



Cultural Adaptation and Resilience in Migrant Communities of Southern Africa: A Theoretical Framework

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Abstract

Cultural adaptation and resilience are critical for migrant communities in Southern Africa, particularly those from Central African Republic (CAR). These communities face unique challenges due to historical conflicts and political instability. The approach involves an integrative literature review, drawing on existing studies and qualitative insights from migrant communities and local organizations. A theoretical model will be constructed based on identified patterns and themes. This theoretical framework provides foundational insights into the complex interplay between culture, migration, and well-being in Southern African migrant communities. It offers a roadmap for enhancing support systems and improving outcomes for these vulnerable groups. Recommendations include strengthening mental health services tailored to migrant populations, promoting inclusive community programmes, and advocating for policies that address economic barriers to integration.

Keywords: *Sub-Saharan, diaspora studies, ethno-sociology, cultural hybridity, intercultural mediation, community resilience, postcolonial theory*

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