

SUMMER 2026 · AGES 12-17 · CASCAIS

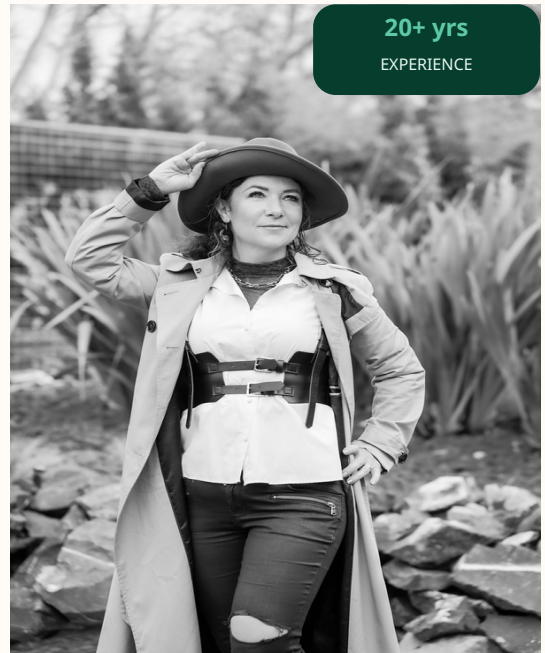
Summer fashion course for teens

Design it.

Sew it.

Wear it.

A two-week design & sewing intensive for creative teens. Dream of making your own clothes and expressing your style through fashion? This is where you start — turning ideas into real, wearable clothes with craft, confidence and your own sense of style.



What you'll learn

- Fashion illustration & design — draw the figure, choose colour & fabric, build a mini-collection.
- Sewing basics — the Burda method, confident machine work, cutting & finishing.
- Style & self-expression — body types & proportions, colour, finding your own style.
- Eco-fashion & upcycling — turn old clothes into new, customising & textile art.

What you'll walk away with

- Your own mini-collection of original designs
- A portfolio of fashion illustrations
- A handmade skirt/trousers & shirt/vest, made to your measurements
- Skills for years to come

Your teacher

Helen Heiman — designer, artist & educator with 20+ years of experience, awarded for innovation in sustainable fashion (Lisbon, 2023).

Design it. Sew it. Wear it.

Schedule & price

6 sessions · every other day · 11:00–13:00
July 1, 3, 6, 8, 10, 13, 2026

€55
per session

How to book

1. Pay €55 per session (Revolut · Wise · MB WAY)
2. Confirm online and pick your dates
3. Get your confirmation, this brochure & a calendar invite by email

Payment

Revolut

revolut.me/helenaheiman
[@helenaheiman](#)

Wise

[@helenh617](#)

MB WAY

915 640 629

Bank transfer (IBAN)

Novo Banco PT50 0007 0000 0083 8507 7712 3

Revolut LT17 3250 0617 6833 9927

Wise BE52 9671 9931 9909

Account holder: Helen Heiman

Contact

Phone 915 640 629

Email helenheiman@hh.maison

Studio Praceta Beira 38, R/C, 2785-233 São Domingos de Rana, Cascais, Portugal

Online lp.hh.maison/summerforteens2026

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