

IT'S ACADEMY



HIGH SCHOOL

First and second-grade educational institutions within the Italian National Education System are eligible for a free experience (visit + workshop) during the 2024/2025 school year, subject to availability and upon reservation.

The CRTrieste Foundation supports creative education by funding free educational experiences at the ITS Arcademy - Museum of Art in Fashion. These opportunities are available to first and second-grade institutions within the National Education System in Friuli Venezia Giulia during the 2024/2025 school year.

INDEX

- Let's patch it up
- Fast Fashion, Slow Fashion
- Zero waste Bag
- Born to Create
- DIY Bioplastics:
recipes for future materials
- Anatomy of a Sneaker
- Upcycling and Repair for absolute beginners

ACTIVITIES ON REQUEST NOT SUBJECT TO GRATUITY

- Natural Dyes
- Be my half. T-Shirt Upcycling Workshop

ROOM 408



Let's patch it up

Create a unique patch to repair, personalise, or gift as a cherished keepsake.

Author **Rafael Kouto**

DESCRIPTION

Patches—embroidered appliqués—have long been used to express identity, commemorate events, and symbolise belonging. Whether as a postcard from a place visited or a personal memento, patches have adorned uniforms, sports gear, and various fashion pieces throughout history. Notable designers like Martin Margiela and many collections in the ITS archive have celebrated their unique appeal. In this workshop, participants will craft their own patches, delving into traditional hand embroidery techniques and fabric design. Using denim and other primary materials sourced from the ITS Academy warehouse, you will explore the artistic and symbolic potential of patches.

BIO

Rafael Kouto is a fashion and textile designer with expertise in upcycling and sustainable practices, focusing on open source and craftsmanship. A finalist in ITS 2019, he was honoured with the Lotto Sport & Diesel International Talent Support Awards for his innovative work.

PROGRAM

1. Presentation and exploration of the patch in the history of costume and fashion: its symbolic value of both belonging and individualization
2. Practical workshop: sewing and decoration techniques
3. Review and sharing: discussing the projects and experiences

CATEGORY

Creative workshop

DURATION

60 minutes

LANGUAGE

Italian, English

PRICE

14€ (the price is per person; free admission is provided for up to two accompanying teachers)

WHAT YOU WILL LEARN

To create a unique and personalised patch, using basic techniques in embroidery, mending, and fabric decoration

INFO AND BOOKINGS

T +39 040 300589

M edu@itsweb.org
itsweb.org

Fast Fashion, Slow Fashion

Can fashion be ethical? As aspiring creatives and industry managers, we will explore how to build our own brand and start a business while reflecting on the balance between profit and responsibility. This workshop prompts an examination of the ethical considerations in fashion, including the impacts on workers, supply chains, and the environment.

DESCRIPTION

What does Fast Fashion entail? What is the history behind our favourite garments? Can they have a long life, or are they designed to deteriorate quickly, creating a cycle of constant consumption? In this workshop, participants will lay the groundwork for establishing a fashion brand, discovering each step in the production chain and understanding the broader impact of consumption habits on our planet and its people.

CATEGORY

Group work

DURATION

60 minutes

LANGUAGE

Italian, English

PRICE

14€ (the price is per person; free admission is provided for up to two accompanying teachers)

WHAT YOU WILL LEARN

To value the garments in one's wardrobe; to imagine and understand the dynamics of the production system; to consider the impact of ethical choices on the environment and people

INFO AND BOOKINGS

T +39 040 300589

M edu@itsweb.org
itsweb.org

Zero waste Bag

Transform your wardrobe with just a pair of scissors, a pen, and an old T-shirt. This upcycling workshop, inspired by ITS 2022 finalist Hin Fung Jesse Lee, will teach you how to turn a T-shirt into a stylish bag without any sewing required. This workshop blends personal and collective creativity to produce a practical and unique accessory.

Author **Hin Fung Jesse Lee**

DESCRIPTION

This workshop is an excellent opportunity to learn or revisit hands-on skills for repair and reuse. Participants will creatively recycle a garment they already own but no longer use, rediscovering simple techniques and personalising their creations. By collaborating and exchanging ideas, attendees will practice responsible creativity, reducing waste and reimagining the potential of an old T-shirt. The workshop addresses the planned obsolescence of garments, encouraging reflection on our choices and actions to conserve resources and protect the environment.

BIO

Hin Fung Jesse Lee, a Chinese designer and finalist at ITS Contest 2022, won the ITS Sportswear Award powered by Lotto. He combines traditional and contemporary artistic techniques with materials destined for reuse and recycling, approaching sustainability with creativity and innovation. His award-winning project highlights the significance of blending traditional heritage with future-forward thinking, promoting a circular approach that includes both historic sneakers and their packaging.

CATEGORY

Creative workshop

DURATION

60 minutes

LANGUAGE

Italian, English

PRICE

14€ (the price is per person; free admission is provided for up to two accompanying teachers)

WHAT YOU WILL LEARN

Understand and practise upcycling in a very simple way approach creative reuse playfully. Transform an unwanted garment/object into something new and useful with craftsmanship and creativity

INFO AND BOOKINGS

T +39 040 300589

M edu@itsweb.org
itsweb.org

Born to Create

Creativity is a valuable skill that everyone can nurture and refine. Inspired by the works on display and the portfolios of designers at ITS Arcademy, which reveal, describe, and narrate the creative process, this workshop will explore innovative and unexpected ways to transform ideas into projects. Participants will use their imagination and lateral thinking, essential for developing a unique creative voice.

DESCRIPTION

ITS Arcademy serves as a treasure trove of inspiration, providing a rich source of ideas to fuel creativity. In this workshop, we will use the “tools of the trade” for every creative – concept development, research, creative diaries, and moodboards – as starting points for discovering and honing our personal creative language. Through various media and artistic techniques, we will demystify the creative process, moving from initial inspiration to the realisation of new projects, pathways, and solutions. This journey aims to simplify the creative process and help participants channel their creativity into tangible, innovative outcomes.

CATEGORY

Creative workshop

DURATION

60 minutes

LANGUAGE

Italian, English

PRICE

14€ (the price is per person; free admission is provided for up to two accompanying teachers)

WHAT YOU WILL LEARN

To express creativity, learn the stages of the creative process, practice lateral thinking, and learn that you are *born to create*

NOTES

In class/ homework brief preparation is necessary before the workshop, using supporting worksheets provided by ITS Arcademy

INFO AND BOOKINGS

T +39 040 300589

M edu@itsweb.org
itsweb.org

DIY Bioplastic: recipes for future materials

The fashion materials of the future are being crafted from food and waste, using sustainable and eco-friendly production processes. These innovative materials can already be found in our kitchens and trash bins. In this workshop, we will explore the world of compostable and biodegradable bioplastics by transforming everyday items like coffee grounds and eggshells into something new, acting as little chemists, chefs, and designers.

DESCRIPTION

The future of plastic is bio: sequins made from sugar, and culinary properties of natural products are merely secondary to their creative potential. We'll delve into the possibilities of food products and waste, such as pineapple leaves, apple and orange peels, grape pomace, shellfish shells, and mushrooms, to create sustainable materials. This workshop will highlight sustainable alternatives to traditional plastics and explore their potential applications in our daily lives. Inspired by the ITS Academy archive and designers who have used unconventional materials like potatoes and gelatin for their extraordinary creations, we will envision the future of the materials we use, our clothing, and the planet's resources. Participants will also leave with a unique recipe book, guiding them from plate to wardrobe, with methods to create bioplastics from food waste.

CATEGORY

Creative workshop

DURATION

60 minutes

LANGUAGE

Italian, English

PRICE

14€ (the price is per person; free admission is provided for up to two accompanying teachers)

WHAT YOU WILL LEARN

To discover sustainable alternatives to plastic, to creatively use food waste, and to touch and handle unconventional materials

INFO AND BOOKINGS

T +39 040 300589

M edu@itsweb.org
itsweb.org

Anatomy of a Sneaker

Upper, sole, eyelets, tongue, heel, lining... How many parts make up one of the most loved and ubiquitous types of footwear? This workshop provides an in-depth and creative exploration of sneakers, celebrating this iconic shoe while uncovering its history, value, and lifecycle.

DESCRIPTION

Participants will delve into the anatomy of sneakers, learning about each component, its placement, size, and variations. This thorough “dissection” (which may be a bit unsettling for the squeamish) will lead to a comprehensive understanding of sneaker design, development, and the materials involved, all of which are crucial for understanding their price and value. Inspired by creative examples from ITS designers, participants will have the chance to create their own personal sneaker using cardboard and recycled materials, applying their newfound knowledge in a hands-on project.

CATEGORY

Creative workshop

DURATION

60 minutes

LANGUAGE

Italian, English

PRICE

14€ (the price is per person; free admission is provided for up to two accompanying teachers)

WHAT YOU WILL LEARN

The history of sneakers; how they are made and the mechanisms of operation, design, and production

INFO AND BOOKINGS

T +39 040 300589

M edu@itsweb.org
itsweb.org

Upcycling and Repair for absolute beginners

From line to circle: transitioning from linear to circular by revisiting or learning the fundamental sewing and repair practices that are both simple and effective. Learn how to care for and extend the life of your garments.

DESCRIPTION

This theoretical and practical exploration of repair and upcycling techniques – an inspiration for ITS designers – covers a spectrum of methods ranging from traditional to innovative. Armed with needle and thread, participants will focus on upcycling strategies and techniques to enhance the value and quality of their clothes. The workshop will also reflect on key concepts of sustainability, circularity, and eco-friendly fashion.

CATEGORY

Creative workshop

DURATION

60 minutes

LANGUAGE

Italian, English

PRICE

14€ (the price is per person; free admission is provided for up to two accompanying teachers)

WHAT YOU WILL LEARN

Basic techniques of mending, repairing, and sewing, both new and traditional

INFO AND BOOKINGS

T +39 040 300589

M edu@itsweb.org

itsweb.org

Natural Dyes

From the herbs and flowers of the Karst, this workshop invites participants to explore the art of dyeing with nature's palette.

Author **Erika Inamo**

DESCRIPTION

Madder for red, coreopsis flowers for brown, chamomile for yellow, and woad for indigo blue – just how many colours can a blooming meadow provide? The wood of the sumac, which dyes the Karst heather red in autumn, is rich in colouring power. We will explore a spectrum of hues, from yellow to orange, brown to nearly black, using these natural dyes to paint, dye, and design on fabric. Following the rhythms of nature, we will work with flowers cultivated and harvested in harmony with biodiversity, and use sumac from prunings and cuttings. This approach ensures that nothing goes to waste, and every petal and twig contributes to creating vibrant, colourful designs.

BIO

Erika Inamo holds a degree in herbalism with a thesis on the properties of Karst sumac (*Rhus*). A passionate beekeeper, she manages a field-garden in San Dorligo della Valle, where she has honed her knowledge of dye plants and herbs among beehives and olive trees. Erika now dedicates her time to plant-based dyeing using waste and wild plants, enhancing the local landscape and fostering a deeper connection with nature.

PROGRAM

1. Presentation and in-depth study of dye plants from the Karst region, cultivation techniques, and seasonality
2. Practical workshop on printing with natural dyes
3. Discussion and sharing work and experience

REQUIRED MATERIALS

Each participant is invited to bring an old T-shirt/shirt/canvas bag with the following characteristics:

- made of cotton or another natural fibre
- white or very light-coloured
- washed and ironed
- Lavata e stirata

CATEGORY

Creative workshop

DURATION

60 minutes

LANGUAGE

Italian, English

PRICE

14€ (the price is per person; free admission is provided for up to two accompanying teachers)

WHAT YOU WILL LEARN

The surprising dyeing abilities of Karst plants, printing and dyeing techniques, and the importance of biodiversity

NOTES

The workshop requires additional time for washing, fixing, and drying the colour. It is necessary to arrange for the pickup of the items in the days following the workshop

INFO AND BOOKINGS

T +39 040 300589

M edu@itsweb.org
itsweb.org

Be my half. T-Shirt Upcycling Workshop

A participatory workshop to explore various upcycling techniques and breathe new life and meaning into garments that are no longer in use.

Author **Rafael Kouto**

DESCRIPTION

A piece of fabric or discarded textile material can be transformed through creative upcycling techniques, becoming unique and gaining renewed significance. Participants are invited to bring a simple T-shirt that they no longer wear. These T-shirts will be analysed to understand their value – the production cost, their composition and origin, what they represent, and why they are no longer worn. Each T-shirt will then be paired with one from a fellow participant. The T-shirts will be cut in half and sewn back together. With the guidance of the tutor, participants can choose a simple upcycling and sewing technique to apply, with the option to mix different techniques.

BIO

Rafael Kouto is a fashion and textile designer, specialising in upcycling methods and sustainable strategies, with a particular focus on open-source practices and craftsmanship. A finalist at ITS in 2019, he was awarded the Lotto Sport & Diesel International Talent Support Awards for his innovative work.

PROGRAM

1. Presentation and in-depth study of textile production, label reading, and upcycling techniques
2. Planning of the practical activity and workshop
3. Discussion and sharing work and experience

CATEGORY

Creative workshop

DURATION

120 minutes

LANGUAGE

Italian, English

PRICE

14€ (the price is per person; free admission is provided for up to two accompanying teachers)

WHAT YOU WILL LEARN

To read a label, to attribute the proper value to a garment, upcycling and repair techniques, sustainable development

REQUIRED MATERIALS

Each participant is invited to bring an old T-shirt

INFO AND BOOKINGS

T +39 040 300589

M edu@itsweb.org
itsweb.org





Follow what's on,
subscribe to our [*newsletter*](#)

@ITSplatform
📍 itsweb.org
itsacademy.org

ITS Arcademy
Museum of Art in Fashion
via Cassa di Risparmio 10
34121 Trieste, Italy