



# Cultural Adaptation and Resilience in Migrant Communities of Southern Africa: An African Perspective

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## Abstract

Cultural adaptation and resilience are crucial for migrant communities in Southern Africa, particularly those from Uganda who have migrated to urban centers seeking better economic opportunities. The analysis is based on qualitative interviews with migrant individuals and focus group discussions, supplemented with secondary data from government reports on migration patterns. The findings highlight the importance of social networks and linguistic proficiency in fostering resilience among Ugandan migrant communities. These insights can inform policies aimed at supporting integration and well-being in multicultural urban settings. Policymakers should prioritise initiatives that strengthen community ties, such as language classes for migrants and mentorship programmes connecting them with local residents.

**Keywords:** *Sub-Saharan, Diaspora Studies, Intercultural Communication, Multiculturalism, Community Development, Migration Studies, Ethnography*

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