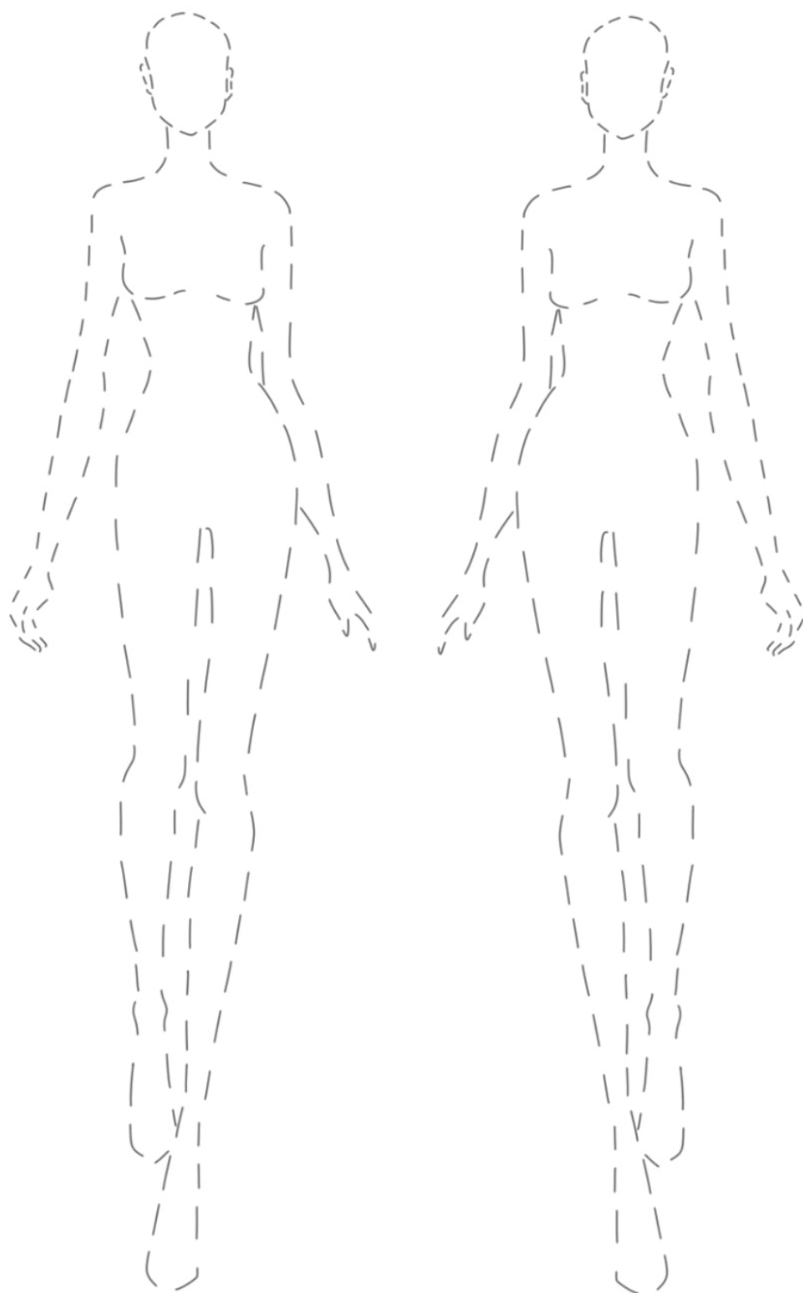


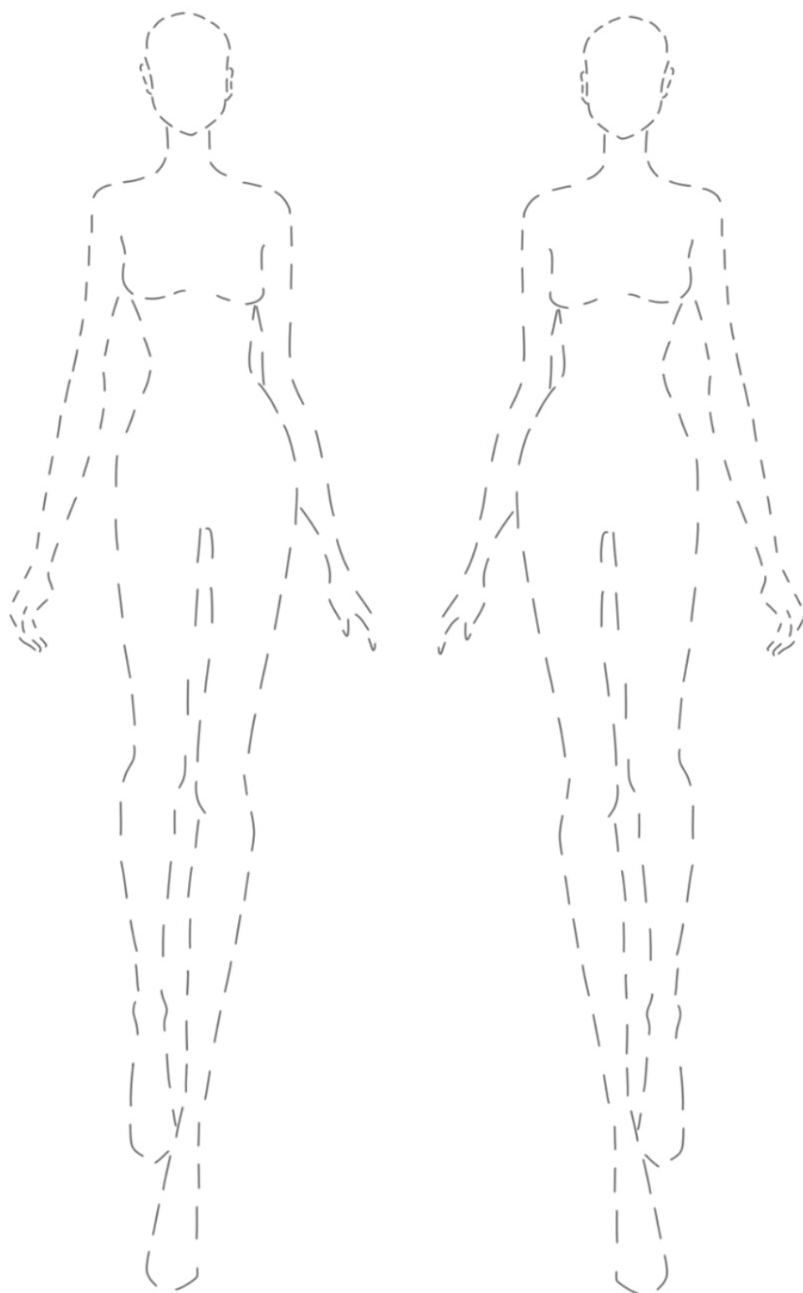
swatch 2



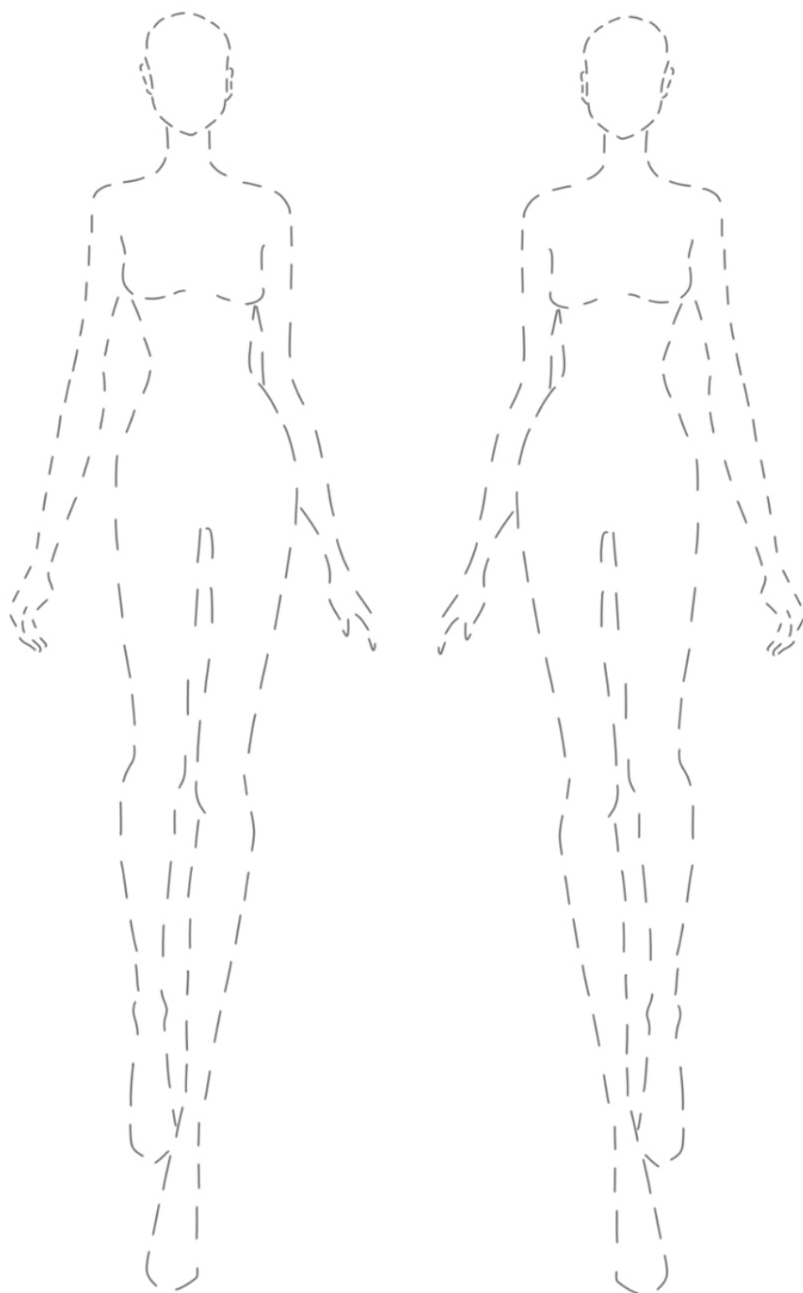
swatch 3

pattern making. _____





date . . .



DESIGN CHALLENGE DESIGN CHALLENGE DESIGN CHALLENGE



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.

description. _____

(collection name)

colour.

--	--	--	--	--	--	--

fabric. _____

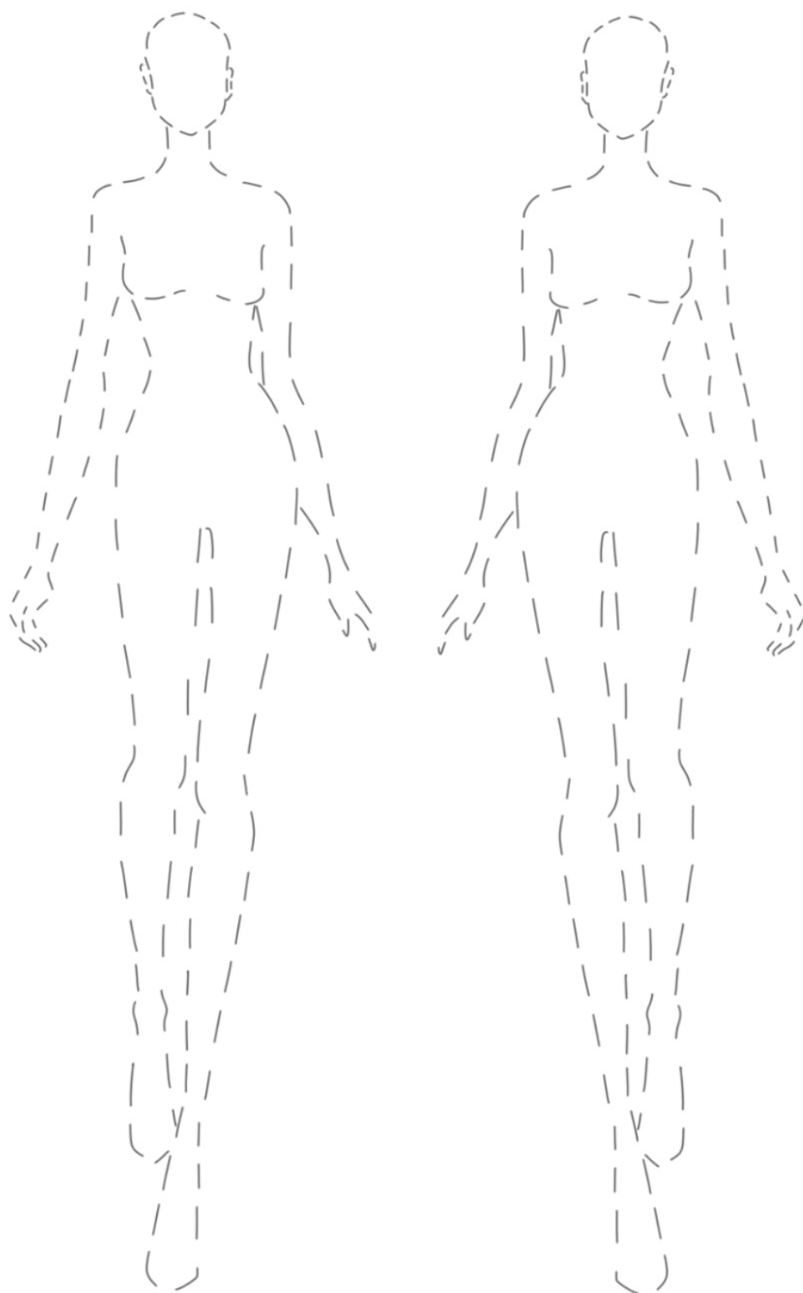
swatch 1

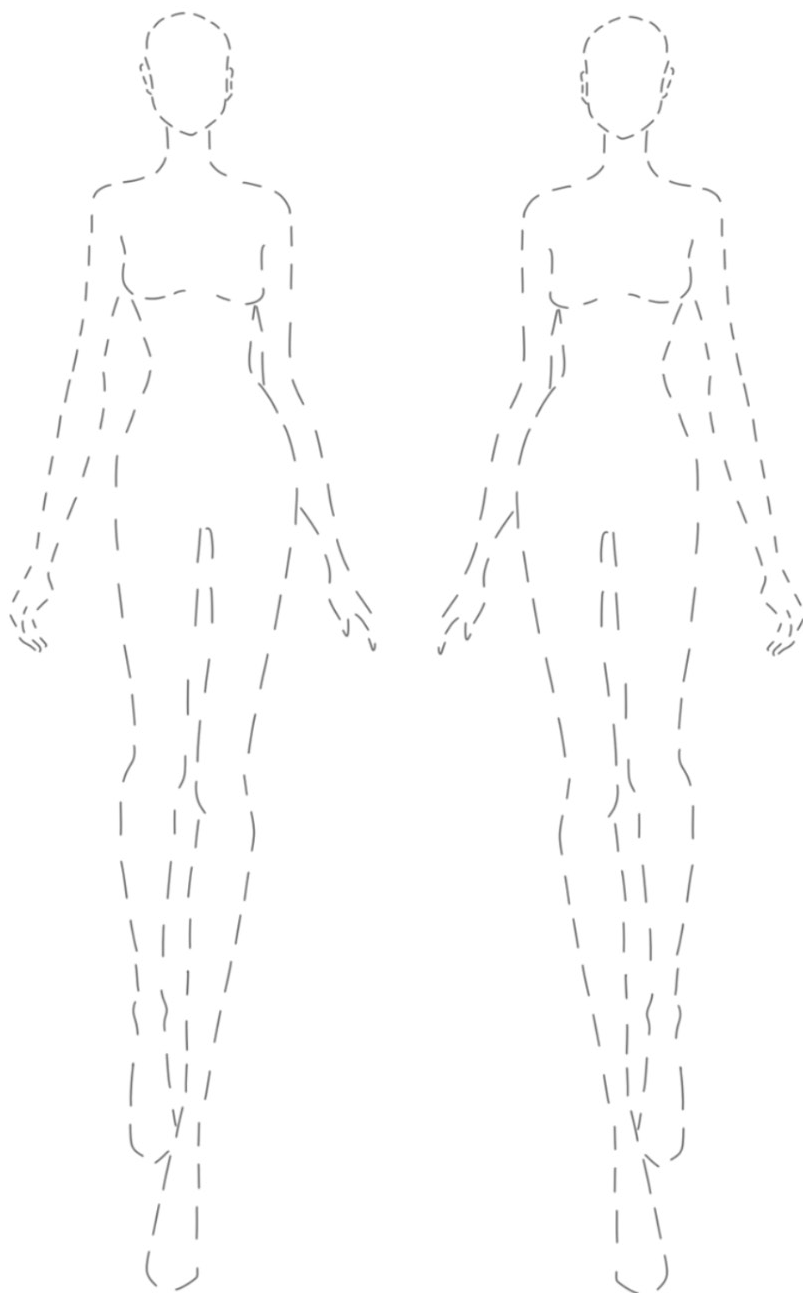
swatch 2

swatch 3

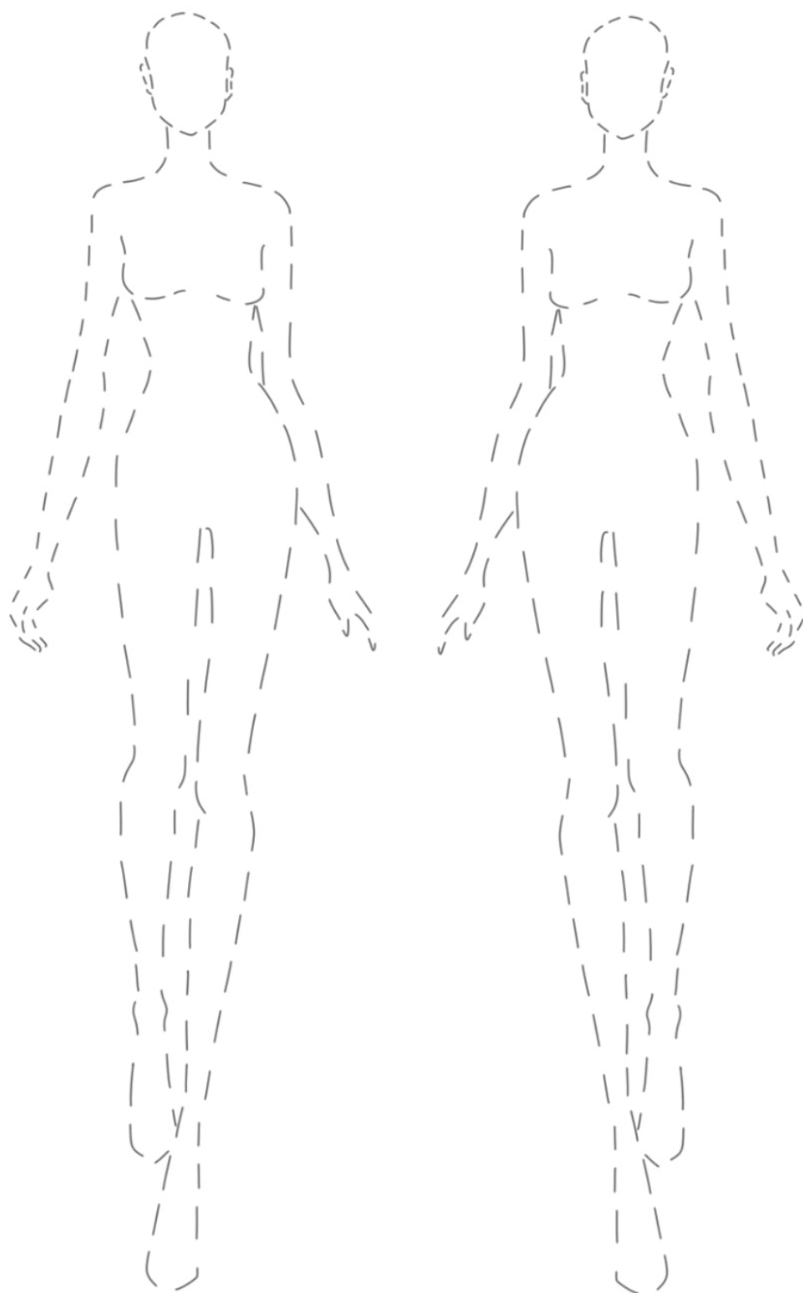
pattern making. _____

pattern making.





date . . .



DESIGN CHALLENGE DESIGN CHALLENGE DESIGN CHALLENGE



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.

description. _____

(collection name)

colour.

--	--	--	--	--	--	--

fabric. _____

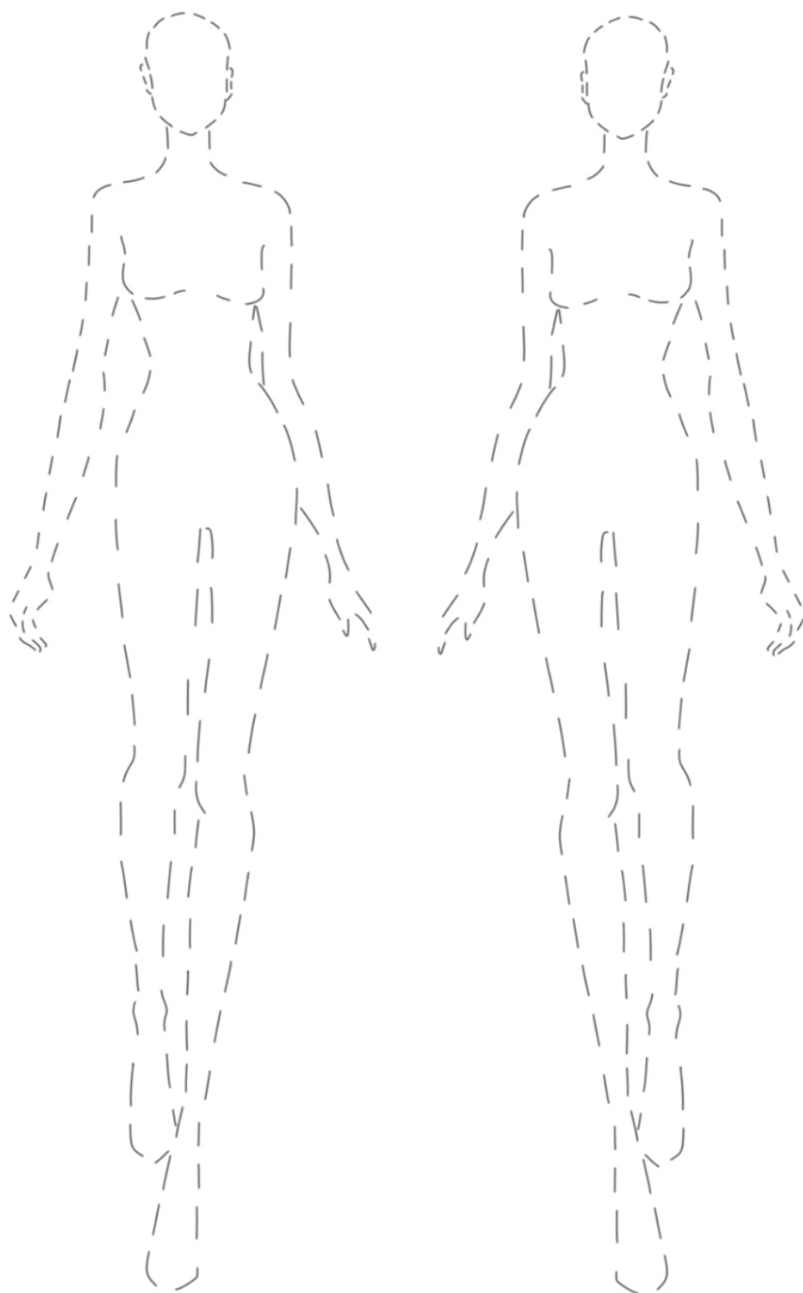
swatch 1

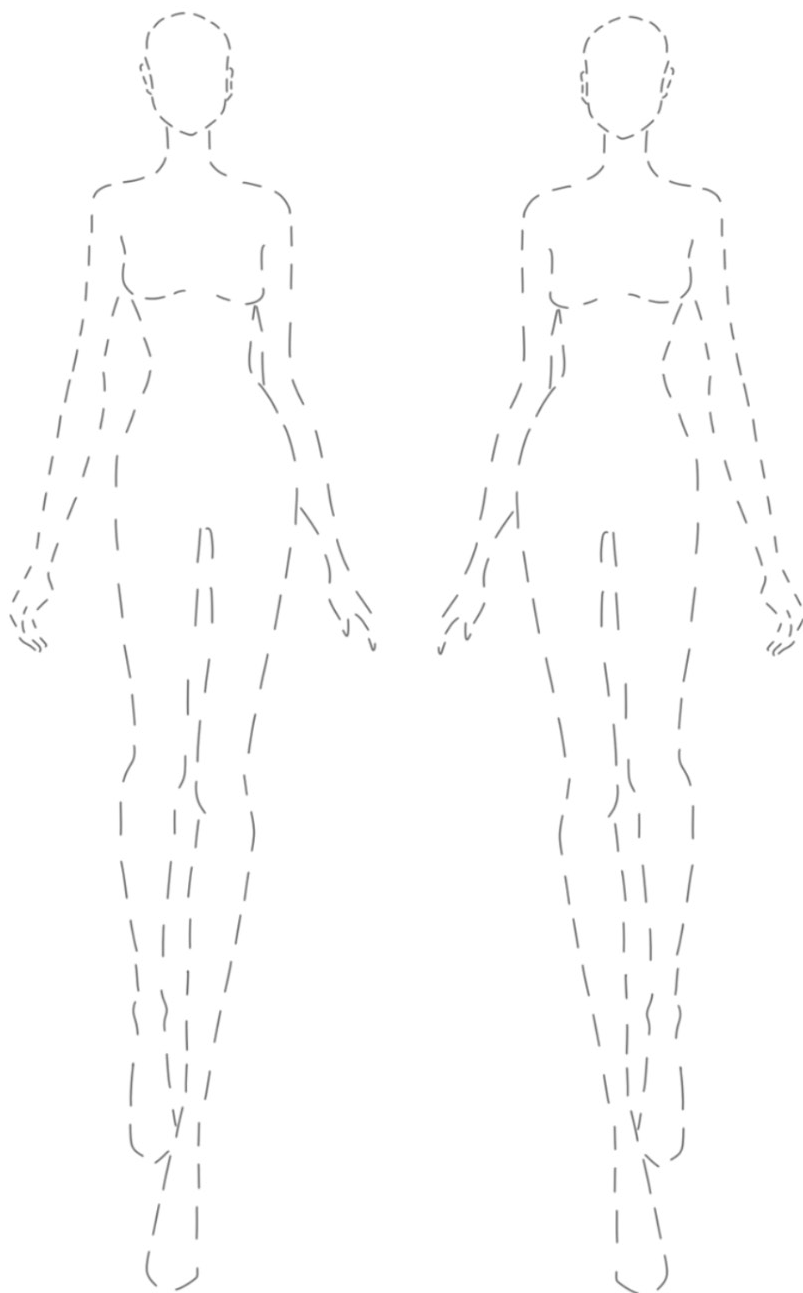
swatch 2

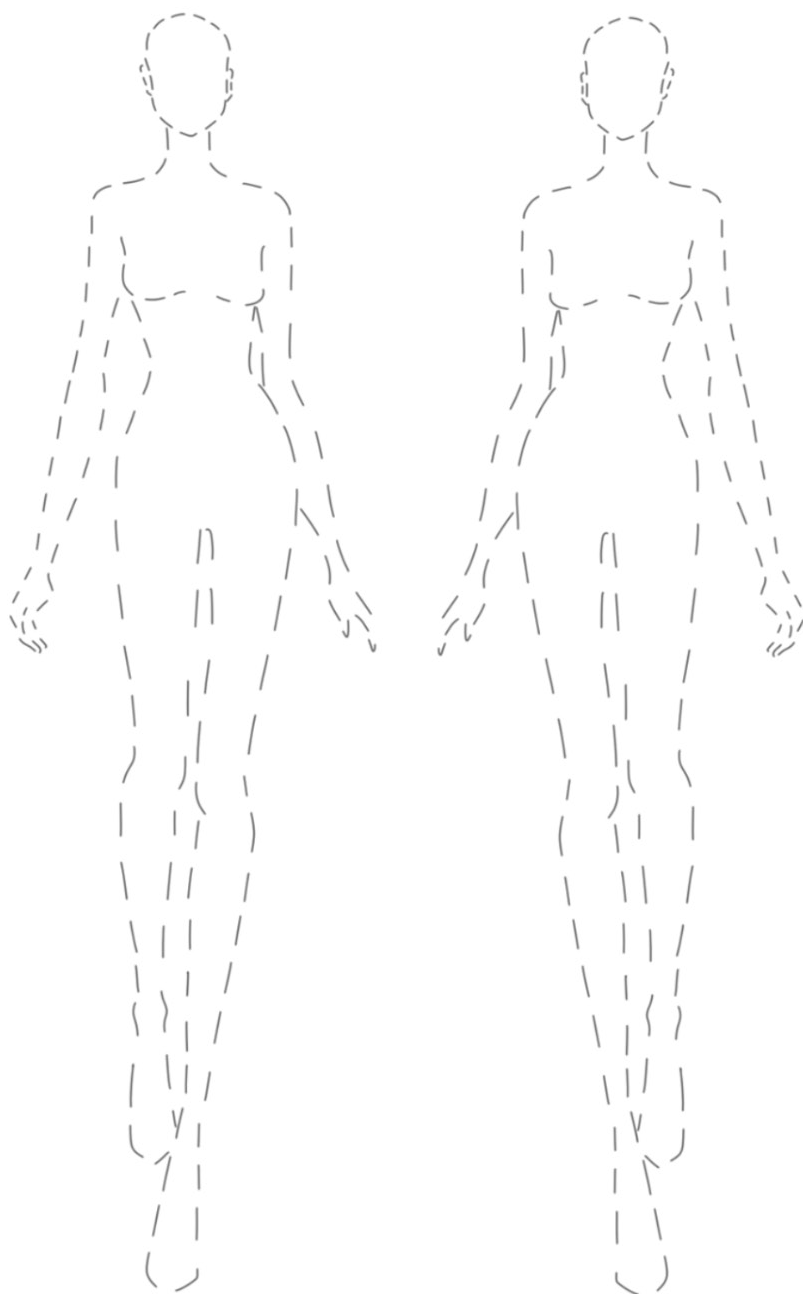
swatch 3

pattern making. _____

pattern making.







An abstract geometric design featuring a vertical line on the left and a diagonal line crossing it from the bottom-left towards the top-right.

Edited By **Jasmine Cheung**

Published On **May 2023**

Manufactured In **Parsons School Of Design**

