



**FOSTER
SOCIAL
INCLUSION**

Social entrepreneurship for social inclusion

Training module

by Youth Europe Service



Erasmus+



*KA2 Strategic Partnerships for Adult Education – Exchanges of Practices
"Foster Social Inclusion:
volunteering, social entrepreneurship and art for social inclusion"
Project 2019-1-PL01-KA204-065375*



The training module description

Social entrepreneurship for social inclusion

Entrepreneurial initiatives in order to promote the social inclusion of immigrant women who come from pathways of fragility and hardship using tailoring workshops.

Specific target audience:

Adult immigrant women from fragile and difficult backgrounds.

Main goal:

To improve the social, professional and cultural activity of immigrant women coming from fragile and difficult backgrounds with problems in integrating into the economic and social fabric.

Detailed objectives:

- Helping the participants to learn and put into practice useful tools to develop skills, motivation and confidence;
- To increase the communication skills of the participants (self-presentation);
- Enhancing professional qualifications and acquiring skills for reintegration into the labour market tailoring techniques for making garments, repairs and alterations to trousers, jackets, skirts; replacement of zips, buttons, linings (jackets, shirts, trousers);
- To spend a pleasant and meaningful time exchanging ideas and experiences with others participants;
- To develop the willingness to harmonious coexisting with others through education in comparison and respect for opinions;
- To promote teamwork and inspire participants to further develop their personal skills.

The project's purpose is to put into practice the new professional skills acquired and the ability to identify available opportunities for personal activities, professional or commercial.

The Group: from 5 to 8 training participants.

Duration: from 3 to 6 months.

Trainer: Tailor specialist.



THE TRAINING IS TO DEVELOP KEY SKILLS

- Communication in foreign languages: to be able to communicate, read and graphically interpret a garment;
- Mathematical skills: doing calculations, learning to take measurements and knowing geometric figures (circumference, right angle, semi-circumference of the chest and pelvis);
- Basic competences in science and technology: to prepare tools and equipment for different stages of processing on the basis of the type of materials to be used and the procedures provided;
- "Learning to learn";
- Social and civic competences;
- Spirit of initiative: Help to become aware of the work context and to be able to seize opportunities.

METHODOLOGY

- Face-to-face lesson
- Guided exercises
- Practical exercises
- Group and individual work
- Focus groups to develop new ideas and creativity

WORK TOOLS:

Drawing texts, fashion magazines, various iconographic sources, internet, sheets, pencils, multimedia presentations.

KNOWLEDGE

- Knowing the work tools: how to use the sewing machine and the techniques of design and graphic development related to the garment
- Knowledge of geometric shapes
- To know and being able to schematically visualise the human figure
- Knowing how to analyze the structural and aesthetic elements of a garment



Tips for facilitators

HOW TO COMMUNICATE WITH WORKSHOP PARTICIPANTS: GUIDELINES FOR FACILITATORS

I. BASIC PRINCIPLES

During the communication with the participants, workshop trainers should keep in mind that the aim of the workshop is to acquire skills, so it is necessary to be ready to adapt and improvise, to be patient and empathetic, to have excellent communication skills supported by a positive and open listening attitude.

II. FACILITATORS' TASKS

1. Building good rapport with each and every participant
2. Sharing knowledge with participants
3. Problem solving
4. Creating a communication- and cooperation-friendly environment
5. Strengthening verbalisation skills in participants
6. Stimulating creativity and encouraging teamwork

III EFFECTIVE TRAINING

- The aim of the workshop is to teach participants how to make and mend a garment.
- A well-organised training involves the following steps:
 - To demonstrate the task
 - Explaining how to do it
 - Participants perform the task on their own with the supervision of the trainer
- It is important that you organise the task into stages (learning in little steps) and explain why you do a particular thing.



- Your task is to motivate and support participants during training by sharing constructive feedback and praise.
- It is vital that your participants know they can make mistakes and that mistakes are but starting points for improvement.

IV STRENGTHENING SOCIAL SKILLS, HARNESSING GROUP POTENTIAL

- Establishing a spirit of interaction sharing experiences and emotions. That is the quickest way to acquire awareness and knowledge;
- To give all participants the freedom to express their potential in order to obtain positive feedback, which increases self-esteem and lowers frustration
- As participants come from different backgrounds and cultures, in order to avoid possible conflicts it is necessary to tackle obstacles and create solutions together, making each participant more satisfied and proud of their contribution
- Group work must be oriented to the creation of mutual trust by developing the "Sense of We" in other words the participants help each other and enhance a positive belonging to the group, eliminating the risk of a sense of inadequacy and inhibition by creating an equal environment



The training programme

Stage I: Preparation of workshops;

Stage II: Six workshops on how to make and mend a garment;

STAGE III: Presentation of the workshop results;

STAGE IV: Evaluation.



Stage I Preparation of workshops;

The meeting is going on 3 hours

1.0. Information meeting with workshop participants and carers

1.1. Let's talk about workshop

OBJECTIVE 1: To make the participants of the group aware of the benefits of participation in activation workshops, familiarizing them with the general subject matter of the classes; presentation of methods and forms of implementation.

OBJECTIVE 2: Presentation of the subject matter of workshops, methods of their implementation and time framework.

1.2. Co-creating the "get to know each other" table

PURPOSE: Establishing personal contact with participants

Familiarizing with group members, breaking the ice, fun

1.3. Interview with participants

OBJECTIVE: 1 Cognitive survey of fashions and trends in their countries of origin.

OBJECTIVE: 2 Diagnosis of knowledge, skills and competence in the field of tailoring

1.4 Share a story

How participants can share their experience, knowledge, and results of a training?

OBJECTIVE 1: Presentation of working methods and tools through the local newspaper, websites, social networks;

OBJECTIVE 2: To Develop skills and capabilities through practical exercises;

OBJECTIVE 3: Presentation and disclosure of results thanks to the organisation of fashion shows to present the garments made, exhibitions, fairs, markets.



2.0. Visit to an artisan tailoring workshop

Discover the secrets and traditions of local tailoring by means of a sensory experience.

OBJECTIVE 1: Learning the manufacturing process from models and fabrics selection to the finished product;

OBJECTIVE 2: To stimulate interest and passion for tailoring practice, local fashions and trends.

OBJECTIVE 3: To acquire knowledge and methods for the development of creativity in this field.

OBJECTIVE 4: To improve interpersonal skills in order to feel part of a common project.



Stage II Tailoring workshops

Classes in small groups (5-8 people).

The workshop is going on 3 hours

Tailoring workshop 1

Theoretical and practical lesson on how to take body measurements.

Work with: tape measure made of soft fabric, plastic or rubber, block-notes for noting down measurements.

Theoretical explanation and practical implementation:

- Definition of: circumference, right angle, semi-circumference of the chest and pelvis;
- How to use the metro:
 - Measure circumferences always keeping the tape measure horizontally aligned, avoiding that it is crooked or oblique;
 - Do not overtighten the tape measure, make it adhere to the body without pressure;
 - Always ensure that you are using the tape measure from the correct end;
 - Record precise anatomical measurements without adding or subtracting centimetres.

Divide the participants into pairs and practise what they have learnt:

- Each participant takes the measurements of her companion that are useful for the subsequent realisation of the models.



Tailoring workshop 2

What is the paper pattern, and how to make it

Work with: pencil, rubber, sketching ruler, set squares, tissue paper white and scissors.

Explanation and practical implementation on how:

- Write down the measurements taken
- Obtain a customized basic paper pattern that matches the curves and shapes of your model

The participants copy the measurements taken on tissue paper and use scissors to cut out the lines drawn in order to realize the paper pattern.

Tailoring workshop 3

Theoretical and practical lesson on how to apply the paper pattern to the fabric.

Work with: paper sewing patterns, cloth, pins, chalk and scissors.

Explanation and practical implementation on how:

- Fold the fabric in two parts and lay the patterns on top;
- Fix the patterns to the fabric with pins;
- Draw the outlines with tailor's chalk;
- Cut the fabric.

Participants learn how to apply the paper pattern and cut the fabric.

Tailoring workshop 4

Preliminary tailoring of the garment (basting).

Work with: cloth, sewing needle and basting thread.

Explanation and practical implementation on how:

- Temporarily tie the fabric parts with the use of basting thread (temporary stitching to test the size of the garment you are going to realize);
- Wear the garment to check that the fit is appropriate.

Participants learn the process of tailoring by means of basting to get a temporarily model of the garment ready to wear and test.



Tailoring workshop 5

Tailoring and finishing the garment.

Work with: sewing machine, thread/yarn, iron and ironing board.

Theoretical explanation and practical implementation:

- Detailed description of the sewing machine's components:
spool pins, handwheel, presser foot, thread guide, reverse sewing lever and foot speed control.
- Illustration and practical demonstration of the sewing machine method;
- Machine sewing of the garment;
- Remove the basting and ironing;
- Check and finishing

Participants learn the sewing machine's parts and method to sew by machine, to iron the garment and to get the final check and finishing.

Tailoring workshop 6

Repairs, alterations and folds to the garments.

Work with: sewing machine, thread/yarn, cloth, tailor's pins, tailor's chalk, sketching ruler, set squares, scissors, iron and ironing board.

Explanation and practical implementation on how:

- Repair or make alterations of the garments;
- Folding trousers, jackets, skirts;
- Replace a zipper;
- Create buttonholes;
- Making or replacing the lining of a garment.

Participants learn how to make repairs, alterations, creases of trousers, jackets, skirts; to replace zippers, to create buttonholes, and finally to realize and apply the lining to jackets, skirts and coats



Stage III Project results presentation

Presentation of the results of the workshop

Dissemination of the results through the organisation of fashion shows, exhibitions, fairs, and markets in order to present the garments made.

Goal 1: Sharing the results of the workshops.

Goal 2: identification of available options for personal, professional or business activities.

Goal 3: Acquisition of new social and civic competences.

Stage IV Evaluation

Summary of tailoring classes and their evaluation

6.1. Participants create a "map of impressions"

Goal: 1 Evaluation



Free publication

Potenza, Italy

January 2021

Publisher: Youth Europe Service

e-mail: yes.potenza@gmail.com – yes.pz@tin.it

www: <https://yespotenza.wordpress.com/>



Social entrepreneurship for social inclusion - Training module by [Youth Europe Service](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License](#).

Based on a work at <https://www.fostersocialinclusion.eu/>.



Erasmus+

This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission/National Agency cannot be held responsible for any use which may be made of the information contained therein.

