



# Cultural Adaptation and Resilience in Migrant Communities of Southern Africa: A Cape Verdean Perspective

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## Abstract

This book explores cultural adaptation and resilience within Cape Verdean migrant communities in southern Africa, focusing on the unique challenges faced by these communities. No specific empirical data or research methods are provided; instead, the reviewer discusses existing literature on cultural adaptation and migrant communities in southern Africa from a Cape Verdean perspective. Themes of language preservation and community cohesion emerge as significant factors affecting the resilience of Cape Verdean migrants in their host countries. The findings highlight the importance of maintaining cultural identity as a protective factor against social isolation and discrimination among Cape Verdeans in southern Africa. Further research should focus on developing culturally sensitive programmes that support both language maintenance and economic empowerment for Cape Verdean migrants.

**Keywords:** *Cape Verde, Southern Africa, Migrant Studies, Cultural Adaptation, Resilience Theory, Diaspora Studies, Community Development*

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