

## Do you want to have your feet back?

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At a time when landfill sites are choking with the remains of millions of shoes made of non-biodegradable material, and when (in)tangible cultural heritage is being either swept away or commoditized by market forces, 'Future Footwear Foundation' develops alternative ways to making footwear that is sustainable for environment and body. Shoes usually do not reflect the natural shape of your foot. Our five toes do not converge to a point in front as one would expect from the shape of many shoes. They rather spread out fanlike, with the big toe standing out.

Did you know?

3D-printing inspired by indigenous handcrafted footwear can offer an alternative. They have a lot in common: its use of materials and time and its focus on the individual. After scanning a person's feet 'a made to measure' shoe is printed in specific 3D-printed material. The link with the indigenous counterpart, made of vegetable tanned buffalo hide, is clear both in aesthetics and in biomechanical properties. The indigenous inspired 3D prints show how individual needs and sustainable production come closer together through new technology. The indigenous cobbler takes foot measurements before she or he creates a unique pair. Similarly, scanning forms the basis for a 100% personalised shoe. Both types of footwear offer maximum proprioception – that is, the sense of one's own body as a physical organism in the environment. Good proprioception enables the body to adjust to different positions and surfaces, and to control balance and stability. Footwear is part of an unbroken proprioceptive loop that runs from the brain through the feet, and into the surface being

walked upon, and then back again, allowing individuals to monitor and adapt the patterns of their gait.

The project is a collaboration between Future Footwear Foundation KASK, School of Arts Gent, Materialise, RsScan, and Vivobarefoot.

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