



Cultural Adaptation and Resilience Framework for Migrant Communities in Southern Africa

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Published: 21 July 2002 | **Received:** 22 March 2002 | **Accepted:** 02 July 2002

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DOI: [10.5281/zenodo.18751222](https://doi.org/10.5281/zenodo.18751222)

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Abstract

Cultural adaptation and resilience are crucial for migrant communities in Southern Africa, particularly as they navigate diverse socio-cultural environments. This framework underscores the importance of understanding cultural dynamics and social supports in fostering successful integration among migrants. Policy makers should prioritise initiatives that enhance cross-cultural communication and strengthen migrant-support structures to promote resilience and adaptation within Southern African societies.

Keywords: *Southern Rhodesia, Multiculturalism, Community Studies, Ethnography, Social Constructionism, Cultural Identity, Intercultural Communication*

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