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**LIFESTYLES
REVISITED**



Universitat d'Alacant
Universidad de Alicante

Vicerectorat d'Estudis, Formació i Qualitat
Vicerrectorado de Estudios, Formación y Calidad



**MY
FAVOURITE
GARMENT**



SHOES

Shoes are my favourite.

There is a wide range of models and they are an important complement of your personal taste for every occasion.

If we talk about trainers we can also find a wide range of models depending on the sport we want to practice.



TIE

The tie is the complement of the shirt, consisting in one strip normally made of silk or other material, that is tied around the neck. The ends fall for aesthetic purposes. It is generally used by men. The tie was originated to cover the shirt buttons.

TIE KNOTS

Tying a tie is a whole rite and, therefore, many different types of knots exist. The most well-known are the English knot and the French knot. The only difference is that the French knot requires one more turn to the fabric. This way we have a more voluminous knot generally considered to be more elegant.

There are different ways to tie a tie:

- The four in hand or French knot
- The English knot
- The Windsor knot
- The half Windsor knot
- The small knot
- The cross knot

I like them to be very colourful and bold. In this stage of my life I barely wear them.

Felipe Castejón

ORIGIN

The name comes from the Italian word “corvatta” or “cravatta”, arising from “Croatian”. It dates from the year 1660, when the horsemen of the Croatian army wore coloured scarves around their necks.



EARRINGS

I have always felt interest and attraction for them because they tell me a lot about the person who wears them, about the way they are and the way they act.

Nowadays they can be worn everywhere (I don't personally like piercings), being the ears the most common place. I make a distinction between jewellery and costume jewellery. I prefer the latter (I don't like jewellery too much). I collect them, I can't simply walk past an earring shop (showcase, stall) without stopping and I don't leave a city I visit without a pair. I have them in many materials and shapes, as well as totally handcrafted ones.

When I assist to a ceremony or a special party I choose them with care and study the harmony with my dress. They have always told a lot about the way I am and dress.

I usually wear one of the two different from the other. I started doing it in my youth as a way of dissatisfaction and protest and I have kept doing this through my life. In my retirement, every workmate gave me one earring along with a message (it was the gift that moved me the most).

When I wear gifted earrings I remember the person who did this and I sense a nice feeling of affection and friendship.

They are very important in my life, in my ears or in boxes.

Pilar Pedreira

ORIGIN

I think they are 6.000 years old and were present in all Eastern and Western civilizations. Women as well as men have worn them. Pirates used them as a sign of rebelliousness and courage (as an example we can name the Cape Horn and the Cape of Good Hope).



JEANS

This is, without a doubt, my favourite garment. Jeans never go out of style, are comfortable, they get together with everything, are easy to wash and hardly need ironing. There is a wide range of models and colours inside this category:

- Skinny jeans
- Normal jeans
- Baggy jeans
- Low waist jeans
- High waisted jeans
- Mesh jeans

There is also a wide variety of prices and brands.

It is a garment that could be considered as basic or basic wardrobe because it never gets old. The look achieved by wearing this piece of clothing can extremely diverge, due to the fact that it adapts to different styles:

- Well-dressed
- Sport
- Sportive
- Hippie
- Urban

It is also a garment that can be worn in each and every season of the year.

Irene Ramos

ORIGIN

Jeans were developed in the United States around the year 1872. At that time, Levi Strauss was a merchant who lived in San Francisco. He thought about using the canvas utilized to produce tents to make working clothes for miners. Clothes that could resist the outdoor life and the weight in their pockets of the mineral found. They were all brown, as were the tents and they didn't have back pockets.



RAINCOAT

Yes, my favourite garment is very similar to the one in the photo. A winter garment that protects me from cold and rain, because I love to take a walk when the weather is cold and when it rains, but not torrentially. However, I combine this garment indeed with a good pair of boots so as not to get wet. For me, it is an essential garment.

ORIGIN

The classic garment to protect ourselves from the rain that gave way to the juvenile raincoat, or other clothes like the down coat seems to come from a word of uncertain origin.



Mari Carmen Molina

TIGHTS

As an aerobic and fitness coach, a wonderful stage in my life, I wore this garment almost daily, in local fitness centres in my home town. For that matter, tights were an important, essential and imperative item in my sports clothing.

Looking back, I must highlight one of my favourites, a black pair. Its fabric made of cotton and synthetic fibre was covered with holes of different sizes; a peculiar feature that made them unique, original and very popular among the opposite sex, but without becoming the centre of attention.

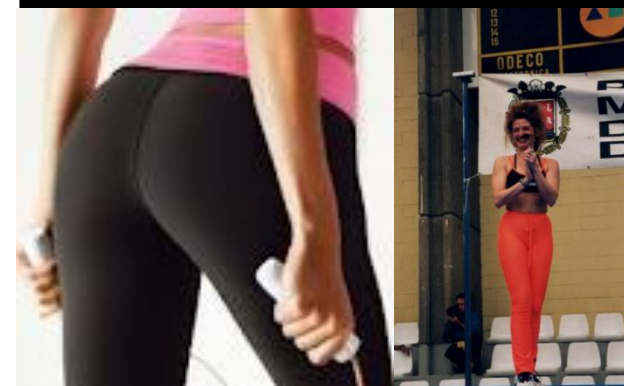
Nowadays, this garment is part of my daily clothing: a piece of clothing that has accompanied me in both my professional and personal paths. All in all, I treasure marvellous memories and incredible experiences that have left an indelible mark in past times. A faithful companion in many ephemeral and fruitful times.

Tights were in the 80's, are in present time and will be in the not-so-distant future the best invention and design of humanity. A chameleon-like creation due to their colour, perfect because of their comfort and charismatic due to their style. And finally I will just add that, although they are normally related to youth, when you look yourself closely in the mirror, you must always follow your own opinion and think that age doesn't exist.

Victoria Pastor

ORIGIN

Tights, leotards, leggings, patterned warm socks..., a type of tight pant that is named in a wide variety of ways, but with the same meaning. A comfortable, cheap, funny for its patterns, easy to wear, warm in winter, and above all, always fashionable garment. It adapts to every style, but it isn't always the best option. An accessory that completes your image.



BLAZER

Since I remember, from the moment I began to think, this garment has been linked to me. It has been present in all the official and social events in which I took part. For me, it has always been a benchmark that summarized almost every important memory and emotion, the situations worth remembering and that also contributed to discretion and elegance.

I have always considered somehow that this garment has always been an essential part of my wardrobe.

Ángel Mora



ORIGIN

It seems that “blazer” has a double origin. On one hand, it comes from a garment worn in yacht clubs to row. It was a cheerful, colourful jacket, usually striped. It was the precedent of the sports jacket. The other style corresponds to a blue boating jacket. In the end, it seems that the name refers to this second garment, that was later modified with black metallic buttons. Nowadays, the blazer is worn in multiple sport occasions.

WATCH

I feel something special for this watch because it is a gift from my husband in our first wedding anniversary. The watch, and what it represents, time, is something very related to me. Since the moment I was given my first watch when I was twelve, I can't be detached from it. I can't live without a watch, without controlling time, without scheduling my time.

I have always had submersible watches because I take showers and even dive in the beach with them on. In my youth they had different colours and I combined them with my clothes. I wore different brands such as Benetton or Swatch, bold and modern designs and there was a time when I wore two in the same wrist. Nowadays I am more formal in that sense and I wear them with a metal strap.

But I always wear one, that's for sure.

Inmaculada Belmonte

ORIGIN

At first, wrist watches were not popular amidst men. They preferred the pocket watch and disdained wrist watches adducing their similarity to feminine jewellery.

The first wrist watches were made in the XIX century. Until the onset of quartz clocks, the europeans (in particular, the Swiss) and the americans led the way in the manufacture of watches. However, since then, the Japanese have been the first in this market.



EVENING GOWN

My favourite garment is an evening gown that I first wore when I finished my third year of my career. We reached the half-way point and went to Sacromonte to celebrate it.

I loved this gown, not only for itself, but because it meant that we were halfway in our career, that little time remained to finish it.

The gown was made with green silk and had one shoulder. It was a very full long dress. The skirt was wide and comfortable. The dress was cut at the waist, but without a belt, since being the fabric eye-catching, it didn't need any more embellishment in this area. They only added a flower in the shoulder. The truth is that I felt very comfortable and it was a great choice because everyone liked it.

Isabel Capitán



JEANS

Jeans are my favourite garment due to their endurance, comfort and versatility.

Flattering and perfect for almost every event, the jeans have known how to transform and adapt themselves to fashion through time, but without losing their identity. So, flared, skinny, unpolluted or ripped on purpose, they have been part of my wardrobe through my entire life.



Silvia García

ORIGIN

Jeans were developed in the United States around the year 1872. At that time, Levi Strauss was a merchant who lived in San Francisco. He thought about using the canvas utilized to produce tents to make working clothes for miners. Clothes that could resist the outdoor life and the weight in their pockets of the mineral found. They were all brown, as were the tents and they didn't have back pockets

CAPS

My favourite garment is every hat I have at home, which could be considered as a proper collection.

The specific type of cap I like wearing is the baseball cap.

They provide a casual and sportive image I like much, and also serve as sun protection specially when I wear glasses and I can't use sunglasses.

Some caps are souvenirs of a trip or given by loved ones, so I really like to wear them.

In summer I constantly change my cap depending on the place I go. Some are more fitted to do sport or walk and I wear others only on the street.

Antonio López

ORIGIN

In 1860, the Brooklyn Excelsiors wore the ancestor of the modern rounded-top baseball cap, and by 1900, the "Brooklyn style" cap became popular. During the 1940s, latex rubber became the stiffening material inside the hat and the modern baseball cap was born. The "bill" or "brim" was designed to protect a player's eyes from the sun. Typically, the brim was much shorter in the earlier days of the baseball hat.



SHOES

Always shoes. Since I was able to choose I stayed with moccasins. I remember the first pair I bought, I remember the shop I went to with my father. At last I was able to change from mary janes, which I considered to be corny, to moccasins. Made of natural coloured leather with rubber sole, they were beautiful and so good that nothing could destroy them. I enjoyed them during many years.

I remember my first pair of high-heeled shoes. At that time my type of pair was called medium-heel.

What can I say about ballet flats, later called sabrinas and now ballerina flats? I also remember the first ones, made of patent leather. Every time they have become fashionable I have constantly worn them. They compete in my feet with moccasins.

I also remember my first pair of boots, that became trendy in the early 60's. But I don't like them. I had to bought them due to the places I had to go because of my studies. As my first moccasins were indestructible and served me faithfully for many years, I became attached to them.

I have never been a supporter of high-heeled shoes. I wore them in my youth, but only when necessary. I came back to moccasins straight away. They are so comfortable! My feet are grateful for this fondness of mine.

M^a Luisa Mataix

ORIGIN

After the Second World War, moccasins normally manufactured in the United States were copied by Italian producers who developed footwear with softer skin and, therefore, more comfortable and easy to wear. The new shoes were adapted to the own styles of each Italian designer. Against this type, they are claimed to be less durable because of using thinner materials. However, they are highly valued in male wardrobes due to their perfect adjustment to the feet, making them smaller and thus, more aesthetic.



JACKET

The **tailored jacket** is my favourite garment because it can be adapted to everything, admits variations to stay fashionable, such as the degree of fit, the applications, lapels, etc. Completely adjustable to a formal or informal style, it fits perfectly with jeans, skirts, dresses, trainers or super high-heeled shoes.

It is an essential piece of clothing in your wardrobe, whose key to use it well in every occasion depends on the jacket's material and the accessories you wear.

Practically every designer includes this garment in her or his collection, but it may be more characteristic of classic designers. It is a garment introduced mainly by **Chanel** in womenswear that began the fashion of androgyny and the adoption of the masculine role from women.

I also like the **blazer**. It is a type of jacket restricted originally to sportsmen whose origin comes from the Navy and sports clothing. The blazer seems like a dress jacket, but the difference lies in the more casual cut. It may also have accessories like patch pockets or metal buttons. It is often a double-breasted jacket embellished with different types of buttons that can be golden or not. Although it is a sports garment, it can also be part of an elegant attire and can also be worn with black slacks or more informal ones, like jeans or chinos.

Blazer is usually classified as menswear but it has also sprung into women's wardrobes as a fashion article. As part of a "boyish" dressing style, the blazer is worn as a casual jacket over a blouse or shirt and can be combined with pants, jeans, skirts and also miniskirts.

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JERSEY

I like them because I can wear them in every season. In winter I wear thicker ones made of wool, more comfortable. In other seasons I wear them made of thinner wool or cotton.

The amount of designs and colours allows me to have a selection, finding the right one for every occasion.

I can wear it enjoying its warm embrace in a cold winter morning, with jeans to have a sport look or a thin wool one that can be worn with a jacket or short coat for a casual look.

If you go out in summer and have a fine thread jersey over your shoulders, you might even find it useful when the night begins to chill.

Francisco Pérez



MAN PURSE

Little by little, the purse is becoming less and less a taboo in masculine wardrobes. We are bound to carry more things in our everyday life so we must choose a purse that fits the activity we undertake and that can easily combine with everything.

At first I was a little bit reluctant to use them, but as time went by, they have become a vital accessory in my everyday life.



Víctor Sarrión

ORIGIN

When the purses began to exist is something unknown because there no historical references that could truthfully reflect the exact date of creation.

However, it can be affirmed that similar instruments were used in prehistoric times.

All that can be deduced from some cave paintings that represent feminine figures wearing objects resembling purses.

It is believed that nomads could have developed the purse to carry the food they hunted or collected during their movements. using the skin of animals to tailor it. Since then, the purse became an important element of everyday life due to its usefulness.

DRESS



This dress is my favourite garment, the one I've worn in many occasions. It has a special meaning to me because it has been with me in many important events that meant a lot to me.

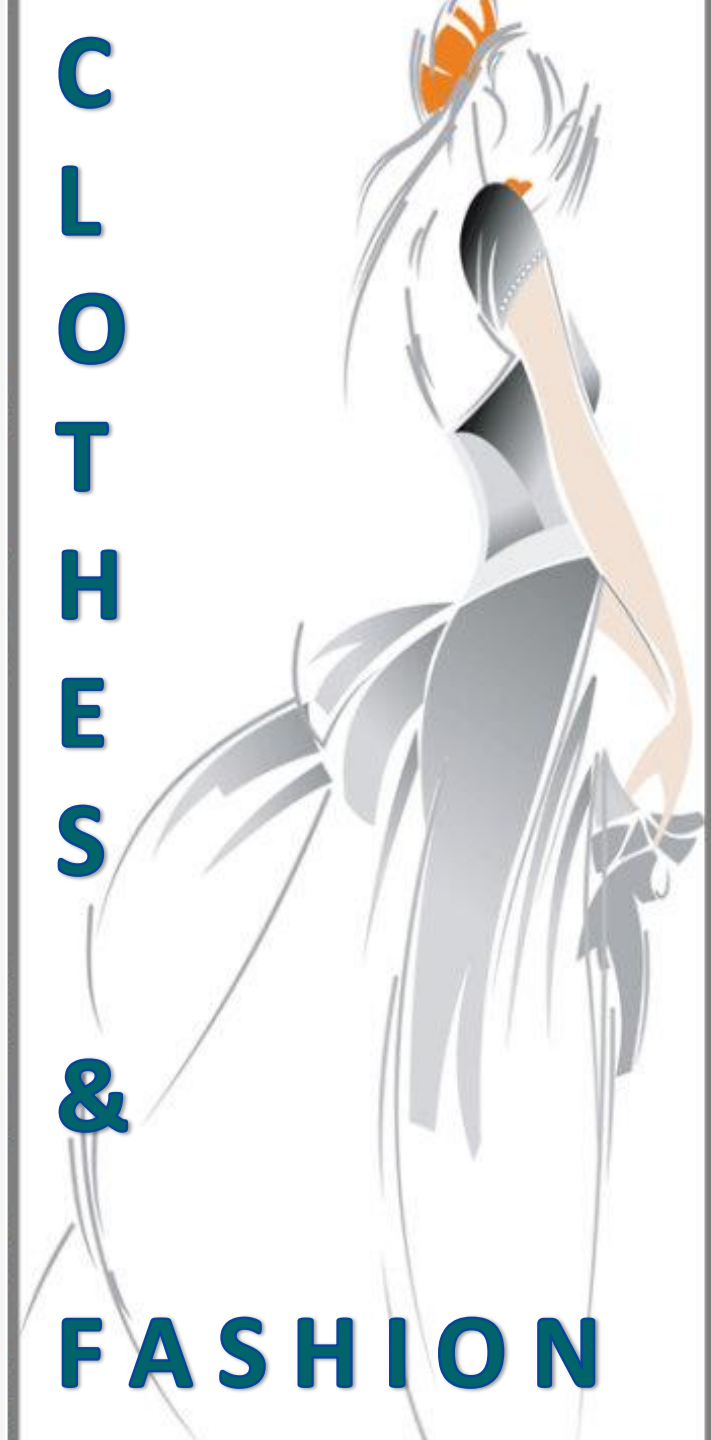
I like it because a black dress is always elegant. This particular one is very simple, easy to wear and goes well with various accessories.

Marisa Rubio





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