

Fashion Design and Garment Making - SS2

Second Term E-Notes

Week 1: Traditional Nigerian Attires

Overview of Traditional Nigerian Attires

Nigeria's rich cultural diversity is reflected in its traditional clothing. Each ethnic group has distinctive garments that represent their heritage, values, and identity.

Major Traditional Attires by Ethnic Groups

Yoruba Traditional Attire

For Men:

1. **Agbada**
 - Large, flowing robe worn over other garments
 - Usually worn with sokoto (trousers) and buba (shirt)
 - Made from rich fabrics like damask, brocade, or aso-oke
 - Worn for special occasions and ceremonies
2. **Dandogo**
 - Shorter version of agbada
 - More casual than full agbada
 - Popular for everyday wear
3. **Gbariye**
 - Traditional shirt
 - Usually paired with sokoto

For Women:

1. **Iro and Buba**
 - Iro: wrapper tied around the waist
 - Buba: loose-fitting blouse
 - Usually worn with gele (head tie) and ipele (shawl)
2. **Gele**
 - Elaborate head tie
 - Art form requiring skill to tie
 - Different styles for different occasions

Igbo Traditional Attire

For Men:

1. **Isiagu (Chieftaincy Shirt)**
 - Features lion head or leopard prints
 - Symbolizes strength and leadership
 - Worn with trousers or wrapper
 - Red cap (fez) often accompanies the outfit
2. **George Wrapper**
 - Expensive, thick fabric
 - Wrapped around the waist
 - Sign of status and prestige

For Women:

1. **Wrapper and Blouse**
 - Two wrappers: one around waist, one across shoulder
 - Ornate blouse
 - Elaborate coral beads
 - Ichafu or head tie

Hausa/Fulani Traditional Attire

For Men:

1. **Babban Riga (Grand Boubou)**
 - Large, flowing gown
 - Richly embroidered, especially around chest
 - Worn over caftan and trousers
 - Accompanied by cap (hula) or turban
2. **Caftan (Kaftan)**
 - Long robe
 - Simpler than babban riga
 - Can be worn alone or under babban riga

For Women:

1. **Ankara Wrapper and Blouse**
 - Colorful printed fabric
 - Matching head tie
 - Often heavily embellished
2. **Zani**
 - Large shawl or veil
 - Worn over other garments
 - Represents modesty

Other Regional Attires

Edo (Bini):

- Coral beads (very important)
- White wrapper and blouse for married women
- Elaborate head gear

Efik/Ibibio:

- George wrapper
- Lace blouses
- Multiple coral beads

Tiv:

- Black and white striped fabric (Anger)
- Distinctive patterns

Materials Used in Traditional Attires

1. **Aso-Oke**
 - Hand-woven fabric from Yoruba land
 - Types: Alaari (red), Sanyan (brown), Etu (indigo)
 - Labor-intensive, expensive
2. **George**
 - Thick, luxurious fabric
 - Originally imported from India
 - Status symbol
3. **Ankara/African Print**
 - Colorful wax print fabric
 - Versatile and popular
 - Affordable
4. **Lace**
 - Delicate, elegant fabric
 - Popular for special occasions
 - Various types: French lace, Swiss lace, cord lace
5. **Damask**
 - Rich, figured fabric
 - Used for agbadas and special garments
6. **Adire**
 - Indigo-dyed cloth
 - Traditional Yoruba tie-dye
 - Unique patterns

Week 2: History and Significance of Traditional Nigerian Fashion

Pre-Colonial Era

Ancient Clothing Practices:

- Clothing made from locally sourced materials
- Animal skins, tree bark, and plant fibers used initially
- Development of weaving techniques (aso-oke weaving dates back centuries)
- Clothing indicated social status, age, and occupation
- Minimal clothing in some regions due to climate
- Body decoration (scarification, body paint) as important as clothing

Traditional Fabric Production:

- Weaving on narrow looms
- Natural dyeing techniques (indigo from local plants)
- Adire making in Yoruba land
- Ukara cloth among the Igbo
- Cotton cultivation and processing

Colonial Period (1900-1960)

Changes Introduced:

- Introduction of European clothing styles
- Western fabrics became available
- Sewing machines introduced
- Missionary influence on dressing (modesty requirements)
- Elite Nigerians adopted Western dress for formal occasions
- Traditional dress retained for cultural ceremonies

Resistance and Adaptation:

- Fusion of Western and traditional styles
- Maintenance of traditional dress for important ceremonies
- Development of new styles incorporating both influences

Post-Independence Era (1960-Present)

Revival of Traditional Fashion:

- Renewed pride in cultural heritage
- Government workers wearing traditional attire on Fridays
- Fashion designers modernizing traditional styles
- International recognition of African fashion

Contemporary Developments:

- Nigerian designers gaining global recognition
- Fusion of traditional and modern styles
- Use of traditional fabrics in contemporary designs
- Nigerian fashion weeks and exhibitions
- Export of Nigerian fashion internationally

Cultural Significance of Traditional Attire

1. Identity and Heritage

- Represents ethnic identity
- Connects wearers to their roots
- Symbol of cultural pride

2. Social Status

- Quality and quantity of clothing indicates wealth
- Certain fabrics reserved for royalty or elders
- Elaborate dress shows respect at ceremonies

3. Ceremonial Importance

- Specific attire for weddings, funerals, festivals
- Coming-of-age ceremonies require traditional dress
- Religious and spiritual significance

4. Communication

- Colors convey messages (white for purity, red for celebration)
- Styles indicate marital status
- Patterns may tell stories or proverbs

5. Unity and Belonging

- Aso-ebi (uniform dress) creates group identity
- Strengthens community bonds
- Shows solidarity at events

6. Economic Value

- Traditional textile industry provides employment
- Supports local weavers and dyers
- Contributes to Nigeria's economy
- Tourism potential

Preservation Challenges

- Competition from imported fabrics
 - Decline in traditional weaving skills
 - Younger generation's preference for Western fashion
 - High cost of authentic traditional fabrics
 - Need for documentation and teaching of traditional methods
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Week 3: Contemporary Nigerian Fashion Trends and Designers

Evolution of Contemporary Nigerian Fashion

Modern Nigerian Fashion Characteristics:

- Fusion of traditional and Western styles
- Bold use of African prints
- Modern cuts with traditional fabrics
- International appeal with African roots
- Emphasis on tailoring and fit
- Sustainable fashion practices

Current Fashion Trends in Nigeria

1. Ankara/African Print Innovation

- Contemporary cuts (jumpsuits, blazers, trousers)
- Mixed prints and patterns
- Ankara in corporate wear
- Accessories made from African prints

2. Aso-Oke Revival

- Modern designs using traditional aso-oke
- Aso-oke jackets and blazers
- Contemporary color combinations
- Lightweight versions for everyday wear

3. Minimalist African Fashion

- Clean lines with African fabrics
- Subtle incorporation of traditional elements
- Monochrome African prints
- Simple, elegant cuts

4. Agbada Reimagined

- Fitted agbadas for women
- Short agbadas
- Embellished and embroidered versions
- Contemporary fabric choices

5. Fusion Wear

- Ankara shirts with jeans
- Traditional tops with Western bottoms
- Mixed cultural elements
- Global-local style combinations

6. Sustainable and Eco-Friendly Fashion

- Upcycled traditional fabrics
- Natural dyes
- Locally sourced materials
- Ethical production practices

Notable Nigerian Fashion Designers

1. Deola Sagoe

- Pioneer of contemporary Nigerian fashion
- Known for innovative use of traditional fabrics
- International recognition
- Signature: sophisticated, elegant designs

2. Lisa Folawiyo

- Famous for embellished Ankara
- Jewelry-inspired fabric decorations
- International clientele
- Modern, artistic approach

3. Mai Atafo

- Menswear specialist
- Contemporary tailoring
- Popular among celebrities
- Clean, sophisticated designs

4. Maki Oh

- Avant-garde designs
- Adire and traditional techniques
- International runway presence

- Artistic, conceptual approach

5. Orange Culture

- Gender-fluid fashion
- Contemporary menswear
- Bold colors and patterns
- Youthful, innovative designs

6. Tiffany Amber (Folake Akindele-Coker)

- Luxury womenswear
- African fabrics with modern silhouettes
- International acclaim
- Elegant, sophisticated style

7. Lanre Da Silva Ajayi

- Bridal and evening wear specialist
- Intricate embellishments
- Feminine, romantic designs
- Celebrity favorite

8. Dakova (Ade Bakare)

- High-end couture
- Royal and celebrity clientele
- Traditional meets contemporary
- Luxurious fabrics and details

9. Papa Oppong

- Menswear designer
- Traditional fabrics in modern cuts
- Sharp tailoring
- Contemporary African gentleman aesthetic

10. Andrea Iyamah

- Swimwear and resort wear
- African-inspired prints
- International market
- Youthful, vibrant designs

Fashion Platforms and Events

1. Lagos Fashion Week

- Premier fashion event in West Africa
- Showcases Nigerian and African designers
- International buyers and media attendance
- Platform for emerging designers

2. Arise Fashion Week

- Celebrates African fashion globally
- Held in Lagos and internationally
- High-profile designers and models

3. GTBank Fashion Weekend

- Free fashion event for public
- Masterclasses and exhibitions
- Promotes fashion education
- Showcases local designers

4. Fashion Business Series

- Focuses on business side of fashion
- Networking for industry professionals
- Educational seminars

Influence of Nigerian Fashion Globally

- Nigerian celebrities wearing local designers internationally
- African prints trending in Western fashion
- Nigerian designers collaborating with international brands
- Social media spreading Nigerian fashion worldwide
- "African print" becoming mainstream globally

Career Opportunities in Contemporary Nigerian Fashion

1. Fashion designer
 2. Fashion illustrator/sketch artist
 3. Fashion stylist
 4. Fashion blogger/influencer
 5. Fashion photographer
 6. Pattern maker
 7. Fashion merchandiser
 8. Fashion event coordinator
 9. Fashion journalist
 10. Textile designer
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Week 4: Garment Construction Techniques for Traditional Attires

Constructing the Agbada

Materials Needed:

- Fabric: 5-6 yards (damask, brocade, or senator fabric)
- Thread
- Interfacing for collar
- Pattern or measurements

Pattern Pieces:

1. Front body (2 pieces)
2. Back body (1 piece)
3. Sleeves (2 pieces)
4. Collar
5. Pockets (optional)

Construction Steps:

1. **Taking Measurements**
 - Shoulder width
 - Chest circumference
 - Sleeve length
 - Full length (ankle length typically)
 - Neck circumference
2. **Cutting**
 - Cut front pieces (split center front)
 - Cut back piece (can be on fold)
 - Cut very wide sleeves (distinctive feature)
 - Cut collar pieces
3. **Assembly**
 - Join shoulder seams
 - Attach collar with interfacing
 - Set in wide sleeves
 - Sew side seams
 - Create side slits (important for movement)
 - Hem sleeves and bottom
4. **Finishing**
 - Add decorative embroidery (optional)
 - Topstitch edges
 - Press thoroughly
 - Add pockets if desired

Special Techniques:

- Wide armhole to accommodate large sleeves
- Generous side slits for ease of movement
- Careful pressing to maintain crisp appearance

Constructing Iro and Buba (Yoruba Women's Attire)

Buba (Blouse) Construction

Measurements:

- Bust circumference
- Waist circumference
- Shoulder to waist length
- Sleeve length
- Neck circumference

Cutting:

- Front bodice
- Back bodice
- Sleeves (can be short, three-quarter, or long)
- Collar or neckline facing

Construction:

1. Join shoulder seams
2. Attach collar or finish neckline
3. Set in sleeves
4. Sew side seams and underarm seams
5. Hem sleeves and bottom
6. Add decorative elements (lace trim, embroidery)

Traditional Features:

- Loose, comfortable fit
- Often has gathers or pleats
- Decorative neckline
- May have peplum or flair

Iro (Wrapper)

Traditional Method:

- No sewing required
- 2 yards of fabric

- Wrapped around waist
- Secured by tucking

Modern Sewn Wrapper:

- Measure waist to desired length
- Width: 2-2.5 yards
- Sew side seams to create tube
- Add elastic or drawstring waistband
- Optional: sew permanent pleats

Constructing the Kaftan

Materials:

- 3-4 yards of fabric
- Thread
- Embroidery thread (for decoration)
- Interfacing

Features:

- Long, flowing robe
- Side pockets
- Front center opening or pullover style
- Often heavily embroidered at neckline and chest

Construction Steps:

1. Measurements

- Full length (floor length)
- Chest/bust circumference
- Hip circumference
- Sleeve length

2. Pattern Layout

- Front (2 pieces or 1 on fold)
- Back (1 piece on fold)
- Sleeves (2 pieces)
- Collar or neckline facing
- Pockets

3. Assembly

- Shoulder seams
- Attach collar or finish neckline
- Set in sleeves
- Side seams (leave pocket openings)
- Attach pocket bags
- Hem

4. Embroidery and Embellishment

- Traditional embroidery around neckline
- Chest embroidery (especially for men's kaftans)
- Can be done before or after assembly
- Use contrasting thread colors

Constructing Isiagu (Igbo Chieftaincy Shirt)

Materials:

- Lion/leopard head print fabric (2-3 yards)
- Thread
- Buttons
- Interfacing

Distinctive Features:

- Short-sleeved or long-sleeved
- Button-front closure
- Collar
- Often worn with trousers or wrapper
- Fitted cut

Construction:

1. Use basic shirt pattern
2. Add interfacing to collar and button bands
3. Construct collar
4. Sew shoulder and side seams
5. Set in sleeves
6. Create buttonholes and attach buttons
7. Hem

Styling Tips:

- Pair with red cap (fez)
- Can add embroidery
- Fitted for modern look, loose for traditional

Constructing Wrapper and Blouse (General)

Wrapper Construction Options:

1. Traditional Tie Method

- No sewing
- Taught through practice
- Different tying styles for different occasions

2. Semi-Sewn Wrapper

- Side seam sewn
- Waistband with tie
- Easy to wear

3. Fully Tailored Wrapper-Style Skirt

- Fitted waistband
- Zipper closure
- Permanent pleats or gathers
- Modern, convenient

Matching Blouse:

- Use same or complementary fabric
- Can be simple or elaborate
- Consider neckline styles appropriate for wrapper
- Length typically covers waistband

Common Challenges and Solutions

Challenge: Bulky Fabrics

- Solution: Use appropriate needle and thread
- Grade seams carefully
- Use bias binding for hems instead of folding

Challenge: Embroidery Placement

- Solution: Mark placement before assembly
- Complete embroidery before joining pieces
- Use embroidery hoop for neat work

Challenge: Achieving Authentic Look

- Solution: Study traditional garments
- Pay attention to proportions
- Use appropriate fabrics
- Don't skip embellishment details

Challenge: Fitting Issues

- Solution: Take accurate measurements
- Make muslin test garment first
- Allow ease for comfort
- Traditional fit is often looser than Western

Pressing and Finishing Traditional Garments

1. Press seams as you sew
 2. Use appropriate heat for fabric type
 3. Pay special attention to embroidered areas
 4. Final pressing before wearing
 5. Hang properly to maintain shape
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Week 5: Cultural Influences on Nigerian Fashion Design

How Culture Shapes Fashion Design

Culture influences fashion through values, beliefs, climate, lifestyle, religion, and social structures. Nigerian fashion is a rich tapestry reflecting the country's diverse cultural heritage.

Religious Influences

1. Islamic Influence

- **Modesty Requirements:**
 - Loose-fitting garments
 - Coverage of body
 - Hijab and veiling for women
 - Long robes and caftans preferred
- **Design Adaptations:**
 - Elegant abayas in African prints
 - Fashionable hijabs in traditional fabrics
 - Contemporary modest fashion
 - Fusion of Islamic and African aesthetics

2. Christian Influence

- **Church Fashion:**
 - Elaborate dress for Sunday services
 - Aso-ebi (uniform dress) for church groups
 - Modesty with style
 - White for special church ceremonies
- **Design Features:**
 - Feminine, elegant designs
 - Use of lace and delicate fabrics
 - Sophisticated cuts
 - Coordinated accessories

3. Traditional African Religion

- White clothing for purity in ceremonies

- Specific colors for different deities
- Traditional symbols in fabric design
- Ceremonial garments with spiritual significance

Social Structure Influences

1. Age and Status

- **Youth Fashion:**
 - Contemporary, trendy styles
 - Western influence more pronounced
 - Experimental with traditional fabrics
 - Casual approach to tradition
- **Elder Fashion:**
 - More conservative
 - Strict adherence to traditional styles
 - Quality over trend
 - Symbolic importance

2. Gender Roles

- **Men's Fashion:**
 - Authority and dignity emphasized
 - Rich fabrics show status
 - Elaborate dress for special occasions
 - Simple daily wear
- **Women's Fashion:**
 - More variety and color
 - Elaborate head ties (gele)
 - Multiple wrapper styles
 - Jewelry as essential accessory

3. Marital Status

- Certain styles reserved for married women
- Coral beads indicate marital status in some cultures
- Head tie styles vary by status
- Specific attire for wedding ceremonies

Ceremonial and Occasion-Based Influences

1. Weddings

- **Traditional Wedding Attire:**
 - Bride and groom in ethnic dress
 - Family coordination (aso-ebi)
 - Specific colors for different stages

- Elaborate jewelry and accessories
- **Design Considerations:**
 - Comfort for long ceremonies
 - Photographs well
 - Represents family heritage
 - Allows movement for dancing

2. Funerals

- **Color Codes:**
 - Black for mourning in many cultures
 - White in some ethnic groups
 - Purple or brown acceptable
 - Aso-ebi in designated colors
- **Style Guidelines:**
 - Modest, respectful dress
 - Quality fabrics honor deceased
 - Traditional elements important
 - Age-appropriate designs

3. Festivals and Celebrations

- **Cultural Festivals:**
 - Full traditional regalia
 - Symbolic colors and patterns
 - Ancestral dress styles
 - Group uniformity (aso-ebi)
- **National Celebrations:**
 - Green and white (national colors)
 - Patriotic themes
 - Pride in Nigerian identity
 - Unity in diversity

4. Naming Ceremonies

- White predominant (purity, new beginning)
- Joyful, celebratory colors
- Traditional with modern touches
- Family coordination important

Climate and Environment Influences

1. Tropical Climate Adaptation

- Lightweight, breathable fabrics
- Loose-fitting designs for air circulation
- Natural fibers preferred (cotton, linen)

- Layering options for air-conditioned spaces

2. Regional Variations

- Northern Nigeria: More coverage due to Islamic influence
- Southern coastal: Lighter fabrics, more exposure
- Urban vs. rural: Different practicality needs

Ethnic Diversity Influences

1. Cross-Cultural Borrowing

- Yoruba influencing other groups and vice versa
- Popular styles crossing ethnic boundaries
- National unity through fashion
- Respect for all cultural elements

2. Fusion Designs

- Combining elements from different ethnic groups
- Creating "Nigerian" rather than solely ethnic identity
- Modern designers mixing traditional elements
- Pan-African fashion consciousness

Symbolism in Nigerian Fashion

1. Colors

- **White:** Purity, peace, celebration
- **Red:** Power, vitality, celebration
- **Blue:** Royalty, spirituality, loyalty
- **Yellow/Gold:** Wealth, prosperity, royalty
- **Green:** Life, fertility, harvest
- **Black:** Sophistication, mourning (context-dependent)
- **Purple:** Royalty, dignity, spirituality

2. Patterns and Motifs

- Adinkra symbols (meaning and proverbs)
- Animal prints (strength, power)
- Geometric patterns (cultural identity)
- Nature motifs (connection to environment)

3. Accessories

- **Beads:** Status, beauty, spiritual protection
- **Coral:** Royalty, high status (Benin)

- **Gele (head tie):** Respect, elegance, femininity
- **Cap/Hat:** Authority, completion of outfit

Urban vs. Rural Fashion Culture

Urban Centers:

- More Western influence
- Contemporary interpretations of traditional
- Fast fashion coexists with traditional
- Trendsetting and innovation
- Economic considerations

Rural Areas:

- Strong traditional adherence
- Practical, functional clothing
- Less frequent wardrobe changes
- Traditional production methods maintained
- Cultural preservation

Colonial Legacy and Post-Colonial Identity

Historical Impact:

- Introduction of Western fashion standards
- Suppression of traditional dress
- Association of Western dress with progress
- Traditional dress seen as "backward"

Contemporary Reclamation:

- Renewed pride in traditional fashion
- "African fashion" as global brand
- Decolonizing fashion mindset
- Creating new aesthetic standards

Globalization and Cultural Exchange

Positive Influences:

- International appreciation of African fashion
- Economic opportunities for designers
- Cross-cultural fashion dialogue
- Preservation through documentation

Challenges:

- Cultural appropriation concerns
- Maintaining authenticity
- Balancing tradition with modernity
- Protecting indigenous designs

Aso-Ebi Culture

Significance:

- Group identity and solidarity
- Economic implications (buying fabric)
- Social bonding
- Visual unity at events
- Competition and display

Design Considerations:

- Must suit various body types
- Appropriate for occasion
- Price point accessibility
- Trend-consciousness
- Cultural appropriateness

Design Application

For Fashion Designers:

1. Research cultural context thoroughly
2. Consult with cultural experts
3. Respect symbolic meanings
4. Avoid cultural appropriation
5. Credit cultural sources
6. Design with purpose and understanding
7. Balance tradition with innovation
8. Consider audience and occasion

Week 6: Fashion Accessories - Types and Uses

What are Fashion Accessories?

Fashion accessories are items used to complement, enhance, or complete an outfit. They add personal style, functionality, and finishing touches to clothing.

Categories of Fashion Accessories

1. Headgear and Head Accessories

A. Gele (Head Tie)

- **Description:** Traditional Nigerian head wrap
- **Materials:** Aso-oke, damask, satin, velvet
- **Uses:**
 - Formal occasions, weddings, ceremonies
 - Symbol of elegance and femininity
 - Indicates social status
- **Types:**
 - Simple tie (casual)
 - Elaborate structured gele (formal)
 - One-side fan style
 - Rose style
 - Peacock style

B. Fila (Cap)

- **Description:** Traditional Yoruba cap for men
- **Materials:** Aso-oke, velvet
- **Uses:** Completes traditional male outfit
- **Types:**
 - Gobi (round, soft)
 - Abeti-aja (with "ears")
 - Tinko (tall, rigid)

C. Red Cap (Igbo)

- **Description:** Traditional Igbo men's cap
- **Materials:** Felt or velvet
- **Uses:** Symbol of status, worn with isiagu
- **Significance:** Chieftaincy, respect

D. Turbans and Veils

- **Uses:** Islamic religious requirement, fashion statement
- **Materials:** Various fabrics
- **Styles:** Wrapped, pre-tied, draped

E. Hats

- Fascinator (formal events)
- Sun hats
- Berets
- Fedoras

2. Beads and Jewelry

A. Coral Beads

- **Cultural Significance:**
 - Royalty and high status (especially Benin)
 - Wealth indicator
 - Ceremonial importance
- **Types:**
 - Necklaces (single or multiple strands)
 - Bracelets
 - Anklets
 - Head pieces
- **Uses:** Traditional weddings, chieftaincy ceremonies, royal functions

B. Waist Beads

- **Significance:**
 - Femininity
 - Body awareness
 - Spiritual protection
 - Sensuality
- **Materials:** Glass beads, crystals, shells
- **Uses:** Worn under clothing, cultural practice

C. Gold Jewelry

- Necklaces
- Earrings
- Bracelets
- Rings
- **Uses:** Status symbol, investment, adornment

D. Fashion/Costume Jewelry

- Affordable alternatives
- Trendy pieces
- Statement jewelry
- Everyday wear

E. Traditional Beadwork

- Handmade pieces
- Cultural designs
- Ethnic identity
- Artisan crafts

3. Belts and Waist Accessories

Types:

- **Leather belts:** Casual and formal
- **Fabric belts:** Match traditional attire
- **Chain belts:** Decorative, modern
- **Beaded belts:** Traditional, ceremonial
- **Obi belts:** Wide, wrapped (Japanese influence in African fashion)

Uses:

- Define waistline
- Add structure to outfit
- Hold garments in place
- Fashion statement
- Complete traditional look

4. Handbags and Purses

Types:

A. Traditional Bags:

- **Ankara bags:** African print fabric
- **Beaded clutches:** Handmade, ceremonial
- **Woven bags:** Natural fibers, artisanal

B. Contemporary Bags:

- Tote bags
- Shoulder bags
- Clutches
- Cross-body bags
- Backpacks

Uses:

- Carry personal items
- Fashion statement
- Match outfit
- Practical functionality

Materials:

- Leather
- African print fabric

- Beads
- Straw/raffia
- Synthetic materials

5. Shoes and Footwear

Traditional Footwear:

- **Alubarika:** Traditional leather sandals (Yoruba)
- **Decorated slippers:** Embroidered, beaded
- **Handmade sandals:** Artisan crafted

Modern Footwear:

- Heels (match outfit color)
- Flats
- Sandals
- Sneakers (casual)
- Boots

Considerations:

- Comfort for long ceremonies
- Height proportion with outfit
- Color coordination
- Cultural appropriateness
- Weather and venue

6. Scarves and Shawls

Types:

- **Ipele:** Yoruba shoulder sash
- **Shawls:** Ceremonial, decorative
- **Neck scarves:** Fashion accessory
- **Pashminas:** Elegant draping

Uses:

- Complete traditional outfit
- Add color and texture
- Modesty coverage
- Weather protection
- Fashion statement

7. Fans

Traditional Fans:

- **Horsetail (Irukere):** Symbol of royalty and authority
- **Feather fans:** Ceremonial
- **Woven fans:** Practical and decorative

Modern Fans:

- Decorative hand fans
- Fashion accessory at events
- Practical for hot weather

Cultural Significance:

- Status symbol
- Traditional ceremonies
- Royalty regalia
- Dance props

8. Eyewear

Types:

- Sunglasses (fashion and function)
- Prescription glasses (stylish frames)
- Fashion/non-prescription glasses

Uses:

- Eye protection
- Fashion statement
- Personal style
- Complete modern look

9. Watches

Types:

- Traditional watches
- Smart watches
- Fashion watches
- Luxury timepieces

Uses:

- Functionality
- Status symbol

- Complete outfit
- Personal style

10. Traditional Accessories

A. Walking Stick/Staff

- Symbol of authority
- Chieftaincy regalia
- Elder's accessory

B. Royal Regalia

- Crown (Oba)
- Beaded staff
- Ceremonial swords
- Insignia

Principles of Accessorizing

1. Balance and Proportion

- Don't over-accessorize
- Consider body size and outfit
- One statement piece principle
- Scale accessories to outfit size

2. Color Coordination

- Match or complement outfit colors
- Metallic accessories (gold, silver) as neutrals
- Contrast for interest
- Consider skin tone

3. Occasion Appropriateness

- Formal events: elegant, refined accessories
- Casual: simple, minimal
- Traditional ceremonies: cultural accessories
- Work: professional, understated

4. Quality Over Quantity

- Invest in classic pieces
- Well-made accessories last longer
- Quality shows in appearance
- Build collection gradually

5. Personal Style

- Choose what reflects personality
- Comfort is important
- Don't follow trends blindly
- Create signature look

Care and Maintenance of Accessories

Jewelry:

- Store separately to prevent scratching
- Clean regularly
- Keep away from moisture
- Professional cleaning for valuable pieces

Bags:

- Stuff to maintain shape when storing
- Clean according to material
- Protect from moisture and sun
- Rotate use to prevent wear

Shoes:

- Use shoe trees
- Clean and polish regularly
- Rotate pairs
- Store properly

Beads:

- Restring when loose
- Gentle cleaning
- Proper storage
- Handle with care

Cultural Sensitivity in Accessorizing

- Respect symbolic meanings
 - Understand cultural context
 - Avoid inappropriate use of sacred items
 - Credit cultural sources
 - Wear traditional items appropriately
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Week 7: Production of Simple Fashion Accessories

Project 1: Beaded Necklace

Materials Needed:

- Beading wire or strong thread
- Beads (various sizes, colors, shapes)
- Clasp
- Crimping beads
- Pliers
- Wire cutters
- Bead board (optional)

Steps:

1. **Design Planning**
 - Sketch your design
 - Choose color scheme
 - Decide on length (choker, princess, matinee)
 - Select bead arrangement
2. **Measuring**
 - Standard lengths:
 - Choker: 14-16 inches
 - Princess: 18 inches
 - Matinee: 20-24 inches
 - Add 2-3 inches for working length
3. **Stringing**
 - Cut wire to measured length
 - Attach one crimp bead and half of clasp
 - Thread crimp bead back through
 - Flatten with pliers
 - String beads according to design
 - Use bead board to lay out pattern first
4. **Finishing**
 - Thread crimp bead
 - Attach other half of clasp
 - Thread back through crimp and few beads
 - Flatten crimp bead
 - Trim excess wire

Design Variations:

- Single strand
- Multi-strand
- Graduated (larger beads in center)
- Uniform bead size

- Mixed materials (beads, shells, wood)

Tips:

- Keep tension consistent
- Use quality findings
- Test clasp before
- Add bead spacers for elegant look

Project 2: Fabric Head Tie (Simple Gele)

Materials Needed:

- Gele fabric (2-2.5 yards)
- Stiffening material (optional): cardboard, buckram
- Needle and thread
- Scissors

Method 1: Traditional Tie (No Sewing)

Basic Steps:

1. Fold fabric lengthwise
2. Place center on forehead
3. Cross ends at back of head
4. Bring to front
5. Twist and shape
6. Tuck ends securely

Method 2: Pre-Made Gele (Structured)

Materials:

- Gele fabric
- Cardboard or buckram for structure
- Wire for shaping
- Needle and thread
- Fabric glue

Steps:

1. **Create Base Structure**
 - Cut cardboard to desired fan shape
 - Cover with fabric
 - Glue fabric edges down
2. **Add Wire Support**
 - Insert wire along edges

- Sew or glue in place
- Shape as desired
- 3. **Attach Base**
 - Create fabric band for head
 - Attach structured piece
 - Add elastic or ties
- 4. **Finishing**
 - Cover all raw edges
 - Add decorative elements (optional)
 - Press neatly

Simple Gele Style Instructions:

Rose Style:

1. Fold gele lengthwise
2. Wrap around head once
3. Create rose shape with remaining fabric
4. Tuck and pin securely

Project 3: Ankara Clutch Bag

Materials Needed:

- Ankara fabric (1/2 yard)
- Lining fabric (1/2 yard)
- Interfacing (medium weight)
- Zipper (9 inches) or magnetic snap
- Sewing machine
- Thread, scissors, pins

Pattern:

- Main body: 10" x 20" (2 pieces)
- Lining: 10" x 20" (2 pieces)
- Interfacing: same as main body

Construction Steps:

1. **Preparation**
 - Cut all pieces
 - Iron interfacing to wrong side of main fabric
2. **Install Closure**
 - **For zipper:**
 - Pin zipper face down on top edge
 - Sew with zipper foot
 - Repeat on other side

- **For magnetic snap:**
 - Mark position on lining
 - Install snap parts through fabric and interfacing
- 3. **Assemble Outer Bag**
 - Open zipper halfway
 - Place main fabric pieces right sides together
 - Sew sides and bottom
 - Box corners (optional for depth)
 - Turn right side out through zipper
- 4. **Assemble Lining**
 - Sew lining pieces similarly
 - Leave opening at bottom for turning
 - Do not turn right side out
- 5. **Join Outer and Lining**
 - Place outer bag inside lining (right sides together)
 - Match top edges
 - Sew around top opening
 - Turn through opening in lining
 - Sew lining opening closed
 - Push lining inside bag
 - Press
- 6. **Finishing**
 - Topstitch around top edge
 - Add decorative elements if desired

Variations:

- Add wrist strap
- Embellish with beads
- Use contrasting lining
- Add pockets inside

Project 4: Beaded Bracelet

Materials Needed:

- Elastic cord or wire
- Beads
- Scissors
- Glue (for elastic method)

Method 1: Elastic Bracelet

Steps:

1. Measure wrist, add 2 inches
2. Cut elastic cord

3. String beads
4. Tie secure knot
5. Add drop of glue to knot
6. Trim excess
7. Tuck knot into bead

Method 2: Wire Wrapped Bracelet

Materials:

- Memory wire (bracelet size)
- Beads with holes large enough
- Round nose pliers
- Wire cutters

Steps:

1. Cut 2-3 loops of memory wire
2. Create small loop at one end with pliers
3. String beads
4. Create loop at other end
5. Trim excess wire

Design Ideas:

- Single color
- Gradient colors
- Pattern repeat
- Mixed sizes
- Charm additions

Project 5: Fabric-Covered Buttons

Materials Needed:

- Button forms (various sizes)
- Fabric scraps
- Scissors
- Button covering tool (optional)

Steps:

1. **Preparation**
 - Cut fabric circle (template usually provided with buttons)
 - Circle should be larger than button
2. **Assembly**
 - Place fabric over button top

- Gather edges on back
- Snap back piece in place
- Trim excess fabric

Uses:

- Replace plain buttons on garments
- Create unique closures
- Make jewelry (earrings, pendants)
- Decorative elements

Project 6: Simple Fabric Belt

Materials Needed:

- Fabric (1/4 yard)
- Interfacing
- D-rings or belt buckle
- Sewing machine
- Thread

Steps:

- 1. Cutting**
 - Cut fabric strip: 3-4 inches wide, desired length + 6 inches
 - Cut interfacing same size
- 2. Preparation**
 - Iron interfacing to wrong side of fabric
 - Fold fabric in half lengthwise, right sides together
- 3. Sewing**
 - Sew long edge
 - Sew one short end
 - Turn right side out
 - Press flat
 - Topstitch edges
- 4. Adding Buckle**
 - Thread open end through D-rings
 - Fold back 2 inches
 - Sew securely
 - Finish other end (point or straight)

Variations:

- Obi-style wide belt
- Reversible belt
- Embellished with studs or beads
- Sash-style with no buckle

Project 7: Decorative Hair Accessories

A. Fabric Flower Hair Clip

Materials:

- Fabric circles (various sizes)
- Hair clip base
- Hot glue gun
- Button or bead for center

Steps:

1. Cut 5-7 circles in graduating sizes
2. Fold each in half, then in half again
3. Glue pointed ends together
4. Layer from largest to smallest
5. Add center embellishment
6. Glue to hair clip base

B. Beaded Hair Pins

Materials:

- Bobby pins
- Small beads
- Wire
- Pliers

Steps:

1. Thread beads onto wire
2. Wrap wire around bobby pin
3. Secure ends
4. Create multiple for set

Project 8: Ankara Earrings

Materials Needed:

- Ankara fabric scraps
- Cardboard or chipboard
- Earring findings (hooks or posts)
- Mod Podge or fabric glue
- Jump rings
- Clear sealant spray

Steps:

1. Create Shapes

- Draw desired shape on cardboard (circles, teardrops, triangles)
- Cut out template
- Cut 2 fabric pieces per earring (front and back)

2. Assembly

- Glue fabric to front of cardboard
- Trim edges neatly
- Glue fabric to back
- Press firmly

3. Sealing

- Apply thin coat of Mod Podge
- Let dry completely
- Spray with sealant

4. Attach Findings

- Punch small hole at top
- Insert jump ring
- Attach earring hook
- Ensure both earrings match

Design Tips:

- Keep lightweight for comfort
- Make pairs identical
- Consider face shape
- Seal well for durability

Quality Control for Accessories

Check for:

- Secure fastenings
- Even stitching
- Neat finishing
- Proper sizing
- Durability
- Aesthetic appeal

Pricing Handmade Accessories

Cost Calculation:

- Materials cost
- Time invested
- Skill level
- Market comparison

- Profit margin (30-50%)

Marketing Your Accessories

- Quality photography
 - Social media presence
 - Craft fairs and markets
 - Online platforms
 - Word of mouth
 - Unique packaging
-

Week 8: Practical - Sewing a Simple Traditional Attire

Project Options:

1. Wrapper and Blouse (Women)
 2. Simple Kaftan (Men or Women)
-

Option A: Wrapper and Blouse

Materials Needed for Complete Outfit

For Blouse:

- Fabric: 2-2.5 yards (Ankara, lace, or plain cotton)
- Thread (matching)
- Interfacing (for collar/cuffs if applicable)
- Buttons or zipper
- Measuring tape, scissors, pins

For Wrapper:

- Fabric: 2 yards
- Elastic (1 inch wide)
- Thread

Taking Measurements for Blouse

Essential Measurements:

1. Bust circumference

2. Waist circumference
3. Shoulder width (across back)
4. Shoulder to waist length
5. Sleeve length (shoulder to wrist)
6. Armhole depth
7. Neck circumference
8. Hip circumference (for longer blouses)

Simple Blouse Pattern Drafting

Basic Block Method:

Front Bodice:

1. Draw rectangle: width = $\frac{1}{4}$ bust + 1 inch, length = shoulder to waist + 1 inch
2. Mark neckline: curve from shoulder point
3. Mark armhole: curve from underarm
4. Add dart at bust point (optional for fitting)

Back Bodice: 5. Similar to front but neckline higher 6. May include back opening

Sleeves: 7. Measure armhole length 8. Draw sleeve cap to fit 9. Add sleeve length 10. Add width for comfort

Construction Process for Blouse

Day 1-2: Cutting and Preparation

1. **Layout Pattern**
 - Place pattern pieces on fabric
 - Follow grain line
 - Pin securely
2. **Cutting**
 - Cut carefully along pattern lines
 - Add seam allowances ($\frac{5}{8}$ inch typically)
 - Mark notches and darts
 - Label pieces
3. **Transfer Markings**
 - Use tailor's chalk or pins
 - Mark darts, buttonholes, center lines
 - Mark grain lines

Day 3-4: Assembly

Step 1: Darts

- Stitch bust darts on front

- Stitch any back darts
- Press toward center

Step 2: Shoulder Seams

- Pin right sides together
- Stitch shoulder seams
- Press open or toward back

Step 3: Neckline

- Attach collar if applicable
- Or finish with facing or bias binding
- Interface for stability
- Press

Step 4: Sleeves

- Hem sleeve edges or attach cuffs
- Run gathering stitches on sleeve cap
- Pin sleeve to armhole, matching notches
- Ease fullness
- Stitch sleeve in place
- Finish seam allowances

Step 5: Side Seams

- Pin side seams and underarm seams together
- Stitch in one continuous line
- Finish seam allowances
- Press

Step 6: Back Opening (if applicable)

- Create placket or insert zipper
- Interface button band
- Make buttonholes
- Sew buttons

Step 7: Hem

- Turn up hem allowance
- Press
- Stitch by hand or machine
- Press again

Step 8: Finishing

- Clip all loose threads
- Press entire garment
- Try on
- Make final adjustments

Wrapper Construction

Traditional Tie Method (No Sewing):

- Simply use 2-yard fabric
- Teach tying technique
- Practice wrapping and securing

Sewn Wrapper with Elastic Waistband:

Steps:

- 1. Measure**
 - Waist circumference
 - Desired length (waist to ankle typically)
- 2. Cut Fabric**
 - Width: 2 yards (provides fullness)
 - Length: measured length + 3 inches (for hem and waistband)
- 3. Create Waistband Casing**
 - Fold top edge down 1.5 inches
 - Press
 - Stitch close to edge, leaving opening
- 4. Insert Elastic**
 - Cut elastic to waist measurement minus 2 inches
 - Thread through casing using safety pin
 - Overlap ends and stitch securely
 - Close casing opening
- 5. Hem**
 - Fold bottom edge up twice (1 inch each fold)
 - Press
 - Stitch
- 6. Side Seam (Optional)**
 - Can leave open for traditional wrapping
 - Or sew partially for modern version

Option B: Simple Kaftan

Materials Needed

- Fabric: 3-4 yards (lightweight cotton, Ankara, or kaftan fabric)
- Thread
- Embroidery thread (optional)
- Interfacing (for neckline)
- Scissors, pins, measuring tape

Taking Measurements for Kaftan

1. Full length (shoulder to desired length - usually floor length)
2. Chest/bust circumference
3. Shoulder width
4. Sleeve length
5. Hip circumference (for width)

Simple Kaftan Pattern

Rectangle Method (Easiest):

Main Body:

- Front and back can be cut as one piece on fold
- Width: shoulder to shoulder + sleeve length on each side
- Length: full length measurement

Or Traditional Method:

- Front: One rectangle
- Back: One rectangle (same size)
- Sleeves: Two rectangles

Construction Steps

Day 1: Cutting

1. Layout and Cut

- Fold fabric in half lengthwise
- Mark and cut main body pieces
- Cut sleeves
- Cut facing for neckline
- Cut pocket pieces if desired

2. Mark Neckline

- Find center point at fold
- Mark desired neckline shape (round, V, or slash)
- Cut carefully

Day 2-3: Sewing

Step 1: Neckline

- Apply interfacing to facing
- Stitch facing to neckline
- Clip curves
- Turn and press
- Understitch
- Topstitch if desired

Step 2: Shoulder Seams (if separate front and back)

- Pin right sides together
- Stitch
- Press open

Step 3: Sleeves

- If using separate sleeves:
 - Stitch sleeve underarm seams
 - Hem sleeve edges
 - Attach to armholes
- If kimono style (all one piece):
 - Skip this step

Step 4: Side Seams

- Pin from sleeve edge down to hem
- Stitch in one continuous line
- Leave pocket openings if desired
- Press seams open

Step 5: Pockets (Optional)

- Cut pocket bags
- Attach to side seam openings
- Stitch pocket bags together
- Secure to seam allowances

Step 6: Hem

- Hem sleeves
- Hem bottom of kaftan
- Use double-fold hem
- Press

Step 7: Embroidery (Optional)

- Traditional embroidery around neckline
- Can be done before or after assembly
- Use embroidery thread and hoop
- Common designs: geometric, floral

Step 8: Finishing

- Clip threads
- Final pressing
- Try on
- Make adjustments

Embroidery Techniques for Kaftan

Simple Designs:

1. **Chain Stitch Border**
 - Outline neckline
 - Create decorative border
 - Use contrasting color
2. **Satin Stitch Motifs**
 - Small geometric shapes
 - Filled solidly
 - Scattered or in pattern
3. **Running Stitch Patterns**
 - Simple geometric designs
 - Quick to execute
 - Effective in groups

Placement:

- Around neckline (most common)
- Chest/shoulder area
- Cuffs
- Pocket edges
- Side slits

Quality Checklist

Before Final Submission:

- [] All seams secure and even
- [] Neckline sits properly
- [] Sleeves hang correctly
- [] Hems are even
- [] No loose threads
- [] Pressed neatly

- [] Fits well
- [] Embroidery (if any) is neat
- [] Pockets functional (if included)
- [] Overall appearance professional

Common Mistakes and Solutions

Problem: Neckline gapes

- Solution: Take in shoulder seams slightly
- Add dart at back neck

Problem: Sleeves too tight

- Solution: Let out side seams at underarm
- Add gusset if necessary

Problem: Too long or short

- Solution: Adjust hem before final stitching
- Check length while wearing

Problem: Uneven hem

- Solution: Use hem marker or have someone mark while you wear it
- Measure from floor up

Problem: Puckered seams

- Solution: Check tension on machine
- Press seams properly
- Use appropriate stitch length

Presentation Tips

For Display/Mini Fashion Show:

1. Press garment thoroughly
2. Style with appropriate accessories:
 - Wrapper: matching gele and jewelry
 - Kaftan: cap/hat, shoes, beads
3. Model confidently
4. Explain design choices
5. Demonstrate cultural significance

Documentation

Keep Record of:

- Initial measurements
 - Fabric amount used
 - Challenges encountered
 - Solutions applied
 - Time taken
 - Cost of materials
 - Final photos
-

Week 9: Fashion and Modesty - Dressing Appropriately for Different Occasions

Understanding Modesty in Fashion

Definition: Modesty in fashion refers to dressing in a way that is respectful, appropriate, and in line with cultural, religious, and social norms while maintaining personal style and dignity.

Cultural Perspectives on Modesty:

- Varies across cultures and religions
- Influenced by tradition, values, and beliefs
- Personal interpretation within guidelines
- Balance between tradition and modernity

Religious Guidelines for Modest Dressing

Islamic Perspective:

- **Requirements:**
 - Coverage of body (except face and hands typically)
 - Loose-fitting garments
 - Opaque fabrics
 - Not resembling opposite gender
- **Fashion Applications:**
 - Modest contemporary designs
 - Fashionable hijabs and abayas
 - Long tunics with trousers
 - Maxi dresses and skirts
 - Layering techniques

Christian Perspective:

- **General Guidelines:**

- Avoid overly revealing clothing
- Modest necklines and hem lengths
- Appropriate for worship settings
- Reflect inner values
- **Fashion Applications:**
 - Elegant, covered designs
 - Midi and maxi lengths
 - Appropriate necklines
 - Quality fabrics
 - Tasteful accessories

Traditional African Religious Perspective:

- **Considerations:**
 - White for purity in ceremonies
 - Specific requirements for rituals
 - Respect for sacred spaces
 - Cultural symbols important

Dressing for Different Occasions

1. Religious Services and Worship

Church/Mosque:

- **Appropriate:**
 - Covered shoulders and knees
 - Modest necklines
 - Non-transparent fabrics
 - Elegant and respectful
 - Clean, well-pressed clothes
- **Avoid:**
 - Shorts, mini skirts
 - Revealing tops
 - Overly tight clothing
 - Excessive jewelry (distracting)
 - Casual/beach wear
- **Outfit Examples:**
 - Midi or maxi dress with sleeves
 - Skirt suit or wrapper and blouse
 - Kaftan or long tunic
 - Palazzo pants with modest top

2. Traditional Ceremonies

Weddings:

- **Traditional Wedding:**
 - Full ethnic regalia
 - Aso-ebi (group uniform)
 - Cultural appropriateness
 - Elaborate accessories
 - Match event's formality
- **White Wedding:**
 - Formal/semi-formal
 - Avoid white (reserved for bride)
 - Elegant and sophisticated
 - Appropriate length
 - Coordinated accessories

Funerals:

- **Appropriate:**
 - Black, brown, purple, or designated aso-ebi color
 - Conservative styling
 - Modest and respectful
 - Minimal makeup and jewelry
 - Covered shoulders and knees
- **Avoid:**
 - Bright colors (unless culturally appropriate)
 - Revealing clothing
 - Excessive accessories
 - Casual wear
 - Attention-seeking styles

Naming Ceremonies:

- White predominant (in many cultures)
- Joyful but modest
- Cultural traditional wear
- Coordinated with family
- Celebratory accessories

Chieftaincy/Title-Taking:

- Full traditional regalia
- Cultural authenticity important
- Rich fabrics and materials
- Complete accessories
- Respect for hierarchy

3. Educational Settings

School/University:

- **Appropriate:**
 - Clean, neat clothing
 - Follow dress code if applicable
 - Comfortable for activities
 - Modest and practical
 - Age-appropriate
- **Avoid:**
 - Overly casual/sloppy
 - Revealing clothing
 - Offensive graphics/messages
 - Inappropriate exposure
- **Outfit Examples:**
 - Shirt/blouse with trousers or skirt
 - Simple dress
 - Jeans with modest top
 - School uniform (if required)

4. Professional/Work Settings

Office/Corporate:

- **Appropriate:**
 - Business suits or traditional business attire
 - Professional fabrics
 - Modest lengths (knee or below)
 - Polished appearance
 - Minimal jewelry
 - Closed-toe shoes
- **Business Casual:**
 - Smart trousers/skirts with blouses
 - Dresses (modest)
 - Traditional wear (professional versions)
 - Clean lines
- **Avoid:**
 - Shorts, mini skirts
 - Sleeveless tops (depending on workplace)
 - Jeans (unless allowed)
 - Flip-flops, sneakers
 - Overly trendy/casual pieces

Job Interviews:

- Conservative and professional
- Well-fitted, not tight
- Neutral or muted colors
- Minimal accessories
- Polished shoes

- Neat grooming

5. Social Events

Parties/Celebrations:

- **Determine Formality:**
 - Check invitation for dress code
 - Consider venue and time
 - Ask host if unsure
- **Cocktail Party:**
 - Semi-formal dress
 - Elegant but not overly formal
 - Dressy separates or dress
- **Casual Gathering:**
 - Smart casual
 - Neat jeans or trousers
 - Casual dress
 - Comfortable but presentable

Dinner/Restaurant:

- Match restaurant formality
- Err on side of more dressed
- Avoid too casual
- Consider cultural context

6. Outdoor/Recreational Activities

Beach/Pool:

- **Modest Options:**
 - Full-coverage swimwear
 - Burkini (Islamic modest swimwear)
 - Swim dress
 - Cover-up when not swimming

Picnic/Outdoor Event:

- Comfortable, practical
- Weather-appropriate
- Modest but relaxed
- Appropriate footwear

Sports/Exercise:

- Functional sportswear

- Modest options available
- Comfort and movement priority
- Appropriate coverage

7. Travel

Air Travel:

- Comfortable but presentable
- Layers for temperature changes
- Easy to move in
- Respectful of cultures

Visiting Different Regions:

- Research local customs
- Respect religious sites (cover shoulders, knees, head if required)
- Pack versatile, modest pieces
- Adapt to local norms

Principles of Appropriate Dressing

1. Know the Occasion

- Understand event type
- Consider cultural context
- Check for dress codes
- When in doubt, ask

2. Consider Your Audience

- Who will be present?
- What are their expectations?
- Show respect through dress
- Balance personal style with appropriateness

3. Body Coverage Guidelines

Conservative Occasions:

- Shoulders covered
- Neckline modest (no cleavage)
- Skirts/dresses knee-length or longer
- No sheer/transparent fabrics
- Avoid tight/body-hugging

Moderate Occasions:

- Sleeveless acceptable (straps not too thin)
- Neckline modest
- Above knee acceptable (not too short)
- Form-fitting ok if not too tight

4. Fit and Proportion

- Well-fitted, not tight
- Not overly baggy
- Appropriate for body type
- Comfortable to move in

5. Fabric Choice

- Occasion-appropriate fabrics
- Opaque for modesty
- Quality materials
- Well-maintained

6. Color Consideration

- Appropriate for occasion
- Cultural meanings
- Season and time of day
- Personal coloring

Balancing Modesty and Style

Tips:

- 1. Layering**
 - Cardigans over sleeveless
 - Camisoles under low necklines
 - Leggings under dresses
- 2. Strategic Accessories**
 - Scarves for coverage
 - Statement jewelry (not excessive)
 - Elegant shawls
- 3. Modern Modest Fashion**
 - Maxi dresses and skirts
 - Wide-leg trousers
 - Midi-length hemlines
 - Long tunics
 - Modest jumpsuits
- 4. Tailoring**
 - Custom fit ensures modesty and style
 - Alter ready-made for better coverage

- Create unique modest pieces

Cultural Sensitivity

Respect for Different Standards:

- Understand modesty varies by culture
- Don't judge others' choices
- Adapt when visiting different communities
- Learn local customs when traveling

Cross-Cultural Events:

- Research expectations
- Ask organizers if unsure
- Default to more conservative
- Show respect through preparation

Age-Appropriate Dressing

Children:

- Comfort and practicality
- Age-appropriate coverage
- Allow movement and play
- Teach modesty principles early

Teenagers:

- Balance style with modesty
- Set appropriate boundaries
- Teach decision-making
- Model good choices

Adults:

- Dress for your age
- Maintain dignity
- Don't try to look too young
- Elegance over trendiness

Elderly:

- Comfortable, dignified
- Quality over quantity
- Classic styles
- Appropriate coverage

Common Modesty Challenges and Solutions

Challenge: Fashion Trends vs. Modesty

- Solution: Adapt trends modestly
- Find modest alternatives
- Be creative with styling

Challenge: Hot Weather

- Solution: Lightweight, breathable fabrics
- Loose-fitting styles
- Light colors
- Natural fibers

Challenge: Limited Modest Options in Stores

- Solution: Learn to sew
- Customize ready-made
- Shop specialty modest fashion brands
- Layer creatively

Challenge: Peer Pressure

- Solution: Confidence in choices
- Find like-minded friends
- Express personal style within modesty
- Educate others respectfully

Benefits of Modest Dressing

1. **Self-Respect:**
 - Dignity in appearance
 - Confidence from within
 - Not seeking validation through exposure
2. **Respect from Others:**
 - Professional image
 - Taken seriously
 - Positive impressions
3. **Versatility:**
 - Appropriate for more occasions
 - Less worry about appropriateness
 - Travel-friendly wardrobe
4. **Timelessness:**
 - Classic styles last longer
 - Less trend-dependent
 - Better investment

5. Focus on Inner Qualities:

- Emphasizes personality
- Values over appearance
- Authentic connections

Practical Exercise

Create an Occasion Wardrobe Plan:

Students should plan outfits for:

1. Religious service
2. Traditional wedding
3. Job interview
4. Casual outing with friends
5. Family celebration

For each, note:

- Main garments
- Accessories
- Footwear
- Why choices are appropriate
- How modesty is maintained

Week 10: Project - Mini Fashion Show of Traditional Designs

Planning the Fashion Show

Objectives:

- Display students' completed traditional attires
- Demonstrate understanding of cultural fashion
- Practice presentation skills
- Celebrate Nigerian fashion heritage
- Build confidence

Pre-Show Planning (2-3 Weeks Before)

1. Organization Committee

Assign roles:

- **Show Director:** Overall coordination
- **Stage Manager:** Manages backstage, timing
- **Wardrobe Coordinator:** Organizes garments
- **Music Coordinator:** Selects appropriate music
- **Lighting/Tech:** If applicable
- **Publicity:** Invitations, announcements
- **Ushers:** Guide audience
- **Photographers:** Document event

2. Theme Development

Possible themes:

- "Nigerian Heritage Through Fashion"
- "Unity in Diversity"
- "Traditional Meets Modern"
- "Celebrating Our Roots"
- "Pride of Nigeria"

3. Show Format

Suggested Structure:

- Welcome and introduction
- Overview of project
- Fashion presentation by categories:
 - Yoruba traditional wear
 - Igbo traditional wear
 - Hausa/Fulani traditional wear
 - Mixed/fusion designs
 - Accessories showcase
- Closing remarks
- Photography session

Preparing Your Garment for the Show

1. Final Touches

One Week Before:

- Complete all sewing
- Add final embellishments
- Check for loose threads
- Ensure all fasteners work
- Press thoroughly

Day Before:

- Final pressing
- Prepare accessories
- Try on complete outfit
- Practice walking
- Prepare hanging/storage

Show Day:

- Arrive early
- Final check
- Touch-up pressing if needed
- Organize accessories
- Stay calm and confident

2. Garment Presentation Card

Create a card for each outfit including:

- Designer name (student)
- Garment type
- Ethnic group represented
- Fabric used
- Inspiration/significance
- Special techniques used

Modeling Your Design

Walking Techniques:

1. Basic Runway Walk

- Stand tall, shoulders back
- Core engaged
- Walk heel-to-toe
- Natural arm swing
- Confident expression
- Eyes forward

2. The Pause

- Stop at designated spots
- Strike a pose (slight turn, hand on hip)
- Hold for 2-3 seconds
- Show garment details
- Resume walking

3. The Turn

- Smooth pivot (180° or 360°)
- Show back of garment
- Maintain balance
- Keep movement fluid

Practice:

- Practice walking in outfit multiple times
- Walk in shoes you'll wear
- Practice with music
- Get comfortable with garment movement
- Work on confidence and posture

Accessorizing for the Show

Complete the Look:

For Traditional Attire:

- Gele/head tie (for women)
- Cap/fila (for men)
- Appropriate jewelry (beads, coral)
- Shoes (traditional or complementary)
- Hand fan (if appropriate)
- Ipele/shawl (if part of outfit)

Styling Tips:

- Don't over-accessorize
- Ensure accessories don't fall off while walking
- Practice with all accessories on
- Coordinate colors
- Authentic cultural pieces preferred

Show Day Logistics

Backstage Organization:

1. Lineup

- Create running order
- Post backstage
- Organize by category
- Number each look
- Allow time between models

2. Quick Changes (if applicable)

- Designate changing area
- Have helpers assigned
- Practice changes beforehand
- Keep area organized

3. Garment Care

- Hang garments properly
- Keep steamer/iron available
- Protect from spills
- Have emergency sewing kit
- Store accessories safely

4. Backstage Rules

- No eating/drinking near garments
- Stay quiet during show
- Follow lineup order
- Help each other
- Stay positive

Music Selection

Appropriate Choices:

- Traditional Nigerian music
- Afrobeat instrumentals
- Highlife classics
- Contemporary Nigerian artists
- Cultural drumming
- Fusion music

Tips:

- Match music to ethnic group being shown
- Edit to appropriate length
- Test sound system beforehand
- Have backup music ready
- Keep volume appropriate for venue

Venue Setup

Stage/Runway:

- Clear pathway
- Adequate width (4-6 feet minimum)
- Safe, level surface

- Good lighting
- Marked spots for poses
- End point clearly visible

Audience Seating:

Clear view of runway

- Safe distance from models
- Comfortable arrangement
- Reserved seats for guests of honor

Backdrop:

- Cultural decorations
- Nigerian flag/colors
- Fabric draping
- Theme-related props
- Clean, uncluttered

Photography and Documentation

Professional Photos:

- Hire photographer if possible
- Designate student photographers
- Capture:
 - Garment details
 - Full outfit shots
 - Accessories
 - Models on runway
 - Backstage moments
 - Audience reactions

Video Recording:

- Record full show if possible
- Individual garment clips
- Behind-the-scenes footage
- Interviews with designers

Portfolio Building:

- Collect best images
- Create digital portfolio
- Print for physical portfolio
- Use for future applications

Presentation Skills

Speaking About Your Design (if required):

Key Points to Cover:

- Inspiration for design
- Cultural significance
- Challenges faced
- Techniques used
- What you learned
- Thank supporters

Tips:

- Speak clearly and confidently
- Make eye contact
- Don't rush
- Show enthusiasm
- Practice beforehand
- Keep it brief (1-2 minutes)

After the Show

1. Feedback and Evaluation

- Collect audience feedback
- Self-evaluation
- Teacher assessment
- Peer reviews
- Photos and video review

2. Celebration

- Acknowledge all participants
- Thank organizers and helpers
- Celebrate achievements
- Share photos
- Reflect on experience

3. Documentation

- Write reflection on experience
- Compile photos and videos
- Save presentation cards
- Update portfolio
- Note lessons learned

Assessment Criteria

Garment Quality (40%):

- Construction techniques
- Finishing
- Fit
- Cultural authenticity
- Overall appearance

Presentation (30%):

- Walking/modeling
- Confidence
- Styling
- Completeness of look
- Stage presence

Cultural Accuracy (20%):

- Appropriate design for ethnic group
- Correct accessories
- Understanding of significance
- Research demonstrated

Creativity and Effort (10%):

- Personal interpretation
- Attention to detail
- Time and effort invested
- Problem-solving

Learning Outcomes

By participating, students will:

- Gain confidence in their abilities
 - Understand cultural significance of fashion
 - Develop presentation skills
 - Experience professional fashion setting
 - Build portfolio
 - Network with peers
 - Celebrate Nigerian heritage
 - Apply all term's learning
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General Study Tips for SS2 Second Term

Key Concepts to Master

1. **Cultural Knowledge:**
 - Know major ethnic groups' traditional attire
 - Understand cultural significance
 - Respect and authenticity
2. **Construction Skills:**
 - Traditional garment techniques
 - Proper fitting
 - Finishing methods
3. **Accessory Making:**
 - Basic beading
 - Fabric manipulation
 - Finishing techniques
4. **Professional Presentation:**
 - Styling complete looks
 - Modeling basics
 - Portfolio development

Practical Exercises

Weekly Practice:

- Try different gele tying styles
- Practice hand beading
- Sketch traditional designs
- Visit traditional markets
- Interview elders about traditional fashion

Resources

Research:

- Nigerian fashion history books
- Online Nigerian fashion blogs
- Fashion museum visits
- Traditional ceremonies (observe respectfully)
- Fashion documentaries

Inspiration:

- Nigerian fashion designers' work
- Cultural festivals
- Fashion magazines

- Social media (Nigerian fashion influencers)
- Family photo albums (traditional events)

Preparing for Examinations

Theory:

- Know traditional attires by ethnic group
- Understand cultural significance
- Memorize accessory types
- Study modesty principles
- Learn construction processes

Practical:

- Practice accessory making
 - Perfect garment construction
 - Time management in sewing
 - Finishing techniques
 - Quality control
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