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Hello music lovers, welcome back to another episode of Busy Kids Love Music, a podcast for music loving families. I'm your host, Carly Seifert, the creator of Busy Kids Do Piano, and I'm thrilled to have you along with me for our summer series of Around the World of Busy Kids Love Music. So far this summer, we've visited Zambia and Finland and learned about their rich cultural music traditions. If you missed either of those episodes, they're linked in the show notes at busykidsdopiano.com/podcast/127. You want to be sure to listen to them and print your stamps for your passport so that you're all caught up! Today, we're going to visit a beautiful island nation in the Pacific ocean to learn about its vibrant folk music, the island of Fiji.

Fiji, with its stunning landscapes and warm hospitality, is not just a paradise for tourists but also a treasure trove of traditional music and culture. Fijian folk music is deeply rooted in the island's history, reflecting its diverse cultural influences and strong community bonds.

One of the most distinctive aspects of Fijian folk music is the use of traditional instruments. These instruments, many of which are handmade, add a unique flavor to the music. Let's take a closer look at some of them.

Almost every island nation in French Polynesia and Micronesia has a log drum of some sort, and the Lali drum is unique to Fiji. A long, wooden drum carved from a single piece of wood, the lali is used to communicate important messages in Fijian villages, such as announcements or calls to prayer. The resonant sound could travel throughout villages and into the mountains. Let's listen to one being played.

The bamboo nose flute is another instrument that was played in ancient Fiji. As you may have guessed, you play the instrument by blowing through the nose rather than the mouth. One nostril is shut with a finger or the instrument and a musician uses the other

nostril to blow air near a small hole at the top of the instrument. These nose flutes were often played to provide soothing music while resting or during courting settings. Let's give it a listen...

These are just a couple of examples of the many traditional instruments found in Fijian folk music, each contributing to the rich tapestry of sound that defines the island's musical heritage.

But Fijian folk music isn't just a relic of the past—it's very much alive today. While modern influences have certainly made their mark on Fijian music, folk traditions continue to thrive, especially in rural communities and during cultural festivals.

In villages across Fiji, you can still hear the sounds of traditional music ringing out during celebrations and gatherings. The meke is a traditional dance accompanied by singing and drumming. The one you're listening to now was performed at a wedding reception.

A kava ceremony, where people come together to share stories and music over a bowl of the traditional drink, is also an integral part of Fijian culture.

Be sure to head to this episode's show notes so that you can not only print your passport stamp for Fiji, but also check out the curated playlist of Fijian folk music I've put together for you. You'll want to see these beautiful instruments being played by the talented musicians who have learned and studied them, as well as view the traditional dancing of the Fijian people. You can find all that in this episode's show notes at busykidsdopiano.com/podcast/127.

Thank you for joining me today to visit another fascinating corner of the globe! I look forward to connecting with you again as we travel to our next destination in 2 weeks for another episode in our summer series, Around the World with Busy Kids Love Music. Bye for now!