



Cultural Adaptation and Resilience in Southern African Migrant Communities: A Comparative Study from Angola, 2009

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Abstract

Southern African migrant communities have faced significant challenges in adapting to new environments, particularly those originating from Angola. This study seeks to understand how these communities navigate cultural differences and environmental shifts. A comparative study approach was adopted, utilising qualitative data from interviews with migrant individuals and focus group discussions among local communities. Data were collected through structured questionnaires in Portuguese to ensure comprehensibility. Detailed analysis revealed a significant proportion (60%) of migrants reported successfully integrating cultural practices into their new environments, while maintaining core traditional beliefs. Key resilience mechanisms identified included community networks and language preservation efforts. This study highlights the importance of community support systems in facilitating cultural adaptation among Angolan migrants. The findings suggest that fostering such networks can enhance overall resilience within Southern African migrant communities. Policy recommendations include strengthening existing community-based support structures and encouraging cross-cultural educational programmes to promote mutual understanding and integration.

Keywords: *African diaspora, Cultural assimilation, Ethnicity, Immigration studies, Migrant networks, Multiculturalism, Place attachment*

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