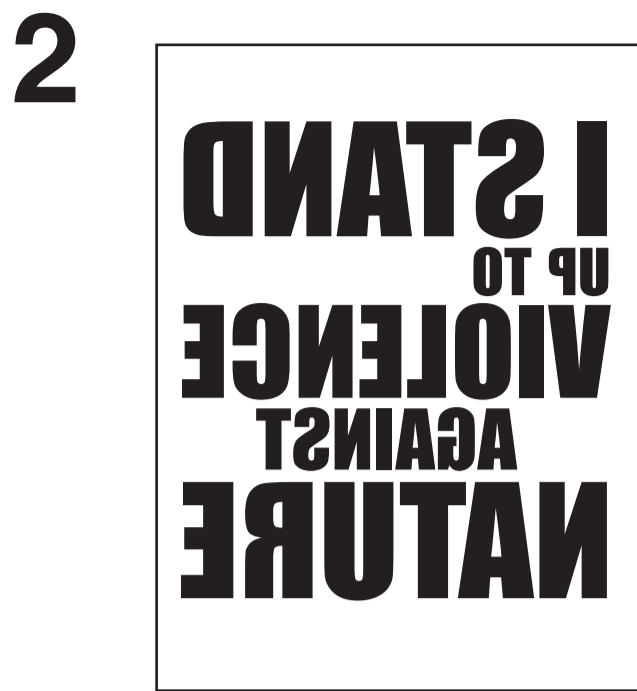


1

**I STAND
UP TO
VIOLENCE
AGAINST
NATURE**

Design the text and/or image you want for your t-shirt. Set it out on an A4 or A3 size page (depending on your printer). If your design is too big for one page you can separate it into components and lay it out over multiple pages. (FYI you can use photos and print in colour!)



Mirror or reflect your finished design (in Illustrator or Photoshop) and print using a normal inkjet printer on A4 or A3 transfer paper. Make sure to print on the right (rough) side.



Cut around your pieces of text or image(s), to get rid of excess paper. Depending on the size and design of your print, you may have several pieces to cut out.



Lay your t-shirt on a hard, flat surface and place your transfer pieces face down on to your t-shirt. When happy with the arrangement, iron each piece for 1 minute on a high heat (no steam), pressing down hard across all areas of the paper.



Once ironed, let your t-shirt cool down for a few minutes, then carefully peel back the transfer paper layer. You have officially transferred your print on to the t-shirt!



To finish and make the transfer permanent, cover the print with a piece of silicon paper (usually supplied with transfer paper) and give it a hard press with a hot iron for 20 seconds. Then peel the paper off straight away.