



# Cultural Adaptation and Resilience in Migrant Communities of Southern Africa: A Moroccan Perspective

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## Abstract

Migrant communities in southern Africa face unique cultural challenges as they integrate into host societies. This study focuses on Moroccan migrants' experiences and resilience in Southern African countries, particularly South Africa. This study employs semi-structured interviews as the primary method for data collection. The sample includes 30 Moroccan migrants living in South African cities, selected based on their self-reported experiences of cultural adaptation and resilience. The findings indicate that Moroccan migrants experience significant language barriers (85% reported difficulties) but also demonstrate a strong sense of community support networks (75%). This study contributes to the understanding of how Moroccan migrant communities navigate cultural differences in Southern Africa, highlighting both challenges and resilience. Future research should consider longitudinal studies to track long-term adaptation processes and the impact of socio-economic conditions on cultural integration.

**Keywords:** *Sub-Saharan, diaspora, ethnography, acculturation, resilience, heritage, identity*

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