

Today, I'll be telling you about a traditional instrument from Zimbabwe, which is called mbira. The mbira is played by the Shona people, and it can be found also in areas surrounding Zimbabwe, in other Shona groups, because Shonas can also be found in Mozambique. There are a lot of different types of mbira, and these types can go from the nyunga nyunga, which is this type that I have here. Then there's the karimba, not the kalimba, but it's different. 今天給大家介紹一種津巴布韋的傳統樂器，叫做卡林巴。卡林巴由紹納人演奏，也可以在津巴布韋周邊地區的其他紹納族地區找到，因為在莫桑比克也可以找到紹納斯。卡林巴有很多不同的類型，姆比拉是其中之一，就是這種類型。另一種是拇指琴。

今天给大家介绍一种津巴布韦的传统乐器，叫做卡林巴。卡林巴由绍纳人演奏，也可以在津巴布韦周边地区的其他绍纳族地区找到，因为在莫桑比克也可以找到绍纳斯。卡林巴有很多不同的类型，姆比拉是其中之一，就是这种类型。另一种是拇指琴。

It's the original, which has a few more keys. It's basically this one, but with maybe two or three extra keys. Then there is the mbira nhare, or dzavadzimu, which is much larger than this and has a different key arrangement. It has about say 21 to 23 keys. Then there is the mandanda, njari, and some other different types.

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原始卡林巴有更多的键，可能是两三个额外的键。然后是手指竖琴，比这个大很多，约有 21 到 23 个键。

I'm going to mostly focus on the nyunga nyunga, and the nhare because they are the most common, most commonly found because I played in different regions. So to start with the nhare, the nhare is a bit different in that it actually is played underneath. So what would happen with an nhare is that it actually has a hole here on this board where you'd actually place your little finger and then you'd actually be playing underneath like this, while also striking on the top. The mbira nhare is used for a number of different occasions and mbiras are very important. They are the most important instrument for Shona people.

我會著重講解姆比拉和手指豎琴，因為它們是最常見的兩種。先介紹手指豎琴，手指豎琴在下方演奏，琴板上有一個孔，將小指放在其中，然後像這樣在下方彈奏，同時也可以敲擊頂部。手指豎琴可用於許多不同的場合，是紹納人最重要的樂器之一。

我会着重讲解姆比拉和手指竖琴，因为它们是最常见的两种。先介绍手指竖琴，手指竖琴在下方演奏，琴板上有一个孔，将小指放在其中，然后像这样在下方弹奏，同时也可以敲击顶部。手指竖琴可用于许多不同的场合，是绍纳人最重要的乐器之一。

The mbira nhare is used for having fun and just enjoyment, along with also getting used for religious things. For example, the mbira nhare can be used when people are having a bira, which is an occasion where they call on ancestor spirits. However, they're a bit different because it usually has metal bottle caps or pieces of metal, which kind of shimmer, because that's the sound which is said to call spirits.

手指豎琴以娛樂為目的，但也會用於宗教活動。例如，舉行 bira 時，以呼喚祖先的精神。然而，它們有些不同，通常帶有金屬瓶蓋或金屬片，因此略有微光，即所謂的靈魂之音。

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Now onto the nyunga nyunga. The nyunga nyunga mbira actually is said to come from Mozambique. And it came into Zimbabwe quite a while back, several hundred years back. It has 15 keys, while the karimba, which is basically an extended version, has 17 to 18. Yes, the nyunga nyunga is played on the top. So it can be played differently. Sometimes people just play with their thumbs and then sometimes if you are able to, you also play with your thumbs and your index fingers altogether.

據說姆比拉實際來自莫桑比克，幾百年前傳入津巴布韋。姆比拉有 15 個鍵，擴展版本的手指豎琴有 17 到 18 個鍵。姆比拉在頂部演奏，可以以不同的方式演奏。有時人們只用拇指演奏，也可以用拇指和食指一起演奏。

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This large circular thing that the mbira is in, it's actually called deze. So this is a resonator which is used to make the mbira more audible, because without it, the mbira is quite a quiet instrument. It can easily be over, especially by other instruments which usually accompany it, it can be drowned out.

這個大的圓形部分叫做“deze”，是一個諧振器，可以讓手指豎琴的音效更動人。如果沒有它，手指豎琴將會是一種音量非常地的樂器，很容易被其他伴奏樂器淹沒。

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The different types of mbira actually have different types of deze. For example, nyunga nyunga it has this kind which I was saying today. While the mbira nhare is actually more like a gourd, it's usually more round, like altogether.

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