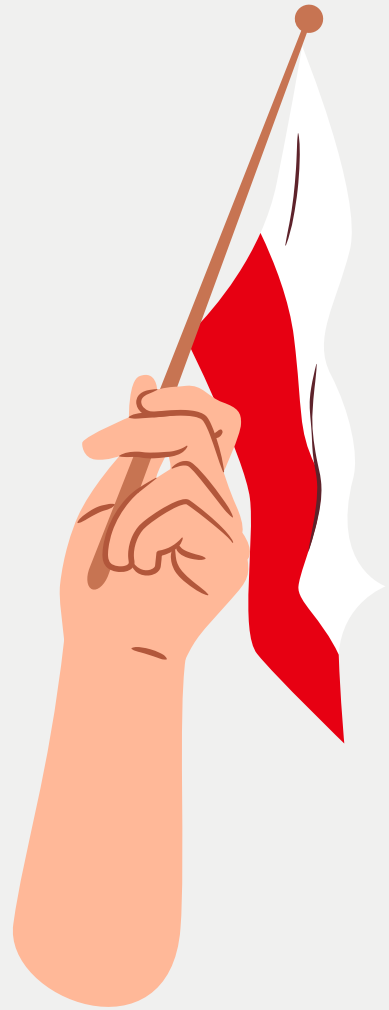
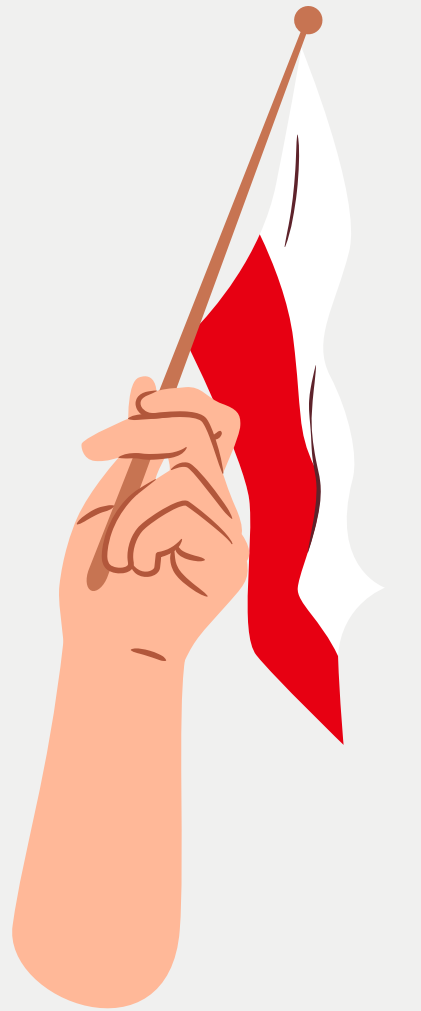


TRADITIONAL WOMEN'S COSTUMES IN POLAND



ERASMUS DAYS



COSTUMES OF HIGHLANDERS FROM BESKID ŚLĄSKI



- Silesian highlanders used to wear traditional costumes till the end of 19th century. Firstly, habitants from river's grounds stopped wearing them, cause of the influence from first cities. It is worth mentioning, that women had started changing their style, before men did.
- Traditional woman's look was different, if we talk about a maiden, or a married woman. The hair of the former, was always plaited with some colourful ribbons, and she couldn't wear any headwear, even if it was very cold outside. Then a lady, had to wear one each day, and her plait was put into a bun. Headwear, which was commonly used these days, are caps and scarfs. Also, both of women's types were devoid of jewellery.



*A married woman from
Silesian Beskids*

At the beginning women put on themselves a **ciasnocha**, which was white and tight shirt. Usually, ciasnochy were used as an underwear, but during hot days were worn normally, without any extra accessories. It was made from special, starched canvas. After ciasnocha, the next thing was **kabotek**, a short blouse with puffed sleeves and some ornaments in the area of a neck and arms. Adornments were made of red or a black embroidery. When it comes to outerwear, specially female thing was **łoktusza**, just a type of coat. **Zapaska**, was a long, black and crimped skirt. It was worn under a sapphirine or a navy blue apron, with some subtle pattern on it. As shoes, their were wearing **kierpce**, the same as men. What's interesting, during special holidays they were tied by a green ribbon.

kabotek
zapaska
kierpce



a married woman a maiden

BESKID ŻYWIECKI

The history of wearing traditional costumes by Żywiec Highlanders were quite similar to the Silesian one but women's outfit was slightly different. Married women were braiding their hair and then putting them into a bun. On this hairstyle they were wearing a bonnet and a colorful scarf but over time only scarf was used. Women were also wearing ciasnocha like in Silesian Beskid but here they put an oplecek which was some kind of a white shirt with decoration on top. As the outerwear they were wearing jupki, which were sewn from different fabric and colors. Jupki had some various decorations such as ribbons, corals or lace. The skirts were quite wide and finely crinkled, usually linen but over the years women started to wear skirts from different materials such as silk, cheviot or wool fabrics.



COSTUMES FROM KASZUBY



Women in Kaszuby used three types of headgear: a scarf, a cap and a wreath. Slings could be worn by all women regardless of age and marital status, while the cap was reserved only for married women. Wreaths were worn only by maidens

There was also a period when the most popular among Kaszuby women were scarves in black.



The shirt could have short or long sleeves. As a fastening of the shirt served a narrow ribbon in red. Long-sleeved shirts were worn with a corset. Corsets were sewn from smooth fabrics and weren't decorated.

Women's shirts could have short or long sleeves, but always ended at the neck with a small collar. Long-sleeved shirts were worn with a corset.



Kashubian women always wore two skirts, one of which served as a petticoat. The skirt worn by young girls was blue, while married women wore navy blue or brown skirts.

Due to the close access to the sea, in those areas amber was the most popular ornament. Very fashionable were amber earrings.



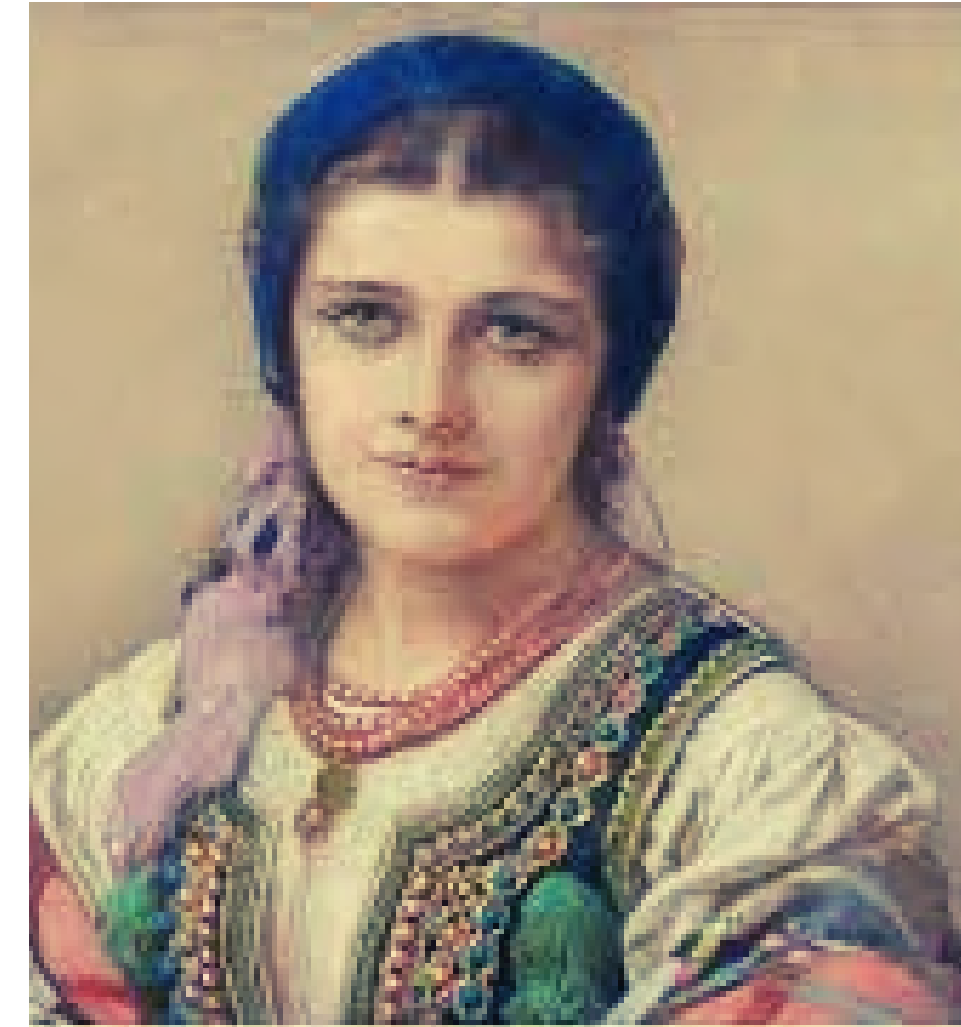
They went barefoot to work and only on special days they wore leather ankle-laced boots.

TRADITIONAL COSTUMES FROM CRACOW





In traditional Cracow costume, women decorated their hair with flowers or ribbons. Also usually they wore red corals. Shirts were made from inferior quality white fabric. The corset was the most interesting and colorful part of the outfit. It was decorated with pearl buttons and brightly colored embroidery. The most common color for the skirt was green, blue, red or white. It always was wide and reached down to the ankles. The bottom was stiffened with a belt of stiffer material.



The apron was the same length as the skirt. It covered most of the skirt and was decorated with white embroidery. In summer, women wore high-heeled lace-up boots, and in winter days they put on shoes similar to men's.





Traditional bridal outfit

During the wedding bride wore flower crown, her outfit was white with some flowery decoration especially on sleeves that were widened



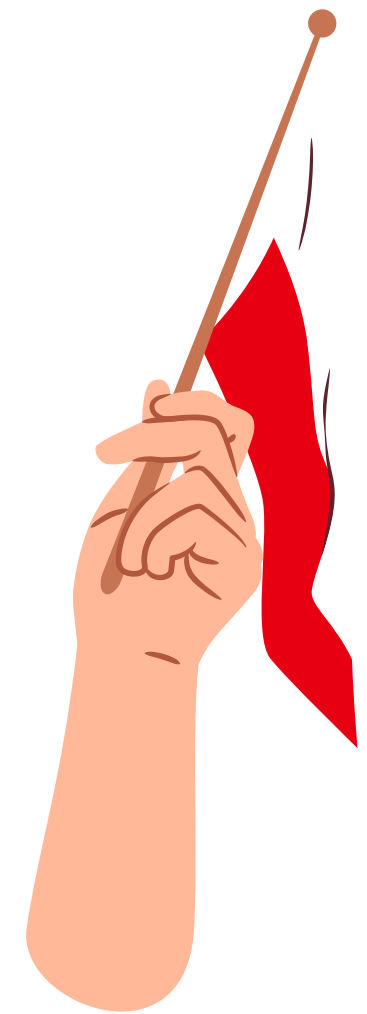
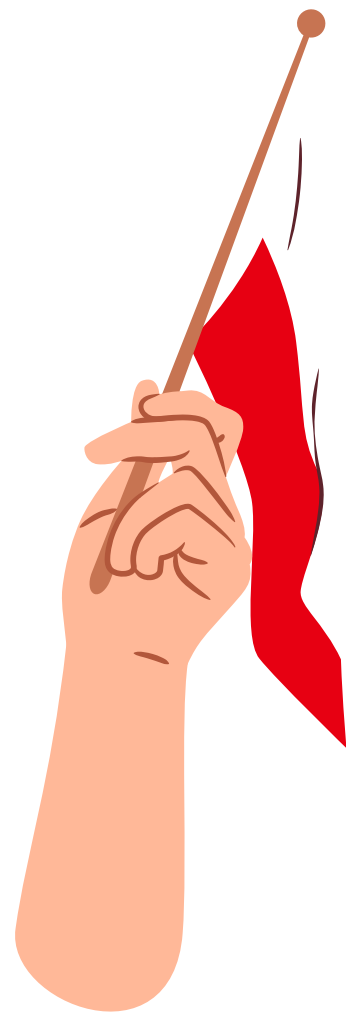
The folk costume became very popular

in the 1790's due to Tadeusz Kościuszko leader of the Kościuszko Uprising and important symbol of Polish independence.

By wearing it he wanted to convince peasants to join the revolt.

Tadeusz Kościuszko in traditional Cracow clothing

CURRENT STYLES IN POLAND



SOFT GIRL

Soft girl is a fashion style, popular among some young women on social media, based on a deliberately cutesy, feminine look. Being a soft girl also may involve a tender, sweet, vulnerable personality. Pink clothes, pink accessories and even pink hair. Soft girls love some makeup and swathe their faces in a whole lot of pink blush, as well as tattoo stamps and a glossy lip. They're also adopters of oversized clothing, from trucker jackets to super-sized sweatshirts. The softgirl aesthetic doesn't shy away from things that may be written off as girly and childish such as Hello Kitty, The Powerpuff Girls, stuffed animals, heavy makeup, and the color pink.



VINTAGE

The term "vintage" is used to describe clothing between 20 and 100 years old that is also clearly representative of the era in which it was produced. It could be said that to be called vintage the piece should strongly reflect styles and trends associated with that era.

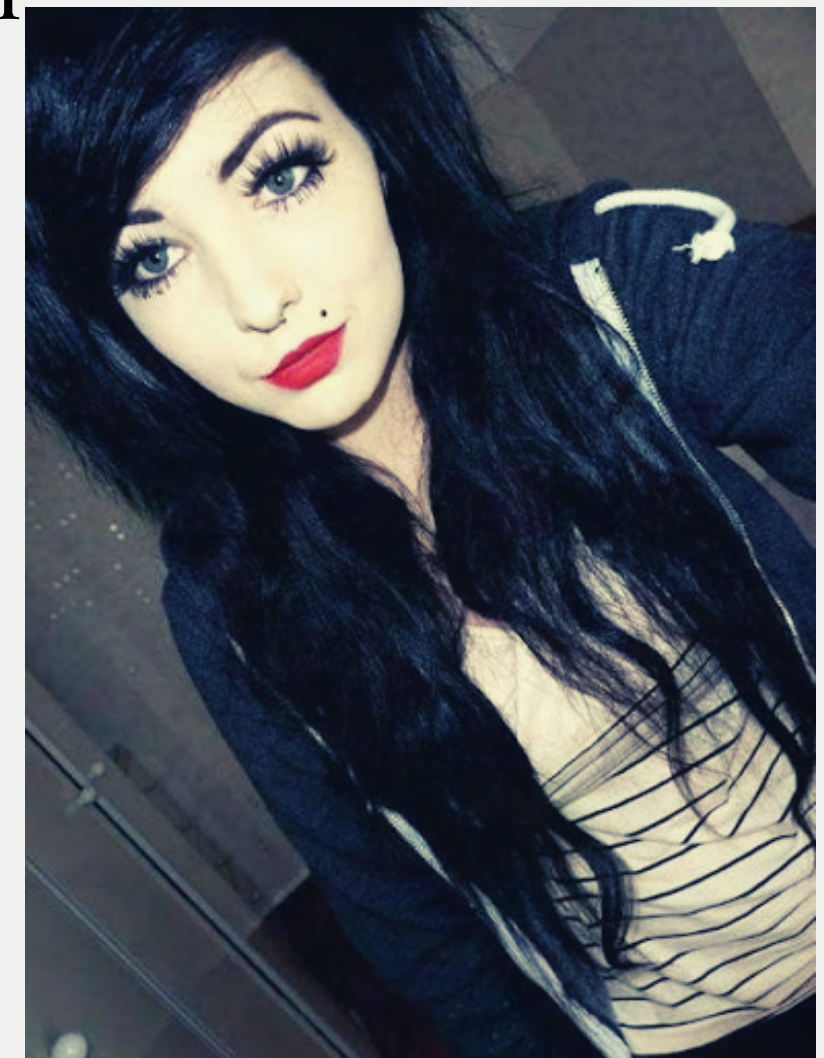
Definition of vintage is fluid. It means that every decade brings forth new items which fit into this category.

Vintage is opposed to classic style which contains pieces remaining stylish through time. Classic style reflects all decades with minor adjustments, while vintage contains significant pieces of clothes reflecting era in which they were produced. Example of vintage clothing: blazer with shoulder pads, flapper dresses, straight tweed and wool plaid skirts, chokers, baggy flannel shirts etc.



EMO STYLE

Emo was a reaction to for aggressive and materialistic lifestyle of American rappers. This style is mainly against crimes, consumerism and drugs but it also tells us that we should show our emotions. This opposition also manifests itself in fashion - clean, tidy, tight clothes, applying makeup and well-groomed hairstyles that are a contradiction of the loose, street look of gangsters. Emo is a combination of metal goth and punk



BASIC STYLE



The basic style includes clothes with a classic cut and in subdued colors. These include T-shirts with a V-neck, plain tops, cotton T-shirts. In basic clothes, there is no place for eye-catching prints, which usually quickly leave the trends and stay at the bottom of the wardrobe. On the other hand, universal colors are in the lead: white or black, which will be perfect for any occasion. The colors of the earth are also the basis - beige, subdued shades of green, brown and gray. You can combine these colors in any combination - they will always look classy. Fans of basic clothes also pay attention to natural, breathable materials for example cotton. In the basic style you can create dozens of unique combinations every day, for work or evening. The queen of basic fashion in an elegant edition is also the little black dress, which you can use both for the office and for a party.

THANK YOU FOR
YOUR ATTENTION

