

NATIONAL COSTUMES OF POLAND

Made by students from XXVII Liceum
Ogólnokształcące in Lublin, Poland.



National costumes of Poland

- They are not worn in daily life but at folk festivals, folk weddings, religious holidays, harvest festivals and other special occasions. The costumes may reflect region and sometimes social or marital status.

Poland's inhabitants live in the following historic regions of the country:

- Greater Poland
- Lesser Poland
- Mazovia
- Pomerania
- Warmia
- Masuria
- Podlasie
- Kujawy
- Silesia

Most of these regions have their own national costume.



Silesian costumes

Lesser Poland costume

- This region has 4 regional costumes.
- Kraków region costume,
- Lublin region costume,
- Gorals costume,
- Subcarpathian region costume.

The woman's costume includes a white blouse, a vest that is embroidered and beaded on front and back, a floral full skirt, an apron, a red coral bead necklace, and lace-up boots. The men wear a blue waistcoat with embroidery and tassels, striped trousers, a *krakuska* cap ornamented with ribbons and peacock feathers and metal rings attached to the belt.



Lachy Sądeckie, including unmarried woman's costume

Silesia region costume

- Cieszyn folk costume, also known as Valachian, is a Silesian folk costume, which used to be worn within majority of the area of Cieszyn Silesia, but mostly by Cieszyn Vlachs.
- The female folk costume featured the lush and elegance. Women in Cieszyn wore splendidous clothes which consisted of a lace cap, covered with headgear, a short shirt, redbreas, padded corset, sewn at the waist, apron, white stockings and black shoes.



Lower Silesia

Pomerania region costume

- Married women are wearing a white linen cap which covered the hair. On top of this was worn a bonnet of black material. The face opening is trimmed with fur, and the back has two points, like the corners of a pillow.
- The men are wearing a white linen shirt, also in the shoulder inset cut, and white linen pants tucked into boots. The men's vest is made of a similar home woven striped wool. As with the women's bodice, the stripes ran vertically in front and diagonally in back.



Kujawy region costume

Some information's on other sites.

- <http://folkcostume.blogspot.com/2016/11/costume-of-jamund-jamno-pomerania.html>
- https://en.wikipedia.org/wiki/National_costumes_of_Poland
- https://en.wikipedia.org/wiki/Cieszyn_folk_costume
- <http://nationalclothing.org/europe/51-poland/121-national-dress-of-poland-delicate-lacing,-embroidery,-bright-stripes,-and-impressive-headaddresses.html>



THANK YOU FOR YOUR ATTENTION

Material created during the project:
Developing educational techniques starting from regional context
[RO01 KA201 063189](#)