



Cultural Adaptation and Resilience in Migrant Communities of Southern Africa: A Cameroonian Perspective

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Abstract

This study explores cultural adaptation and resilience among Cameroonian migrant communities in Southern Africa, focusing on their experiences and challenges. Qualitative research methods were employed including semi-structured interviews with migrant individuals, focus group discussions, and document analysis. Data was analysed using thematic content analysis. The findings indicate that a significant proportion (65%) of Cameroonian migrants reported facing language barriers as the most challenging adaptation issue, while 40% highlighted cultural differences as a major obstacle to integration. This study highlights the multifaceted challenges faced by Cameroonian migrant communities in Southern Africa and underscores the importance of culturally tailored support systems for their resilience. Recommendations include the development of language programmes and community engagement initiatives that are sensitive to cultural diversity, fostering a more inclusive environment for migrants.

Keywords: *Cultural Adaptation, Resilience, Migration Studies, Southern Africa, Multiculturalism, Ethnography, Diaspora Literature*

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