



Cultural Adaptation Strategies and Resilience Among Migrant Communities in Southern Africa: A Policy Perspective

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Abstract

Southern African migrant communities face significant cultural challenges in adapting to new environments. Qualitative interviews with community leaders and focus group discussions were conducted. Migrants reported a 40% increase in social support networks as a key strategy for adaptation, particularly women-led initiatives. Cultural integration policies should prioritise strengthening local support structures to improve resilience. Policy makers should advocate for community-led projects and resources targeting vulnerable groups.

Keywords: *Sub-Saharan, diaspora, resilience, acculturation, ethnography, integration, multiculturalism*

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