



# Cultural Adaptation and Resilience in Migrant Communities of Southern Africa: An Ethiopian Perspective

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**Published:** 04 April 2008 | **Received:** 31 December 2007 | **Accepted:** 19 March 2008

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**DOI:** [10.5281/zenodo.18870376](https://doi.org/10.5281/zenodo.18870376)

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## Abstract

Migrant communities in Southern Africa face diverse cultural challenges as they integrate into host societies. Qualitative interviews with 50 Ethiopian migrants across urban and rural settings in Zambia and Zimbabwe. Ethiopian migrants adapted by forming strong support networks that mitigated social exclusion, maintaining cultural practices, and advocating for policy changes to reduce discrimination. The study highlights the importance of community resilience in facilitating successful integration among Ethiopian migrant communities in Southern Africa. Policymakers should facilitate more inter-community dialogue and provide resources to support migrant-led initiatives addressing social exclusion.

**Keywords:** *Ethiopia, Southern Africa, Migration Studies, Cultural Adaptation, Resilience Theory, Qualitative Research, Ethnography*

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