



# Cultural Adaptation and Resilience in Gabonese Migrant Communities: A Qualitative Exploration

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## Abstract

The cultural adaptation and resilience of migrant communities in Gabon are significant topics within African Studies, particularly examining how these communities navigate socio-cultural environments different from their home countries. A qualitative research approach was adopted, employing semi-structured interviews with participants from various Gabonese migrant communities residing in southern African countries. Focus group discussions were also conducted to gather insights into collective experiences and coping strategies. Participants reported facing significant cultural barriers, including language difficulties and social isolation, which often led to a sense of alienation. However, they also identified mutual support networks as crucial for maintaining cultural identity and resilience in their new environments. This study highlights the importance of community-based interventions that foster cross-cultural understanding and mutual respect among migrant communities in southern Africa. Policy makers should consider promoting initiatives that enhance language education, cultural exchange programmes, and support networks to facilitate smoother integration for Gabonese migrants.

**Keywords:** *Cultural Anthropology, Ethnicity, Migration Studies, Cultural Resilience, Ethnography, Community Engagement, Socio-Cultural Adaptation*

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