

Theresa Ng'ambi

Born 1983 in Tendere, is an Afro-traditional musician from Lusaka. She is a singer, songwriter, folk acoustic guitarist, percussion player and storyteller. Her music is a reservoir of language and oral education.



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Growing up with a widowed mother and inspired by nature with influences from her grandmother's old folk songs, she followed in the footsteps of her grandfather, a retired miner and kalimba player, and developed her interest in singing and dancing at the age of five. She lost her parents, brother and grandparents at an early age. It was through these tragic events that she decided to write a diary and express her experiences through music.

She studied music and English at Evelyn Hone College in Lusaka. During this time she formed a student band that had commercial gigs for three years. Her passion for music made her audition for a spot to start her professional career and during this period, Chali Mulalami a producer, spotted her and signed her with Sling Beats Records. Her first single recorded was "Watembeledwa". Later, she entered a competition for live music called "The Music Crossroads" which included young artist from East and Southern African countries. This competition nurtured her into loving African music on acoustic guitar and percussive instruments.

In Livingstone she recorded her first album of ten songs under Passions Records called "Mandu". It aired across radio stations in both Zambia and Zimbabwe. Theresa Ng'ambi won the Best Singer at the Zambia Women in Music Awards in 2018. Passionate with nature she wrote the campaign song "Samalilani" on conservation and climate change. The song is recorded together with renowned Zambian artists like Maureen Lilanda, Pompi, James Sakala and the children from the orphanage in Kafue. Before Covid she has been touring through schools, orphanages and universities to raise awareness against tree cutting and animal poaching and has been Zambia's Bird Conservation Ambassador. In 2022 she wrote a song for UNICEF.

The British Broadcasting Corporation (BBC) presented Theresa Ng'ambi in their entertainment segment "Back to the Roots" in which her songs were broadcast for a week with an intimate interview on BBC Africa. Theresa Ng'ambi has been featured on TEDx Lusaka in 2019 and 2023. There she sang her message on preservation and conservation inspired by a story tale of her grandmother titled "The Wise Goat". This song brought Theresa together with musicians from Pakistan, America, France and Palestine, was reborn and is one of the winning songs of the 2025 APE eco-anthem competition.

She composed music for the popular Zambian television series "Ubuntu" and "Mungoma" and also appeared as an actress in them. Since 2020 she has increased to create music videos. "Bvulani" and "Lelo Nilonge" were released in 2021 with a very strong message on gender-based violence. In 2022 she collaborated with American dj poolboi. The song "Malo Okomo" (Beautiful Place) is sung in Chichewa and English. The track was conceived as a journey of healing by Ng'ambi, written a time where she had a lot of pain from experiencing flashbacks of past tragedies. She visualized and affirmed a safe healthy earth. The video is also a declaration of love and the beauty of Zambia.

Theresa has shared stages with Zambian musicians of different styles like Mumba Yachi, Mathew Tembo, Clique Viral, T Low, Neze Long, Moses Sakala, Angela Nyirenda and with international artists like Hugh Masekela, Hope Masike, Siân Pottok, Oliver Mtukudzi and Sampa The Great.

She performed solo in Zambia, Zimbabwe, Tanzania, Congo and the US and worked with art spaces like Modzi Arts and Alliance Française in Lusaka and Nafasi in Dar es Salaam. In 2022 she performed at Marafiki Festival in Dar and at Institut Français Lubumbashi where she collaborated with the Congolese multi-disciplined folk artist Willy Kanyange Ilumbo. In 2023 she had an AiR in Zanzibar and was part of Sauti za Busara Xtra. She collaborated with Jagari Chanda's legendary Zamrock band WITCH for the albums "Zango"(2023) and "Sogolo"(2025) and gained international recognition by touring the US, UK, Australia, New Zealand, Germany and Scandinavia with the band in 2023/24.

Music

Bvulani:	www.youtube.com
Lelo Nilonge:	www.youtube.com
TEDx Lusaka 2019 live:	www.youtube.com
TEDx Lusaka 2023 live:	www.youtube.com
Samalilani	www.youtube.com
Kamusikana:	www.youtube.com
Iva Unotenda:	www.youtube.com
AU-ECOSOCC live:	www.youtube.com
Baku Baku:	www.youtube.com
Concert Congo live:	www.youtube.com
Malo Okoma:	www.youtube.com
Imvani:	www.youtube.com
Ukuba Umwaume:	www.youtube.com
Wise Goat:	www.youtube.com
Onani:	www.theresangambi.com
Mt'ima Wang	www.youtube.com

Collaboration with WITCH

Unimvwesha Shuga:	www.youtube.com
Malango:	www.youtube.com
Ain't Nobody:	www.youtube.com
Nadi:	www.youtube.com
Machiriso	www.youtube.com
Set Free:	www.youtube.com
KEXP live:	www.youtube.com
KCRW live:	www.youtube.com
Waile live:	www.youtube.com

Soundcloud www.soundcloud.com

YouTube www.youtube.com

Spotify www.open.spotify.com

Music in Africa www.musicinafrica.net

Interviews

Interview BBC: www.bbc.com

Interview Wise Goat: www.apeuk.org

