

*The Project of Capacity Building for Industry Demand-based TVET in Uganda*

# **In-service Training Program (Manual) for Instructors**

## **Fashion**

January, 2025



## Contents

| Day   | Activity    |                                       | Details                                                                                                                                                                                                                                                                                     |
|-------|-------------|---------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Day 1 | Job Sheet 1 | <b>Skirt Pattern Making</b>           | <ul style="list-style-type: none"> <li>➤ Tight skirt</li> <li>➤ 6piece gored skirt</li> <li>➤ Yoke flare skirt</li> <li>➤ Semi flare skirt</li> </ul>                                                                                                                                       |
| Day 2 | Job Sheet 2 | <b>W<br/>Blouse Pattern Making</b>    | <ul style="list-style-type: none"> <li>➤ Bow collar tuck blouse</li> <li>➤ Tie collar blouse</li> <li>➤ Sports collar blouse</li> <li>➤ Shirt collar blouse</li> </ul>                                                                                                                      |
| Day 3 | Job Sheet 3 | <b>Vest, Pants Pattern Making</b>     | <ul style="list-style-type: none"> <li>➤ Dart pants</li> <li>➤ Tuck pants</li> <li>➤ Tailored collar best</li> <li>➤ V neck best</li> </ul>                                                                                                                                                 |
| Day 4 | Job Sheet 4 | <b>one-piece dress Pattern Making</b> | <ul style="list-style-type: none"> <li>➤ Square neckline sleeveless one-piece</li> <li>➤ Slit neckline one-piece</li> <li>➤ Roll collar one-piece</li> </ul>                                                                                                                                |
| Day 5 | Job Sheet 5 | <b>Sewing for detail part</b>         | <ul style="list-style-type: none"> <li>➤ Sewing pocket</li> <li>➤ Sewing collar</li> <li>➤ Sewing waistband</li> </ul>                                                                                                                                                                      |
| Day 6 | Job Sheet 6 | <b>Making Skirt</b>                   | <ul style="list-style-type: none"> <li>➤ Sewing waistband</li> <li>➤ Sewing opening</li> <li>➤ Cutting skirt</li> <li>➤ Sewing skirt`s parts</li> <li>➤ Joining the parts of skirt</li> <li>➤ Finishing skirt</li> </ul>                                                                    |
| Day 7 | Job Sheet 7 | <b>Making Blouse</b>                  | <ul style="list-style-type: none"> <li>➤ Blouse patten making</li> <li>➤ Sewing pocket , cuffs</li> <li>➤ Sewing collar</li> <li>➤ Sewing opening</li> <li>➤ Cutting Blouse</li> <li>➤ Sewing Blouse `s parts</li> <li>➤ Joining the parts of Blouse</li> <li>➤ Finishing Blouse</li> </ul> |

| Day    | Activity     |                               | Details                                                                                                                                                                                                                                                                      |
|--------|--------------|-------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Day 8  | Job Sheet 8  | <b>Making Pants</b>           | <ul style="list-style-type: none"> <li>➤ Sewing pocket</li> <li>➤ Sewing waistband</li> <li>➤ Sewing opening</li> <li>➤ Cutting pants</li> <li>➤ Sewing pants `s parts</li> <li>➤ Joining the parts of pants</li> <li>➤ Finishing pants</li> </ul>                           |
| Day 9  | Job Sheet 9  | <b>Making One-piece dress</b> | <ul style="list-style-type: none"> <li>➤ Sewing opening</li> <li>➤ Cutting one-piece dress</li> <li>➤ Modeling one-piece dress</li> <li>➤ Sewing one-piece dress`s parts</li> <li>➤ Joining the parts of one-piece dress</li> <li>➤ Finishing one-piece dress</li> </ul>     |
| Day 10 | Job Sheet 10 | <b>Making Vest</b>            | <ul style="list-style-type: none"> <li>➤ Sewing pocket</li> <li>➤ Sewing opening</li> <li>➤ Cutting vest</li> <li>➤ Modeling vest</li> <li>➤ Sewing vest `s parts</li> <li>➤ Sewing vest `s lining</li> <li>➤ Joining the parts of vest</li> <li>➤ Finishing vest</li> </ul> |

# Job Sheet 1

| Day      | 1                    | Task No.                                             |      | Time | 8h |
|----------|----------------------|------------------------------------------------------|------|------|----|
| Title    | Skirt Pattern Making |                                                      |      |      |    |
| Material | Name                 | Spec(사양)                                             | Q'ty |      |    |
|          | Grading ruler        | 60cm korea                                           |      |      |    |
|          | Curve ruler          | 60cm korea                                           |      |      |    |
|          | Tape ruler           | Size: Length 60inch, Width 17.5mm                    |      |      |    |
|          | Scissors             | 30cm                                                 |      |      |    |
|          | Pencil               | Type: HB<br>Amount: Dozen in one packet              |      |      |    |
|          | Glue stick           |                                                      |      |      |    |
|          | Eraser               |                                                      |      |      |    |
|          | pencil sharpener     | Automatic power pencil sharpener Auto bear auto lift |      |      |    |
|          | Pape                 | 80g/m2 White korea                                   |      |      |    |

## 1. Purpose

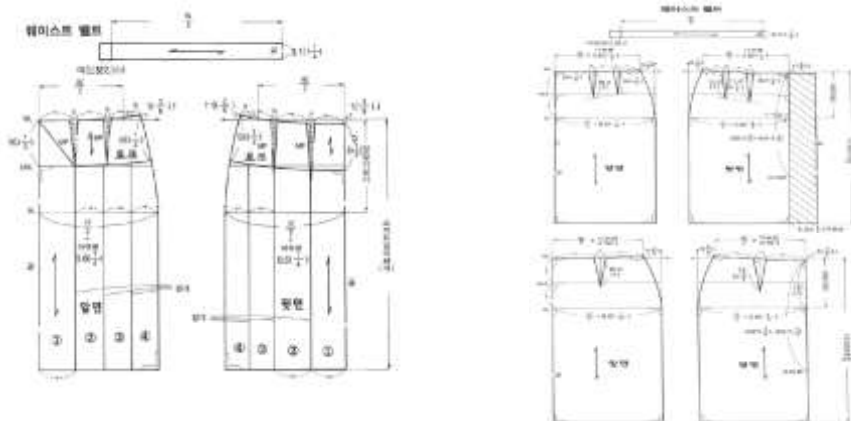
(Learn different design skirt patterns)

**Tight skirt - Mastering the Basic Line of Skirt**

**6pice gored skirt - Find out the Skirt Piece Pattern**

**Yoke flare skirt - Check the pleats of the flare skirt**

**Semi flare skirt - Find out the amount of flares according to the skirt design**



- ☐ Information - Draw a pattern according to the size of the human body
- ☐ Requirements - Check the patter

## Job Sheet 2

| Day      | 2                            | Task No.                                                   |      | Time | 8h |
|----------|------------------------------|------------------------------------------------------------|------|------|----|
| Title    | <b>Blouse Pattern Making</b> |                                                            |      |      |    |
| Material | Name                         | Spec                                                       | Q'ty |      |    |
|          | Grading ruler                | 60cm korea                                                 |      |      |    |
|          | Curve ruler                  | 60cm korea                                                 |      |      |    |
|          | Tape ruler                   | Size: Length 60inch,<br>Width 17.5mm                       |      |      |    |
|          | Scissors                     | 30cm                                                       |      |      |    |
|          | Pencil                       | Type: HB<br>Amount: Dozen in one<br>packet                 |      |      |    |
|          | Glue stick                   |                                                            |      |      |    |
|          | Eraser                       |                                                            |      |      |    |
|          | pencil sharpener             | Automatic power pencil<br>sharpener Auto bear<br>auto lift |      |      |    |
|          | Pape                         | 80g/m2 White korea                                         |      |      |    |

### 1. Purpose

#### 1.1 Purpose - Learn more about different design blouse patterns

Bow collar tuck blouse

Tie collar blouse

Sports collar blouse

**Shirt collar blouse**



□ Information - Draw a pattern according to the size of the human body

Requirements - Check the patter

## Job Sheet 3

| Day      | 3                          | Task No.                                                   |      | Time | 8h |
|----------|----------------------------|------------------------------------------------------------|------|------|----|
| Title    | Vest, Pants Pattern Making |                                                            |      |      |    |
| Material | Name                       | Spec                                                       | Q'ty |      |    |
|          | Grading ruler              | 60cm korea                                                 |      |      |    |
|          | Curve ruler                | 60cm korea                                                 |      |      |    |
|          | Tape ruler                 | Size: Length 60inch,<br>Width 17.5mm                       |      |      |    |
|          | Scissors                   | 30cm                                                       |      |      |    |
|          | Pencil                     | Type: HB<br>Amount: Dozen in one<br>packet                 |      |      |    |
|          | Glue stick                 |                                                            |      |      |    |
|          | Eraser                     |                                                            |      |      |    |
|          | pencil sharpener           | Automatic power pencil<br>sharpener Auto bear<br>auto lift |      |      |    |
|          | Pape                       | 80g/m2 White korea                                         |      |      |    |

### 1. Purpose

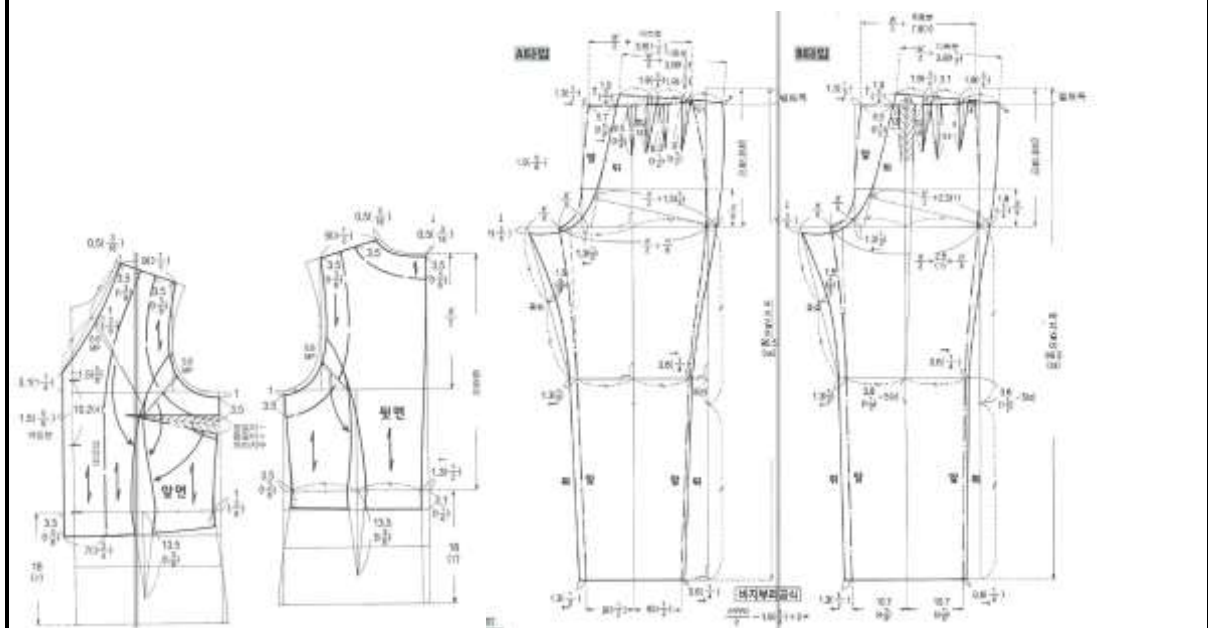
#### 1.1 Purpose - Mastering Women's Vests and Pants Patterns

Dart pants

Tuck pants

Tailored collar best

V neck best



□ Information - Draw a pattern according to the size of the human body

Requirements - Check the patter

## Job Sheet 4

| Day      | 4                              | Task No.                                                   |      | Time | 8h |
|----------|--------------------------------|------------------------------------------------------------|------|------|----|
| Title    | one-piece dress Pattern Making |                                                            |      |      |    |
| Material | Name                           | Spec                                                       | Q'ty |      |    |
|          | Grading ruler                  | 60cm korea                                                 |      |      |    |
|          | Curve ruler                    | 60cm korea                                                 |      |      |    |
|          | Tape ruler                     | Size: Length 60inch,<br>Width 17.5mm                       |      |      |    |
|          | Scissors                       | 30cm                                                       |      |      |    |
|          | Pencil                         | Type: HB<br>Amount: Dozen in one<br>packet                 |      |      |    |
|          | Glue stick                     |                                                            |      |      |    |
|          | Eraser                         |                                                            |      |      |    |
|          | pencil sharpener               | Automatic power pencil<br>sharpener Auto bear<br>auto lift |      |      |    |
|          | Pape                           | 80g/m2 White korea                                         |      |      |    |

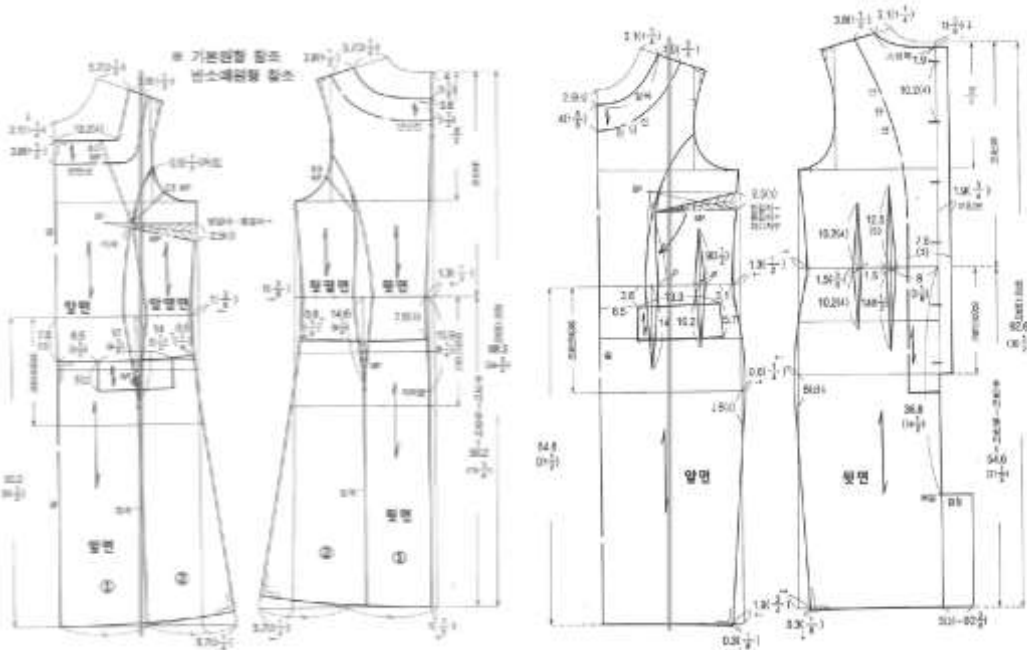
### 1. Purpose

#### 1.1 Purpose - Learn and apply patterns in different designs of one-piece dresses

Square neckline sleeveless one-piece

Slit neckline one-piece

Roll collar one-piece



□ Information - Draw a pattern according to the size of the human body

Requirements - Check the patter

## Job Sheet 5

| Day      | 5                      | Task No.                                            |      | Time | 8h |
|----------|------------------------|-----------------------------------------------------|------|------|----|
| Title    | Sewing for detail part |                                                     |      |      |    |
| Material | Name                   | Spec                                                | Q'ty |      |    |
|          | plain cotton fabric    | 20(the degree of thickness)                         |      |      |    |
|          | awl                    | korea                                               |      |      |    |
|          | thimble                |                                                     |      |      |    |
|          | scissor                | Size: Length 30cm                                   |      |      |    |
|          | needle                 | Amount: 100ea in one box<br>Size: 96×1/Length 3.8cm |      |      |    |
|          | Tailors chalk          | Amount: 10ea in one box<br>Size: Length 4.3cm       |      |      |    |
|          | a silk pin             | korea                                               |      |      |    |
|          | Yarns/Threads(재봉사)     |                                                     |      |      |    |
|          | Ironing                | industrial use                                      |      |      |    |
|          | Hand needles           |                                                     |      |      |    |
|          | Industrial bobbin case | Size: Width 1.2cm                                   |      |      |    |
|          | Industrial bobbin ring | Size: 2.1cm                                         |      |      |    |
|          | an attached wick (심지)  | korea                                               |      |      |    |
|          | Body Board             | korea                                               |      |      |    |

### 1. Purpose

#### 1.1 Purpose-

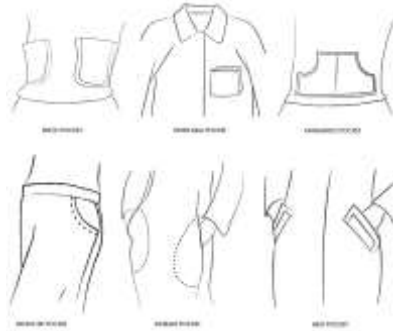
- Learn how to sew pockets, collar, and waistband

- Ironing and sewing machines

Sewing pocket

Sewing collar

**Sewing waistband**



□ Information - Check out different kinds of designs

□ Requirements

## Job Sheet 6

| Day      | 6                      | Task No.                                            |      | Time | 8h |
|----------|------------------------|-----------------------------------------------------|------|------|----|
| Title    | Making Skirt           |                                                     |      |      |    |
| Material | Name                   | Spec                                                | Q'ty |      |    |
|          | skirt fabric           | woolen fabric                                       |      |      |    |
|          | lining fabric          | polyester fabric                                    |      |      |    |
|          | awl                    | korea                                               |      |      |    |
|          | Thimble(골무)            | korea                                               |      |      |    |
|          | an hour hand room(시침실) | korea                                               |      |      |    |
|          | scissor                | Size: Length 30cm                                   |      |      |    |
|          | needie                 | Amount: 100ea in one box<br>Size: 96×1/Length 3.8cm |      |      |    |
|          | Tailors chalk          | Amount: 10ea in one box<br>Size: Length 4.3cm       |      |      |    |
|          | a silk pin             | korea                                               |      |      |    |
|          | Yarns/Threads(재봉사)     |                                                     |      |      |    |
|          | Ironing                | industrial use                                      |      |      |    |
|          | Hand needles           |                                                     |      |      |    |
|          | Industrial bobbin case | Size: Width 1.2cm                                   |      |      |    |
|          | Industrial bobbin ring | Size: 2.1cm                                         |      |      |    |
|          | an attached wick (심지)  | korea                                               |      |      |    |
|          | Zippers                | 20cm                                                |      |      |    |
|          | Hook and eye           | korea                                               |      |      |    |
|          | Pencil chalk           | korea                                               |      |      |    |

|                                                                                                                                                                                                                                                                                        |            |       |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|-------|--|
|                                                                                                                                                                                                                                                                                        | Body Board | korea |  |
| <b>1. Purpose</b><br><b>1.1 Purpose - Learn basic skirt cutting and sewing techniques Sewing waistband</b><br><b>- Describe the zip, waistband and bias sewing process</b><br>Sewing opening<br>Cutting skirt<br>Sewing skirt's parts<br>Joining the parts of skirt<br>Finishing skirt |            |       |  |
| <input type="checkbox"/> Information - Learn the skirt sewing technique and draw patterns.                                                                                                                                                                                             |            |       |  |
| <input type="checkbox"/> Requirements - Check the size                                                                                                                                                                                                                                 |            |       |  |

## Job Sheet 7

| Day      | 7                      | Task No.                                            |      | Time | 8h |
|----------|------------------------|-----------------------------------------------------|------|------|----|
| Title    | Making Blouse          |                                                     |      |      |    |
| Material | Name                   | Spec                                                | Q'ty |      |    |
|          | silk polyester fabric  |                                                     |      |      |    |
|          | awl                    | korea                                               |      |      |    |
|          | Thimble(골무)            | korea                                               |      |      |    |
|          | an hour hand room(시침실) | korea                                               |      |      |    |
|          | scissor                | Size: Length 30cm                                   |      |      |    |
|          | needie                 | Amount: 100ea in one box<br>Size: 96×1/Length 3.8cm |      |      |    |
|          | Tailors chalk          | Amount: 10ea in one box<br>Size: Length 4.3cm       |      |      |    |
|          | a silk pin             | korea                                               |      |      |    |
|          | Yarns/Threads(재봉사)     |                                                     |      |      |    |
|          | Ironing                | industrial use                                      |      |      |    |
|          | Hand needles           |                                                     |      |      |    |
|          | Industrial bobbin case | Size: Width 1.2cm                                   |      |      |    |
|          | Industrial bobbin ring | Size: 2.1cm                                         |      |      |    |
|          | an attached wick (심지)  | korea                                               |      |      |    |
|          | Buttons                | Small 18(1cm)                                       |      |      |    |
|          | Pencil chalk           | korea                                               |      |      |    |

|                                                                                                                                                                                                                                                                                                                                |            |       |  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|-------|--|
|                                                                                                                                                                                                                                                                                                                                | Body Board | korea |  |
| <b>1. Purpose</b><br><b>1.1 Purpose - Description of the sewing techniques of poly fabric and learning the sewing techniques of sleeves</b><br>Blouse patten making<br>Sewing pocket , cuffs<br>Sewing collar<br>Sewing opening<br>Cutting Blouse<br>Sewing Blouse `s parts<br>Joining the parts of Blouse<br>Finishing Blouse |            |       |  |
| <input type="checkbox"/> Information - Learn the art of sewing blouses and draw patterns.                                                                                                                                                                                                                                      |            |       |  |
| <input type="checkbox"/> Requirements                                                                                                                                                                                                                                                                                          |            |       |  |

## Job Sheet 8

| Day      | 8                      | Task No.                                            |      | Time | 8h |
|----------|------------------------|-----------------------------------------------------|------|------|----|
| Title    | Making Pants           |                                                     |      |      |    |
| Material | Name                   | Spec                                                | Q'ty |      |    |
|          | Pants fabric           | Blending fabric                                     |      |      |    |
|          | awl                    | korea                                               |      |      |    |
|          | Thimble(골무)            | korea                                               |      |      |    |
|          | an hour hand room(시침실) | korea                                               |      |      |    |
|          | scissor                | Size: Length 30cm                                   |      |      |    |
|          | needle                 | Amount: 100ea in one box<br>Size: 96×1/Length 3.8cm |      |      |    |
|          | Tailors chalk          | Amount: 10ea in one box<br>Size: Length 4.3cm       |      |      |    |
|          | a silk pin             | korea                                               |      |      |    |
|          | Yarns/Threads(재봉사)     |                                                     |      |      |    |
|          | Ironing                | industrial use                                      |      |      |    |
|          | Hand needles           |                                                     |      |      |    |
|          | Zipppers               | 20cm                                                |      |      |    |
|          | Industrial bobbin case | Size: Width 1.2cm                                   |      |      |    |
|          | Industrial bobbin ring | Size: 2.1cm                                         |      |      |    |

|                                                                                                                                                                                                                                                                                                               |                       |       |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|-------|--|
|                                                                                                                                                                                                                                                                                                               | an attached wick (심지) | korea |  |
|                                                                                                                                                                                                                                                                                                               | Hook and eye          | korea |  |
|                                                                                                                                                                                                                                                                                                               | Body Board            | korea |  |
| <b>1. Purpose</b><br><b>1.1 Purpose - Explanation of the sewing technique and learning how to sew the pocket shape according to the design of the pants</b><br>Sewing pocket<br>Sewing waistband<br>Sewing opening<br>Cutting pants<br>Sewing pants `s parts<br>Joining the parts of pants<br>Finishing pants |                       |       |  |
| <input type="checkbox"/> Information - Learn the pants sewing technique and draw patterns.                                                                                                                                                                                                                    |                       |       |  |
| <input type="checkbox"/> Requirements                                                                                                                                                                                                                                                                         |                       |       |  |

## Job Sheet 9

| Day      | 9                      | Task No.                                            |      | Time | 8h |
|----------|------------------------|-----------------------------------------------------|------|------|----|
| Title    | Making One-piece dress |                                                     |      |      |    |
| Material | Name                   | Spec                                                | Q'ty |      |    |
|          | One-piece dress fabric | woolen fabric                                       |      |      |    |
|          | awl                    | korea                                               |      |      |    |
|          | Thimble(골무)            | korea                                               |      |      |    |
|          | an hour hand room(시침실) | korea                                               |      |      |    |
|          | scissor                | Size: Length 30cm                                   |      |      |    |
|          | needie                 | Amount: 100ea in one box<br>Size: 96×1/Length 3.8cm |      |      |    |
|          | Tailors chalk          | Amount: 10ea in one box<br>Size: Length 4.3cm       |      |      |    |
|          | a silk pin             | korea                                               |      |      |    |
|          | Yarns/Threads(재봉사)     |                                                     |      |      |    |
|          | Ironing                | industrial use                                      |      |      |    |
|          | Hand needles           |                                                     |      |      |    |
|          | console zipper         | 60cm                                                |      |      |    |

|                                                                                                                                                                                                                                                                                                  |                        |                   |  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|-------------------|--|
|                                                                                                                                                                                                                                                                                                  | Industrial bobbin case | Size: Width 1.2cm |  |
|                                                                                                                                                                                                                                                                                                  | Industrial bobbin ring | Size: 2.1cm       |  |
|                                                                                                                                                                                                                                                                                                  | an attached wick (심지)  | korea             |  |
|                                                                                                                                                                                                                                                                                                  | Body Board             | korea             |  |
| <b>1. Purpose</b><br><b>1.1 Purpose -Description of console zipper fitting theory and learning sewing skills</b><br>Sewing opening<br>Cutting one-piece dress<br>Modeling one-piece dress<br>Sewing one-piece dress`s parts<br>Joining the parts of one-piece dress<br>Finishing one-piece dress |                        |                   |  |
| <input type="checkbox"/> Information - Learn one-piece sewing skills and draw patterns.                                                                                                                                                                                                          |                        |                   |  |
| <input type="checkbox"/> Requirements                                                                                                                                                                                                                                                            |                        |                   |  |

## Job Sheet 10

| Day      | 10                     | Task No.                                            |      | Time | 8h |
|----------|------------------------|-----------------------------------------------------|------|------|----|
| Title    | Making Vest            |                                                     |      |      |    |
| Material | Name                   | Spec                                                | Q'ty |      |    |
|          | Vest fabric            | woolen fabric                                       |      |      |    |
|          | awl                    | korea                                               |      |      |    |
|          | Thimble(골무)            | korea                                               |      |      |    |
|          | an hour hand room(시침실) | korea                                               |      |      |    |
|          | scissor                | Size: Length 30cm                                   |      |      |    |
|          | needle                 | Amount: 100ea in one box<br>Size: 96×1/Length 3.8cm |      |      |    |
|          | Tailors chalk          | Amount: 10ea in one box<br>Size: Length 4.3cm       |      |      |    |
|          | a silk pin             | korea                                               |      |      |    |
|          | Yarns/Threads(재봉사)     |                                                     |      |      |    |
|          | Ironing                | industrial use                                      |      |      |    |

|                                                                                                                                                                                                                                                                              |                        |                   |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|-------------------|--|
|                                                                                                                                                                                                                                                                              | Hand needles           |                   |  |
|                                                                                                                                                                                                                                                                              | Industrial bobbin case | Size: Width 1.2cm |  |
|                                                                                                                                                                                                                                                                              | Industrial bobbin ring | Size: 2.1cm       |  |
|                                                                                                                                                                                                                                                                              | an attached wick (심지)  | korea             |  |
|                                                                                                                                                                                                                                                                              | Buttons                | Small 18(1cm)     |  |
|                                                                                                                                                                                                                                                                              | Body Board             | korea             |  |
| <b>1. Purpose</b><br><b>1.1 Purpose - Learning the art of sewing according to the design of the vest</b><br>Sewing pocket<br>Sewing opening<br>Cutting vest<br>Modeling vest<br>Sewing vest `s parts<br>Sewing vest `s lining<br>Joining the parts of vest<br>Finishing vest |                        |                   |  |
| <input type="checkbox"/> Information - Learn the vest sewing technique and draw patterns.                                                                                                                                                                                    |                        |                   |  |
| <input type="checkbox"/> Requirements                                                                                                                                                                                                                                        |                        |                   |  |