# NEWSLETTER #1

## Welcome to the 4F Project Newsletter #1
## Introducing 4F: Fast Fashion? Fast Forward!

# ABOUT 4F PROJECT

The "4F: Fast Fashion? Fast Forward!" project, is an initiative aimed at transforming our understanding of the fashion industry towards sustainability. Supported by the Erasmus+ programme, this project addresses the environmental challenges posed by the fast fashion phenomenon by promoting a circular economy approach.

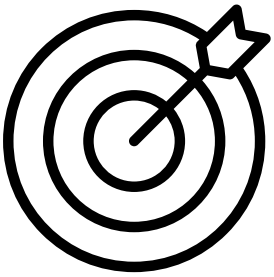
Co-funded by
the European Union

Kick-off meeting in Bratislava, Slovakia

# WHY?

## Why It Matters

The fashion industry significantly impacts the environment. By consuming 26 kg of textiles per person annually and generating 11 kg of waste, Europe faces a substantial challenge. The 4F Project aims to revolutionize this sector by advocating for slow fashion and sustainable practices.



## Key Objectives

**1. Raise Awareness:** Increase understanding of EU policies on circular economy and climate action.

**2. Equip Educators:** Provide tools and methods for engaging audiences in sustainable practices.

**3. Promote Sustainable Lifestyles:** Encourage sustainable consumption and waste reduction in fashion.

**4. Foster Collaboration:** Build networks of like-minded organizations to enhance youth work quality.

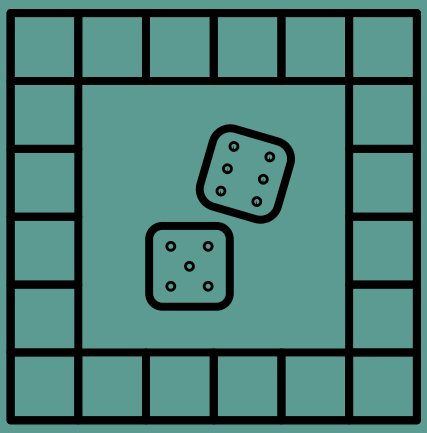
# WHAT?

**What we have developed in our project**

**1. EDU Portal and 6 educational modules:** We offer an online educational platform featuring six key topics focused on sustainability and fashion. This comprehensive resource is designed to provide in-depth knowledge and practical insights into creating a more sustainable future in the fashion industry.

**2. Comic Books and Board Games:** Providing tools for game-based learning, making the educational journey enjoyable and interactive. These tools are designed to engage users, enhance their understanding of sustainability and fashion, and ensure that learning is both effective and fun.

**3. Toolbox:** We provide practical, hands-on tools specifically designed for educators and youth workers. These resources are tailored to support their efforts in teaching sustainability, making it easier to integrate sustainable practices into their curriculum and engage students effectively.



# WHO?

## Our International Team

We are proud to collaborate with a dynamic and highly enthusiastic team from across Europe. Our international team includes great organizations and passionate individuals from Armenia, Serbia, Poland, Italy, Slovakia, Hungary and Norway. Together, we are committed to driving the 4F Project forward and making a significant impact on the sustainability of the fashion industry.

**Training activity in Caserta, Italy**

SLOVAK ECO QUALITY

amaze &Co.

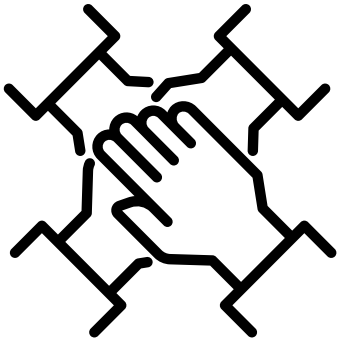
GROWTH

STOWARZYSZENIE IMPAKT

MESHY

# JOIN US!

Whether you're a student, educator, or industry professional, your involvement is crucial. Together, we can combat climate change, support sustainable development, and reshape the fashion industry.



**Stay tuned for our next edition where we delve into the activities, we have carried out so far.**

For more information, visit www.mysustainable.space

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# WEAR THE CHANGE AND JOIN US NOW!