



香港中文大學

未來城市研究所

城市歷史、文化與媒體研究中心

Centre of Urban History, Culture and Media

Institute of Future Cities

The Chinese University of Hong Kong

Multiculturalism in Action Project
Online Handicraft Workshop
多元文化行動計劃
線上手工藝工作坊

Fabric Doll Workshop

Speaker: Ms. Irina Ustyugova

俄羅斯布娃娃工作坊
講者: 伊琳娜·尤思圖哥娃女士

Moderator: Prof. Maria Tam
主持: 譚少薇教授

2020.08.15.



RAG DOLL 布偶

Slavic traditional rag doll 'Motanka'

斯拉夫傳統布偶 '莫毯卡'





PRESENTER

講者

Irina Ustyugova

伊琳娜·尤思圖哥娃



- Founder of the Russian Culture Festival in Hong Kong, curator of the exhibition Folk Art Visuals (2019, Hong Kong Cultural Centre)
- 香港俄羅斯文化節創辦人，民俗視覺藝術展覽策展人（2019，香港文化中心）
- Co-founder of Lamma Art collective art space
- 南丫藝術集體藝術空間聯席創辦人
- Russian language and culture teacher for more than 10 years in Hong Kong
- 在香港教俄語和俄羅斯文化超過十年
- Being passionate by nature, she is always eager to promote Russian language and art, share her love for Russian traditions, and inspire people to learn more about her homeland.
- 天生充滿熱情，熱心推廣俄語和藝術，分享對俄羅斯傳統的熱愛，讓人們更了解她的家鄉。



ORIGIN OF THE DOLL

布偶的起源

It is believed that the rag doll (kukla-motanka) appeared more than 1,000 years ago among the Slavic tribes

傳說布偶(庫卡拉-莫毯卡) 早於一千多年前的斯拉夫部族中出現



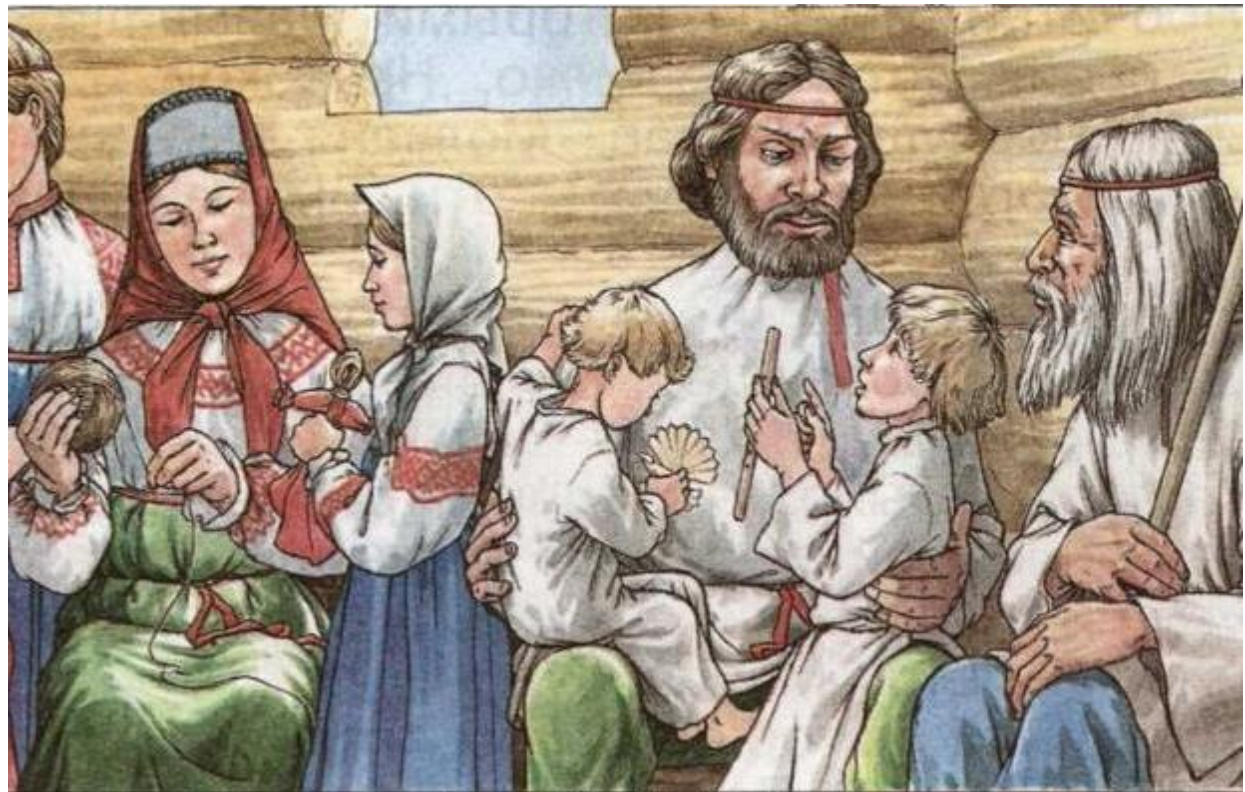
when myths explained the world's arrangements, and superstitions protected people from evil and helped in social activities.

當時人們以神話解釋世界各種現象，以迷信保護免於邪惡侵害並幫助開展社會生活。



They lived their lives together with their owner,
accompanied them all life long and performed certain
functions.

這些神話和信仰，終生陪伴著信仰者並為他們提供
不同的功能。



Dolls for mothers 媽媽的布偶



Dolls for just married couple
新婚夫婦的布偶



There were dolls to help get married, dolls to keep the house, to gain money, to keep happy relationship in the family, to support a mother, and many others.

布偶有不同功能，例如：找結婚對象、幫助家務、賺錢、維持快樂的家庭關係，和支持母親等等。

In fact the doll was a mascot for a person or the family.
實際上，當時的布偶是個人或家庭的吉祥物。





MOTANKA

莫毯卡

The traditional rag doll is called kukla-motanka in Russian. The name comes from the verb 'motat' which means to wrap.

傳統的布偶在俄語中稱為庫卡拉-莫毯卡。名字來自動詞‘莫塔特’，就是包裹的意思。



In the process of wrapping the doll layer after layer, women felt calm, peaceful, and kind.

在以多層布料包裹布偶的過程中，女性感到寧靜、平和與仁慈。





BEREGINYA : House Keeper 家務主持

For women, who were traditionally major atmosphere-makers of the family, these were very important feelings.

傳統上女性是家庭氛圍的主要創造者，所以這些感覺對她們來說是非常重要的。



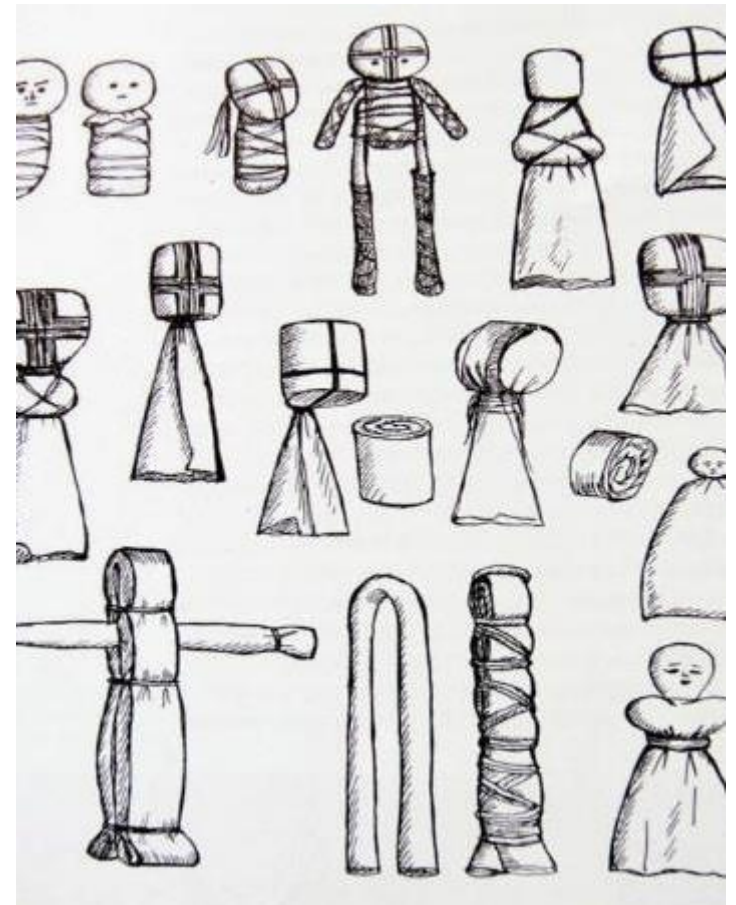
STRUCTURE

結構

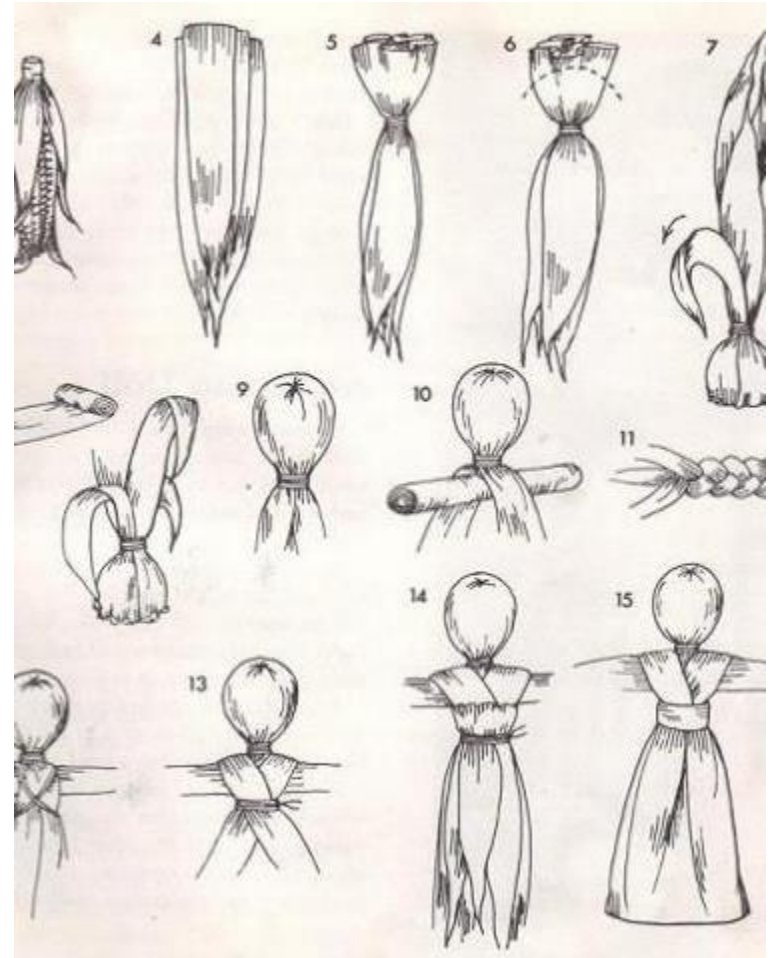
There are 2 important movements or directions in the doll's structure.

布偶的結構有兩個重要的運動或方向。

- The 'spine' of the doll is vertical. It symbolises the upward direction, or spiritual development.
- 布偶的‘脊柱’是垂直的，象徵著向上的方向或精神發展。



- Another movement is spiral, symbolizing the trajectory of galaxies in the Universe.
- 另一個運動是螺旋，象徵宇宙中星系的軌跡。





THREE ESSENTIAL PARTS OF A DOLL

布偶的三個主要部分

The 3 parts of the doll: head, body and legs, represent the 3 levels of human being -- subterranean, terrestrial and celestial.

布偶的三個部分：
頭、身體和腿，
代表人類的三個
層面--地下、地面
和天上。



MATERIALS AND COLOUR

材料和顏色

Traditionally dolls were made of unused pieces of fabric, cotton, flax, and tied with red thread.

傳統上，製作布偶是用剩餘的布料、棉花、亞麻布等，並用紅線紮起來。



Basic colours were red, white and black – they represented birth, life and death.

傳統基本顏色是紅、白和黑色，代表出生、生命與死亡。



Scissors were never used, and materials were torn by hand. Different parts of the doll were tied to one another but not sewn together.

傳統上製作布偶不使用剪刀，而是用手將材料撕開。布偶的各個部分是綁在一起而非縫製的。





FACELESS DOLL 無臉布偶

Our ancestors thought that in this case evil spirits could not occupy the doll.

我們的祖先認為，這樣惡靈就無法佔據布偶了。

It was considered that the doll should be done with love, and a clean and open heart, and this was the source of the doll's character, role and value.

人們認為，布偶應該用愛、以及乾淨和開放的心靈來製作；這是布偶的性格、角色和價值的來源。



NOW LET'S MAKE THE DOLL STEP BY STEP

現在一起來製作布娃娃

Instructions below are adapted from 'Doll's Box' Encyclopedia

以下說明摘自“布娃娃盒子”百科全書

The oldest and the simplest doll to develop your imagination!

最古老、最簡單的玩偶可以激發你的想象力！

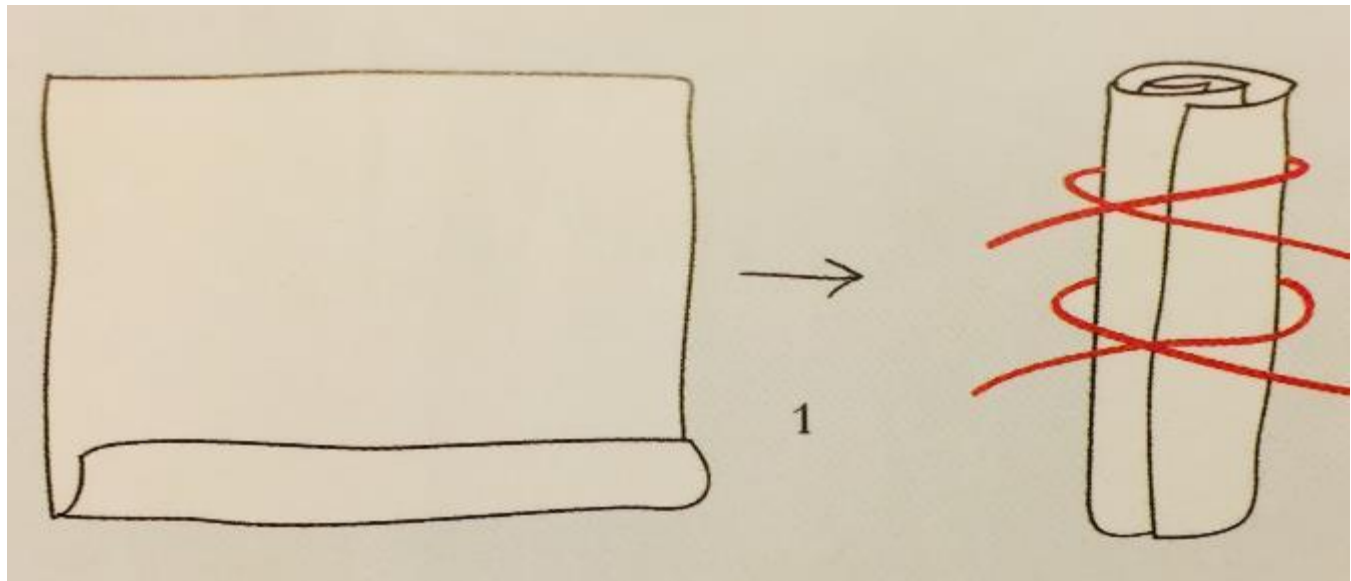
◦ **POLE-DOLL**
‘柱子’ 布娃娃

Materials 材料

- Pieces of fabric
- A piece of linen
- Some cotton balls
- Yarn
- Cotton/flax threads
- Scissors
- Ornaments
- 碎布料
- 一塊麻布
- 一些棉花球
- 毛冷
- 棉綫/幼麻繩
- 剪刀
- 裝飾

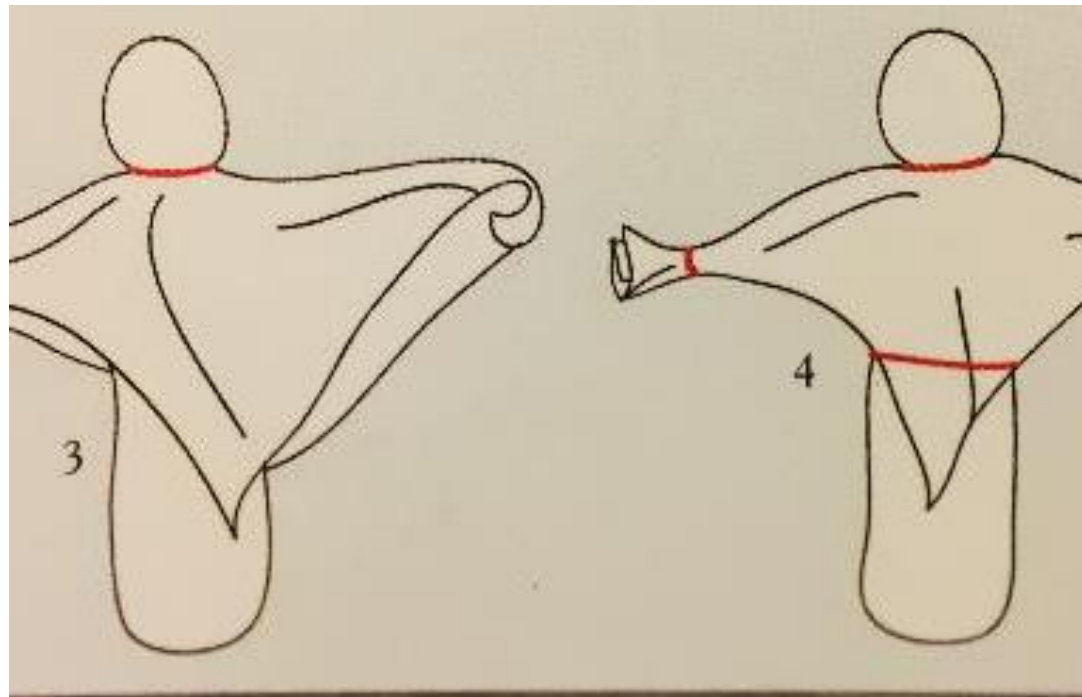
1. To make the body: Take a piece of linen and roll it into a pole.

身體：取一塊亞麻布，捲成一根柱子。



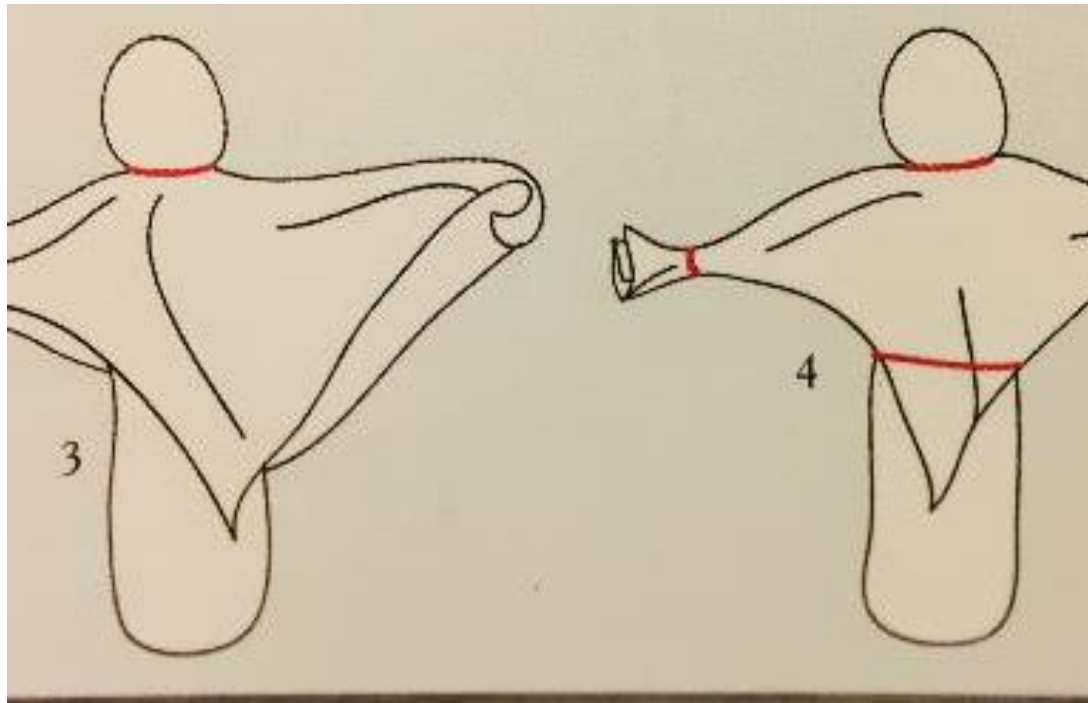
2. To make the head: Take some cotton to form a ball, and put it on the pole. Put a piece of cloth on it and tie with thread.

頭部：取一些棉花做成頭部，放在柱子上。把一塊布放在上面，用線扎住。



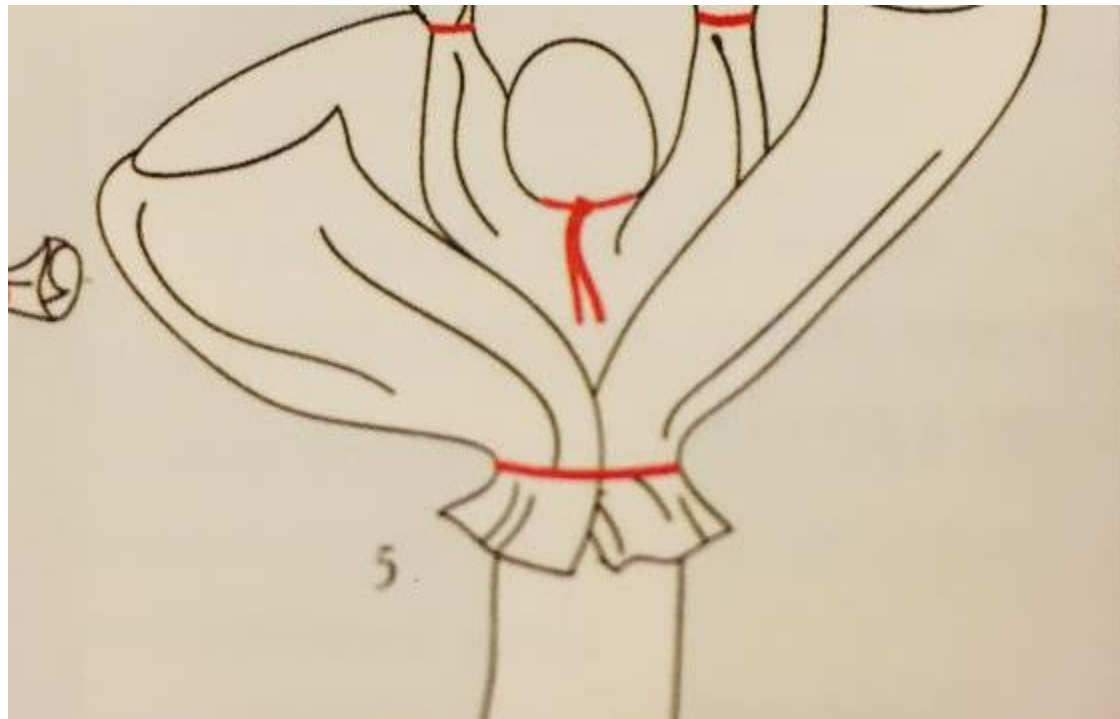
3. To make the arms and hands: Take a square piece of cloth, and fold into a triangle. Tie 2 of the corners to form hands.

手部：取一塊方形的布料，對摺成三角形。將其中兩個角綁好做成手部。



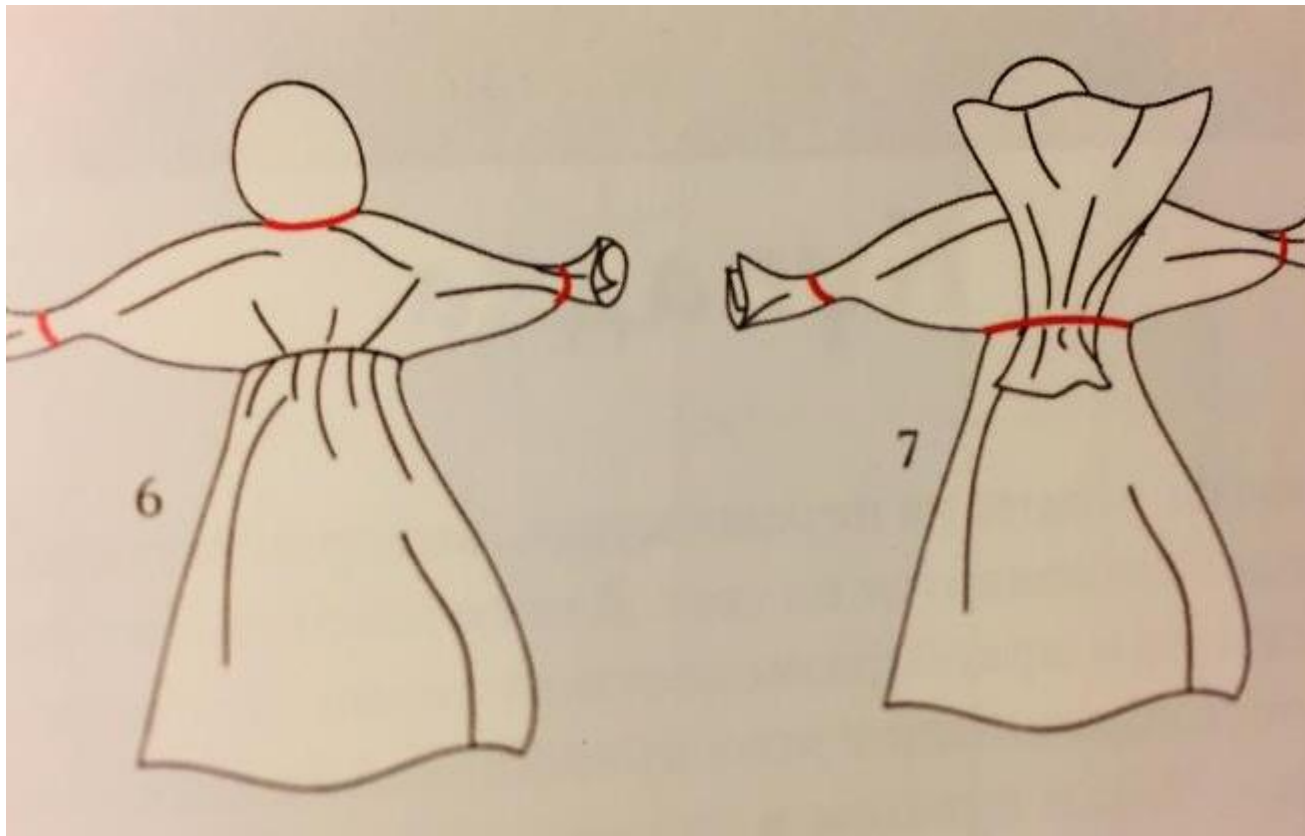
4. To make a skirt: Take a bigger, colourful piece of cloth to go round the pole. Tie with thread.

裙子：取一塊較大的色彩繽紛的布料，圍著柱子，用線扎好。



5. To make an apron: Take a rectangular piece of bright-colored cloth. Tie it on top of the dress.

圍裙：用一塊長方形、顏色明亮的布，放在裙子上，用線扎好。



6. To make a headscarf: Take a triangular piece of cloth to wrap the doll's head in Russian headscarf style.

頭巾：拿一塊三角形的布蓋在頭上，以俄羅斯頭巾方式綁好。



7. To add ornaments: Use additional pieces of cloth to make a shawl or sarafan dress for your doll. Or use some of your old necklaces to make her necklace.

裝飾：加上一些布塊作為披肩或俄式連衣裙。或者用你的舊項鍊來為布偶製作一條項鍊。



Take good care of your doll and it
will protect you! 😊

• 好好照顧你的布娃娃，它會保護你哦 😊





Q&A

問答環節



Website: <http://arts.cuhk.edu.hk/~ant//knowledge-transfer/multiculturalism-in-action/index.html>



Facebook: <https://www.facebook.com/MIACUHK/?epa=S>
RESEARCH BOX

Du svidania!! Goodbye!!