



Cultural Adaptation and Resilience in Migrant Communities of Southern Africa: A Survey Study

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Abstract

Cultural adaptation and resilience are critical for migrant communities in Southern Africa, particularly those residing in South Africa. These communities often face challenges such as language barriers, socio-economic disparities, and cultural conflicts. A mixed-methods approach was used, including a questionnaire survey among 500 respondents from diverse ethnic backgrounds and semi-structured interviews with 20 leaders of migrant organizations. Data were collected through online platforms and face-to-face meetings in urban areas of South Africa. Findings indicate that the most prevalent cultural adaptation strategy is language immersion programmes, adopted by 85% of respondents. Additionally, community-led support groups for social cohesion are also widely used (60%). The study highlights the effectiveness of culturally tailored interventions in enhancing resilience among migrant communities. Policy-makers should invest in culturally sensitive educational programmes and foster collaborative networks between migrant organizations and local authorities to promote cultural integration and mutual understanding.

Keywords: *Sub-Saharan, Diaspora, Interculturalism, Transculturation, Ethnography, Community Studies, Migration Theory*

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