



Cultural Adaptation Dynamics and Resilience in Tanzanian Migrant Communities: An African Perspective

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Abstract

Cultural adaptation dynamics and resilience are critical in understanding how migrant communities navigate environmental, social, and economic changes within their host societies. No empirical results are provided; this piece employs a qualitative approach to analyse case studies and literature reviews from Tanzania. This study underscores the importance of integrating cultural elements into adaptation strategies to enhance community resilience and well-being. Local authorities should support initiatives that promote cross-cultural understanding and collaborative projects between migrant communities and host societies to foster mutual respect and cooperation.

Keywords: *Cultural diffusion, Ethnography, Migration studies, Multiculturalism, Social integration, Resilience theory, Sub-Saharan Africa*

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