

CHINA: 56 INDIGENOUS  
COSTUMES

# 不一样的衣服

云南人民出版社◎编

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配音：赵纳

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**编者注：**

本书民族排序方式为自西向东，自北向南，将整个中国分为五个板块：西北、西南、中部、东北、东南。原则上先出现的民族先呈现，但如遇到某一民族主体所在地顺序靠后，就放在后面呈现。

**EDITOR'S NOTE**

The order of ethnic groups in this book is based on China's geography, from west to east and north to south, and it includes 5 regions: northwest, southwest, middle, northeast and southeast. Therefore, ethnic groups that reside in the first of the aforementioned regions will appear first and in sequence according to the area they mostly inhabit.



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要问古时候的事，老辈子已绣在衣服上了；要分辨各个民族兄弟姐妹，看看穿着的和挂着的就清楚啦！

——彝族民歌

Regarding ancient stories, these were embroidered by ancestors on our clothes; To distinguish between ethnic groups, look at what they wear.

— Yi folksong

## 汉族 Han

中国人口最多的民族，全国各地均有分布。汉族服饰具有博采兼容的气度：西北的羊肚巾、红肚兜和敞怀对襟衣潇洒风流；西南的大盘头、花围腰和绣花衣折射了多民族文化和谐共处的光彩；东北的老棉袄、旗袍和马褂透出历史的底蕴；沿海客家人的衫裤与凉笠吹拂着大海的气息……不同礼俗、不同行业有不同的传统服式；改革开放更使汉装兼收并蓄，盛放一片花潮。

The Han people are the most populous ethnic group in China and they are spread across all regions. The Han costume is all embracing: The northwestern-style turbans, red undergarments and unbuttoned jackets are unencumbered and refined. The pan-head hairstyle, flower aprons and embroidered clothing of Southwest China reveal the radiant harmony of multi-ethnicity. The cotton-quilted jackets, qipao and magua(A short garment worn over a robe) of Northeast China reveal the details of history. The clothes and straw hats of the coastal Hakka people are kissed by the sea. Different customs and occupations led to the diversification of traditional garments, after the reform and opening-up policy of China, these aesthetics have been integrated in Han clothing, where they flourish.

### 时代风华，尽显绅士气度

#### A Gentleman's Fashion

民国时期的汉族男子服装，以长衫、马褂为代表。初期基本上保持着清代旧制，后受西方国家的影响，也开始穿着西装，但并不排斥原来的服饰，长





衫、马褂仍被用作礼服，与西装革履并行不悖。

The iconic costume worn by male Han people during the Minguo period (1912-1949) consisted of a Mandarin jacket and long gown. These garments continued the style during the Qing dynasty. However, with the influence of Western fashion, the popularity of suits started to flourish. Western suits however did not replace traditional clothing outright, because Mandarin jackets and long gowns are still used as ceremonial dress and do not conflict with western clothes.

### 优雅却不失东方神韵的高贵

#### The Elegant and Charming Qipao

民国最有影响力的女装当为旗袍。清末民初，汉族妇女受满族影响穿着旗袍并形成时髦，但民国的旗袍在传统基础上加以改进，最终演变成为一种展现东方女性气质、具有独特风貌的服装，并享有“国服”之誉。

The qipao was the most popular choice of garment during the Minguo period. The traditional qipao, which had become fashionable with the Manchu influence during the late Qing dynasty and early Minguo period, was improved upon by transforming it into a costume that can embody both oriental femininity and uniqueness of style. It now enjoys the reputation of being China's national costume.



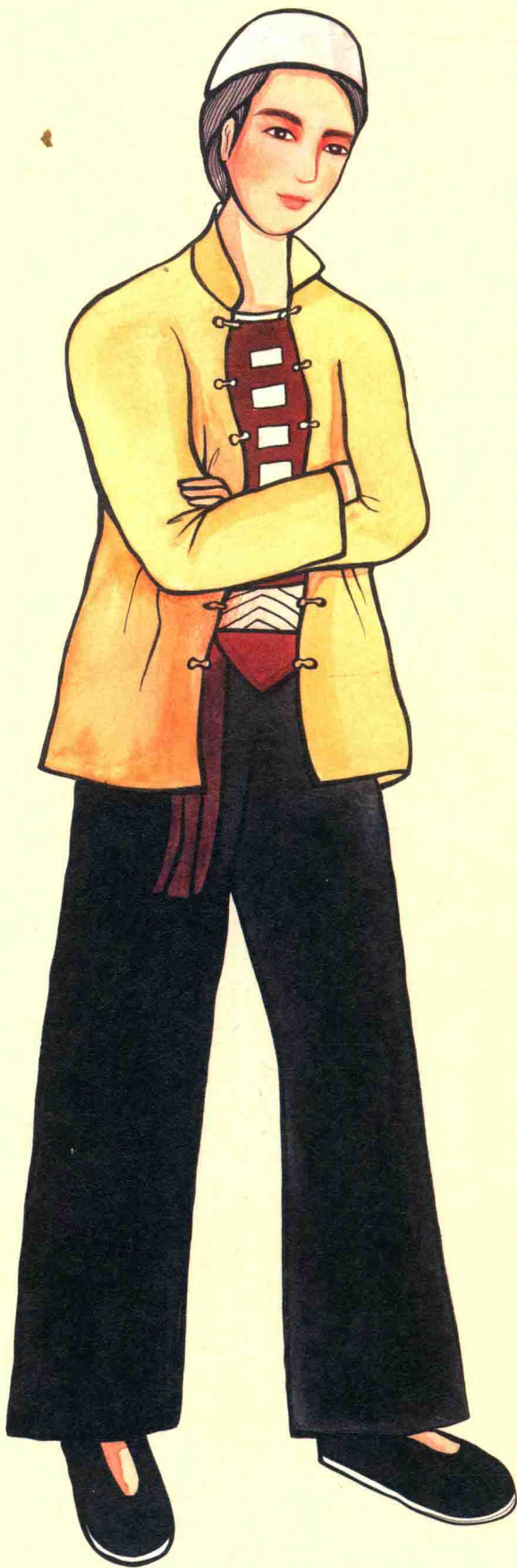
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# 回族

## Hui

回族是中国人口较多的一个少数民族，全国各地均有分布。宁夏回族自治区是其主要聚居区，北京、河北、内蒙古、辽宁、安徽、山东、河南、云南、甘肃、青海和新疆等地回族也较多。回族通常称服饰为“衣着”“穿戴”。居住在甘肃、宁夏、青海地区的回族服饰保留了较多本民族传统，其他地区则普遍入乡随俗。如在汉族地区，回民服饰与汉族服装大体相同；在新疆的部分回族穿维吾尔族服饰；在西藏的部分回族穿藏族服饰；在云南的部分回族穿彝、傣等民族服饰；在贵州的部分回族则穿苗族服饰等。

The Hui are a relatively populous ethnic group that reside in all regions of China. A large portion live in Ningxia Hui Autonomous Region. There are also many Hui in Beijing, Hebei, Inner Mongolia, Liaoning, Anhui, Shandong, Henan, Yunnan, Gansu, Qinghai and Xinjiang. Among Hui people, clothing is frequently referred to as “dressing” or “wearing”. The dress worn by the Hui people living in Gansu, Ningxia and Qinghai has retained much of their original styles, while those in other regions have adapted to follow local norms. For example, the dress of the Hui people living in the Han regions is for the most part the same as the Han clothing; Some Hui people living in Xinjiang wear Uyghur clothes; Some Hui people living in Tibet wear Tibetan clothes; Some Hui people in Yunnan wear Yi and Dai ethnic clothes and Some Hui people living in Guizhou wear Miao clothes.





### 长在头上的方块冰淇淋

#### Small White and Black Hats

最具回族特色的小白帽，叫“号帽”，又称“顶帽”。多用白布制作，或用白线钩成；黑帽则多用华达呢、呢绒制作，或用黑毛线编结，简洁又大气。

The small white hat which characterises the Hui is known as a horn hat, a top hat and it is made of white cloth or crocheted from white thread. There are also black hats and these are mostly made of gaberdine, woollen fabric or knitted using black wool. It looks elegant and modest.

### 多功能蒙面神器“古古”

#### Headscarves: *Gugu*

回族女性的遮面护发头巾，又称作“古古”。用丝、绸、纱、绒等精细面料制成，呈筒形，用时从头上套下，能把头发、半个面部、脖颈全部遮住，保暖、防晒又神秘美丽。

The headscarves Hui women use to cover their hair are known by the name *Gugu*. Made of fine fabrics such as silk, satin, yarn or velvet, the *gugu* forms a loop of fabric that can cover the head, lower face and neck. This is a warm, sun-proof and beautiful garment.



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## 柯尔克孜族

### Kirgiz

跨境游牧民族，也是吉尔吉斯斯坦的主体民族，中国境内主要聚居在新疆维吾尔自治区孜勒苏柯尔克孜自治州，新疆其他地区和黑龙江省也有散居。大部分柯尔克孜族逐水草而居，其服饰多以动物毛皮及家织毛布制作。男子以袍服为主，女子以裙装居多。生性乐观的柯尔克孜人喜欢演奏乐器，爱过节，节日里，荡秋千的姑娘长裙飞扬，头巾鲜艳，赛马刁羊的小伙子则穿对襟无纽扣绣花短衣，绣花长裤扎在长筒革靴中，头戴顶白檐黑的翻檐毡帽，风度翩翩。

The Kirgiz is the main ethnic group in Kyrgyzstan and those living in China are mostly concentrated in Zilesu Kirgiz Autonomous Prefecture of Xinjiang with some scattered across other regions of Xinjiang and Heilongjiang. Most Kirgiz people live where there is water and pastureland and their clothing is generally made of fur and homespun wool, with men mainly wearing robes and women skirts. The optimistic Kirgiz people enjoy playing musical instruments and festivities. During a festival, the long skirts of girls swinging their hips can be seen flying alongside bright headscarves. Smart and elegant competing men wear embroidered buttonless shirts, long embroidered trousers that are tucked into long leather boots, and black felt hats which have white upturned brims.

#### 硬派“花样”男子

#### Tough Men in Patterned

#### Clothing

柯尔克孜族男子外衣上束皮带或





绣花腰带，足蹬高筒马靴或皮鞋，整个装束在显示了草原民族粗犷气概的同时，也不乏精悍利落，有自己的特色。

In terms of outerwear, Kirgiz men wear a leather or embroidered belt and riding boots or leather shoes. This outfit shows the bold and unconstrained spirit of a grassland group with its own characteristics.

### 华丽的“叶列切克”

#### The Magnificent *Elechek Hat*

传统的柯尔克孜族女帽由软帽和缠于其上的白色丝绸组成，是已婚妇女的标志。两帽耳挂有珊瑚珠和银片、银盒等坠饰，垂至膝盖；帽子正面饰有红宝石和珊瑚珠串流苏，极其奢华。

The *Elechek* is a traditional hat worn by married Kirgiz women and is a soft cap wrapped around by white silk. Hanging from the two ears of the hat to knees are coral beads, silver pendants and silver boxes. At the front of this hat are opulent tassels decorated with rubies and coral beads.



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## 塔吉克族

### Tajik

跨境民族，主要分布在中亚的塔吉克斯坦等国，中国境内的塔吉克族多数聚居于新疆塔什库尔干塔吉克自治县。生活在高海拔地区的塔吉克族，喜穿坎肩、长裙、马靴。帽子是他们较为独特的服饰。男女各有不同，不仅美观大方，还能防风保暖。塔吉克人喜欢鲜艳的红色，在冰雪皑皑的高山上十分耀眼，也给人一种温暖感。订婚时男方所送的礼物中必有大红方巾；新娘穿红色长裙和红皮靴，外罩红色裕祥；新郎的帽子外面也缠以红白两色相间的彩布，红色表示青春，白色表示纯洁。

The Tajik people mostly live in Central Asian countries including Tajikistan. Those in China are mostly concentrated in Tashkurgan Tajik autonomous county of Xinjiang. Living at high-altitude, they like to wear sleeveless jackets, long skirts and riding boots. The hat is one of the more unique aspects of their costume and those worn by men differ from women, not only in terms of beauty, also with regards to whether they are windproof and warm. The Tajik people like bright red, a warming colour which is noticeable in the snow-capped mountains. During a couple's engagement, the man must give a large red scarf as a gift and the bride wears a long red dress, red leather shoes and a red chapan. The groom's hat is also wrapped with red and white coloured cloth. Red means youth and white means purity.

塔吉克男帽——北疆生活必备  
The Male Tajik Hat — A Must  
Have for Life in Northern Xinjiang

塔吉克族的男帽呈圆高筒形，





多以黑平绒布为面，黑羊羔皮为里。此皮帽戴时可自由翻卷，平时将帽檐卷起，露出一圈皮毛里子作为装饰，遇风沙时则将帽檐拉下，遮住面颊和双耳。

The hats worn by Tajik men are rounded and cylindrical and their exteriors are made of black velveteen while the interiors are made of black lambskin. The leather hat can be rolled freely when it is worn and normally the brim is rolled up to reveal a circle of fur lining for decorative purposes. In case of wind or sand, the brim can be pulled down to cover the cheeks and ears.

### 圆筒女帽——激情燃烧的岁月

#### The Female Tajik Hat

女帽亦为圆筒形，但华美程度甚于男帽。少女的圆帽用紫、金黄、大红色的平绒精心绣制，帽前檐垂饰色彩艳丽的串珠或小银链，外出时，帽上再加披大方巾，还能护住双肩及前额。

While the hats worn by Tajik women are also cylindrical, they are more resplendent. The hats worn by girls are meticulously embroidered with purple, golden or red velveteen and colourful beads or small silver chains decorate the front brim. A large square cloth, which can protect the forehead and shoulders, is used to cover the hat when outside.



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音频内容

## 乌孜别克族

### Ozbek

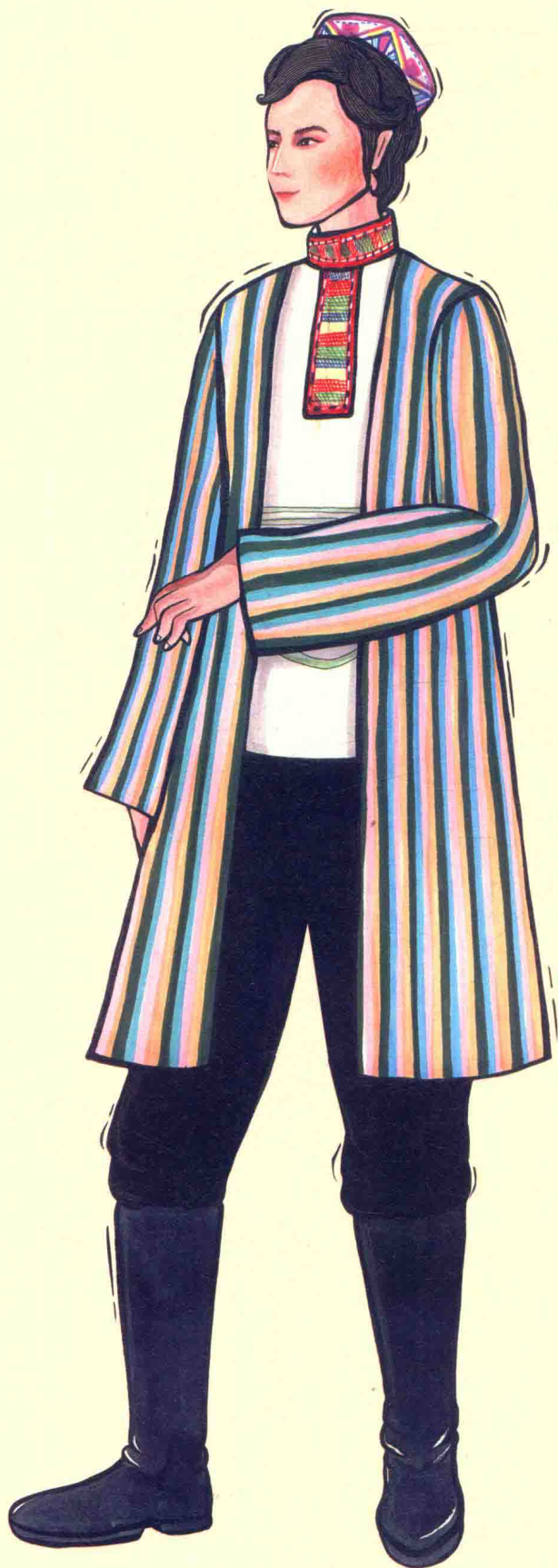
跨境民族，主体在中亚的乌兹别克斯坦等国，中国境内的乌孜别克族散居在新疆的喀什、莎车、叶城、乌鲁木齐、伊宁、木垒等地。乌孜别克人一般均穿皮靴，外加浅帮套鞋。绣花女皮靴工艺精细，是著名手工艺品。乌孜别克族无论男女老幼，都戴绣花小帽或灯芯绒素面小帽。年轻妇女喜穿宽大多褶的连衣裙，脚穿绣花鞋，头戴小花帽；老年妇女服装则偏深色（墨绿、咖啡或黑），头扎白巾。男子服装，为绣花小立领白衫，长裤、筒靴，外罩竖条敞胸长衫。

While mainly living in Uzbekistan, some Ozbek people live in Xinjiang province of China. Ozbek men usually wear leather boots under short overshoes. The finely crafted women's embroidered leather boots are a famous handicraft. Everyone wears an embroidered or corduroy cap, irrespective of whether they are male or female, young or old. Young women like to wear wide pleated dresses, embroidered shoes and colourful hats while older women tend to wear darker colours (dark green, brown or black) and white headscarves. Men wear embroidered white straight-collared shirts, trousers, boots and a long open-breasted robe.

**“托尼”长袍，低调奢华的冬日之选**

**Men's Robe — Winter Choice**

乌孜别克族男子常服称为“托尼”。过去多用质地较厚的绸缎、金





丝绒或青、黑色厚布制作，现在多选用各种毛料。长袍边缘绣有红、黄、绿色纹样。青年男子的长袍颜色较鲜艳，老年人的长袍以深色为主。

Ozbek men often wear clothes called *Tony*. In the past, these were made of thick satin, gold velvet or thick green and black cloth, but nowadays a variety of woollen materials are generally used. The robes are embroidered with red, yellow and green patterns and those worn by young men are brightly coloured while darker colours are used in those worn by older men.

#### “魅依纳克”，女孩们的四季暖阳

##### Ozbek Dresses

乌孜别克族女性喜欢穿连衣裙，当地称其为“魅依纳克”。年轻女孩的连衣裙宽大多褶，花色亮丽，裙褶呈波浪状，摆动起来别有情趣。不束腰带时在裙外加穿绣花小坎肩。

Ozbek women like to wear dresses. Young girls usually wear bright and pretty roomy pleated dresses, because the pleats are wavy, they are particularly interesting when they sway. An embroidered waistcoat is worn when a belt is not.



## 俄罗斯族

### Russian

跨境民族，中国境内主要聚居在新疆伊犁地区，部分散居在新疆的塔城、阿勒泰、乌鲁木齐以及黑龙江省和内蒙古自治区等地。中国的俄罗斯族历经百年岁月，其外貌、长相、风俗和习惯等，已渐渐形成了自己的特色。俄罗斯族的服饰丰富多彩，会在不同季节里选择不同款式的衣着。年轻人爱穿各种时装。男子夏季多穿丝绸白色直领汗衫长裤，春秋穿茶色或铁灰色西装，冬季穿翻领皮大衣或棉衣，脚穿高筒皮靴或毡靴。妇女夏季多穿短袖、印花的连衣裙，春秋穿西服上衣或西服裙，头戴彩色呢礼帽，冬季穿裙子，外套半长皮大衣，脚穿高筒皮靴，头戴毛织大头巾。

The Russian people living in China are mostly settled in the Yili Region of Xinjiang with some scattered in Tacheng, Altay and Urumqi of Xinjiang, Heilongjiang and Inner Mongolia. After years of assimilation, the Russian people in China have gradually formed their own characteristics in appearance, features, customs and habits. Russian costumes are both rich and colourful, and different styles of clothing are selected in different seasons. Young people love to wear all kinds of fashion. In summer, men often wear white silk straight-collared vests and trousers, a brown or grey suit in spring and a leather or cotton-padded turndown collar coat in winter with tall leather or felt boots. Women usually wear short-sleeve printed dresses in summer, a suit jacket or shirt and a coloured woollen formal hat in spring and autumn and, in winter, a blouse, a half-length leather overcoat, tall leather boots and a large woollen headscarf.

