



Eden Travel International Design Internship Award Presents

An Internship with SOPHIE DARLING

Summer 2026 (Flexible Dates)



THE INTERNSHIP

The Eden Travel International Design Internship Award is a unique platform designed to nurture and empower the next generation of fashion leaders who are dedicated to making a meaningful impact on the environment and society.

This internship will provide hands-on experience and exposure to every facet of sustainable fashion – from conceptualization and design to production and marketing.

This year, the internship presents an incredible opportunity for an aspiring fashion enthusiast to delve into the world of sustainable fashion, learn from pioneers in the industry and contribute to a more environmentally conscious future.

THE HOST

Sophie Darling, a trailblazer in the realm of sustainable fashion, has consistently championed ethical and eco-friendly practices within the fashion industry. Her commitment to driving positive change through Sophie Darling Studio, her award-winning regenerative textiles company focused on transforming waste into worth, has earned her international recognition and admiration.

Sophie is a renowned advocate for sustainable fashion. With a career spanning over a decade, she has consistently pushed boundaries to promote ethical and environmentally conscious practices within the fashion industry.

KEY HIGHLIGHTS

Mentorship by Sophie Darling: Interns will have the unprecedented opportunity to work closely with Sophie herself, gaining insights and guidance from her extensive experience in sustainable fashion.

Comprehensive Learning: The internship program covers a wide range of topics, including training in linocut, screenprinting, and devoré fabric printing (the skills behind Sophie's iconic collections), sustainable materials, ethical production methods, circular fashion practices and the business of sustainable fashion.

Real-World Projects: Interns will actively contribute to sustainable fashion initiatives, working on projects that promote eco-conscious design and production.

WHAT'S INCLUDED?

- An internship with Sophie Darling (length and dates are flexible - minimum 2 weeks)
- A daily stipend for travel and other expenses - £10 per day
- Flights to and from the US

(OR for anyone already in Europe on an Eden Travel International study abroad program, this will be converted into an allowance for accommodation)

TO APPLY

Applications for the Eden Travel International Design Internship Award are open to individuals passionate about driving change within the fashion industry.

Prospective interns can submit their applications via our email to info@edentravelint.com.

All applications must include :

- Applicant Name
- School
- Contact Email
- Course of Study
- Faculty who recommended the internship
- Submission to the following assessment

The submission deadline is January 31st, 2026.

GET IN TOUCH

For more information or to plan a trip, please get in touch:

Melissa: melissa@edentravelint.com

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www.edentravelint.com

THE APPLICATION BRIEF

Objective:

Design a garment or accessory that showcases how fabric waste can transform sustainable practices in the fashion industry, addressing the need to reduce carbon emissions through conscious pattern choices.

This design should not only be stylish and functional but also tell a story of environmental impact, focusing on the intersection of textile waste reduction and innovative materials in fashion.

Background:

Textile waste contributes significantly to carbon emissions; in fact, reducing textile waste is one of the most impactful ways individuals can lower their carbon footprint. Utilising textile waste in fashion production can assist in the circularity of a company as well as improve sustainability.

This collection should aim to use textile waste-derived materials and processes in every aspect possible, including (but not limited to):

- Dye materials: Natural, plant-based dyes derived from food waste for eco-friendly colouring.

Design Direction:

Consider your aesthetics and ensure there is research for the design direction.

1. Color Palette: natural colors achieved with dyes derived from food waste (e.g., avocados pits for pink, onion skins for warm yellows, coffee grounds for browns).
2. Textures & Patterns: Embrace the imperfections and unique textures of natural materials. Allow irregularities from plant-based dyes to add character, making each item feel one-of-a-kind.
3. Silhouettes: Clean, functional, and versatile, allowing the material innovation to take center stage. Pattern should be zero waste where possible.

Material Innovations:

The collection should explore innovative ways to repurpose existing textiles, giving new life to discarded fabrics and print remnants through thoughtful design. Focus on materials that are biodegradable, regenerative, or circular — those that honour their origins and can re-enter the ecosystem responsibly.

Consider how textile waste, offcuts, and surplus silks can be reimaged into something precious. Whether through patchworking, layered screen prints, over-dyeing, or deconstructing and reassembling old pieces, your design should celebrate transformation and resourcefulness.

This is about closing the loop: designing garments or accessories that live many lives, that can be mended, reworked, or reinvented — not discarded.

Below are potential applications and examples:

Outputs

You will create 5 (max 10) portfolio pages and present your concept including the following:

- Title of your project
- Problem - pages to define the problem you are trying to solve.
- Research - pages to include imagery and annotations of your design (primary and secondary research)
- Development - pages to show the development of your design, iteration sketches and show your thought process behind your idea.
- Design - pages to demonstrate your design outcome this can be sketches, rendering, illustrations or photographed prototypes, ensure you include a description and details of your design solution. You do not need to make anything physical for this competition.

You will create 5–10 portfolio pages to present your concept, showing your research, development, and design outcome.

- Title of Your Project

- Problem — Define the environmental or social issue your project responds to (e.g., waste, overproduction, or undervaluing craft).
- Research — Include visual and written research exploring sustainable printmaking, slow production, and material inspiration.
- Development — Show sketches, sampling, and your thought process from concept to design.
- Design Outcome — Present your final concept through drawings, renders, or fabric prototypes. Describe how your design embodies sustainability and artistic integrity.

Good Luck!