



Cultural Adaptation and Resilience in Southern African Migrant Communities of Morocco

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Abstract

Southern African migrant communities in Morocco face unique cultural challenges due to geographical proximity and historical ties. Qualitative interviews with 50 Moroccan residents who identify as Southern African migrants were conducted in urban centers of Morocco. Cultural adaptation is evident through the ongoing hybridization of food practices, highlighting resilience within migrant communities. Community leaders should promote cross-cultural dialogue to foster mutual understanding and respect among diverse groups.

Keywords: *Sub-Saharan, diaspora, acculturation, resilience, ethnography, geopolitics, syncretism*

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