



Cultural Adaptation and Resilience in Southern African Migrant Communities,

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Abstract

This study examines cultural adaptation and resilience in migrant communities across Southern Africa, focusing on South African contexts. This comparative study employs qualitative and quantitative methods, including interviews, surveys, and archival research, to analyse data from multiple migrant communities in South Africa. A key theme identified is the significant role of community support networks in fostering cultural adaptation and resilience among migrants, with over 70% reporting such support as crucial for their integration. The findings highlight the importance of social cohesion and intercultural dialogue in promoting resilience within migrant communities. Future research should explore how policy interventions can further enhance these resilience mechanisms to benefit broader migrant populations.

Keywords: *Cultural Geography, Migration Studies, Resilience Theory, Community Development, Ethnography, Multiculturalism, Intercultural Competence*

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