



# Cultural Adaptation and Resilience in Migrant Communities of Cape Verde within Southern Africa Contexts, 2004

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## Abstract

Cape Verdean migrants in Southern Africa face unique challenges due to cultural differences and socio-economic disparities. A mixed-methods approach combining quantitative survey data from over 500 respondents in four Southern African countries, alongside qualitative interviews to understand cultural adaptation processes. Cultural integration strategies such as language classes and intergenerational dialogue groups significantly enhance social cohesion among migrant communities. The proportion of respondents who reported feeling part of the community increased by 23% after participating in these activities. The study underscores the importance of culturally tailored support programmes for facilitating cross-cultural adaptation and resilience within Cape Verdean migrant populations in Southern Africa. Governments should invest more resources into culturally sensitive integration initiatives to foster stronger social bonds among migrant communities, thereby improving overall well-being and community stability.

**Keywords:** *Cape Verde, diaspora, cultural identity, resilience, migration studies, qualitative research, mixed methods*

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