

# THE DAY OF TRADITIONAL COSTUMES

## Introduction

Clothing is a representation of tradition and culture, giving identity to its folklore and can often be influenced by traditional dance. These costumes or clothing express their ideals and designs.

The traditional costumes can be different in each corner of each country and they all have a short story. Let's get to know them!

Begin by showing your traditional costume or a selection from your national regions.

## Activity 1: Play and learn!

### Materials necessary

Cards of the pairs of country dress (male-female) plus a board in paper format on which the students will cross out the pairs they have found.

## Step-by-step instructions

### Objectives

The objective of the activity is to familiarize them with the types of costumes according to the country/region and the difference in dress between men and women since there are differences in all cases.

### Dynamics:

First, we will make an introduction about the topic to be worked on, in this case, it consists of explaining the dress, its origin and what is their purpose. It is important that the teacher puts the students in the context of what is going to be worked on during the session, as well as presenting the objective of the workshop. In this case, the objective is for them to learn about the different types of clothing.

### MEMORY game

A total of 20 pairs of costumes will be created, in this case, it will be the man's costume and the woman's costume. The system of the activity is reminiscent of the traditional game of memory, however, with this version the relationship must be made between the woman's dress and the man's dress. In order to know the combination of clothing for men and women, the "flag of the corresponding country or region" will appear on the same card at the bottom, so that they can make the relationship between men's clothing and women's clothing.



Each student will have a paper “board” with the pieces of the memory game printed on it so they can track their progress by crossing them out on the board as if it were a bingo card. The aim for all students is to complete their bingo card by finding all the pairs.

### **Closing**

Pose questions for reflection on the types of national costumes and the colours of the costumes.



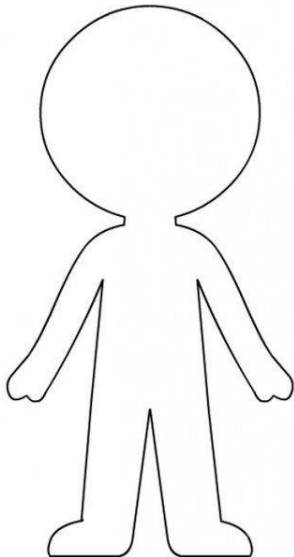
## Activity 2: Create your own traditional costume

### Materials necessary

Cutouts of different parts of the traditional outfits that are divided into sections:

- foot to ankle
- ankle to waist
- waist to neck
- neck and head

Silhouette:



### Step-by-step instructions

#### Objectives

The objective of this activity is to promote creativity and imagination as well as the blending of the different traditional costumes from different countries and regions.

#### Dynamics:

Each student will receive a silhouette of a person and have access to the “pieces” of clothing cutouts and they can mix and match to make their own prototype of a “traditional” costume that is unique.



As an alternative, each student can make a self-portrait of themselves in a “traditional” costume of their design.

### **Closing**

In closing, the students can share their creations with the group.

## **Descriptions of traditional costumes**

### **Greece**

#### **Women's traditional costume**

In traditional Greek culture, each costume conveys messages about the social position of a person, especially a woman. The costume, as interpreted by members of the local community, depicts whether a woman is single or married, whether she is a newlywed, has children or is a widow.

Especially the women's wedding dresses aimed to emphasize the prosperity and social position of the bride's family. The wedding costume was designed in detail and its implementation lasted for months, resulting in a semantic set of messages which was expressed with jewellery and colours, embroidery, decorative elements and a combination of fabrics and textures. The one feature that is common across all regions of Greece is that the wedding costumes are characterised by exaggeration: jewellery and intricate ornaments covered the whole body of the bride, making the costume particularly heavy, over 30 kilos. The bridal costume was worn after the wedding on all holidays and formal occasions until the birth of the second child.



*Traditional wedding costume of Greece*

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### **Man's traditional costume: Evzonas / Tsolias**

The Evzoni are select soldiers of the Greek army, more commonly known as tsoliades. Their costume was officially established by King Otto of Greece, who also wore this costume to official appearances.

The fustanela was designed as a uniform for the Palace in the past and today Presidential Guard. The other parts that make up the Tsolias's costume are:

- The fario, which is the hat of the toils. It has a red colour and is made of felt. A characteristic part of the fario is the long black tassel, made of silk.
- The white shirt.
- The fermele, the vest of the evzona, which has white and gold-plated threads, which depict designs of folklore significance.
- The white woollen socks.
- The garters. They are black and made of silk.
- The tsarouchia. They are the shoes of the evzonas. They are red in colour and made of leather. On the sole of each tsarouchi are about 60 nails, due to which we can hear an imposing sound when the Evzonas is walking. A characteristic part of tsarouchia are the black tassels in which their noses end.

The cartridge cases, which are made of leather.



*Evzone guard in front of the parliament building, Athens, Greece.*

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*Costume of Tsolias*

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## France

France does not have a national costume. Indeed, France is made up of different regions with diverse customs and traditions.

We are going to present the traditional costumes of 1 French region whose identity is very marked. This region has for a long time put forward its identity and singularity in front of the French nation.

### **The traditional costumes of Brittany:**

The traditional Breton costume was worn for ceremonies and festivals. Everyday clothing was less original, although it also had local characteristics.

Since the end of the 20th century, the traditional costume has been worn almost exclusively on the occasion of exceptional religious events (pardons) and cultural events in which Celtic circles take part; the term "folk costume" thus covers contemporary uses of traditional costume, whether it is historical or completely recreated for the needs of representation.

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The idea of a traditional Breton costume did not emerge until the beginning of the 19th century; the abrogation of the sumptuary laws that had until then regulated dress in France.

*"The paranoid obsession with republican uniformity was met by a reflexive obsession with singularity"*  
[\(Vallerie, p. 51\).](#)

### **Women's costume :**

1850s: It consists of a skirt and a camisole in reddish brown with some small velvet panels in the bottom of the skirt, the shoulders and the sleeves. The apron is made up of a large bib which, unlike decades later, does not go up to the lace of the collar and thus reveals white cotton fabric. The headdress is made up of three parts: a cap with a large base and chinstrap, the bottom of which has small wings that fall into the nape of the neck, a strip of white cotton folded in half with another strip of cotton edged with lace underneath. These three parts, apart from the bottom of the cap, are starched. The woman described by Lalaisse also wears buttoned cuffs with lace, a starched lace collar and a velvet collar with a cross over a heart (very common at the time), all of which falls to the chest.

1940s: Women's calves are now visible. Camisoles and skirts were covered with velvet decorated with beaded braids. Aprons are sometimes more brightly coloured, painted or embroidered, sometimes in cannetille (gold thread). The headdresses are raised in an aeroplane and have very complicated floral motifs, there are no more bardes.



<https://youtu.be/cFIJzSoPAk>

## Latvia

The Latvian national costume is basically the traditional festive outfit of peasants, craftsmen, fishermen, and other ordinary folk as worn in the 19th century, approximately up to the 1870s. There were, of course, also work clothes, just like today, the outfit matched the season and weather.

The basic element of the traditional costume is the shirt, which is an undergarment and an over-garment. Women's shirts were long, coming down to under the knee and serving both as a blouse and a petticoat. Over the shirt, the women put skirts, bodices, jackets; whereas men wore a vest and a short jacket or a longer or shorter overcoat.



Photo: Ethnographic Open-Air Museum of Latvia

There are five culturally historical regions in Latvia - Kurzeme, Zemgale, Vidzeme, Latgale and Sēlija. Although folk costumes have significant differences within a region, they also all have common elements. We will take a closer look at the Latgalian national outfit.

See various traditional costumes from the Latgale region in Latvia here:

<http://www.katramsavutautasterpu.lv/en/folk-costumes/?pn=latgale>

Even during the first half of the 19th century women's festive outfits were characterised by white colour as it was worn by Latgalian women during the 12th - 13th century, only in the second half of that century a chequered and striped skirt was introduced. Relatively diverse and colourful was red embroidery on a white linen shirt, which may be related to the



Belarusian shirt ornament. Brooches were not always worn, even the shirt clasp was replaced by a tied ribbon.

The full outfit was not thinkable without a headdress: a crown for girls from their teenage years to the day of their marriage and a hat or a headscarf for married women; the men's hat wearing was not so strictly regulated. A part of the costume was also knitted woollen socks in winter or linen socks in summer. Mainly people wore simple leather footwear, later these were replaced by black flat heel shoes, men sometimes wore boots. Another element was the woven belts wrapped twice around the middle.

## Poland

In Podhale (southern Poland, Tatra Mountains region), we will still meet with vivid folklore, it is one of the few regions in Poland where the folk costume is worn to this day. Highlander dress is a special sign of regional distinctiveness and identity. It is put on for the occasion of various family celebrations, church holidays, as well as in bands and regional bands.

### *Women's outfit*

A white cotton blouse called a shirt, richly embroidered with white threads. A highlander woman should have a petticoat, called an apron, also richly embroidered with white embroidery. A woollen tibet skirt should have colourful patterns most often consisting of flowers. A corset is put on the blouse, often with embroidered plant motifs, such as ninety or edelweiss. The corset is tied at the front with a long ribbon, the colour of which should match the rest of the outfit.

One of the most important elements of clothing are the beads, which should be real as before. Moccasins are worn, which are a type of footwear made of one piece of leather. Traditional moccasins should be tied with straps around the ankle, and white wool socks are also worn on the legs. Married women put Tibetan scarves on their shoulders, Tibetan scarves with fringes, in winter the headscarf is worn on the head. On colder days, a short brown sheepskin coat is put on. In winter, the highlander woman wears slippers, i.e. high boots with a leather sole and an upper made of thick cloth, tastefully decorated with embroidery.

### *Men's outfit*

Men's costumes belong to a large family of shepherd's costumes of the Carpathian peoples. The elements of the highlander's clothing include highlander pants, which are made of white cloth, narrow at the bottom, with a characteristic side slit in the legs, fastened in the event of frost. The pants are decorated around the fasteners

with colourful parzenica embroidered with colourful yarn, along the leg with a string stripe with a red tassel around the ankle. Embroidered decorations on the hips. The most eye-catching parzenice embroidered on the pants are based on a heart or star pattern. The top of the outfit is made of white or grey linen shirts, and must be fastened at the chest with a hairpin. An addition to the highlander outfit is the so-called bands, i.e. a leather belt decorated with special embossed patterns as well as buttons and clasps. On the feet, the shoes, similarly to the women, are moccasins, and in winter - short cloth slippers. A characteristic element of the highlander's outfit is an outer garment called a *cucha*. Made of sheep's wool, the *cucha* can be white or black.

A headdress is an ornament and a characteristic element of every highlander. Black felted hat with a brim decorated with white shells, the so-called cubes sewn on a red strip.

An indispensable element of a traditional highlander's equipment is a stick called: *ciupaga*. It is a kind of small hatchet on a long wooden handle that combines the functions of a tool with a weapon. Ciupaga could be used while climbing, cutting branches for fuel, as well as for hand-to-hand combat and, above all, for throwing.

## Spain

In the case of Spain, there are a variety of costumes that differ by region. Below are a few examples and there are more in the extended annexes of the file:

### Andalusia

The common dress is the flamenco dress, or gypsy costume. This is worn by women, with a long, fitted dress with ruffles. The most common accessories are flowers, a comb and a shawl.

In the case of men, they wear pants, a white shirt, a short jacket, a sash and a vest, accompanied by a Cordovan hat.

### Aragón

Called baturro and baturra, they have the daily model and the gala model. The women wear a cotton skirt that covers a sash, an apron, a white blouse and a shawl.

In the case of the men, they wear knee-length black pants, a white shirt, a vest and a sash. On the head, they wear a chequered scarf.

### **Galicia and Asturias**

Both communities have very similar costumes. The typical costume of Galicia is the one worn by the peasants at the beginning of the 20th century. Women wore a long skirt, a black apron, a white blouse, a vest and a black cape crossed on the chest.

On the other hand, men wear a white shirt, vest, sash, black breeches and a cloth that goes from the knee to the feet.

### **Balearic Islands**

The "payés" costume is the most typical. Women wear a doublet and skirts with petticoats and miriñaque. On the head, a bonnet. The men wear knee-length pants, or long white trousers, a sash, a white shirt with a cape and a hat or handkerchief.

### **Basque Country**

The baserritarra is the most typical. The women's costume is a petticoat, red skirt with black or blue cloth on top, black apron, black and white cloth, mantle, handkerchief and espadrilles.

For the men's clothing, we find a blouse and pants of the same colour, white shirt, socks, belt and the most important: the txapela.

## **Colombia**

Traditional Colombian clothing is distinguished regionally as follows:

### **Andean**

Concentrating populations with a mountain culture, the traditional dress of the man is white or black long pants with a shirt accompanied by a red scarf around the neck, espadrilles, hat and a carriel or leather bag, while the woman wears a long flowered skirt and a white long-sleeved blouse with high neck or sometimes with lace, which is combined with a braided hairstyle on the shoulder.

In addition, in the Andes of Colombian culture, the characteristic garments are the ruana, a style of poncho woven in wool, and the paisa hat, which is usually white and has a black strip border.



## **Caribbean**

Due to its proximity to the sea, the coastal people wear very soft and fresh clothes with bright colours, in this sense, men wear linen pants, white or coloured shirts, a red scarf tied around the neck and the characteristic *vueltaio* hat, while women usually wear low-cut blouses and brightly coloured skirts with appliqués at the bottom.

## **Orinoco**

The populations of the Colombian plains are distinguished by their simple and fresh clothing, as in the case of men, which includes the *liquiliqui*, the *pelo e guama* hat and woven *cotizas*, while women wear a wide printed skirt down to the ankles or knees adorned with lace, and a *cayenne* flower in their hair.

## **Aspects of Colombian clothing in other regions**

Colombian clothing in other regions, such as the Amazon, contrasts because the woman usually wears a blue skirt with bright hand-painted fish and a light blouse with bare shoulders, while the man wears a long-sleeved shirt decorated with native birds, black pants and a woven hat.

While the most outstanding feature of the Insular region is that women wear scarves on their heads. Finally, the clothing in the Pacific region stands out for its simplicity and bright colours such as red, yellow or orange in women's dresses, and light colours in men's clothing.

## **China**

The Hanfu Suit, Zhongshan (Mao Suit), Tang Suit and Cheongsam (Qipao) are the four most distinctive types of traditional Chinese clothing.

### **Characteristics of Hanfu**

Hanfu features a loose *yi* (/ ee /) 衣 'upper garment') with sleeves and a skirt-like cut (/ *shung* / 裳 'lower garment'). The belt was always decorated with jade.

It is considered a symbol of authentic Chinese culture, reflecting the aspirations of Confucian scholars towards rituals, music and moralistic ideals.

### **Features of Zhongsan Costume**

The Zhongsan Suit features four pockets, five larger central buttons on the front and three small buttons on each sleeve.

The four pockets represent four virtues (benevolence, loyalty, probity and shame). The five larger buttons symbolize the separation of five powers (administration, legislation, jurisdiction, examination and supervision). The three smaller buttons on each sleeve represent the "Three People's Principles" (Nationalism, Democracy and People's Livelihood, as presented by Sun Yat-sen). The two inverted pen-shaped pocket flaps symbolize the flourishing of the state with culture rather than military power. The turned-down closed collar represents the meticulous attitude toward the management of state affairs, and the one-piece suit represents the unity of China.

### **Characteristics of the Tang Suit**

A Tang Suit (or Tangzhuang) has two varieties in Chinese culture, which are strikingly different from each other in style. One refers to the authentic Tang Era clothing that evolved from Hanfu, and features a buttonless Yi that overlaps the right edge on the left and is tied with a sash and cut to the ankle, giving a free, easy and elegant impression.

The other refers to the Manchu man's jacket that evolved from Magua of the Qing Dynasty (1644-1911), which is made by absorbing a Western-style suit cutting method, with a mandarin collar, a rana (a knob made of intricately knotted strings) and a duijin (a kind of Chinese-style jacket with buttons on the front), and today is also known as Pseudo-Tangzhuang.

### **Characteristics of Qipao**

Qipao is a one-piece female dress that hugs the body, has two large slits on either side of the hems for convenient movement, and is often buttoned on the right side.

Qipao has various styles based on differences in collar shapes, length of slits, width of sleeves, and even Kaijin positions (a type of Chinese-style garment that buttons to the front or right side).

## **Morocco**

Traditional feminine clothing in Morocco is a katfan o takchita. They are the result of different civilizations and cultures. It is a long dress made from brightly coloured cloth. The takchita is a two piece dress. The first piece is called tahtiya which is similar to a kaftan and is often simple and not decorated. The second layer is a fouqia o dfina. A belt is often worn.

In the case of the traditional dress for a man it is also a kaftán.



Traditional Moroccan Caftans Creative Commons Attribution-Share Alike 4.0  
Metalidinger0th

## Images of traditional costumes

Search for images of traditional costumes from the countries here and/or those represented by the diversity of the classroom or group of students. Please make sure to give credit to the source of the image and/or use images with an open licence. Some sources for images are:

### Google Images

<https://images.google.com/>

### Unsplash

<https://unsplash.com/>

### Freepik

<https://www.freepik.com/>

## Activity materials

## Extension information

**More examples from Spain as an example of presenting regional costumes as an introduction step to presenting wider examples from other countries.**

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### **Community of Madrid**

The woman wears a tight dress with ruffles at the bottom, a shawl and a white handkerchief on the head, with its respective flower.

The male dress consists of dark pants, a white shirt, a vest with a carnation and a white handkerchief.

### **Canary Islands**

The female costume is composed of a white blouse, coloured or embroidered doublet, a long striped skirt and an apron. The head is covered with a mantilla or hat. On the other hand, men wear a white shirt also with a doublet or vest with knee-length pants and a sash.

### **Cantabria**

This is the mountain costume. The woman wears a canvas shirt with wide sleeves, a long saya with velvet strips, a scarf over the shoulders and another one over the head. The man wears a linen shirt, a vest, a dark jacket, cloth pants and a belt at the waist.

### **Castilla La Mancha**

It depends on the province to which we refer. Generally, there are two: the one for work and the one for Sunday. In the Sunday dress, the woman wears a refajo or cloth skirt, black bodice, apron and shawl. Men, a white shirt, vest, dark pants, short jacket and belt.

### **Extremadura and Castilla y León**

In the case of Extremadura, they wear sayas, knee-length breeches, aprons and white blouses. In the case of Castilla y León, they usually wear a white blouse, cloth saya, rectangular apron and dengue.

Men wear knee-length black cloth pants, stockings, a linen shirt with wide sleeves, vest and red sash.

### **Catalonia**

The woman, with a thread net for the head, a white shirt, a shawl to cover the shoulders, petticoat, skirt, black apron and mitenes.

Men, a red and black cap, white shirt, velvet vest, sash, velvet pants and esparto espadrilles.

### **Valencian Community**

Women with printed skirts, bodices, apron and tablecloth. Men, pants and jacket, white shirt and sash.

### **La Rioja**

Men wear a white shirt, two coloured ribbons tied on each side, four ribbons on the arms and a neckerchief. The woman wears the same shirt as the man with knee-length shorts with coloured ribbons, in addition to the sash.

### **Region of Murcia**

The woman wears a bodice, refajo or coloured skirt, white shirt, mantle and apron. The man wears a shirt, embroidered vest, breeches, shorts and stockings. In addition to the red sash and on the feet, the espardeñas.

### **Community of Navarra**

The most common is, in the case of men, a white linen shirt, closed vest, jacket, dark breeches and sash. On the head, a black felt hat.

In the case of women, they wear two skirts. A pleated inner skirt and another one over it in the same colour. They also wear an embroidered skirt and chokers or necklaces.

