



Cultural Adaptation and Resilience in Migrant Communities of Southern Africa: Policy Implications for Libya

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Abstract

Cultural adaptation and resilience are critical factors in the integration of migrant communities, particularly in contexts marked by geopolitical instability such as Libya. A qualitative research approach was adopted to explore the lived experiences and coping mechanisms of migrants from Southern African countries living in Libya. Migrant families reported significant challenges in adapting culturally, including difficulties in maintaining traditional social structures and practices. However, there were notable efforts towards integrating local customs, demonstrating a flexible yet resilient cultural adaptation strategy. The findings highlight the need for culturally sensitive policies that support migrant integration while respecting their cultural heritage, thereby fostering resilience within these communities. Policymakers should prioritise the development of educational programmes and community engagement initiatives that promote mutual understanding between migrants and host communities, emphasising shared values and traditions as a foundation for cohesion.

Keywords: *Cultural adaptation, resilience, diaspora studies, migration studies, southern Africa, community development, qualitative research*

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