



Cultural Adaptation and Resilience in Gabonese Migrant Communities: A Southern African Perspective

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Abstract

Cultural adaptation and resilience are critical concepts in understanding how migrant communities navigate new environments. In southern Africa, Gabonese migrants exemplify these dynamics with their unique experiences. A survey research approach was employed to collect data from Gabonese migrants living across multiple southern African countries. The questionnaire included questions about cultural practices, language use, social networks, and overall well-being. The findings indicate a significant proportion (65%) of respondents reported maintaining their traditional cultural practices despite the challenges of migration. Language proficiency also played a crucial role in their resilience, with over half of the respondents speaking both local and Gabonese languages fluently. This study highlights the importance of language retention and cultural continuity as key factors for Gabonese migrant communities' resilience in southern Africa. Future research should explore policy interventions that support language education and cultural preservation programmes to enhance the well-being of Gabonese migrants.

Keywords: *Cultural diffusion, ethnocentrism, acculturation, cultural brokerage, diaspora studies, migration studies, community resilience*

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