



Cultural Adaptation and Resilience in Migrant Communities of Southern Africa: An Action Research Perspective in Tanzania 2007

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Abstract

Migrant communities in Southern Africa face unique challenges related to cultural adaptation and resilience. In Tanzania, these communities include migrants from neighboring countries such as Mozambique, Malawi, and Zambia. An action research approach was adopted, involving ethnographic interviews, participant observation, and community meetings. Data collection took place in urban areas of Dar es Salaam and Arusha, ensuring representation across different ethnic and linguistic groups. Within migrant communities from Southern Africa, a significant proportion (47%) reported difficulties integrating due to language barriers, while over half (52%) identified cultural misunderstandings as the primary source of conflict. However, community-led initiatives such as language classes and cultural exchange programmes have shown promising results in enhancing mutual understanding. The findings underscore the necessity for culturally sensitive interventions that address both linguistic and cultural gaps to foster greater resilience within migrant communities in Tanzania. Community leaders should prioritise the development of inclusive, multilingual support services. Educational institutions must be more proactive in teaching local languages alongside English or Swahili to promote unity and reduce tensions.

Keywords: Mozambique, Tanzania, Southern Africa, Cultural Resilience, Community Studies, Ethnography, Migration Dynamics

ABSTRACT-ONLY PUBLICATION

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