

**ITS ACADEMY**



**MIDDLE SCHOOL**

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recipes for future materials

First and second-grade educational institutions within the National Education System in Friuli Venezia Giulia are eligible for a free experience (visit + workshop) during the 2026/2027 school year, subject to availability and upon reservation.



Amal Rodriguez Cordero  
Welcome Home  
2020

I:A

# Artistic Paper Craft Workshop

In this special artistic paper engineering workshop dedicated to ITS, participants will collaborate to create a collective paper collection, made even more beautiful by the shared effort.

Author **Annalisa Metus**

## DESCRIPTION

Simple recycled paper will tell a story – not through written words, but through cut-outs, folds, collages, and intricate designs. Page by page, a unique collection inspired by ITS Arcademy will come to life. Creating each composition requires both fun and concentration, as participants give value to every tiny piece of paper. The end result is the satisfaction of taking home a small masterpiece that is not only ecological but also deeply personal. Paper transforms into a creative medium through the imagination, manual skills, and original ideas of the participants.

## BIO

**Annalisa Metus** is a paper engineer specialising in the pop-up book technique. She creates artist books, set designs, and installations that are truly magical works of paper art. Based in Trieste, she conducts workshops for both children and adults, where she masterfully blends paper and music.

## CATEGORY

Creative workshop

## DURATION

60 minutes

## LANGUAGE

Italian, English

## PRICE

15€ (the price is per person; free admission is provided for up to two accompanying teachers)

## WHAT YOU WILL LEARN

A brief history of paper, what a leporello is, and how to create new stories with ecological and recyclable materials

## INFO AND BOOKINGS

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# Fast Fashion, Slow Fashion

Can fashion be ethical? As aspiring creatives and industry managers, we will explore how to build our own brand and start a business while reflecting on the balance between profit and responsibility. This workshop prompts an examination of the ethical considerations in fashion, including the impacts on workers, supply chains, and the environment.

## DESCRIPTION

What does Fast Fashion entail? What is the history behind our favourite garments? Can they have a long life, or are they designed to deteriorate quickly, creating a cycle of constant consumption? In this workshop, participants will lay the groundwork for establishing a fashion brand, discovering each step in the production chain and understanding the broader impact of consumption habits on our planet and its people.

## CATEGORY

Group work

## DURATION

60 minutes

## LANGUAGE

Italian, English

## PRICE

15€ (the price is per person; free admission is provided for up to two accompanying teachers)

## WHAT YOU WILL LEARN

To value the garments in one's wardrobe; to imagine and understand the dynamics of the production system; to consider the impact of ethical choices on the environment and people

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# Zero waste Bag

Transform your wardrobe with just a pair of scissors, a pen, and an old T-shirt. This upcycling workshop, inspired by ITS 2022 finalist Hin Fung Jesse Lee, will teach you how to turn a T-shirt into a stylish bag without any sewing required. This workshop blends personal and collective creativity to produce a practical and unique accessory.

Author **Hin Fung Jesse Lee**

## DESCRIPTION

This workshop is an excellent opportunity to learn or revisit hands-on skills for repair and reuse. Participants will creatively recycle a garment they already own but no longer use, rediscovering simple techniques and personalising their creations. By collaborating and exchanging ideas, attendees will practice responsible creativity, reducing waste and reimagining the potential of an old T-shirt. The workshop addresses the planned obsolescence of garments, encouraging reflection on our choices and actions to conserve resources and protect the environment.

## BIO

**Hin Fung Jesse Lee** a Chinese designer and finalist at ITS Contest 2022, won the ITS Sportswear Award powered by Lotto. He combines traditional and contemporary artistic techniques with materials destined for reuse and recycling, approaching sustainability with creativity and innovation. His award-winning project highlights the significance of blending traditional heritage with future-forward thinking, promoting a circular approach that includes both historic sneakers and their packaging.

## CATEGORY

Creative workshop

## DURATION

60 minutes

## LANGUAGE

Italian, English

## PRICE

15€ (the price is per person; free admission is provided for up to two accompanying teachers)

## WHAT YOU WILL LEARN

Understand and practise upcycling in a very simple way approach creative reuse playfully. Transform an unwanted garment/object into something new and useful with craftsmanship and creativity

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# Born to Create

Creativity is a valuable skill that everyone can nurture and refine. Inspired by the works on display and the portfolios of designers at ITS Arcademy, which reveal, describe, and narrate the creative process, this workshop will explore innovative and unexpected ways to transform ideas into projects. Participants will use their imagination and lateral thinking, essential for developing a unique creative voice.

## DESCRIPTION

ITS Arcademy serves as a treasure trove of inspiration, providing a rich source of ideas to fuel creativity. In this workshop, we will use the “tools of the trade” for every creative – concept development, research, creative diaries, and moodboards – as starting points for discovering and honing our personal creative language. Through various media and artistic techniques, we will demystify the creative process, moving from initial inspiration to the realisation of new projects, pathways, and solutions. This journey aims to simplify the creative process and help participants channel their creativity into tangible, innovative outcomes.

## CATEGORY

Creative workshop

## DURATION

60 minutes

## LANGUAGE

Italian, English

## PRICE

15€ (the price is per person; free admission is provided for up to two accompanying teachers)

## WHAT YOU WILL LEARN

To express creativity, learn the stages of the creative process, practice lateral thinking, and learn that you are *born to create*

## NOTES

In class/ homework brief preparation is necessary before the workshop, using supporting worksheets provided by ITS Arcademy

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# What's in the Box

A silkworm cocoon, a cotton flower, a sea sponge, sheep wool, tailor's chalk... what's in the box? In this engaging and playful activity, participants – either individually or in teams – use their imagination and curiosity by trying to guess, with hints and clues from others, what object or material they are touching, smelling, or even listening to.

## DESCRIPTION

The mysterious box contains various objects, fabrics, or materials waiting to be discovered. Through this workshop, participants will refine their senses to identify what they are interacting with, using touch, smell, and hearing to explore the weight, texture, and stories that each material and object has to tell. This experience encourages the rediscovery and practice of using senses beyond sight to understand the world around us, while learning about the unique characteristics and history of various materials, objects, and fabrics.

## CATEGORY

Creative workshop

## DURATION

60 minutes

## LANGUAGE

Italian, English

## PRICE

15€ (the price is per person; free admission is provided for up to two accompanying teachers)

## WHAT YOU WILL LEARN

Identify materials and objects hidden in a box through touch, sound, and smell; discover their characteristics, origins, and stories

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# Upcycling and Repair for absolute beginners

From line to circle: transitioning from linear to circular by revisiting or learning the fundamental sewing and repair practices that are both simple and effective. Learn how to care for and extend the life of your garments.

## DESCRIPTION

This theoretical and practical exploration of repair and upcycling techniques – an inspiration for ITS designers – covers a spectrum of methods ranging from traditional to innovative. Armed with needle and thread, participants will focus on upcycling strategies and techniques to enhance the value and quality of their clothes. The workshop will also reflect on key concepts of sustainability, circularity, and eco-friendly fashion.

## CATEGORY

Creative workshop

## DURATION

60 minutes

## LANGUAGE

Italian, English

## PRICE

15€ (the price is per person; free admission is provided for up to two accompanying teachers)

## WHAT YOU WILL LEARN

Basic techniques of mending, repairing, and sewing, both new and traditional

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# Anatomy of a Sneaker

Upper, sole, eyelets, tongue, heel, lining... How many parts make up one of the most loved and ubiquitous types of footwear? This workshop provides an in-depth and creative exploration of sneakers, celebrating this iconic shoe while uncovering its history, value, and lifecycle.

## DESCRIPTION

Participants will delve into the anatomy of sneakers, learning about each component, its placement, size, and variations. This thorough “dissection” (which may be a bit unsettling for the squeamish) will lead to a comprehensive understanding of sneaker design, development, and the materials involved, all of which are crucial for understanding their price and value. Inspired by creative examples from ITS designers, participants will have the chance to create their own personal sneaker using cardboard and recycled materials, applying their newfound knowledge in a hands-on project.

## CATEGORY

Creative workshop

## DURATION

60 minutes

## LANGUAGE

Italian, English

## PRICE

15€ (the price is per person; free admission is provided for up to two accompanying teachers)

## WHAT YOU WILL LEARN

The history of sneakers; how they are made and the mechanisms of operation, design, and production

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# Style icon

A workshop focused on creating a unique creature and engaging in a collective styling process. Working together, even a furry paw, a fin, a mouse tail, and a robot head can take on new meaning through creativity.

## DESCRIPTION

A creative workshop inspired by the *Exposure* exhibition that introduces participants to the “exquisite corpse,” a Surrealist collective drawing game. Each participant draws their assigned body part (head, torso, legs, or feet) on a sheet of paper without seeing how others are drawing. The group then comes together, and these individual parts are assembled to form a new creation.

The goal is to create absurd and surprising characters, stimulating imagination and collaboration. In a final step, the group adds styling to the creature—an essential phase that helps embellish and bring it to life. A fun group experience that sparks creativity and imagination.

## CATEGORY

Creative workshop

## DURATION

60 minutes

## LANGUAGE

Italian, English

## PRICE

15€ (the price is per person; free admission is provided for up to two accompanying teachers)

## WHAT YOU WILL LEARN

Combining different ideas into one creative and unexpected vision; what is an *exquisite corpse*? And how it can help spark original ideas?

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# Anatomy of a Scarpèt

The historic footwear of the Friulian tradition takes center stage in a creative workshop that weaves together history, imagination, and local roots in a fun and educational experience. Scarpèts will hold no more secrets!

## DESCRIPTION

Scarpèts were born in the peasant and mountain homes of Carnia as “humble” footwear, made from whatever materials were on hand. From simple, soft uppers for working in the garden to exquisite, one-of-a-kind versions in silk and velvet for special occasions, Scarpèts tell the story of our region with a spirit of circular economy—originating in Friuli and even reaching the feet of Venetian gondoliers.

Traditionally, the soles were made by layering old jute sacks, scraps of sheets, and cardboard. The zero-waste uppers were crafted from durable fabric remnants and old clothes. Each pair is unique, handmade with love and patience, and has the special feature of having no right or left shoe: they adapt to the foot with use, like a glove.

This workshop breaks down every part and reveals the secrets and techniques to create perfect Scarpèts, offering an immersive journey into the textile and artisanal traditions of Friuli Venezia Giulia.

## CATEGORY

Creative workshop

## DURATION

60 minutes

## LANGUAGE

Italian, English

## PRICE

15€ (the price is per person; free admission is provided for up to two accompanying teachers)

## WHAT YOU WILL LEARN

The history of Scarpèts from Friuli Venezia Giulia; how reuse and recycling are part of the artisanal tradition; and an introduction to an ancient and original shoe still worn today.

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# Natural Dyes

From the herbs and flowers of the Karst, this workshop invites participants to explore the art of dyeing with nature's palette.

Author **Erika Inamo**

## DESCRIPTION

Madder for red, coreopsis flowers for brown, chamomile for yellow, and woad for indigo blue—just how many colours can a blooming meadow provide? The wood of the sumac, which dyes the Karst heather red in autumn, is rich in colouring power. We will explore a spectrum of hues, from yellow to orange, brown to nearly black, using these natural dyes to paint, dye, and design on fabric. Following the rhythms of nature, we will work with flowers cultivated and harvested in harmony with biodiversity, and use sumac from prunings and cuttings. This approach ensures that nothing goes to waste, and every petal and twig contributes to creating vibrant, colourful designs.

## BIO

**Erika Inamo** holds a degree in herbalism with a thesis on the properties of Karst sumac (*Rhus*). A passionate beekeeper, she manages a field-garden in San Dorligo della Valle, where she has honed her knowledge of dye plants and herbs among beehives and olive trees. Erika now dedicates her time to plant-based dyeing using waste and wild plants, enhancing the local landscape and fostering a deeper connection with nature.

## PROGRAM

1. Presentation and in-depth study of dye plants from the Karst region, cultivation techniques, and seasonality
2. Practical workshop on printing with natural dyes
3. Discussion and sharing work and experience

## REQUIRED MATERIALS

Each participant is invited to bring an old T-shirt/shirt/canvas bag with the following characteristics:

- made of cotton or another natural fibre
- white or very light-coloured
- washed and ironed

## CATEGORY

Creative workshop

## DURATION

60 minutes

## LANGUAGE

Italian, English

## PRICE

15€ (the price is per person; free admission is provided for up to two accompanying teachers)

## WHAT YOU WILL LEARN

The surprising dyeing abilities of Karst plants, printing and dyeing techniques, and the importance of biodiversity

## NOTES

The workshop requires additional time for washing, fixing, and drying the colour. It is necessary to arrange for the pickup of the items in the days following the workshop

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# Sustainable Floral Art

Guided by the seasons and inspired by the ITS collection, we will create delicate, ephemeral, yet beautiful floral art pieces by hand, colourful and sustainable.

Author **Laura Vaccari - Fiorificio**

## DESCRIPTION

From the floral decorations and patterns of buds, leaves, botanical subjects, and wildflowers on fabrics to the latest plant-based materials, there is a deep connection between fashion and flowers, between art and nature. Today's intensive production and distribution of flowers often mirrors the fashion industry in its rapid pace and environmentally irresponsible practices. Drawing inspiration from the work of Japanese designer Asumi Maeda, preserved in the ITS Archive and dedicated to the lush nature of Hokkaido, we will engage in eco-friendly creativity. In this workshop, participants will create floral arrangements using only natural and sustainable materials, without adhesives, sponges, or imported flowers. All materials will be sourced from meadows and forests, including wild herbs, imperfect flowers, berries, twigs, and recyclable trimmings.

## BIO

**Laura Vaccari** is a floral designer from Trieste with a sustainable approach to decoration. Her thematic creative workshops teach participants to work by hand, listen to stories and ancient traditions, and practice beauty and art in a responsible way.

## CATEGORY

Creative workshop

## DURATION

60 minutes

## LANGUAGE

Italian, English

## PRICE

15€ (the price is per person; free admission is provided for up to two accompanying teachers)

## WHAT YOU WILL LEARN

Appreciate the rhythm of the seasons, find beauty in unconventional natural elements, learn small techniques of floral design, and explore biodiversity

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# DIY Bioplastics: recipes for future materials

The fashion materials of the future are being crafted from food and waste, using sustainable and eco-friendly production processes. These innovative materials can already be found in our kitchens and trash bins. In this workshop, we will explore the world of compostable and biodegradable bioplastics by transforming everyday items like coffee grounds and eggshells into something new, acting as little chemists, chefs, and designers.

## DESCRIPTION

The future of plastic is bio: sequins made from sugar, and culinary properties of natural products are merely secondary to their creative potential. We'll delve into the possibilities of food products and waste, such as pineapple leaves, apple and orange peels, grape pomace, shellfish shells, and mushrooms, to create sustainable materials. This workshop will highlight sustainable alternatives to traditional plastics and explore their potential applications in our daily lives. Inspired by the ITS Academy archive and designers who have used unconventional materials like potatoes and gelatin for their extraordinary creations, we will envision the future of the materials we use, our clothing, and the planet's resources. Participants will also leave with a unique recipe book, guiding them from plate to wardrobe, with methods to create bioplastics from food waste.

## CATEGORY

Creative workshop

## DURATION

60 minutes

## LANGUAGE

Italian, English

## PRICE

15€ (the price is per person; free admission is provided for up to two accompanying teachers)

## WHAT YOU WILL LEARN

To discover sustainable alternatives to plastic, to creatively use food waste, and to touch and handle unconventional materials

## INFO AND BOOKINGS

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