



Cultural Adaptation and Resilience Mechanisms in Migrant Communities of Southern Africa: A Malawi Perspective

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Abstract

Migrant communities in southern Africa face unique challenges due to cultural differences and environmental factors, necessitating a nuanced understanding of their resilience mechanisms. The study employs qualitative research methods, including semi-structured interviews with migrant families and focus group discussions among local authorities, to explore cultural adaptations and resilience mechanisms in detail. Data analysis revealed a significant proportion (70%) of respondents reported adopting dietary changes as an adaptation strategy to enhance health outcomes within their communities. The research underscores the importance of culturally tailored policies that support dietary diversity and community nutrition programmes, particularly for migrants who may face malnutrition risks due to cultural shifts in eating habits. Policy recommendations include integrating nutrition education into language classes for migrant children, alongside fostering cross-cultural dialogue between host communities and newcomers.

Keywords: *Sub-Saharan, Africanization, Multiculturalism, Socio-economic, Community Development, Migration Studies, Indigenization*

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