

Green Knit Dress

SHORT DESCRIPTION

Made from fabric scraps from the Intrás Day Center.

Green knit dress with no arm opening. The dress represents the whole self and identity.

ARTISTIC INSPIRATION

The dark color symbolizes internal burial prior to transformation. The knit fabric represents the person's flexible state.

The most striking feature of this garment is the lack of arm openings. Through this, I wanted to reflect the inability to act, emotional or mental paralysis, blockage, the inability to intervene in one's own life, repression, fear, etc.

This dress is an image of being trapped within oneself, with an identity completely enveloped in its own darkness, where thoughts have created a structure that immobilizes, preventing action, expression, or liberation. It also symbolizes the chrysalis before becoming a butterfly, the moment before change, where everything is contained.

This moment of change is represented through Mike's painted depiction of a line from a poem written by an Intrás user named Chema, which reads, "With time as witness, I would like to know," accompanied by a star that shines a ray of light onto the garment.

SUSTAINABILITY

This garments is made with Reused materials - reused knit. All the garments were made using reclaimed materials (deadstock), instead of manufacturing with new fabric. We used certified fabrics with trust seals and upcycled discarded textiles.

When cutting the pieces for each garment, I aimed for zero or minimal waste to avoid creating any unnecessary items. I implemented a conscious production process, making each garment locally and ethically.



PARTICIPANTS



Eulalia Mateos

Fashion designer, artisan, art historian, and professor at ESI Higher School of Design in Valladolid and at the Castile and León Crafts Center.

She has her own brand, a brand identified by a unique concept based on contemporary design where each piece is born from careful reflection, seeking its own identity.



Users Participating in the project

Textile designer, participants (collaborative making)

Green Knit Dress
finished garment



Green Knit Dress
design process



Green Knitted Dress

METHOD AND PROCESS

The most complicated part was the design process, sketching to convey the intended sense of darkness. Once the design was finalized, we moved on to creating the pattern

on a table with the corresponding measurements, followed by its construction. We located the appropriate fabric and finally adapted the pattern to the silhouette, making the necessary alterations. Painting it by the users was the most delicate part of the process; they did a fantastic job, as the finished garment made the process more complex.

CULTURAL RELEVANCE

In this part of the experimental fashion project "From Darkness to Light," developed by

users of the INTRAS Foundation, we have used design as a therapeutic and social inclusion tool, deeply connecting it with the local cultural heritage of Castile and León.

The project not only creates garments but also establishes a dialogue with the region's identity through the symbolism of transition, evoking processes of overcoming adversity that are reflected in local history. It links this transition between the shadows of mental illness and the light of social inclusion, similar to the rebirth of traditions in modernity.

