The Sustainability Fundamentals
Term 1 – 2021

The World's First Online Course in Sustainability for Apparel Brands & Retailers

Type of Training:	Flexible, online education with hands-on assignments
Time Commitment:	Core Curriculum 10 hours (Optional extended course + 10 hours)
Start & End Dates:	Term 1: 25th January - 11th April, 2021
Price:	840 Euros per participant (discount offered for groups of 5 + more)

Background
Sustainability is becoming increasingly important for business success in the apparel industry, and knowledge about sustainability needs to be integrated into the core functions and processes of an organisation in efficient and cost-effective ways. Online education and training combined with applied assignments supports this type of effective integration.

Is this Course for You?
This course is designed for textile and apparel professionals working in fashion, luxury, sport, outdoor and footwear. Since it is a foundational course, it's relevant for all functions and roles. This includes, among others, designers, purchasers, production and quality managers, retail and sales personnel, communications specialists and logistical staff.

Aims of the Course
The purpose of the *The Sustainability Fundamentals* course is to provide brand and retail professionals with the foundational knowledge, tools and inspiration they need to actively engage in sustainability challenges and opportunities at their companies and in their careers as confident ambassadors of sustainability change.

Benefits of the Course
Upon completion of the course, participants will be able to:

- Understand the key sustainability challenges and opportunities during garment production, use and end-of-use;
- Identify a range of solutions to these current challenges;
- Understand what their company and other leading companies are doing to address these challenges;
- Identify how they can contribute to improved sustainability performance within their company;
- Access additional resources when continuing their journey after the course.

Course Structure
In order to provide the flexibility companies need, this course is divided into a Core Curriculum and an Extended Curriculum that is optional.

Assignments in the Core Curriculum are designed to be completed at participants' convenience within 10 hours. This means that each module takes an average of 2 hours to complete and learners can schedule and complete the course at their own pace within the allocated course time frame. The course includes a mix of online lessons and practical assignments. Learners are required to complete the Core Curriculum if they are to receive a Certificate of Completion.

The Extended Curriculum includes additional lessons and takes between 1 and 10 additional hours to complete. Because the Extended Curriculum is not mandatory, learners with more time and interest can choose how much time to spend on these additional components. The Extended Curriculum is not required for receiving a Certificate of Completion, however.

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Course Outline TERM 1 – 2021

Getting Started: Course Introduction
In the Course Introduction, participants learn about sustainability in relation to the apparel industry and the product lifecycle. The types of social and environmental impacts that occur throughout garment production, during use and end-of-use, are clarified. The concept of a Lifecycle Analysis is also introduced, and participants are asked to familiarise themselves with the SFA Learning Platform.

Module 1: First Things First — Choosing Better Materials
In Module 1 our journey through the product lifecycle begins. Six important materials are presented: Cotton, Polyester, Viscose, Wool, Down and Leather. Learners then explore 1) how these materials are conventionally made; 2) the impact these materials have on people and the planet; 3) better existing alternatives. Participants are also asked to learn about their company's current materials policy and reflect on how they can contribute to better material choices at their company.

Module 2: Textile Dyeing & Finishing — The Toxic Challenge
The journey of the product lifecycle continues in Module 2, with a focus on harmful chemicals, the primary sustainability challenge during textile dyeing and finishing. At the end of this module, participants know and understand 1) how dyeing and finishing works in practice; 2) the environmental and health impacts of dyeing and finishing, 3) current solutions, such as The Restricted Substances List and leading standards and certifications. Participants are asked to learn more about their company's chemical management policy, and to reflect on how they can contribute to better chemical management.

Module 3: Garment Manufacturing — Improving Working Conditions
During Module 3, participants learn about a key challenge during garment manufacturing: working conditions. By the end of this module, participants understand 1) what makes supply chains so complex, and how this creates challenges for ensuring good working conditions; 2) the key social challenges prevalent in apparel supply chains; 3) current solutions, such as social auditing and collaborative initiatives. Participants are asked to learn more about their company's approach to ensuring good working conditions and to reflect on how they can contribute to better fair labour practices.

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Module 4: Empowering Customers — Product Use & Re-use

The journey continues. In this fourth module, participants learn about the key sustainability impacts during garment use and end-of-use, and they are introduced to a range of practices designed to engage the customer in reducing these impacts. The participants are then asked to analyse and improve a range of inspiring cases, as well as assess what it would take to implement their ideas at their respective companies.

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Module 5: Getting Creative — Sustainable Design

Module 5 completes our journey through the product lifecycle by exploring the role of design and how it contributes to the development of more sustainable products and services. At the end of this module, participants understand 6 design concepts and approaches with better resource use in mind. These include 1) dematerialization; 2) durability; 3) zero waste; 4) disassembly; 5) up-cycling; and 6) mono-materiality. Participants are asked to apply their learnings from the entire course by redesigning a product of their choice (ideally from their company's product portfolio) and are given an opportunity to create a simple professional action plan to help guide them in their work after the course is completed.

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Module 6 (Optional) — Diving Deeper

Although the lessons and assignments in Module 6 are not required, we encourage all those who have time to explore the following topics in greater depth: 1) the future of the apparel industry and the need for industry transformation; 2) how to be a better change agent; and 3) the link between sustainability and creating value for a business. The module contains new content about circularity in apparel and textiles, and explains how this concept relates to the rest of the course.

How can I find out more about other courses and services SFA offers?

For more information please contact Nina Wahlberg at
nina@sustainablefashionacademy.org

Please note that SFA reserves the right to adjust the course structure and update the content to ensure the best results. SFA will inform participants if significant changes are made. If you have questions about the course topics and structure, please contact:
michael@sustainablefashionacademy.org