



Heavy Weight Shoulders Vest

SHORT DESCRIPTION

A sculptural vest with exaggerated shoulder volumes made from fabric scraps. The oversized shoulders create a physical and visual sense of weight, while a hooded body element partially covers the head, evoking feelings of pressure, anxiety, and emotional restriction.

ARTISTIC INSPIRATION

The piece is inspired by the sensation of emotional weight often described as "carrying everything on your shoulders." Through group discussions, participants connected darkness with heaviness, tension, and mental burden. The exaggerated shoulder structure represents this invisible weight, while the hooded body element suggests anxiety, suffocation, and emotional withdrawal. Despite the vibrant colors, the garment conveys how darkness can remain hidden beneath an outward appearance of normality or brightness.

SUSTAINABILITY

All materials are fabric scraps and threads discarded by a fashion company, originally part of seasonal sample books. Although unused, they were considered waste by the industry and repurposed for this project. Eco-responsible Methods.

The piece is created entirely through upcycling processes. Small textile remnants were reused and assembled into new structures, reducing waste and extending the material lifecycle. Hand-based techniques and simple construction methods allowed for low-impact production and inclusive participation.



Sample cards fabrics



PARTICIPANTS



Inge Bollen

I am a textile designer and artist with over 20 years of experience in fashion design, graphics, and prints. I have decided to return to my roots in textile art, my true passion, exploring new techniques and creative approaches to grow as a creator and connect emotionally with the audience.



Users Participating

Maricarmen, David, Luis Angel,
Luisa, Ana Rosa

Heavy Weight Shoulders Vest / finished garment



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METHOD AND PROCESS

The process began with conversations about darkness and light, followed by experimentation with ways to join fabric scraps. A simple technique was developed: small square pieces (approximately 3x3 cm) were hand-stitched into garland-like strands. This method proved highly engaging and accessible for participants. Through moulage experiments in paper and fabric, a recurring silhouette with strong shoulder volume emerged. The final form was translated into a vest with oversized shoulders, physically emphasizing the sensation of weight when worn. Working with sewing techniques was initially challenging for some participants, but through repetition and guidance, confidence and creativity gradually improved.

CULTURAL RELEVANCE

The exaggerated shoulders reference elements of traditional Spanish garments, such as the structured silhouettes of bullfighter costumes and historical bodices. This piece reinterprets these cultural forms in a contemporary and expressive way, transforming symbols of strength and performance into a reflection of internal emotional states.

Heavy Weight Shoulders Vest / design process

