



Press Release

Learner's Corner

Piloting Workshops in Larissa, Greece by KAINOTOMIA

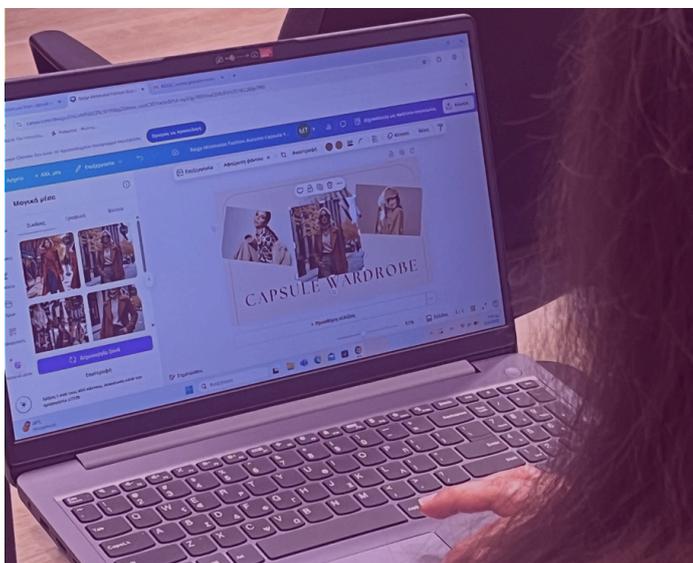
On the 23rd and 24th of June 2025, KAINOTOMIA Lifelong Learning Center hosted two dynamic piloting sessions to test the results of the Learners Corner. The workshops combined digital learning with hands-on creativity to raise awareness about sustainable fashion and empower youth with practical upcycling skills. Participants explored the history of fashion, discovered the environmental and social impact of fast fashion, and experimented with innovative tools to reimagine clothing and consumption habits. The sessions offered a unique opportunity to connect theory with practice, while inspiring participants to integrate sustainability into their daily lives.

Day 1

The first day focused on building knowledge and confidence with digital tools, laying the groundwork for creative action.

Digital Exploration & Creative Beginnings

- **Online Course:** Participants navigated the UPV platform, completing selected units on Fashion History and Sustainable Fashion.
- **Glossary Activities:** Interactive games like “Organise the Pictures” and “Find the Partner” helped participants master key sustainability terms.
- **Fashion Portfolio Creation:** Guided by facilitators, participants experimented with Canva to design moodboards and personal fashion portfolios, learning how to visually express sustainability in style.



Day 2

Day 2 blended theory and practice, with participants experiencing firsthand how upcycling can transform fashion into an act of sustainability.

From Digital Tools to Hands-On Impact

- **Online Game:** Participants engaged with an interactive sustainability game via QR codes, gamifying their learning experience.
- **“How to Upcycle” Videos:** The group explored visual tutorials that introduced practical reuse techniques.
- **Needle Punching Workshop:** Led by external trainer **Areti Oikonomidi**, participants created unique textile pieces using needle punching kits — turning ideas into new creations.

Impact & Feedback



gained new knowledge of sustainable fashion.



changed their perception of fashion's impact.

The piloting sessions confirmed that blending **theory** with **hands-on practice** creates a powerful educational experience that engages youth and empowers them to act as changemakers in their communities.



Participants left not only with new skills and knowledge, but also with tangible creations that connected sustainability to personal expression.

“Wonderful experience – creative, inspiring, and useful for everyday life.”

“I’m now motivated to rethink my daily fashion habits.”



Moving forward, KAINOTOMIA will continue promoting sustainable fashion through the Refashionized project, expanding its tools, videos, and digital resources, while inspiring youth to be at the forefront of a fashion revolution based in sustainability.



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