

# Swishing

No money, going out every night, need new clothes, want to meet new people?

Well, in the great words of Sue Sylvester, you need to Swish it up a bit.

What's that I hear you say, What's Swishing? Well the short answer is that it's the solution to every problem you currently have (apart from the essay deadline and that thing under your bed).

The slightly longer answer is that it's shopping without the hangovers. No stress. No price tag. No grumpy shop assistants. Just new clothes. We all love fabulous new clothes but not the unfortunate side effects. Our bank managers don't understand the importance of shiny new shoes, and buying heaps of new stuff is pretty terrible for the planet. What is one to do?

Swishing is a way for the eco-chic to refresh their wardrobes with fabulous shoes, clothes and accessories, and has been developed as a way to counteract the huge impact fashion has on the environment. The Art of Swishing involves getting your friends together to swap gorgeous clothes and party at the same time. We all bring nice, clean, presentable clothes that are lurking unloved in our wardrobe, and other people fall in love with them and give them a good home. You might bring one sweater and take a pair of shoes, or hang a party frock on the 'Swishing Rail' and take a pair of skinny jeans.

Swishing is for anyone; men, woman, all sizes, all ages, and it's time for you to get involved. 10:10 and Futerra Sustainability Communications have put together this handy pack so that you can Swish your way through uni.